

Staying inTouch

Summer 2018

10 Years!
Staying Put ^{IN} New Canaan



The beautiful backyard of Member **Joan Dionne** was transformed into a spectacular

speakeasy for *Staying Put*'s annual fundraiser — postponed one day due to afternoon rain.

"Jazz at Joan's" featured a festive summer feast prepared by **Chef Jeff** and cool jazz performed by **Black Tie Affair**. Members sported vintage 20s clothing, including feathered headbands, ropes of pearls, and dazzling dresses.

All proceeds from the event directly support services for our members.

"We are very grateful to both the individuals and local businesses (see page 6) whose support helped guarantee the event's financial success," said Event Chair **Amy Freyre**. "Thanks to them, we provided a memorable evening for members and friends."



Lookin' jazzy! **Dede** and **Jim Bartlett** and Board President **Judy Bentley** enjoy live jazz in their vintage costumes.

Preventing elder scams and more through conversations

Staying Put and the New Canaan Library are collaborating to sponsor "Necessary Conversations," a series of panel discussions for the public, especially seniors and their adult children, on issues related to aging. Topics have included: driving safety, emergency preparedness, end-of-life planning and, most recently, how to prevent elder scams.

Executive Director **Barb Achenbaum** thanked the Library and the many expert panelists including medical professionals, public safety officers, and social workers. "We have been able to encourage families to engage in important but often challenging conversations," she said.



Officer **Thomas Patten**, New Canaan Police Department, shares advice on how to recognize scams. Resource materials for this and each panel are available in the *Staying Put* office.

"I went to the (Staying Put) Men's Coffee this morning with 10 or 11 other guys and I thought I would be the youngest one there. Turns out I was probably the oldest. You are doing a great job. I was really, really happy to be there today. Thank you."
Member BJ

Let's make a date

Men's Coffee at *Staying Put*

Second Tuesday every month at 9:30 am
July 10, Aug. 14, Sept. 11

Lunch and Fun: New Canaan Trivia Throw Down

Wed., July 11, 12 pm. at Lapham

Two born and bred New Canaanites, Wendy Coleman Hilboldt and Steve Benko, will face off on New Canaan trivia. Light lunch included. Free. RSVP.

NY Botanical Garden's Georgia O'Keeffe exhibit

Thurs., July 12, 9 am

Pack your lunch and join us for a day trip. \$20 per person. RSVP. Rides available.

Dinner at 123 in Vista

Tues., July 17, 6 pm

A return trip to one of *Staying Put*'s favorite dining destinations. \$35. RSVP and payment due by July 13.

New Canaan Library and *Staying Put* present
An Evening with Mary Hogan
Thursday, July 19, 6:30 pm

Award-winning author **Mary Hogan** will discuss her novel "Left: A Love Story" about a woman who retreats into a fantasy world where she lives a glamorous life free from heartache when her husband, a respected New York City judge, begins to lose his memory. Free and open to the public. Refreshments provided. Rides available.

Lunch at Mead Park

Fridays, July 20 and Aug. 17, 1 pm

Barbecue Potluck at Barb and Jon's

Tues., July 24, 5 pm

Come to **Barb** and **Jon Achenbaum's** home for an evening of food and fun. Please bring your favorite dish to share. Free. RSVP. Rides available.

Brunch and Fun: Bernstein on Broadway

Wed., July 25, 10 am at Lapham

Marc Courtade discusses *On the Town*, *Wonderful Town* and *West Side Story* — their eras and how they reflect NYC. \$5 per person, pay at the door. Light brunch included. RSVP required: 203-594-3620.

"Sue (Staying Put volunteer) just left and my new printer is now working like a dream – she knew all the little tricks that I had no awareness of! Many thanks for your quick response to what was a real problem for me. Hooray for SP! Member TE

Bruce Museum trip

Thurs., Jul 26, 10 am

Exhibits include: National Geographic Photo Ark, Expressionism in Print and iCreate. \$8. Rides available. RSVP.

An Afternoon in Silvermine

Wed., Aug. 1, 12 pm

Lunch at Silvermine Market and guided tour of Silvermine Arts Center's exhibit "Art of the Northeast." RSVP.

Lunch and Fun: A Trip Down Memory Lane

Tues., Aug. 7, 12 pm at Lapham

Take a trip back in time with slides, videos, and stories about old New Canaan. Light lunch included. Free. RSVP.

Dinner at the Roger Sherman Inn

Tues., Aug. 14, 6 pm

Join us for dinner on the porch at this New Canaan treasure. \$40. RSVP and payment due by Aug. 10.

Evening Picnic at Woodway Beach Club

Tues., Aug. 21, 5:30 pm (rain date Aug. 22)

Join us at Woodway for our annual picnic overlooking Long Island Sound. Bring along your favorite summer dish to share. Free. RSVP by Fri., Aug. 17.

Brunch and Learn: Appointing a Healthcare Proxy

Wed., Sept. 12, 10 am at Lapham

Katherine Lasberg, Fairfield County Visiting Nurse and Hospice, will discuss providing guidance on your medical wishes. Light brunch included. Free. RSVP.

Lunch and Fun: Waveny Then and Now

TBD at Waveny House

Member **Barbara Johansen** will share a first-hand account of the transition from private family home to a New Canaan icon. Light lunch included. Free. RSVP.

Rotary Club Lobsterfest

Fri., Sept. 21, 6 pm at NC Historical Society

Join us for a traditional New England feast. Tickets available through *Staying Put*. \$35. RSVP.

Lunch and Learn: Wills and Trusts

Wed., Sept. 26, 12 pm at Lapham

Attorney **Michael Nedder** will answer questions about setting up wills and trusts. Light lunch included. Free. RSVP.

Holiday Closing

Friday, Aug. 31 through Monday, Sept. 3

Staying Put's office will be closed for the Labor Day Holiday.

Lunch and Learn and Fun!



Members were “all ears” for Board Member **Phil Ives’** Lunch and Learn on Hearing Loss.

Staying Put and the Lapham Community Center are expanding their “Lunch and Learn” series launched in 2016 into regular Wednesday programs.

“We are happy to formalize what has become a very successful collaborative effort,” said Lapham Director **Lyn Bond**.

Lunch and Learns have addressed health issues such as hearing loss, chronic pain, and preventing skin and eye damage, as well as safety concerns, including Medicare scams, fall prevention, and in-home safety checklists. On the lighter side, the entertaining companion Lunch and Fun events have drawn audiences as large as 50. They have featured local experts on musical theater, birdwatching, Queen Mary’s Dollhouse, and Revolutionary War heroes.

Lunch and Learns will now be offered one or two Wednesdays each month. A light lunch is served at noon and the programs begin at 12:30 pm. All programs are free and open to the public. Reservations are required.

The next Lunch and Learn is July 11.



Once again members and friends were a big hit marching in the Memorial Day Parade.

Thanks to local organizations

Staying Put has received generous grants from the First County Bank Foundation, the New Canaan Artisans, the New Canaan Community Foundation, and the Rotary Club of New Canaan. We are grateful for the steadfast support of these local organizations which ensures we can provide services our members need and events they enjoy.



Suzanne Dean, First County Bank Foundation, presents a check to Board Members **Judy Johnson** and **Lyn Chivvis**, Advisory Council Member **Pat Stoddard**, with New Canaan Branch Manager **Agnieszka Maciejewski**.

Tech Angels to the rescue

Staying Put’s Tech Angels are volunteers who troubleshoot for members in their homes. They now offer “Tech Fly-Bys” — monthly visits to show you easy ways to avoid scams and effectively manage your files and desktop activities.

They will also help you delete old emails, empty the Spam folder, and unsubscribe from unwanted emailers. Call the office if you’d like a “Fly-By!”

Staying Put uniquely meets our needs, Rep. Himes says

At our 10-year Anniversary Celebration, U.S. Congressman **Jim Himes** said that state and national governments cannot meet the needs that *Staying Put* addresses. Other towns need to learn about our organization's concepts, he told our nearly 200 members and guests.

Our founders were recognized and First Selectman **Kevin Moynihan** proclaimed May 20 "*Staying Put* Day in New Canaan."



One of our earliest and most dedicated founders is **Pat Stoddard** (left) with her family, **Brian Williams**, granddaughter **Allison Williams**, **Rep. Himes**, and Pat's daughter **Jane Williams**.



Member **Pat Brooks** (left) is greeted by Board Member **Carol Blauvelt**.

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Above: **Rep. Himes** congratulates **Ellie O'Neill**, one of our most important founders.

Below: The celebration included refreshments and lively conversations with a record number crowd.



Arriving members and guests were greeted by Board Members **Lois Sandberg** and **Steve** and **Liz Orteig**.

A Derby Day Surprise Reunion!



When **Mimi McMennamin** (left) walked into the *Staying Put* office for the Kentucky Derby Day lunch, she spotted **Sabra Jayne** at the volunteer desk. When she realized who it was, she surprised Sabra with a big hug and a good long chat. For years, Sabra and Mimi were fellow travelers to their respective summer spots in Maine, but had not connected in ages.



Off to the races! In the great Derby tradition, members donned their finest hats for lunch complete with Mint Juleps! Above: **Barbara Leeming** and **Nancy Helle** are all decked out!



Dick DePatie and **Joel Pelzner** enjoyed a lovely June evening at the home of **Barb** and **Jon Achenbaum**. The annual event is a chance for members and spouses of *Staying Put*'s Board of Directors and Advisory Council to get together.



The *Staying Put* staff treated board members to delicious hors d'oeuvres passed here by **Nic Holzberger** to **Donna Simone**, **Pris Thomas**, and **Jeannie Hart**.



Above: Our annual Potluck Supper at the Presbyterian Church was attended by 37 members, including **Susan Ponte**, **Barbara Johansen**, **Anne Kniffin**, and **Ruth Kelley**.

Left: We can never say thank you enough to our wonderful volunteers. But we can invite them to lunch! From left: **Jeannie Hart**, **Tanis Erdmann**, **Sabra Jayne**, and **Barbara Johansen**.

More “Jazz at Joan’s”

We thank the major sponsor for the “Jazz at Joan’s” fundraiser, **Tom Cicalese** of Hoyt Funeral Home and Cremation Services, along with other sponsors AC Autobody and Mechanical Service, April and Kelly @ William Raveis, Brightview on New Canaan, C&H Automotive Center, Amy and Fabio Freyre, Patti and Jon Geanakos, GetAbout, Beth and Arthur Golden, HTG Investment Advisors Inc., Handwright Gallery and Framing, Jeannie Hart, Hoyt Livery Inc., Hutchinson Tree Care Specialists Inc., Karp Family/Karp Associates, Linda Kelly, Lions Club of New Canaan, New Canaan Board of Realtors, New Canaan Foreign Car, New Canaan Podiatry, PCLinkZ.com Computer Services, Parker Ear Nose & Throat, Personal Training Professionals, Privatus Care Solutions, Rand Insurance, Inc., R. Berger & Company, Inc., Stamford Ophthalmology, and Walter Stewart’s Market.



Jazz at Joan’s was a trip back to the 20s and a chance for friends to get together. Here are **Judy Schurman** and **Bill Knobloch**.



Above: Our fancy looking, hard working staff — **Kathy Collins**, **Cathy Fitzpatrick**, **Nic Holzberger**, guest bartender **Bill Tower** and **Barb Achenbaum**.

Right: Enjoying the shade of the tent are **Helen O’Neill**, **Barbara Johansen**, **Harlan Andrson**, **Sandra O’Neill**, **Kevin Stagg**, and **Zaza Chkhikvadze**.

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Staying Put gardeners got out their green thumbs and garden gloves for an afternoon of pot planting. Special thanks to our own **Donna Simone** for supplying the plants and hospitality. Above are **Sydney Fulford**, **Pris Thomas**, **Donna**, **Georgia Little**, and **Levora D’Acosta**.

Congratulations Kathy Collins!



Kathy Collins, Director, Member Resources earned her Licensed Master’s in Social Work from Southern Connecticut State University in May.

Kathy was invited to present her thesis on helping families address end-of-life issues to the National Association of Social Workers. While doing her coursework, she also completed 1,100 internship hours at the Center for Geriatrics at Bridgeport Hospital and Waveny Care Center.

Meanwhile, she continued her outstanding work at *Staying Put*, adding dozens of new volunteers to our roster and generating record audiences at 80 programs and events. Kathy has been ordered to take the summer off!



Our Members Recommend

Board Member **Sue Scannell's** dessert was a hit at our spring potluck. She shares her recipe for **Baked Chocolate Pudding** below.

2 sticks unsalted butter, melted, plus extra for dish

4 extra-large eggs

2 C. sugar

$\frac{3}{4}$ C. cocoa powder

$\frac{1}{2}$ C. all-purpose flour

Seeds scraped from 1 vanilla bean

1 T. framboise liqueur (optional)

Preheat oven to 325. Lightly butter 2-qt. baking dish. Sift cocoa powder and flour together. Set aside. In mixer, beat eggs and sugar on med-high 5-10 min. until very thick and light yellow. Lower speed. Add vanilla seeds, framboise (if using), and cocoa-flour mixture. Mix only until combined. Pour in cooled butter and mix until combined.

Pour mixture into buttered dish and place in a larger baking pan. Add hot tap water to larger pan halfway up the side. Bake exactly 1 hr. Cake tester inserted 2 in. from side will come out $\frac{3}{4}$ clean. Center will appear very under-baked; this dessert is between a brownie and a pudding.

Cool and serve with vanilla ice cream.



New Canaan High School Intern **Kathy Fatoullah** volunteered invaluable hands-on support during her four-week tenure, from updating *Staying Put's* key databases to assisting with stamping and labeling more than 1,000 pieces of mail.

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

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.



Mike Rodell gave 100-year-old member **Rhoda Fisher** an hour-long ride in his convertible on a beautiful spring day, while his dog, Kallie, supervised from the back seat.

"Tip from Nic"



The lazy days of summer are here with the cookouts, gardening, and outdoor time we enjoy. Not so enjoyable are the dreaded heat and humidity. These tips can help keep you comfortable and healthy when summer temperatures creep up.

- Garden/exercise outdoors in cooler early mornings or evenings.
- Drink 6-8 glasses of water or fluids daily. Avoid caffeine, alcohol, and drinks with lots of sugar or salt.
- Wear lightweight, light-colored, loose-fitting clothes.
- Wear wide-brimmed hats and sunglasses. Use UVA and UVB sunblock with a SPF of 15 or more.
- Check your meds. Some can increase your sensitivity to UV rays. Ask your doctor or pharmacist if you're not sure.
- Enjoy air conditioning. If you don't have it at home, spend some time every day at places that do: the Library, the Y, Lapham, a movie theater, or *Staying Put*. A cool shower or bath will help, too.
- Don't leave food in the car or outdoors – food spoils quickly in the heat.
- Eat light, cool, easy-to-digest foods.
- Know the signs of heat-related illness: confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experience these symptoms, get help immediately by phoning 911.

Nic Holzberger, Director, Member Services



Volunteers from the Congregational Church Youth Group and the National Charity League pitched in to help members of *Staying Put* with spring yard work. The Youth Group volunteers above help **Betty Petschek** (center).

"We got help from the NCL girls and their moms. I think we had almost the entire sophomore class. They did a wonderful job cleaning up all the twigs along the driveway. We are so grateful for their help."

Member TM

"The church kids were wonderful, really great. They put out and washed off my outdoor furniture. They cleaned out my shed. They helped me prune. I had a really nice time with them. They stayed almost two hours. I hated to see them leave."

Member PL