

Staying inTouch

Summer 2019

Let's hear it for Luau at Lila's!

A record 130 *Staying Put* members and friends gathered under the tent at the beautiful home of **Lila Coleman** for our annual fundraising event, a "Luau at Lila's." Guests enjoyed a traditional Island Buffet prepared by **Chef Jeff** and a lively performance by **Uncle Zac** "the Uke Guy" and the **TikiTones**.

The Luau, which was generously underwritten by 35 local sponsors, raised over \$12,000 which will directly support *Staying Put's* member services.

"We are proud of *Staying Put's* work keeping seniors safe at home and equally providing opportunities like this one for social engagement," said Executive Director **Barb Achenbaum**.

"We are very grateful to both the individuals and local businesses whose support helped guarantee the event's financial success," added Event Chair **Amy Freyre**. "Thanks to them, we provided a memorable evening for members and friends."

Have you used *Staying Put's* Members-Only vendor list?

Need an in-home hairdresser? An auto key maker? Someone to relocate flying squirrels from your attic? We can recommend a trusted professional to do just about anything!

One of the most valuable benefits of *Staying Put* membership is exclusive access to our coveted vendor list of more than 400 reputable vendors who provide more than 50 services, from paving to power-washing, excavating to exterminating.

Our vendors are carefully vetted – they are experienced, licensed, and insured – and recommended by at least one of our members.

The confidential list is not published but you can get a recommendation just by calling the office.

Most vendors offer a 10% or more discount to members. Make sure you ask!



Aloha! **Janecke Madsen, Barb Achenbaum, Robin Miner, Sharon Pierce, Mary Fearon, Robin Hoffman, Anne Snyder, Jeannie Hart, Russ Barksdale, Ruthie Swanberg, Katie Barksdale, and Tom Ferguson.**

Let's make a date

Members Barbecue at the Achenbaums' home

Wed., July 24, 5:30 pm

A summer evening of great food and friends hosted by **Barb and Jon Achenbaum**. Free. RSVP.

Lunch at Mead Park

Thursdays: July 25, Aug. 15, 1 pm

Join friends at the picnic table for a delicious lunch al fresco. Have you tried the Falafel? RSVP.

Movie at the Library: "Tea with the Dames"

Tues., July 30, 2 pm

An afternoon conversation on film with **Dames Judi Dench and Maggie Smith**. Tea Party Treats. RSVP.

Lunch and Learn at Lapham: Life Hacks - 10 Things to Know

Wed., July 31, 12 pm

Save yourself time and hassle by learning some easier ways to get things done. Free. RSVP.

A Visit to Marjorie Aronson's Studio

Tues., Aug. 6, 11 am

Come see talented local artist and *Staying Put* Member **Marjorie (Tomchuk) Aronson's** printmaking studio, followed by lunch. Free. RSVP.

Lunch and Fun at Lapham: The Price is Right

Wed., Aug. 7, 12 pm

Fun and prizes! See if you can guess the prices of commonly purchased items. Free. RSVP.

Men's Coffee at *Staying Put*

Second Tuesday every month at 9:30 am

Aug. 13, Sep. 10, Oct. 8

Great conversation and laughter.

Members Lunch and Travel Talk at *Staying Put*: "Cruising the Dneiper from Odessa to Kiev"

Wed., Sept. 4, 12 noon

Globetrotter and Board Member **Lois Sandberg** will share her experiences and pictures from Ukraine. Free. RSVP. BYO Vodka!

Lunch and Learn at Lapham: Brains Move Muscles

Wed., Sept. 11, 12 noon

Learn how to use the incredible, untapped capacity of your brain to target chronic pain and improve balance and coordination. Free. RSVP.

PepsiCo Garden & Sculpture Tour (Date TBD)

Don your sneakers and experience first-hand some of the 70 landmark sculptures which exist in harmony in this carefully maintained corporate park. Free. RSVP.

Staying in Touch

Nic's Birthday Bash at Baldanza

Tues., Sept. 17, 6 pm



Let's help Nic celebrate her big day with dinner at this local hotspot! \$TBD. RSVP by Sept. 13.

Lunch and Learn at Lapham: What's all the Hoopla about CBD Oil?

Thurs., Sept. 19, 12 pm

Community Health Coordinator **Katherine Lasberg** will talk about the availability, safety, and possible uses for this non-intoxicating marijuana extract that may treat a host of medical problems. Free. RSVP.

Lobsterfest Dinner

Fri., Sept. 20, 5:30 pm

Join us for a traditional New England feast at the New Canaan Historical Society. Tickets purchased in the *Staying Put* office benefit *Staying Put*. \$40. RSVP by Wed., Sept. 18.

Lunch and Learn at Lapham: Katharine Hepburn: From Hartford to Hollywood

Wed., Sept 25, 12 pm

The Connecticut Historical Society presents an inside look at this local icon whose 60-year career reflected the changing role of women in American society. Free. RSVP.

Members Lunch at *Staying Put*: "A Journey to the Top of Mount Everest"

Thurs., Oct. 10, 12 pm

Intrepid explorer and Board Member Dr. Sherman Bull will chronicle his Himalayan climbing adventures, including, at age 64, becoming the oldest person to summit Mount Everest. Free. RSVP.



The littlest marchers (left) carry our banner in the Memorial Day parade. **George and Henry Ferguson**, grandsons of Members **Tom and Karen Ferguson**, are holding up their end quite nicely!

Welcome, Laura Danforth!

We're delighted to welcome a new member to the *Staying Put* team, Laura Danforth, who has stepped into the role of Manager of Events and Communications. Laura grew up in town and many of our members and friends will recognize her gracious manner and bright smile.



An empty nester with three grown children, Laura is a perfect fit for the job — she keeps a finely tuned list of our Members-Only vetted vendors.

"I am very excited to meet, help and work with the wonderful members of *Staying Put*!" said Laura. "I am also thoroughly enjoying the office environment — it is such a wonderful group!"

Public Safety Meet and Greet

Staying Put and Lapham recently sponsored a panel discussion on senior safety. Panelists included Police Chief **Leon Krolikowski**, Fire Chief **Jack Hennessey**, NCVAC First Lieutenant **Amy Kennedy**, and First Selectman **Kevin Moynihan**.

The Chief provided valuable guidance on how to avoid five different scams currently targeting seniors, and the First Selectman reviewed support services in town. The medical professionals discussed being prepared for an emergency and encouraged residents to complete a simple "File of Life" card with helpful health information and leave it within easy reach. Copies are available in the office.



Panelists **Krolikowski**, **Hennessey**, **Kennedy**, and **Moynihan**.

Carpool Karaoke coming soon

When we asked our New Canaan High School summer intern **Adi Ogale** to develop an awareness project for *Staying Put* to post on social media, he was more than up for the challenge.

Adi conceived of a 12-part video series based on the popular "Carpool Karaoke" sketches on *Late Night with James Corden*. Adi cast more than 20 key members of the community in starring roles, singing a variety of songs that highlight the benefits of *Staying Put*. Chamber of Commerce Executive Director **Tucker Murphy** generously lent her Intern, film student **Jackson Oehmler**, as cinematographer. Watch for the eagerly awaited first video in September!



Singing "Tak'n' Care of Business" is Chamber of Commerce's **Laura Budd** (left) and **Tucker Murphy** with *Staying Put* supporter **Doug Zumbach** - Caffeine & Carburetors.



Casting Call! Intern **Adi Ogale**, **Barbara Biggs**, **Chris Hussey**, **Rob Mallozzi**, **Laura Budd**, **Doug Zumbach**, **Tucker Murphy**, **Jeanne Gnuse**, and Intern **Jackson Oehmler**.

Thanks to contributors for this issue: **Laura Danforth**, **Nic Holzberger**, **Adi Ogale**, and **Barb Achenbaum**.

Annual Meeting gets an alarming surprise!

A crowd of more than 100 attendees enjoyed an action-packed afternoon at *Staying Put's* Annual Meeting at St. Mark's Church.

The meeting was only briefly delayed by a surprise false fire alarm and an unexpected fire drill. The crowd applauded four dedicated *Staying Put* volunteers who were honored. State Representative **Tom O'Dea** spoke about support for seniors in Hartford followed by a performance by St. Luke's a capella choirs.



Carol Blauvelt, Pete Stair, Helen Risom Belluschi, Sarah Seelert, Phil Ives, and Tom Stadler check out the fire truck.



Among the meeting crowd above are **Bill** and **Weezie Stoops**.



Antiques aficionado **Mimi Findlay** gave members a rare tour of her beautifully-appointed Victorian home, complete with precious paintings, gorgeous furnishings, and even hand-painted wallpaper. It was followed, of course, by a traditional Victorian tea.



Aaron Lefland, (left) Executive Director of The New Canaan Land Trust, led a group of our members on a hike through the Silvermine-Fowler Preserve, one of 70 parcels of public open land which the Trust manages.

Lots more Luau at Lila's



At the Luau. Above **Robin Miner**, **Barb Achenbaum**, **Sharon Pierce**, and **Robin Hoffman**.



Alice and **Pete Runnette**, **Ruth Kelley**, **Jim Bach**, **Juanita Ritchie**, and **Pete Stair** enjoying Chef Jeff's Island Buffet.

Our members recommend

Hospitable Hawaiian hostess **Lila Coleman** ensured it would be a lively "Luau at Lila's" by sharing her late husband **Harry's** secret rum punch recipe.

Harry's Hurricane Punch

8 oz. Mount Gay Rum
4 oz. Orange juice
2 oz. Lime juice
1 T. Grenadine
2 oz. Club soda

Mix ingredients together and pour over ice. Garnish with an orange slice and a Maraschino cherry.
Serves 4.

Our Volunteer Angels in action

Over 40 volunteers can now sign up via a new online platform called *Sign Up Genius*. Volunteers and members can go online to volunteer to provide refreshments for programs and events, accompany groups on outings, and respond to individual members' requests.



Thank you to *Staying Put* Event Angel **Deborah Haines** who recently brought treats to the Men's Coffee.



The National Charity League volunteers once again provided cheerful and invaluable assistance at our Annual Meeting. Above: **Siri** and **Madeline Kloud**, **Danielle** and **Sydney Sibilia**, **Sharon Pierce** (behind Sydney) who is managing *Staying Put's* new volunteer sign-up platform, and Member **Pris Thomas**.

Tip from Nic

The Pitfalls of “Observation Status”



A member recounted this story: Feeling chest pains, she went to the ER. The doctors thought she was OK but wanted her to stay overnight in the hospital to be sure. She was fine the next day but later got a big bill from the hospital. Why did this

happen? And could it happen to you?

The fact is if you stay overnight in a hospital, you may not be covered by Medicare Part A – hospital coverage.

It depends on whether you’re assigned “Inpatient Status” (you were actually admitted to the hospital) or “Observation Status” (you were kept there for observation to be sure if you needed treatment or you’re OK to send home).

The decision for inpatient hospital admission is a complex medical decision based on your doctor’s judgment and your need for medically necessary hospital care.

This is something you should discuss with your doctor when it’s not an emergency, for example, at your next wellness appointment or before your doctor schedules you for any hospital procedure.

“Inpatient Status” vs. “Observation Status”

When you’re assigned “Inpatient Status” you are covered by Medicare Part A – hospitalization services.

- You’re formally admitted to the hospital by your doctor for a scheduled treatment such as surgery or illness.
- You go to the ER on your own and your doctor then formally admits you to the hospital for treatment.
- You go to the ER and the hospital keeps you overnight for observation. Your doctor writes an order for “Inpatient” admission on the next day.

When you’re assigned “Observation Status” you are covered only by Medicare Part B and could be billed for hospital services.

- The doctor sends you to the hospital. You’re not sick enough to require “Inpatient” admission, but are too sick to get your care at the doctor’s office.
- The doctors aren’t exactly sure how sick you are

and want to observe you in the hospital (the case with our member) and will admit you as “Inpatient” if you become sicker.

- You’re admitted as “Inpatient” but Medicare or other health insurance decides *after the fact* that you should have been assigned observation status.

The problem is that Part B Outpatient coverage usually has a higher co-pay than Inpatient coverage. Patients often don’t discover this until the hospital has submitted the claim and has it denied by insurance weeks or even months after the hospitalization.

Observation status may also end up costing you more if you need to go to a nursing home for rehabilitation. You may even be responsible for the entire bill for the nursing home and rehab services yourself.

Be sure to talk to your doctor

The above is just an overview and different insurance plans may have different guidelines. It’s best to talk with your doctor before you need to go to the hospital and to be informed about what to expect and how your doctor can help.

Nic Holzberger, Director, Member Services

Scam Alert!

“Don’t fall for this one.”

There’s a new scam born every minute. “Don’t fall for this one,” says a member telling this true story.

“I got a call from Apple Support telling me that my computer had a virus and offering to help fix it if I would purchase a \$500 gift card at Acme. I did and no sooner read him the numbers off the back of the card than my screen went blank. It was pretty clear that he had my money and I had his virus, which he had installed when I clicked on his link.

“Thankfully, *Staying Put* put me in touch with an honest PC expert from its list of preferred vendors. He flushed the virus for \$100 and I’m up and running. Boy, was I sucked in! And I knew better. I’m glad *Staying Put* was there to help.”

Don’t answer calls or reply to emails from anyone you don’t know. Call *Staying Put* instead.



Many thanks to local clothing retailer **Sara Campbell** for sponsoring a special *Staying Put* event at the store on Elm Street and donating 10% of the day's sales to support *Staying Put* programs. Pictured is **Jen Calhoun**, the store manager.



At a recent Lunch and Learn, Organist **Dr. Jody Blaine Davis** performed classical music selections and told entertaining stories about their composers to an enthusiastic group of 25 at this free Lapham event. *Staying Put* Board Secretary **Lyn Chivvis** gives Jody an appreciative hug.

We celebrate 5th year with our Exceptional Executive Director

As **Barb Achenbaum** marks her fifth year as Executive Director, we celebrate her vision and energy that have added substantially to our healthy growth and superb service to our members and the community.

During Barb's tenure, *Staying Put* has increased its outstanding member services, responding to calls for help, support, and answers from an average of 10 requests per member 5 years ago to 17 last year. This includes door-to-door rides, home and tech help, and in-home contacts through *Care Connections* and *Staying Put Angels*, created under her direction.

Barb has also deftly guided a professional staff of 3 plus more than 170 volunteers, managed an annual \$350,00 operating budget, and has been a vital force in *Staying Put's* successful fundraising.

In addition to all her professional know-how, Barb and her husband Jon generously offer their lovely home for all kinds of *Staying Put* events -- from Board meetings and barbecues to holiday events.

The best part of the job?

"Making new friends. I have especially enjoyed getting to know New Canaanites of all ages," said Barb. "I have a much more profound respect for people in their 70s, 80s and 90s who continue to actively contribute to ensuring that New Canaan will remain a unique and welcoming place for seniors well into the future."



Jeanne Gnuse and **Carole Clarkson** enjoyed a recent joint *Staying Put* Board-Advisory Board reception at **Barb and Jon Achenbaum's** lovely home.

Save the date!

Members Picnic at Woodway Beach Club
Tues., Aug. 20, 5:30 pm

Join us for our annual picnic overlooking Long Island Sound. Bring your favorite summer dish to share or just your appetite. Free. RSVP by Aug. 16. (Raindate 8/21)



Holiday Closing

The *Staying Put* office will be closed for the Labor Day Holiday from Fri., Aug. 30 through Mon., Sept. 4.

Staying in Touch is published by *Staying Put in New Canaan*, a private, nonprofit corporation to help New Canaan residents live full lives in their own homes as they grow older. Editor Lois Sandberg.