

Staying inTouch

Summer 2017

Staying Put  New Canaan

Luau at Lila's

Welcomed by the gentle strum of ukuleles, more than 100 members and friends in colorful island attire said "Aloha" to summer at our "Luau at Lila's" annual fundraising event. Guests enjoyed a traditional Island Buffet prepared by Chef Jeff and a lively performance by "The Uke Guy" Uncle Zac and the ZacTones.

The Luau, graciously hosted by **Lila Coleman**, was generously underwritten by 26 local sponsors and raised more than \$10,000 which will directly support *Staying Put's* member services. "We are proud of *Staying Put's* work keeping seniors safe at home and equally committed to providing opportunities like this one for social engagement," said Executive Director **Barb Achenbaum**.



Everyone loves a luau! Member **Pris Thomas**, her daughter Event Chair **Amy Freyre**, Hostess **Lila Coleman**, and teen helpers from the **National Charity League** are all smiles.



Lois and Dick Sandberg brought their inflatable pet parrots "Staying" and "Put."



Early afternoon showers didn't dampen the spirits of partygoers including **Judy Johnson** and **Joan Ives** as the sun quickly came out for a beautiful evening.



Leis all around for **Bill Stoops**, **Kevin Moynihan**, **Weezie Stoops**, and **Tom Aylward**.

Let's make a date

“The Rodgers and Hammerstein Era: Reinventing Musical Theater”

Wed., July 12, 6:30 pm

An exploration of American culture in the 1940s through Broadway musicals. Lapham. Refreshments. Free. RSVP

Mead Park Lunches

Fridays, July 14, 28; Aug. 4, 11, 25; Sept. 8

1 pm. Join us for hot dogs & hospitality.

Wednesday Afternoon at the Movies

Wed., July 19, 1 pm

Join us for a screening of the film “Lion” followed by an ice cream treat. Lapham. Free. RSVP

Sheffield Island Expedition

Fri., July 21, 9:30 am

Don't miss this popular ferry ride and picnic adventure. Meet at *Staying Put* Office. Space is limited. \$22. RSVP

Barbecue Potluck Dinner

Wed., July 26, 5:30 pm

Come to **Barb Achenbaum's** home for an evening of food and fun. Please bring your favorite dish to share. Free. RSVP needed for planning. This is a popular event -- sign up early!

Men's Coffee at *Staying Put* Office

Second Tuesday every month at 9:30 am:

Aug. 8, Sept. 12, Oct. 10

Picnic Under the Full Moon!

Tues., Aug. 8, 5:30 pm (Raindate Wed., Aug. 9)

Join us at **Woodway Beach Club** for an evening overlooking Long Island Sound. Sign up to bring your favorite dish. Sorry, no swimming! RSVP by Fri., Aug. 4

An Afternoon in Silvermine

Wed., Aug. 16, 12 pm

Meet us for lunch at the Silvermine Market followed by a guided tour of “Art of the Northeast” at the Silvermine Arts Center. RSVP

Community Dinner at Grace Farms

Fri., Aug. 18, 6 pm

An evening of farm fresh food and live music at the Community Table. \$12. Rides available. RSVP

“Mannequins on the Runway”

Wed., Aug 23, 2 pm

A guided tour of the Darien Historical Society costume exhibit “Haute Couture of the 20th Century.” Refreshments. Meet at *Staying Put* Office. \$10. RSVP

Dinner at the Roger Sherman Inn

Wed., Aug 30, 6 pm

Join us for dinner on the porch at this New Canaan treasure. \$35. RSVP

Tour of the NC Volunteer Ambulance Corps

Thurs., Sept. 7, 10 am

A behind-the-scenes tour led by one of our favorite EMTs – **Wendy Hilboldt**. Free. RSVP

Lunch and Learn: *Staying Put* Safely in Your Home. Tues., Sept. 12, 12 pm

Director of Member Services **Nicola Holzberger** will provide practical tips for remaining safely in your home as you age. Lapham. Free. RSVP

Tour of the Gores Pavilion

Thurs., Sept. 14, 11 am

Guided tour of a new exhibit on modern architecture in New Canaan followed by lunch at **Barb Achenbaum's**. Free. RSVP

Dinner at La Vista Ristorante Italiano

Tues., Sept. 19, 6 pm

Join us for dinner at La Vista, formerly Nino's, in South Salem. The restaurant is newly renovated with a wonderful menu. \$36. RSVP

Rotary Club Annual LobsterFest Dinner

Fri., Sept. 22, 6 pm

Join us for a traditional New England feast at the New Canaan Historical Society. Purchase your \$35 ticket at the office to help benefit *Staying Put*.

Philip Johnson's Glass House

Mon., Sept. 25, 9:30 am

A guided tour of this Mid-Century Modern icon. Space is limited. \$27.50. RSVP

Lunch and Learn: For Your Eyes Only

Thurs., Sept. 28, 12 pm

Dr. Maria Pribis of Stamford Ophthalmology will provide valuable insights into how to keep your vision clear. Lapham. Free. RSVP

Our “amazing” young interns put sparkle in our office!

In June, four New Canaan High School seniors spent a month in the *Staying Put* office and continually amazed us with their tech skills and speed. They did research and created promotional materials to help us more effectively address members’ needs as well as to help us be a community resource for issues related to aging.

Catherine Ellsworth surveyed other “Villages” nationwide and came up with new ideas for outreach and social activities. **Robert Rocco** produced a New Canaan Directory of Senior Resources with both local and state resources, as a guide for the whole town.

Andrew Shizari developed new strategies for *Staying Put*’s social media activity, particularly ways to reach out to the adult children of seniors. **Shea Delehaunty**’s analysis of our donors, members, and volunteers will help guide our upcoming strategic planning process.



Our amazing, hard-working interns from left are **Catherine, Robert, Andrew, and Shea.**



The name’s the same! At a recent Board event is **Cathy Fitzpatrick**, *Staying Put* Director of Finance and Operations (center) with Board Members **Cathy Irwin** and **Kathy Pasternak**. Missing is our 4th **Kathy** — **Kathy Collins**, Director of Member Resources.



Enjoying a tour of Lee Garden’s courtesy of the New Canaan Beautification League are **E.J. Skinner, Jayne Dutil, Nic Holzberger, Gill Foster, and Susan Ponte**. Thanks especially to **Faith Kerchoff** and **Kathy LaPolla** of the League!

Our Members Recommend

Anglophile **Pat Stoddard** recommends “Prince Charles: The Passions and Paradoxes of an Improbable Life” by Sally Bedell Smith. This vivid, eye-opening biography is the first authoritative treatment of Charles’ life. It sheds light on the death of Diana, his marriage to Camilla, and his preparations to take the throne one day.

“It’s an intriguing look at a complicated man,” says Pat. Available at the New Canaan Library.



The **Youth Group from the Congregational Church** pitched in to help our members with spring cleanups! Above two young women help **Pat Brooks** clear the winter accumulation of sticks from her yard.



Dinner at Restaurant One-Twenty-Three was a great night out for **Susan Ponte, Ruth Kelley, Jane Dutil, and Eleanor Suydam.**

Beat the heat tips

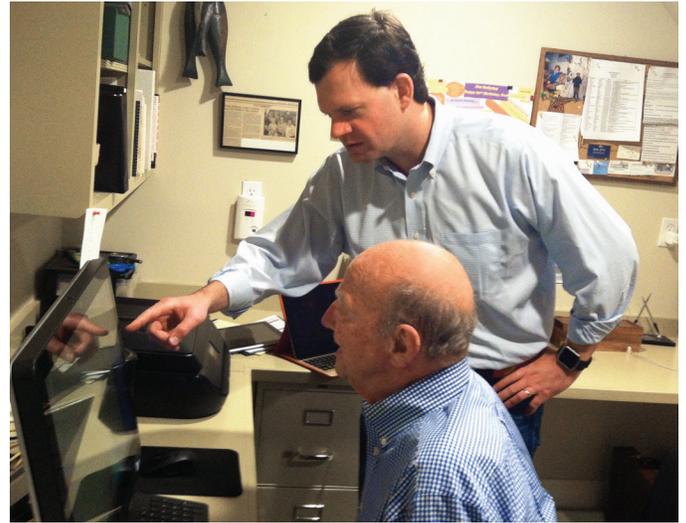
Try these tips for staying cool this summer.

- Wear cool, loose, white or light-colored clothing and hats outside
- Use room fans or air conditioning if you have it. Keep it at 78 degrees Fahrenheit or lower
- Cover windows in direct daytime sunlight
- Open windows at night and use fans for cross-ventilation to circulate cooler air
- Avoid direct sunlight
- Drink plenty of cool, nonalcoholic beverages
- Stay indoors between 11 a.m. and 4 p.m.
- Eat light meals and don't use the oven
- Stop or limit physical activity on very hot days
- Take a cool shower, bath, or sponge bath
- Ask your doctor if your medications increase your risk for heat stress
- If you think you're having a heat-related health problem, call 911 or get medical help immediately

"Thank you so much for all you do!! The last few months have been so challenging for me, and to have you covering my back at every turn has made my life, and the life of my family so much easier. Blessings to all of you with gratitude from me!!"

Yolanda Vitale Gruseke

Staying in Touch



Volunteer **Chris Glover** (standing) gives Member **Jim Hollyday** some computer tips. Our tech volunteers assist with everything from TVs, phones, computers, and printers to apps such as Facebook and Netflix.



Board Members **Joel Pelzner** and **Steve Orteig** have a good time at our Annual Meeting.



Astronomy Teacher **Tim Haig** (left) gave a private tour of the New Canaan High School's Planetarium to 13 members.

Local groups help *Staying Put*

Staying Put is grateful to six local organizations and businesses for their generous support.

They include Bankwell, Fairfield County Bank Foundation, Fairfield County's Community Foundation, New Canaan Artisans, Rotary Club, and New Canaan Community Foundation whose generous grants help underwrite *Staying Put* programs and member services.



Executive Director **Barb Achenbaum** and President **Judy Bentley** (center) accept a grant presented by First County Branch Manager **Agnieszka Maciejewski** (left) and Assistant Vice President **David Van Buskirk** (right).

Be smart about your brain!

Our Annual Meeting was well attended with more than 85 members, volunteers and friends.

Donna Vallario of Engaging Alzheimer's shared some helpful tips on how to keep your brain healthy.

"Genes clearly are involved in successful aging," she said, "but these simple changes can also help you take charge of your brain health."

1. Always put your keys, purse or wallet in the same place.
2. Exercise at least 15 minutes a day. Aerobic exercise is ideal but walking is just fine.
3. Get eight hours of sleep a night.
4. Eat a healthy diet that includes plenty of colorful fruits and vegetables, fish, and nuts.
5. Challenge your brain by varying your routine, such as taking a new route home from a familiar place.
6. Engage in active learning – master a new card game, language, or craft.

"Forgetting a name or appointment is normal," **Ms. Vallario** said, "but see your doctor if you notice any unusual symptoms. It might be something else."



At our Annual Meeting these lovely young women (above) from the **National Charity League** along with **New Canaan Rams** helped set up, serve, and clean up. **George Baker** (below) provided delightful entertainment.



"Tip from Nic"

If you have a heart condition, get a copy of your EKG strip and put it in your wallet near your ID.



Nic Holzberger,
Director, Member
Services

In case of emergency ER personnel can find it when they look for your ID. This will give doctors invaluable information about your baseline heart rhythm. It's also good to keep a list of your medications in your wallet, heart condition or not.

Survey says: We're happy!

According to a recent *Staying Put* Membership Survey, 76% of respondents said they were "extremely satisfied" with our programs and services, and 24% said they are "very satisfied."

When asked what they would like to see more of, most said, "*Staying Put* is just right as it is!"

Holiday Closing

The *Staying Put* office will be closed on Fri., Sept. 1 and Mon., Sept. 4 in observance of Labor Day. If you have any requests for that week, please call the office by Thurs., Aug. 31.

Thanks to contributors for this issue: **Kathy Collins**, **Cathy Fitzpatrick**, **Nic Holzberger**, and **Barb Achenbaum**.



Rob and the Luau Ladies! First Selectman **Rob Mallozzi** enjoyed the company of **Janecke Madsen**, **Cathie Pike**, **Sheila McMann**, and **Jane Vanderzee** at our "Luau at Lila's" fundraiser. See more photos on page 1.

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.