



CORRIDORS

JANUARY-FEBRUARY 2016

Debbie Wolyniec Joins Social Services

Deborah Wolyniec began work last month as the new Administrative Assistant in the Social Services Department, replacing Sharon Powers who retired in June. Deborah (Debbie) earned an Associate's Degree in Respiratory Therapy from Quinnipiac University and a Bachelor's in Business Administration from Western Connecticut State University.

She has spent most of her professional career working as a Registered Respiratory Therapist at Danbury Hospital where she treated pulmonary patients from newborn through adult. This position included rotations through the hospital's intensive care units, neonatal unit, and all medical and surgical floors. Debbie was also trained for neonatal and adult transports. In addition, Debbie has experience in home care and in a skilled nursing facility.

In 2012, Debbie decided to move from the clinical setting to the offices of the American Cancer Society in Norwalk. As Office Event Coordinator, she facilitated scheduling for American Cancer Society programs, performed general administrative office work, and provided comprehensive administrative support for galas and other fund raisers. After many years working with the public, Debbie is happy to be serving the Town of Wilton Social Services Department and the Senior Center. She enjoys helping others and meeting new people.

Debbie's new responsibilities include reception, clerical and administrative work for Social Services and the Senior Center, greeting visitors, providing information to walk-in clients, and assisting with access to the food pantry. She will also help with the Back to School programs, Thanksgiving baskets, and holiday gift giving; perform processing tasks associated with state and community-based entitlement programs; and support Senior Center activities.

A resident of Ridgefield, Debbie is the mother of

Corinne and Walter who are currently attending college. She enjoys reading, watching musicals and movies, taking walks, and traveling in New England and the Northeast. When asked about her initial impressions of her Wilton position, Debbie replied: "I am impressed by the extensive range of services available to qualifying Wilton residents provided by Social Services and the programs available through the Senior Center. I am also impressed by the support the department receives from town residents and local businesses for both the food pantry and the holiday programs."



Deborah A. Wolyniec

Debbie's hours are Monday through Friday 8:30 a.m. to 4:30 p.m.

CHOOSING AN ELECTRIC SUPPLIER

*The Public Utilities Regulatory Authority (PURA) will hold a FREE presentation in the Senior Center Technology Room on Tuesday, January 5, at 10:00 a.m. **Open to the public**, the program will address the topic of retail electric suppliers and retail choices in Connecticut. PURA's primary mission is to empower consumers with the information they need to make an informed decision about generation rates and choosing a licensed supplier. Both residential and small business customers will learn where to locate information about choosing an electric supplier, how to compare generation rates, how to enroll in a licensed supplier, and information regarding renewable energy. **Please bring a copy of your recent electric bill to the presentation.** Call 203-834-6238 to register.*

Planning for Life and Beyond Dialogues with an Elder Law Attorney

Beginning in January, this four-part series is held on the fourth Wednesday of the month at 1:30 p.m. in the Senior Center. Each session will serve as an opportunity to gather information about the question for that day. Attorney Christine Tenore, Wilton resident and partner at Elioovson and Tenore in Westport, will lead the discussion. Christine is a cum laude graduate of Pace University School of Law and is admitted to the Connecticut Bar. She received her B.A. in Biology with a minor in Chemistry from S.U.N.Y. at Binghamton. Christine practices in the areas of Title XIX/Medicaid planning and application, conservatorships, and decedent's estates.

January 27

What on earth are all those documents? A discussion of the new Connecticut Power of Attorney Act, living wills, and the new Connecticut health care directive called Medicare Orders for Life-Sustaining Treatment (MOLST).

February 24

Do I really need to avoid probate? A discussion of wills and trusts and what "probate" actually means.

March 23

What if I live to be 120 years old? A discussion of long-term care alternatives with an overview of Medicaid regulations and long-term care insurance.

April 27

What else? Dialogue with Attorney Tenore and recap of the series including answers to questions posed by the participants.

Registration recommended: 203-834-6240.



Ridgefield Visiting Nurse Association (RVNA) is located at 90 East Ridge Road in downtown Ridgefield. Please call 203-438-5555 to register for the programs below.

Begin the New Year Stress-Free!

Come to RVNA for a free Lunch n' Learn on Wednesday, January 6, at noon. Deanne Mincer, spiritual and yoga teacher, will share tools and techniques to reduce stress, including movement, self-massage, guided imagery, and positive affirmations.

AARP Safe Driver Class

RVNA hosts the AARP Smart Driver Course on Friday, January 29, from 9:00 a.m. to 1:00 p.m. at the RVNA offices. AARP membership is not required; there are no tests to pass. Participants may be eligible for an insurance discount upon completing the course. Taught by an AARP Certified Instructor, the class is designed for drivers age 50 and over. Participants will learn the current rules of the road, defensive driving techniques, and how to operate a vehicle safely in today's challenging driving environment. They will learn how to manage and accommodate age-related changes in vision, hearing and reaction time. Fee: \$15 for AARP members and \$20 for non-members. Refreshments and lunch will be served.

Save the Date: RVNA Health & Wellness Fair

This annual event will be held on Saturday, April 9, from 10:00 a.m. to 2:00 p.m. at the East Ridge Middle School on East Ridge Road in Ridgefield. Free health screenings, information sessions, and interactive activities are planned. Mark your calendar now.



Adventures in Learning

The non-profit adult education organization, Lifeline Learners Institute at Norwalk Community College, again offers a winter selection of 18 different non-credit daytime classes. These two-hour classes for people age fifty and over meet only once a week. This year some multi-session courses will require pre-registration. Classes begin in early January and end in mid-February.

Catalog and membership application are available online (www.lifetimelearners.org) or at 203-857-3330. Norwalk Community College is located at 188 Richards Avenue in Norwalk.

SENIOR CENTER INCLEMENT WEATHER POLICY

When in doubt, call 203-834-6240
after 7 a.m. and listen to the recording for information regarding that day's activities at the Senior Center. We do not follow the public school closings.

PHOTO BOOK WORKSHOP By LT Organizing

Session One: January 15 and 22

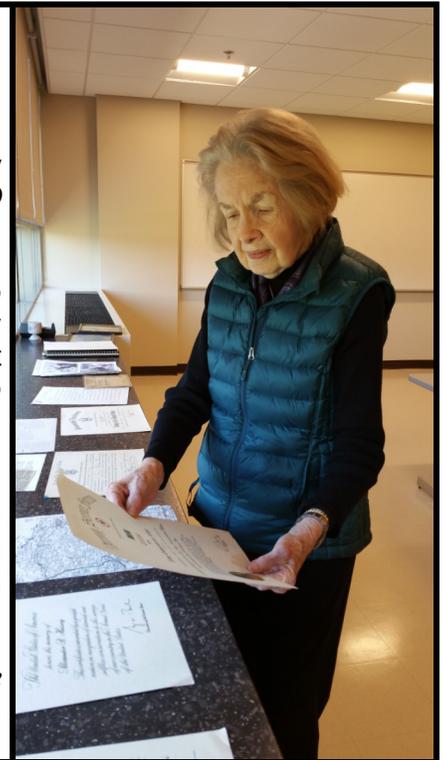
Session Two: February 5 and 12

Organizing photos can be an intimidating and time-consuming task. You may think you have to do it alone, but help is here! **THIS IS YOUR CHANCE TO START ORGANIZING YOUR PHOTOS!**

Linda Thomas, LT Organizer, and Sharon Gialo, Memory Engineer, will help you get started. The class meets on Fridays from 10 a.m. to noon in the new Technology Room. In the Technology Room work space you can spread out your photos and organize your thoughts. Linda and Sharon will not only help you organize your photos but will also scan them into the computer for you. This is the beginning of your digital photo book.

Now's your chance to start creating your unique book of remembrances. Sign up today! Fee: \$50 per session (Books are purchased separately depending upon the style book you choose.) Class size is limited. Registration required; call 203-834-6240.

Photo: Anne Hussey uses the counter space in the new Technology Room to plan her digital photo book.



Wilton Social Services Department extends thanks to...

Seventeen Wilton families, Wilton Kiwanis Club, Wilton Rotary Club, Wilton Children's Day School, Wilton Community Nursery School, Temple B'Nai Chaim, St. Matthew's Episcopal Church, Zion's Hill United Methodist Church, Wilton Presbyterian Church, 17 Girl Scout troops, 10 Boy Scout troops from Pac 10, Den 17, Wilton Family Y, Coldwell Banker, Realty 7, The Greens at Cannondale, Ridgefield RVNA, the J-Moms, the Wilton Working Moms, the Wilton Moms' Club, and the Wilton Newcomers Club, who in total provided 75 fabulous Thanksgiving dinner baskets and Stop and Shop gift cards for Wilton families; and the Wilton Woman's Club whose members provided a basket and invaluable assistance the day of the dinner basket delivery and distribution;

The Wilton Woman's Club who cooked and boxed more than 40 hot meals for Thanksgiving and Christmas for Wilton's seniors;

The Mother-Daughter Leadership group members who delivered the hot meals for Thanksgiving and Christmas Eve;

Wilton Garden Club for preparing the beautiful centerpieces and Pat Russo of the Wilton Rotary Club for delivering the centerpieces to seniors;

The interfaith community, who shopped for gifts for 19 seniors and the Boy Scouts who delivered those gifts;

"Holiday helpers" from the ranks of individual residents, community-based service clubs, local businesses, churches and Temple B'Nai Chaim who provided 103 Wilton children (preschoolers to high school seniors) with presents and gift certificates to brighten their Hanukkah and Christmas holidays;

Young's Nursery for the donation of Christmas trees to 5 Wilton families;

Ambler Farm for the donation of Christmas trees to 20 families; and

Realty 7 for the donation of Christmas trees to 5 families.

Your generosity made this holiday season a happy time for our Wilton neighbors in need.

Book Discussion

The book discussion takes place in the Senior Center Game Room at 11:00 a.m.; lunch (\$3) is served in the Lounge at noon. Call 203-834-6240 for reservations.

Tuesday, January 26

Discussion Leader - Karen Tatarka

***The Picture of Dorian Gray* by Oscar Wilde**

Irish playwright Oscar Wilde's only novel, *The Picture of Dorian Gray*, is the quasi-Faustian tale of a hedonistic aesthete pushing the boundaries of sensual life in late-nineteenth century England. With a decadent French novel as his guidebook, Gray bounds from one vice to another, remaining young and handsome as his portrait ages and takes on an increasingly grotesque appearance, a visual testament to his evil deeds.

Tuesday, February 23

Discussion Leader - Elaine Tai-Lauria

***Macbeth* by William Shakespeare**

Several of Shakespeare's most significant soliloquies are found in *Macbeth*, a tragic, yet visionary tale of ambition, usurpation, murder and madness. Soliloquies let characters express their thoughts out loud directly to the audience. Through this dramatic technique Shakespeare offers us riveting glimpses into the minds of Macbeth and Lady Macbeth.



Play Reading

Play reading takes place in the Senior Center Lounge at 12:30 p.m. Andrea Ragusa leads the group. Copies of the play are available in the Senior Center Lounge. Call 203-834-6240 to register.

Monday, January 4

ALL MY SONS by Arthur Miller

This play is based on a true story in an Ohio newspaper brought to Miller's attention by his mother-in-law. The news story described how the Wright Corporation had conspired with army inspectors to approve defective aircraft engines for military use. The play's tragic hero has done a terrible thing that continues to haunt him. The crime is revisited and his lies and life begin to unravel.

Monday, February 1

PROOF by David Auburn

Winner of the 2001 Pulitzer Prize for Drama and the Tony Award for Best Play, this play is about Catherine and her struggle with mathematical genius and mental illness. Upon her father's death, a paradigm-shifting proof about prime numbers is discovered. The play's title refers to that proof and to the central question: Can Catherine prove the proof's authorship?

BRIDGE OPPORTUNITIES

INTRODUCTION TO BRIDGE

This class is for the person who would like to learn how to play bridge... not someone brushing up! Dan DeVlieg will teach you this entertaining and mentally demanding game by having you actually play the game. Tuesdays beginning January 12, 1:00 to 3:00 p.m., \$95 for the ten-week series. Signup: 203-834-6240. Class size limited.

OPEN BRIDGE WITH DAN

Come and drop in for this Open Bridge session. This is a great way to refresh your bridge-playing skills, learn current conventions, and get used to playing all over again. For all levels of play. This is not a sanctioned game. Dan DeVlieg will supervise. Wednesdays, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee.

INTERMEDIATE BRIDGE

Once you have been introduced to the fundamentals of bridge, Dan DeVlieg will take you deeper into the complexities of the game. Fridays beginning February 5, 1:30 to 3:30 p.m., \$75 for the eight-week series. Signup: 203-834-6240.

BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge from noon to 3:00 p.m., call the organizers listed below:

Duplicate Bridge: Third Tuesday of the month, contact Maureen Turnier at 203-762-9386.

Contract Bridge: Fridays, contact Eleanor Mihailidis at 203-762-8720.



Stay at Home in Wilton

Stay at Home Men's Breakfast at Orem's on Tuesday, January 12 and February 9, at 9:00 a.m. All men are invited. "It is just a lot of good conversation and exchange of information about daily life!" **Please R.S.V.P. Janet Johnson at 203-762-2600.**

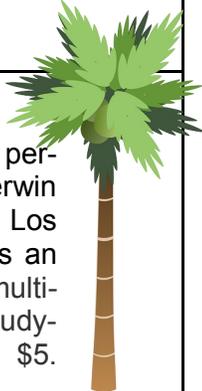
Mah Jong on Tuesday, January 12 and February 9, 2:00 p.m. and January 26 and February 23, 12:30 p.m. in the Senior Center Game Room. Beginners welcome! The Mah Jong class is open to all who want to learn. To play, contact Kay Chann at 203-762-9026

Stay at Home in Wilton is dedicated to supporting Wilton Seniors who choose to "age in place." www.stayathomeinwilton.org

JANUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="font-size: 2em; font-weight: bold; margin-bottom: 10px;">KEY</div> <p>Activities take place at the Senior Center unless otherwise indicated.</p> <p>OH Ogden House 100 River Road 203-762-8035</p> <p>Y Wilton Family Y 404 Danbury Road 203-762-8384</p> <p>WM Wilton Meadows 439 Danbury Road 203-834-0199</p> <p>VM Village Market Old Ridgefield Road 203-762-7283</p> <p>RVNA Ridgefield Visiting Nurse Association 90 East Ridge Road, Ridgefield 203-438-5555</p> <p>SAHW Stay at Home in Wilton 203-423-3225</p>				<p>1 New Year's Day Senior Center Closed</p>
<p>4</p> <p>10:30 Line Dance Fusion 11:30 Coffee and... 12:30 Play Reading 1:00 Encore Bridge</p>	<p>5</p> <p>9:00 PEO 10:00 Oil/Acrylic 10:00 Choosing an Electric Supplier 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 2:00 Chair Yoga OH</p>	<p>6</p> <p>9:30 Sewing OH 10:00 Open Bridge 10:00 Writers 10:30 Tai Chi 12:00 Duplicate Bridge 12:00 Beginning the Year Stress-free RVNA 1:00 Mah Jongg</p>	<p>7</p> <p>9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Bingo</p>	<p>8</p> <p>10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>11</p> <p>10:30 Line Dance Fusion 11:30 Coffee and... 1:00 Encore Bridge</p>	<p>12</p> <p>9:00 Men's Breakfast at Orem's 10:00 Oil/Acrylic 11:00 Yoga 1:00 Studio Knitting 2:00 Mah Jongg 2:00 Chair Yoga OH</p>	<p>13</p> <p>9:30 Sewing OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Free Downloads 1:00 Mah Jongg</p>	<p>14</p> <p>9:00 Enhance Fitness 10:00 Yoga 12:30-2 Blood Pressure Screening Y 5:30 Social Services Commission</p>	<p>15</p> <p>10:00 Digital Photo book 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>18</p> <div style="text-align: center;">  </div> <p>Martin Luther King Holiday</p> <p>Senior Center Closed</p>	<p>19</p> <p>10:00 Oil/Acrylic 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Intro to Bridge 2:00 Chair Yoga OH</p>	<p>20</p> <p>9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH 1:00 Mah Jongg</p>	<p>21</p> <p>9:00 Enhance Fitness 10:00 Yoga 11:45 St. Matthew Church Lunch</p>	<p>22</p> <p>10:00 Digital Photo book 10:00 Feldenkrais 11:15 Chris Merwin Hawaiian Music 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>
<p>25</p> <p>10:30 Line Dance Fusion 11:30 Coffee and... 1:00 Encore Bridge 1:00 Studio Knitting</p>	<p>26</p> <p>10:00 Oil/Acrylic 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 1:00 Intro to Bridge 2:00 Chair Yoga OH 3:00 SAHW</p>	<p>27</p> <p>9:30 Sewing 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:30 Planning for Life and Beyond</p>	<p>28</p> <p>9:00 Enhance Fitness 10:00 Yoga 10:15 Portraiture 12:00 Bingo 12:00 Encore Book Club 1:00 Portraiture</p>	<p>29</p> <p>9:00 AARP Safe Driver Class RVNA 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y</p>

FEBRUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
1 10:30 Line Dance Fusion 11:30 Coffee and... 12:30 Play Reading 1:00 Encore Bridge	2 10:00 Oil/Acrylics 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 1:00 Intro to Bridge 2:00 Chair Yoga OH	3 9:30 Sewing OH 10:00 Writers 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg	4 9:00 Enhance Fitness 10:00 Yoga 10:15 Portraiture 11-12 Blood Pressure Screening 12:00 Bingo 1:00 Portraiture	5 10:00 Digital Photo book 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y	
8 10:30 Line Dance Fusion 11:30 Coffee and... 1:00 Encore Bridge	9 9:00 Men's Breakfast at Orem's 10:00 Oil/Acrylics 11:00 Yoga 1:00 Comstock Knitters and Crafters 1:00 Intro to Bridge 2:00 Chair Yoga OH 2:00 Mah Jongg	10 9:30 Sewing OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Mah Jongg 1:00 Free Downloads	11 9:00 Enhance Fitness 10:00 Yoga 10:15 Portraiture 12:00 Bingo 12:30-2 Blood Pressure Screening Y 1:00 Portraiture 5:30 Social Services Commission	12 10:00 Digital Photo book 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y	
15  President's Day Senior Center Closed	16 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Intro to Bridge 2:00 Chair Yoga OH	17 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:30 Tai Chi 12:00 Lunch OH 1:00 Mah Jongg	18 9:00 Enhance Fitness 10:00 Yoga 10:15 Portraiture 11:45 St. Matthew Church Lunch 1:00 Portraiture	19 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y	
22 10:30 Line Dance Fusion 11:30 Coffee and... 1:00 Encore Bridge 1:00 Studio Knitting	23 10:00 Oil/Acrylics 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Mah Jongg 1:00 Intro to Bridge 2:00 Chair Yoga OH 3:00 SAHW	24 9:30 Sewing OH 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 Mah Jongg 1:30 Planning for Life and Beyond	25 9:00 Enhance Fitness 10:00 Yoga 10:15 Portraiture 12:00 Encore Book Club 12:00 Bingo 1:00 Portraiture	26 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Sr Swim Y	
29  9:30 Coffee & Clay 10:30 Line Dance Fusion 11:30 Coffee and... 1:00 Encore Bridge	<h2 style="margin: 0;">Hawaiian Music Concert</h2> <p style="margin: 0;">On Friday, January 22, at 11:15 a.m., musician Chris Merwin will present a performance lecture on Hawaiian music in the Senior Center Lounge. Mr. Merwin will play a Weissenborn Hawaiian guitar made by a German immigrant in Los Angeles in the 1920's. The guitar is made of Hawaiian koa wood and has an unusual hollow neck. An instrumentalist and lecturer who specializes in multi-cultural music, Chris Merwin has been playing the guitar for 28 years and studying music and instruments of other cultures for the past 18 years. Fee: \$5.</p>				

DROP-IN EXERCISE OPPORTUNITIES

ENHANCE FITNESS

Thursdays, 9:00 a.m. to 10:00 a.m., \$3 per class

This is an evidence-based group exercise program that helps older adults at all levels of fitness become active, energized, and empowered to sustain independent lives. Leslie Hinshaw, Instructor.

LINE DANCE FUSION

Mondays, 10:30 a.m. to 11:30 a.m., \$3 per class

This program blends traditional dance steps with elements of modern line dancing. Waltz, Mambo Italiano, Charleston, Lambada, samba electric slide and tango are rolled into one to keep your feet moving and your heart pumping. This is a great form of exercise and social interaction for beginners as well as experienced dancers. Beatriz Araujo, Instructor.

TAI CHI

Wednesdays, 10:30 a.m. to 11:30 a.m., \$3 per class

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Practicing Tai Chi leads to relaxation of the body and mind, improves flexibility and balance, and enhances energy and general well-being. Tai Chi has been shown to prevent falls and improve the functioning of daily ac-

tivities. Joe Alampi, Instructor.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 a.m. to 11:00 a.m.; \$3 per class

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus. Classes include warm-ups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m., \$5 per class

Do you limit yourself without even knowing it? Do other people try to tell you how you feel? It's time to take charge of your own comfort and discard the movement patterns that hold you back. You are the only person living in your body. Why not make it a home you enjoy! Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. Cathy Paine, Instructor.

Any questions regarding these classes? Call the Senior Center at 203-834-6240.

Stay fit with the help of these programs at the Senior Center:

Enhance Fitness
Thursdays
9:00 to 10:00 a.m.

Line Dance Fusion
Mondays
10:30 to 11:30 a.m.

Yoga
Tuesdays
11:00 a.m. to noon
Thursdays
10:00 to 11:00 a.m.

Tai Chi
Wednesdays
10:30 to 11:30 a.m.

Feldenkrais
Fridays
10:00 to 11:00 a.m.

CHAIR YOGA AT OGDEN HOUSE

Tuesdays, 2:00 p.m. to 3:00 p.m., \$3 per class

Liz Wendell will teach gentle chair yoga. To register, call Betty at 203-762-8035. This takes place at Ogden House, 100 River Road.



Wilton Library presents "Free Downloads" Wednesday, January 13 and February 10, 1:00 p.m., Senior Center Lounge

Wilton Library is pleased to bring you access to downloadable eBooks through its partnership with Library Connection and OverDrive. Wilton residents with a valid Wilton Library card will be able to download eBooks to their computers and/or portable devices without charge. Melissa Baker of the Wilton Library will demonstrate step-by-step how to download free material from the library website.

Please contact Melissa Baker at 203-762-3950 to register. Ms. Baker will tell you what you need to bring in order to make your time productive.

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

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care you can
count on...



Our nurses, physical therapists, and other clinicians are not only highly trained and able to work with the latest technologies, but they are also caring and compassionate. Whether you or a loved one is recovering from an illness, injury or surgery, one call to us will provide you with all the support you need.

RVNA is your VNA. Ask for us by name.



90 East Ridge | Ridgefield, Connecticut
203.438.5555 | ridgefieldvna.org
Medicare-Certified Home Health Care Agency

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QUALITY NON-MEDICAL HOME CARE

homecarebyrvna.com

**RVNA Center
for Exceptional
Care to Open
February 2016**

RVNA's new 22,000 square foot headquarters building at 27 Governor Street in downtown Ridgefield, The RVNA Center for Exceptional Care, is scheduled to open in February 2016. This facility will allow RVNA to continue to deliver the best home and community healthcare by uniting RVNA clinicians with the latest training and technology, clinics, educational programming, and out-patient rehabilitation therapies. The support RVNA received for this endeavor is gratifying — the entire project is funded solely by donations through The Campaign for Tomorrow.