



CORRIDORS

NOVEMBER 2015

The Wilton Food Pantry Needs Your Help



Volunteer Mary Porrazzo

this extra support while they endure a difficult period in their lives.

Dan Riley and Mary Porrazzo are two volunteers who donate their time regularly to the Pantry. Dan picks up a delivery from the Village Market and brings it to the Pantry on Tuesday mornings. For Dan, this experience has allowed him to meet people whom he otherwise might not have had the chance to get to know, including the Village Market workers, the Social Services Department staff, and the Pantry clients. He observes that he has met so many nice people in town as a result of this rewarding volunteer experience. Mary too feels that meeting so many people is a big plus. She is especially grateful for the opportunity to help others.

For more information or to volunteer your time, please call the Volunteer Coordinator Del Overby at 203-762-0520.

If you are 55 or older and are looking for a meaningful volunteer experience, please consider spending a few hours a month at the Wilton Food Pantry, located on the lower level of the Comstock Community Center. The Food Pantry is run by the Wilton Department of Social Services and staffed and supported by many volunteers who pick up and deliver food or spend a few hours in the Pantry helping clients when the Pantry is open for business. It is a way to make a difference in a personal and significant way.

The Pantry is open on Monday, 1:45 p.m. to 4:00 p.m.; Tuesday, 9:00 a.m. to 12:00 p.m. and 2:00 p.m. to 4:30 p.m.; Wednesday, 1:45 p.m. to 4:00 p.m.; and Thursday, 9:00 a.m. to 12:00 p.m.; Friday, closed. Volunteers answer questions, help orient new users to the Pantry and provide a welcoming and friendly face to Wilton residents who need



Volunteer Dan Riley



Sarah Muccio Joins Social Services

Sarah Muccio, LCSW, started work last month as the new Adult and Family Social Worker in Wilton's Social Services Department. Sarah earned her Master's in Social Work from Fordham University. She also holds a Bachelor's

in Gerontology from Quinnipiac University and a Master's in Health Services Administration from Iona College. Sarah is a Licensed Clinical Social Worker.

Sarah has long known that she wanted to find a career helping others. After college she began working as a companion for a home care agency and then became a recreational assistant at an adult day care center. Sarah spent over ten years at the Southwestern Connecticut Agency on Aging in Bridgeport where she held different positions including Care Manager, Mental Health Consultant, Team Leader, and Quality and Compliance Manager. She particularly enjoyed her role working in the Care Management Department training and mentoring staff. During her time at SWCAA Sarah pursued her Master's in Social Work from Fordham University. She graduated in 2009 and remained at SWCAA until this past August when she decided to shift her focus to working with adults and families.

Sarah has been married for six years to Christopher, an elementary school teacher. They live in Greenwich with their three-year-old son John.

What are your responsibilities as Wilton's new Adult and Family Social Worker?

I am primarily responsible for helping individuals and families apply for the Connecticut Energy Assistance Program, as well as screening them for other programs and benefits for which they may be eligible. I will also work with Operation Fuel and other assistance programs. My hours are: Mondays from 9:30 a.m. to 4:30 p.m., Tuesdays from 9:00 a.m. to 12:30 p.m., and Wednesdays from 11:00 a.m. to 4:30 p.m.

How do you spend your spare time?

I enjoy the outdoors (especially the beach), taking walks, reading, watching movies, and going to the park with my son. My true passion is traveling, but that has been limited to weekend car trips since our son was born.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)



The Wilton Social Services Department is available to help you apply for assistance with your heating bills. Income guidelines for eligibility state that a single individual may earn no more than \$33,132; a couple's maximum income may not exceed \$43,326. Income includes wages, social security, pension, rental income, child support and interest.

There is also a liquid assets test. Liquid assets include checking and savings accounts, CDs, stocks/shares, bonds, annuities, certificates of deposit and individual retirement accounts. The purpose of the liquid assets test is to ensure that winter heating assistance dollars go to households most in need, that is, to people who lack the financial means to heat their home. For homeowners, the first \$15,000 in liquid assets, and for other households, the first \$12,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income, must be below the income guidelines.

The program officially begins November 10. For more information or to schedule an appointment, call Social Services at 203-834-6238. New documentation is required each year.

Open Enrollment for Medicare Part D October 15 to December 7



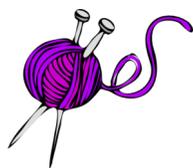
The Wilton Department of Social Services is pleased to offer Wilton seniors the opportunity to meet with Ellen Abend, a Choices Volunteer, to review their Medicare Part D plan. It is recommended that all Medicare beneficiaries review their Part D prescription plan annually to determine if the plan in which they are currently enrolled will continue to be the best plan for them in 2016. Ellen will be available in the new Senior Center Technology Room every Thursday from 10:00 a.m. to 1:00 p.m. during the current open enrollment period which ends on December 7.

AVOID THE FLU!
GET VACCINATED BEFORE FLU SEASON
Sponsored by Visiting Nurse & Hospice

Visiting Nurse and Hospice will conduct a Flu clinic at the Senior Center on Tuesday, November 3 (Election Day), from 10:00 a.m. to 11:30 a.m.

- First come, first serve. **Age four years or older.** Persons under age 18 must be accompanied by a parent or legal guardian.
- Cost for flu vaccine is **\$42.00** payable by cash or check or it can be billed directly to **Aetna, Anthem, Connecticare, Fallon, Harvard Pilgrim, Healthy Ct, Multi Plan, Unicare, Wellcare or Medicare Part B.**
- **HIGH DOSE** vaccine will be available for those age 65 years and older who prefer the High Dose instead of the regular dose vaccine. **Cost is \$60.**
- Please bring your insurance card with you. We will make a copy of both sides of your card.
- For additional information, call our **Flu Info-line at 203-834-6341, extension 444.** This is an "information only" line. To speak to a nurse call 203-762-8958.
- If you are unable to attend the clinic, Visiting Nurse and Hospice will hold open flu clinic time each Wednesday through November 18 from 3:30 p.m. to 5:00 p.m. at the Visiting Nurse and Hospice office at 761 Main Ave., Suite 114. No appointment is necessary.

Flu Info Line, 203-834-6341 ext. 444
www.visitingnurse.net



**VA HOSPITAL
REQUESTS DONATIONS**

The Veteran's Administration Hospital in West Haven is accepting knitted/crocheted items to be distributed to veterans. Knitted or crocheted afghans, scarfs, and hats are welcome. (They request afghans as opposed to lapghans.) Toiletry donations are also welcomed. Wiltonian Lenore Sillery has volunteered to collect the items and deliver them to the VA Hospital. For more information, email Lenore Sillery at lsillery@sillery.com or call 203-249-7854.

Election Day
Tuesday, November 3, 6 a.m.-8 p.m.

The 2015 Municipal Election will take place on **Tuesday, November 3**, for local offices—First Selectman, Board of Selectmen, Board of Finance, Board of Education, Planning and Zoning, and other boards and commissions—at all three Wilton polling places from 6 a.m. to 8 p.m. Find your polling place and confirm your voter registration on the Wilton Registrars of Voters "Voter Look Up" page on the town website: <http://www.wiltonct.org/departments/Voter/voter2.asp>

Polling Places - Please note that the Miller Driscoll School is NOT a polling place.

District 1—Wilton High School Clune Center, 395 Danbury Road—serves the northern section of Wilton.

District 2—Cider Mill School Main Gym, 240 School Road—serves the Belden Hill and western section of Wilton.

District 3—Middlebrook School Main Gym, 131 School Road—serves the south section and River Road areas of Wilton.

Parking for voters with disabilities will be marked at each polling place. For those unable to leave their vehicles due to a physical disability curbside voting is available upon request. Please contact the Wilton Registrars of Voters office for information at 203-563-0111.

Election Day Registration

For Wilton residents who are eligible to vote and have delayed registering, Election Day registration is available at Town Hall from 6 a.m. to 8 p.m. Voters should bring positive proof of identity and residence, such as a current and valid photo ID showing their Wilton address.

Absentee Ballots

If you are unable to vote at the polls between 6 a.m. and 8 p.m. on Election Day, absentee ballots are now available. You may obtain an application for an absentee ballot by downloading and printing a copy from the town website at <http://www.wiltonct.org/departments/Voter/voter5.html> or by calling the Town Clerk's office at 203-563-0106.

Questions?

Contact Registrars of Voters Carole Young-Kleinfeld and Tina Gardner at 203-563-0111.

Book Discussion

with Ray Rauth
at the Senior Center
Tuesday, November 24, 11:00 a.m.
The Sixth Extinction: An Unnatural History
by Elizabeth Kolbert

In this engaging 2015 Pulitzer Prize-winning book, staff writer for *The New Yorker* Elizabeth Kolbert presents a cautionary tale of evolution and extinction. Examining the five major extinction events in earth's history eons ago, Kolbert connects them to a sixth extinction taking place in our present world. Accessible science is combined with travelogue-style reporting as Kolbert visits the earth's far-flung corners to observe species in danger while discussing causes, effects and possible remedies with naturalists, botanists and marine biologists. In its review, *Kirkus* said that "throughout her extensive and passionately collected research, Kolbert offers a highly readable, enlightening report on the global and historical impact of humans... a highly significant eye-opener rich in facts and enjoyment." Lunch (\$3) is served at noon. Reservations: 203-834-6240.

November is National Family Caregiver Month!

The Alzheimer's Association Connecticut Chapter and the Adam Broderick Salon and Spa wish to thank you and treat you to services and cocktails. *If you are a caregiver, you're invited to the third annual Caregiver Appreciation Event at Adam Broderick Salon and Spa, 89 Danbury Road, Ridgefield, CT, on Friday November 6, from 6:30 p.m. to 8:30 p.m. The event is free. Space is limited; RSVP, Nicole Beaucar at nbeaucar@alz.org or call 860-828-2828.*



Stay at Home in Wilton and the Wilton Family YMCA Branch are cosponsoring a seminar, **Healthy Eating for Seniors** on Monday, November 16, at 11:00 a.m. A local nutritionist will present healthy choices and answer questions on diet and how we should eat as we age. To register, call Janet Johnson, Stay at Home in Wilton Executive Director, at 203-762-2600. This event is free and takes place at the Wilton Family YMCA Branch at 404 Danbury Road.

Ogden House Chair Yoga

Liz Wendell will teach gentle chair yoga on Tuesdays, 2:00 p.m. to 3:00 p.m. Fee: \$3 per class. To register for the class, please call Betty at 203-762-8035.



Play Reading with Andrea Ragusa



Monday, November 2, 12:30 p.m.
GOOD PEOPLE by David Lindsay Aubaire

Monday, December 7, 12:30 p.m.
FIVE WOMEN WEARING THE SAME DRESS by Alan Ball

The 2015-2016 Play Reading brochure provides a synopsis of each play. These brochures and copies of the play for the month are on the mirror sideboard in the Senior Center Lounge. To register, call 203-834-6240.



Holiday Survival Tools

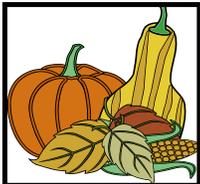
How to Stay Calm, Balanced, and Healthy This Season
Tuesday, December 8, 9:00 a.m.

Drawing from the ancient wisdom of Yoga and Ayurveda, the 5,000 year old sister science of yoga, you'll learn simple daily routines that will help balance you and calm your nervous system. We will do gentle yoga postures and breathing techniques that can help keep your digestive system running smoothly. We will rest deeply in supported restorative yoga postures and practice simple techniques to help focus the mind, so that you will leave feeling more relaxed, refreshed and joyful!

Join Denise O'Hearn on Tuesday, December 8, from 9:00 a.m. to 10:30 a.m. in the Dance Studio at the Comstock Community Center. Denise is passionate about helping busy people find more energy and joy in their lives. She draws from her own past experience of chronic pain, work burnout, and food sensitivities. A certified Kripalu Yoga Teacher and Reiki Practitioner, she helps people find relief from chronic pain and tension. Denise is a strong yet gentle and compassionate teacher who is enthusiastic about sharing the benefits of Yoga and Ayurveda.

Only \$25! Call 203-210-5780 or email support@vibrantmoves.com for info and to register.

BAPTIST CHURCH THANKSGIVING LUNCH



The Wilton Baptist Church at 254 Danbury Road will treat the town's senior citizens to a bountiful Thanksgiving luncheon on Wednesday, November 18. All are welcome! Beginning at 11:30 a.m. with hot cider, this will be the 39th year of this generous gift at no cost to Wilton seniors. The luncheon feast includes roasted turkey, stuffing, side dishes, dessert, and salad.

Reservations: call the Senior Center at 203-834-6240 by Friday, November 13. **Do not call the Baptist Church. Dial-A-Ride will be available. To schedule a ride call 203-834-6235.**

The Greens at Cannondale Bingo Luncheon

On Thursday, November 5, at noon, The Greens at Cannondale, 435 Danbury Road, will host a complimentary lunch and bingo at their site. Prizes are provided by The Greens. Space is limited; reservations: 203-834-6240.



PARKS AND RECREATION LUNCHEON



A holiday luncheon will take place on Friday, December 4, from 12:00 p.m. to 1:30 p.m. at the Comstock Community Center. The cost is \$5. Reservations: 203-834-6234.



Fire Fighters Host Luncheon

On Wednesday, December 16, at noon the Wilton Career Fire Fighters Local 2233 will serve a turkey dinner with all the trimmings at an Ogden House luncheon. This wonderful tradition began in 1985 as a way for the fire fighters to thank seniors for their years of support. Volunteers from the Wilton Woman's Club will prepare the meal, compliments of the fire fighters. Guests are encouraged to come early to socialize. The Middlebrook Singers and Flute Choir will provide entertainment. Middlebrook's Student Council members will treat the participants to homemade delights. Reservations: 203-834-6240.

PHOTO BOOK WORKSHOP

by LT Organizing

Linda Thomas, LT Organizer, and Sharon Gialo, Memory Engineer, will be here to help you get started. The class meets on Friday, November 13 and 20, from 10 a.m. to noon in the new Senior Center Technology Room. Bring your photos. Linda and Sharon will not only help you organize them but will also scan them into the computer for you. After just two morning sessions, you will have a beautiful book of memories for yourself or those on your holiday gift list. Fee: \$45. (The cost of the book you select is payable to the instructor.) Registration required; call 203-834-6240.



Welcome back, Wilton seniors, to Comstock's Senior Center program spaces including the new lower level restroom (at last!) and the new technology room in "the west wing." Your patience and flexibility have been noted and appreciated. The Senior Center café and kitchen (see photo) are now the focus of major design and construction improvements. The wait will be well worth it.

*Judy Zucker, Chair
Comstock Renovation Building Committee*



NOVEMBER 2015

Monday	Tuesday	Wednesday	Thursday	Friday																																								
2 9:30 Coffee and Clay 10:30 Line Dance Fusion 12:30 Play Reading 1:00 Encore Bridge	3 Election Day 10:00 Oil/Acrylics 10-11:30 Flu Clinic 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 1:00 Beginner Bridge 2:00 Chair Yoga OH	4 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg 3:30-5:00 Flu Clinic VNH	5 10-2 Medicare Part D Appointments 9:00 Enhance Fitness 10:00 Drawing 10:00 Yoga 10-1 Medicare Enroll. 11-12 Blood Pressure Screening 12:00 Lunch and Bingo G 12:30 Portraiture	6 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr SwimY																																								
<i>Items handmade by members of the Senior Volunteer Program are for sale in the Senior Center Lounge this week.</i>																																												
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16 9:30 Coffee and Clay 10:30 Line Dance Fusion 11:00 Healthy Eating for Seniors Y 11:30-12:30 Blood Pressure Screening 1:00 Encore Bridge	17 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Beginner Bridge 2:00 Chair Yoga OH	18 9:30 Sewing OH 10:00 Open Bridge 10:00 Watercolors 10:30 Tai Chi 11:30 Thanksgiving Lunch, Baptist Church 1:00 Mah Jongg 3:30-5:00 Flu Clinic VNH	19 9:00 Enhance Fitness 10:00 Drawing 10:00 Yoga 10-1 Medicare Enroll. 12:30 Portraiture 12:00 Bingo	20 10:00 Digital Photo-book 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y																																								
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DECEMBER 2015

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	7 10:30 Line Dance Fusion 12:30 Play Reading 1:00 Encore Bridge	8 9:00 Holiday Survival Tools 10:00 Oil/Acrylics 11:00 Yoga 1:00 Beginner Bridge 1:00 Studio Knitting 2:00 Mah Jongg 2:00 Chair Yoga OH	9 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads, Music and Movies	10 9:00 Enhance Fitness 10:00 Yoga 12:30-2 Blood Pressure Screening Y 12:00 Bingo
14 10:30 Line Dance Fusion 1:00 Encore Bridge	15 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Beginner Bridge 2:00 Chair Yoga OH 3:00 Stay at Home Movie "It's a Wonderful Life"	16 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH Program: Fire Fighters Lunch/Middlebrook Singers 1:00 Mah Jongg	17 9:00 Enhance Fitness 10:00 Yoga 11:45 Connecticut Geriatric Meeting	18 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y
21 10:30 Line Dance Fusion 11:30-12:30 Blood Pressure Screening 1:00 Encore Bridge	22 11:00 Yoga 12:30 Mah Jongg 12:30-2 Blood Pressure Screening VM 1:00 Beginner Bridge 2:00 Chair Yoga OH	23 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	24 Senior Center Closed	25 Christmas Senior Center Closed 
28 10:30 Line Dance Fusion 1:00 Encore Bridge 1:00 Studio Knitting	29 11:00 Yoga 12:30 Five Crowns 2:00 Chair Yoga OH	30 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg	31 9:00 Enhance Fitness 10:00 Yoga 12:00 Bingo	January 1, 2016 New Year's Day Senior Center Closed

GUIDE TO SENIOR SERVICES

Social Services: 203-834-6238

Catherine Pierce, Director, Social Services, and Municipal Agent for the Elderly
 Lauren Hughes, Coordinator, Senior Services
 Sarah Muccio, Adult and Family Social Worker
 Patricia Kapsinow, Benefits Counselor

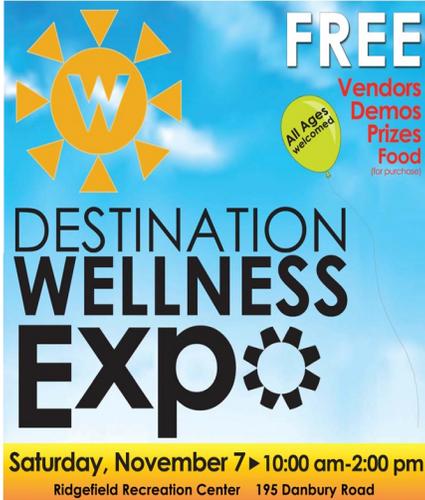
Senior Center: 203-834-6240

Lizabeth Doty, Coordinator, Senior Activities
 Andrea Ragusa, Computer Learning Center

Meals-on-Wheels	203-762-0566
Dial-A-Ride	203-834-6235
Town-to-Town	203-299-5180
FISH (medical transportation)	203-834-3737
AARP	203-866-0435
RUOK (Are You OK?)	203-834-6238 or 834-6260
Visiting Nurse & Hospice	203-762-8958
Parks and Rec Department	203-834-6234
Wilton Family Y	203-762-8384
Wilton Library	203-762-3950
Stay at Home in Wilton	203-762-3950

Wilton Senior Center
Comstock Community Center
180 School Road
Wilton, CT 06897

BULK POSTAGE
U.S. POSTAGE PAID
PERMIT NO. 11
WILTON, CT



EMERGENCY PREPAREDNESS

Are you prepared for a major power outage at this time of the year?

In your home

Keep enough supplies in your home to meet your needs for at least three days including a supply of water and non-perishable food; a battery-powered radio and flashlight with extra batteries; and special items for infants, elderly, and disabled family members.

In an evacuation

Assemble a Disaster Supplies Kit with items you may need in an evacuation, including the items above plus a first aid kit and prescription medicine; an extra set of eye glasses and hearing aids; credit cards and cash; an extra set of car keys; a change of clothes, rain gear, and sturdy shoes; and blankets or sleeping bags.

If you lose power and are not able to remain

safely in your home because of extreme temperatures or other hazardous conditions, consider going to the Wilton Emergency Shelter which will be opened by the First Selectman if it is needed.

The phone number for the Emergency Shelter is 203-216-8757. Listen to the emergency alert notification phone call from the First Selectman for the location of the Emergency Shelter.

For additional information about how to prepare for hazards in your community, contact the American Red Cross, Mid-Fairfield County Chapter (203-227-9505) or the Wilton Fire Department (203-834-6247). Consult on-line resources at www.fema.gov, www.redcross.org, or www.ready.gov.

Register for CODE RED on the Town of Wilton website www.wiltonct.org.