

Staying ^{Winter 2016} inTouch

Happy 9th birthday to us!

A driving rain didn't stop more than 100 *Staying Put* members, volunteers, and benefactors from celebrating our 9th birthday at St. Mark's Morrill Hall on Jan. 10. The clouds were dark but the mood was bright as the group toasted another successful year of keeping seniors safe at home in New Canaan.

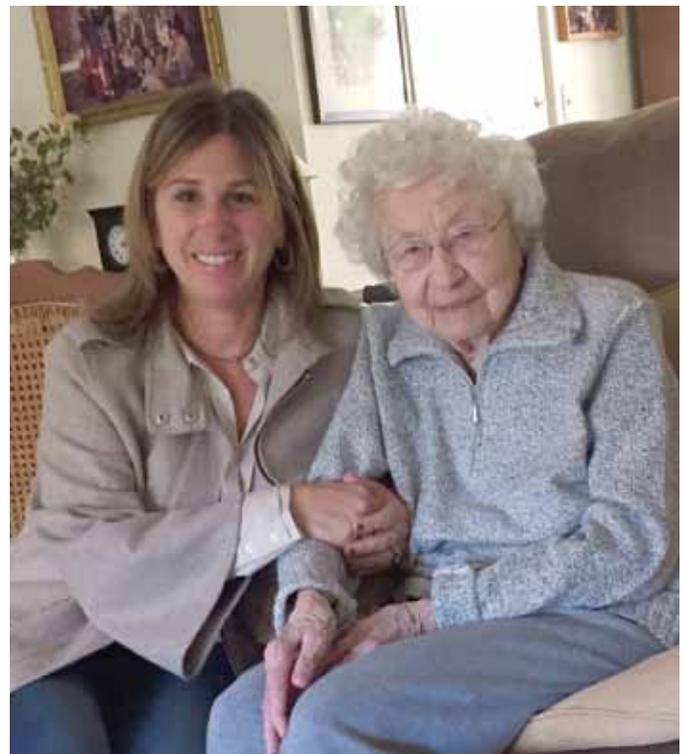
Board President **Judy Bentley** welcomed new Board members **Betsy Afragola**, **Cathy Irwin**, and **Kathy Pasternak**, and thanked retiring Board members **Tom Gnuse** and **Tom Turrentine**. "We are very grateful to both Toms for their dedication, devotion, and support over the years," she said.

Judy then thanked our 150 dedicated volunteers, who were essential to the organization's ability to respond to more than 5,000 calls in 2015.

To cap off the celebration, the Blue Notes Singers performed in four-part harmony several classic Broadway and Big Band tunes. They ended

the program by leading the group in a rousing rendition of "Happy Birthday."

"Velma is a joy to visit and an inspiration to me," says Nancy



Volunteer **Nancy Shullman** (left) has been visiting member **Velma Syring** for four years. They are part of *Staying Put's* Care Connections network that has matched 32 volunteers with 39 members for regular phone chats or friendly visits.

"After so many years, we have become friends," says Nancy. "I'm very attached to Velma. She is a joy to visit and an inspiration to me. She is much more with it than I am!"

"We have a lovely visit every time we get together!" says Velma.



Cheers! From left: **Phyllis Linden**, **Joan Jaworowski**, **Betty DeAraujo** and **Trudi Yeager** toast *Staying Put's* 9th birthday.

New website coming Feb.1

Our re-designed website is totally up to date and will be easier to navigate with a drop down menu, real time events calendar, and easy links to other sites. Still www.stayingputnc.org. Thanks to **Patti Geanakos** and our staff for their hard work.



Let's make a date!

Lunch at Grace Farms

A new tradition! Join your *Staying Put* friends for a casual lunch at this serene setting. RSVP

Fridays at 1 pm. Feb 12, 26, Mar 11, Apr 1, 22

Men's Coffee

Third Wednesday every month at 9:30 am

Feb. 17, Mar. 16, Apr. 20. New Canaan Inn

Brrr! January Thaw Tea at Donna's

Tues., Jan 26, 2:30 pm

Snow Date: Thurs, Feb. 4. Free. RSVP

Soup's On at Jeanne Gnuse's

Wed., Feb 3, 12 noon

Small group luncheon. Free. RSVP

"How to Talk to Your Doctor" Lapham Center

Thurs., Feb 4, 10:30 am

Melody Matheny-Orpen, RN, BSN. Free. RSVP to Lapham at 594-3620

"Other Desert Cities" Town Players

Sun., Feb 7, 2:30 pm

An entertaining family drama. Tickets: \$20. RSVP

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Lunch at Elm Restaurant

Tues., Feb. 16, 12:30 pm

Enjoy delicious modern American cuisine.

\$30. RSVP

Leap Year Potluck Dinner

Mon., Feb. 29, 5 pm

First Presbyterian Church. Bring your favorite dish to share. Free. RSVP

Great American Composers

Thurs., Mar. 3, 6:30 pm. New Canaan Library
Renowned pianist Paul Bisaccia will perform selections from Gershwin's "An American in Paris." Free. Rides available. RSVP to the Library 594-5003

Historian and Professor Peter Bales

Fri., Mar. 4, 1 pm. Lapham Center

"Everything you always wanted to know about World War II, but were afraid to ask!" Free. RSVP to Lapham 594-3620

Fairfield County's Giving Day Lunch

Thurs., Mar. 10, 12-2 pm

Stop by the office to enjoy some goodies and make a gift of any size to *Staying Put*.

Lunch at Blind Charlie's

Tues., Mar. 15, 11:30 am

Discover a favorite Scott's Corner spot. RSVP

"Into the Woods"

Thurs., Mar. 17, 7 pm. New Canaan High School
A creative re-telling of classic fairy tales. \$15. RSVP

"The Library that Never Sleeps"

Wed., Mar. 23, 2 pm

New Canaan Library. Find out about the amazing round-the-clock offerings at our hometown library. Free. RSVP

"Healthcare Decisions -- It's Your Choice"

Thurs., April 7, 10:30 am Lapham Center

Melody Matheny-Orpen, RN, BSN will explain different health care options and the importance of advanced directives. RSVP to Lapham 594-3620

Docent Tour of Keeler Tavern in Ridgefield

Wed., April 13, 2 pm

Visit this charming Colonial museum housed in an 18th century tavern. \$5. RSVP

Dinner at Rincon Taqueria in Norwalk

Tues., April 19, 6 pm. Traditional paella dinner and flawless flan. \$30. RSVP



“Ready, Set, Safe”

Seniors lose billions of dollars each year to heartless fraudsters. Here are some tips to be sure that you don't fall victim to “senior scams.”

- Never give your bank account, Social Security number or credit card information over the phone to someone you don't know, even if they appear to be from a legitimate institution like the IRS.
- Don't respond to a message on your computer that says your virus protection has been compromised.
- Don't send money to anyone who says they're in a hospital in a foreign country and needs help.
- Don't respond to a notification that you have won a sweepstakes and need to make a payment to unlock the prize.
- If someone who sounds like your grandchild calls to say they're in trouble, immediately call their cell phone or check with their parents to make sure that it's a scam and they're okay.

For more information, contact the Elder Abuse Hotline at 800-677-1116.



President **Judy Bentley** (right) was recently honored as “Best Friend to Seniors” by Moffly Media in the “Light A Fire 2015 Celebration of Giving.” **Patti Geanakos** was named “Board Leadership MVP” by the NC Volunteer Recognition Committee.

Annual Appeal steams ahead

Executive Director **Barb Achenbaum** thanked the generous supporters who are keeping us on target with our \$160,000 goal for 2016. As of week 10, we received 390 gifts totaling \$146,620. There's still time to make a tax-deductible gift.



Members get together at the Kiwanis Lobster Fest including **Judy Schurman, Tom and Joan Towers**.

Members recommend freebies: Tele-Health and Yellow Dot

The 35 *Staying Put* members who have participated in the town's **Tele-Health Wellness Program** unanimously recommend it to other seniors aged 65-95. Most felt it made them smarter healthcare consumers and almost all found they were definitely more active. The program, conducted by Health and Human Services, is free. For more information contact Tele-Health nurse **Bethany Zaro** at 203-594-3093.

The **Yellow Dot Program** provides a yellow decal for your car's rear windshield. In case of emergency, it can alert first responders that vital information about the driver is in the glove box. The program is sponsored by People's United Bank and is free. Find out more by contacting Officer **Roy Adams** at 203-594-3500.



Town Firefighter **Don Gesualdi** helps member Trudi Yeager get a Yellow Dot.

Board elects 3 new members

Betsy Afragola has lived in New Canaan for 46 years. She has been a nursery school, elementary school, and religious ed teacher, and was employed at Silver Hill Hospital helping adolescent patients with homework. She has been on the Getabout Board, and is an EMT with the New Canaan Ambulance Corp. She and husband Fred have 3 daughters and 9 grandchildren.

Cathy Irwin has lived in New Canaan for 15 years. She is a Certified Orton Gillingham Practitioner, and has tutored dyslexic children since 2007. She has also served on the boards of the New Canaan Community Foundation and the Encore Club, and loves playing golf, paddle tennis and tennis. She and her husband Brad have 2 daughters and 2 grandchildren.

Kathy Pasternak is a real estate broker and attorney. She and her husband Dana have lived in

New Canaan for more than 30 years, and their 3 children attended New Canaan schools. She has been president of the West School PTC and mentor to high school girls, on the Waveny Lifecare Network Board and Getabout Board, and the New Canaan Cares Advisory Committee. She has one grandchild and another on the way.

Save the Date! **Sunday, May 1** ***Staying Put Annual Meeting***

Free income tax preparation is available at the New Canaan Library on Tuesdays and Saturdays beginning Feb. 6. Call 594-5003 for an appointment.

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.