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PICTURE THIS!

On March 22, First Selectman William Brennan hosted an Open House at the expanded and newly renovated Wilton Senior Center in the Comstock Community Center at 180 School Road. Over 200 people attended the celebration.

The Wilton Senior Center has come a long way since the fall of 1973 when it was in a basement room in Center School and designated the Adult Social Center. In the years following, Adele MacGregor and Dot Tracey initiated a program of weekly luncheons prepared and served by the Wilton Presbyterian, Zion's Hill Methodist, Wilton Baptist, and Our Lady of Fatima churches. The Woman's Club supported the early venture by arranging programming for lunchgoers. Cis Cohen was named the first official volunteer director. Dorothy Wright and Jody Heussner followed in her footsteps.

The group first moved to Ogden House in 1983 where they paid rent to use the great room, library, kitchen, and craft room for activities and then again in 1992 to Comstock Community Center. Here one room was dedicated to the Senior Center. Several years later, the name changed from Wilton Adult Center to Wilton Senior Center. The first town-employed coordinator, Marie Key, was hired in 1990 for 14 hours. Usage of the Senior Center increased under the direction of successor coordinators Tessa Donnelly and Jan MacEwen.

Lizabeth Doty became the first fulltime coordinator in 2002.

Over the past decade dreams of a new Senior Center facility, either as part of a new and improved Comstock Community Center or as a stand-alone building on School Road, have come and gone. Instead, a new version of the Wilton Senior Center has emerged from the recent physical renovation, skillful decoration and design, and increase in space allocated and dedicated exclusively to senior



activities in the east wing of Comstock.

It is with heartfelt gratitude that we thank the following for their generosity in making this transformation possible: First Selectman William Brennan; Lynne Maidman Ross; Dr. Laura Maidman Gordon; Peg and Rick Koellmer; Steve Pierce, Director Parks and Recreation; Doug Katz, Pat D'Agostino, Elio Mignogra, Mike Pirre, and John Guerra of Parks and Grounds; Barbara Newland, Marketing Coordinator of The Greens at Cannondale; the Senior Center Community Day Committees 2006 to 2010; Eleanor Mihailidis; Dorothy and Paul Wright; Sue and Roland Chalons-Browne; Ruth Horn; Andrea and Tony Ragusa; Jeanne Soto; Cathy and Ed Raposa; Ken Mercer, Mercer Builders; Nick Allegretta, Fashion Floors; Realty Seven Volunteers; Greg Theriault and the Wilton High School Photography Students; Judee Beardsley, Beardsley Fine Framing; Marc DeSimone and Arthur Wienslaw; Gary Richards and The Wilton Public Schools.

How the Maidmans Contributed...

Leonard Maidman, M.D.

Anne Maidman

*Written By Lynne Maidman Ross for the
Open House Program*

March 22, 2011

Anne and Leonard Maidman, native New Yorkers, moved to Wilton in 1946, after Dr. Maidman began his practice in December 1945 in Wilton Center. He later



moved the office to Crossways on Danbury Road. After 40 years of practice, Dr. Maidman retired in 1985. He passed away in 2001 at the age of 86.

Shortly after moving to town, Dr. Maidman was named school physician and town health officer, positions he held for 20 years. He was truly a town doctor, believing in house calls and the importance of developing personal relationships with patients and their families.

LOUNGE

A graduate of New York University (NYU) and NYU Medical School, Dr. Maidman was selected as an All American basketball player in 1936. He was a captain in the Army Medical Corps. He started his career in general practice as an internal medicine specialist and 25 years later took and passed his internal medicine boards. He was a senior attending physician at Norwalk Hospital.

Anne Maidman, who was also 86 when she died in 2003, was a mom and volunteer extraordinaire. She was a graduate of Hunter College. She served in many volunteer positions in Wilton, and was the first chairperson of the Wilton Committee on Aging, the forerunner of the Commission on Social Services. Among her many accomplish-

ments, in 1978 Mrs. Maidman proudly announced the new transportation service for seniors, Dial-A-Ride. This transportation project, including the purchase of the 12-passenger van, was one that she had worked on for more than a year.

Mrs. Maidman served the community in many other capacities, including as President of the PTA Council, as a member of the committee for the first study on Tax Relief for the Elderly, and then as secretary and later chairperson of the Commission on Aging and Social Services. She also served as the Selectmen's Wilton representative on the State Advisory Board of Area Agency on Aging and was a substitute teacher in English at Wilton High School.

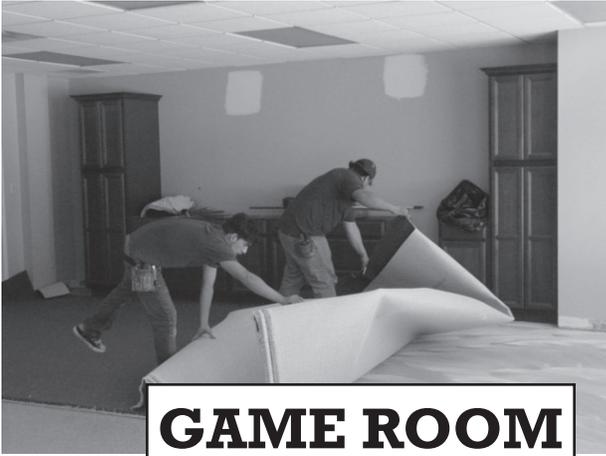
The Maidmans, who were married for 61 years, loved the Town of Wilton. They believed in public education and were strong advocates of the public school system. All four Maidman children, Ruth, Lynne, Laura and Rob graduated from Wilton High School.

The Maidmans were active in establishing programs for senior citizens at Comstock. The Maidman children grew up in an environment in which giving back to the community was highly valued.

Lynne and Laura's gifts, which helped make possible the furnishing of the expanded Wilton Senior Center, were donated in honor of their parents, who had worked tirelessly for many years to ensure that seniors could remain in town and thrive in their retirement years.

Dr. and Mrs. Maidman were concerned that senior citizens who lived in Wilton, supported Wilton,





GAME ROOM

How Senior Community Day Contributed...

In 2004, Barbara Newland of The Greens at Cannondale suggested that the Senior Center and The Greens collaborate on a community forum to provide information about senior services available in the town. A brief play and panel presentation, entitled "Senior Solutions...the Next Step!" and held at the Wilton Playshop, was the precursor of Senior Community Day.

Since 2004 there have been three Senior Community Days; a fourth is planned for this September. The day's activities, free to all who participate, include presentations, demonstra-

and wanted to remain in town would be able to do so. They felt that all Wilton residents profit from living in a multi-generational environment.

Because both Dr. and Mrs. Maidman believed strongly that senior citizens who have made their home in Wilton and supported the town should have the opportunity to continue to live in Wilton, they were instrumental in establishing the town committees on aging.

Dr. and Mrs. Maidman would be so proud to see this expansion of the Senior Center and its beautiful new décor; a facility that reflects the commitment that the Maidmans had made during their lifetime to the health and well-being of Wilton seniors.



tions, slide shows, live entertainment, door prizes and more. In addition to searching for door prizes and visiting the sponsors' booths, participants sample the food of local restaurateurs who donate their services and food for the day.

All proceeds from these events have been donated to the Senior Center.





Dottie Czulewicz chats with Jackie Saltarelli, Wilton High School Student Body President; Claire Whitin, Junior Class Officer; and Simon Brewer, Junior class President at the Wilton High School Arts Day for the Seniors. President Jackie Saltarelli presented First Selectman William Brennan with the proceeds of the high school fundraising efforts in behalf of the Senior Center.



Instructor Greg Theriault of Wilton High School gathers around the pool table in the Game Room with Amanda Stanzione, Emily Gluckin, Josh Grossman, and Lucas Henovese of the Fine and Performing Arts Department. These students under the direction of Mr. Theriault created the photographic art for the hallways and rooms of the Senior Center.

GOOD LIME, BAD LYME

What does “Good Lime, Bad Lyme” mean? Here at the Senior Center it means a light lunch (\$3) on Tuesday, June 7, at 12:15 p.m. followed by an informative session on Lyme disease at 1:00 p.m. in the Lounge. Oh yes, and key lime pie for dessert!

The Ridgefield VNA is sponsoring this presentation on Lyme disease. Jennifer Reid, the Community Coordinator for BLAST Tick Born Illnesses Prevention Program, will give the presentation. Jennifer is also the facilitator of RVNA’s Lyme Disease, Fibromyalgia and Chronic Fatigue Syndrome support group which meets the second Thursday of every month from noon to 1:00 p.m. at the Ridgefield VNA. Her program was developed through a grant from the CT Department of Public Health based upon research from Yale Emerging Infections and the CT Agricultural Experiment Station. The program has been endorsed by representatives from the Centers for Disease Control and Prevention, the CT Department of Health, former Governor Rell, area hospitals, researchers and health departments.

“According to the Connecticut Department of Public Health, the highest incidence of Lyme disease in Connecticut is found in the 60 to 69 year olds

with the second highest incidence occurring in those over 70 years,” said Sandy Weinberg, RN, Director of Community Programs for RVNA. “Working in the gardens or just walking in the grass can expose one to tick bites. Pets are also a common source for exposure.” Come for the lunch and presentation or just for the presentation. Call the Senior Center for more information, 203-834-6240.



REIKI

Ridgefield Visiting Nurse Association (RVNA) is pleased to sponsor a free presentation by Kathy Helms, a Level II Reiki Practitioner and Nutritionist from Wilton, on June 1, at 12:45 p.m., at Ogden House.

Reiki can be a tool for finding peace of mind and balance at any stage of your life. It is based on rebalancing the life force after an illness, surgery, or stress. The Reiki therapist places his or her hands about 12 to 15 inches above specific points to rebalance and channel energy. Supporters find Reiki helpful in treating pain and providing soothing relief for the common stresses in life. Call the Senior Center for reservations: 203-834-6240.

NAVIGATING YOUR HOSPITAL STAY

Wednesday, May 11, 12:45 p.m.
Ogden House, 100 River Rd.

Presented by Sue Worland, RN, Visiting Nurse & Hospice of Fairfield County

This presentation will provide new insights into important things to know before you enter the hospital, what happens once you are there, and why having a “discharge plan” is crucial to avoid winding up back in the hospital. How to avoid medication mistakes and hospital infections will also be discussed. The program will be presented by Sue Worland, RN, Clinical Intake Coordinator and Hospital Liaison of Visiting Nurse and Hospice of Fairfield County. Ms. Worland has over four decades of home care, hospital and hospice experience.



Sue Worland, RN

For many of us, a visit to the hospital is like traveling to a foreign country. We do not speak the “medical language,” and we are expected to answer intimate questions from complete strangers. We are awake when we should be sleeping and sleeping when we should be awake. Our hospital stay can be easier if we do our homework ahead of time and learn the right questions to ask.

Here are some questions to ask that should help you navigate your next hospital stay:

1. How does your hospital rate? A place to start is with Hospital Compare which maintains a website with critical information on more than 4000 hospitals nationwide, including how well a hospital deals with serious medical problems and surgeries. The site also tracks “re-admissions”—how many patients end up back in the hospital within 30 days of being discharged. Re-admission rates are good clues for a hospital’s overall care quality. www.hospitalcompare.hhs.gov

2. Do I need a living will before I go into the hospital? The Patient Self-Determination Act of 1991 mandates that all health care facilities obtain either a living will or durable power of attorney from patients being admitted. A living will is a written document that directs your health care per your wishes. A durable medical power of attorney allows you to

choose someone to carry out your health care wishes if you are no longer able to act for yourself.

3. Will my insurance cover my entire stay? If you are admitted via the Emergency Room, best to find out if your insurance carrier will cover the ENTIRE cost of the stay. Staying overnight in a hospital doesn’t always mean you’re an inpatient! You’re considered an inpatient the day a doctor formally admits you to a hospital with a doctor’s order.

4. Who will manage my care while in the hospital? Physicians make their “rounds” either very early or later in the afternoon. While in the hospital, you may be cared for by a hospitalist, a physician who cares for you while in the hospital and communicates directly with your own physician. Try to write down questions. Bring a relative or close friend who can assist in being a patient advocate. Do not hesitate to tell the physician that you do not understand something.

5. What happens when I am discharged? You will be assigned a case manager who will assist with planning your discharge. Find out who it is. Ask about how to get care when you are back home, what potential problems to watch for, new or changed prescriptions, any medical equipment, follow up appointments, etc. The Centers for Medicare and Medicaid Services offers a valuable, free hospital discharge planner for patients and caregivers at www.medicare.gov/publications/pubs/pdf/11376.pdf

6. What can I do to prevent an infection while in the hospital? It is as simple as insisting on clean hands (including yours!). Anyone who touches you should first wash his or her hands with soap and water for 15 seconds or longer or use an alcohol-based hand sanitizer.

Q and A Source: Agency for Healthcare Research and Quality 2010

MAY 2011

Monday	Tuesday	Wednesday	Thursday	Friday																																				
2 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:30 Play Reading with Sherman	3 8:45 Watercolor Art OH 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 12:00 Garden Club Activity and Lunch 2:00 Chair Yoga OH 7:30 Annual Town meeting at the Clune Center	4 9:30 RSVP 9:30 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Program: Chris Merwin 12:00 Duplicate Bridge 1:30 Mah Jongg	5 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 2:00 Hypnosis with Sonia	6 9:30-11 Blood Pressure OH 10:00 Jewelry Workshop 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y 1:30 Beginner Bridge																																				
9 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:30 Movie, Cat on a Hot Tin Roof	10 8:45 Watercolor Art OH 9:00 Enhance Fitness 9:30 Computer Fund 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	11 9:30 RSVP 9:30 Tai Chi 12:00 Lunch OH Program: Navigating Your Hospital Stay 1:30 Mah Jongg	12 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 2:00 Hypnosis with Sonia 5:30 Social Service Commission	13 Elderly Tax Relief Deadline 10:30 Move, Strengthen, Stretch 9:30 Computer Fund 12:00 Bridge 1:00 LLI Open House at Norwalk Com College 1:30-3 Free Sr Swim Y 1:30 Beginner Bridge																																				
16 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie	17 8:45 Watercolor Art OH 9:00 Enhance Fitness 9:30 Beyond Beginners 10:30 Pool/Billiards 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH	18 9-10:30 Blood Pressure Screening Y 9:30 Tai Chi 10:00 Comstock Writers 12:00 Volunteer Lunch OH Program: Ron Spataro 1:30 Mah Jongg	19 9:00 Enhance Fitness 9:30 Beyond Beginners 10:00 Yoga 11:00 Wii Bowling No St. Matthew Lunch today 2:00 Hypnosis with Sonia 3:30 Meet and Greet B	20 9:30-11 Blood Pressure Screening OH 10:30 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y <i>Hearing Loss Meeting, 10 a.m. tomorrow</i>																																				
23 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie 1:00 Comstock Knitters and Crafters	24 8:45 Watercolor Art OH 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11 Book Discussion with Barbara Jones 12:00 Lunch 12:30-2 Blood Pressure, VM 2:00 Chair Yoga OH	25 9:30 RSVP 9:30 Tai Chi 12:00 Lunch OH Program: WHS Orchestra 1:30 Mah Jongg	26 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo	27 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y																																				
30 Memorial Day Senior Center Closed 	31 8:45 Watercolor Art OH 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 2:00 Chair Yoga OH	<table border="0"> <tr> <td>OH</td> <td>Ogden House</td> <td>100 River Road</td> <td>203-762-8035</td> </tr> <tr> <td>Y</td> <td>Wilton Family Y</td> <td>404 Danbury Road</td> <td>203-762-8384</td> </tr> <tr> <td>WL</td> <td>Wilton Library</td> <td>137 Old Ridgefield Rd.</td> <td>203-762-3950</td> </tr> <tr> <td>G</td> <td>The Greens</td> <td>435 Danbury Road</td> <td>203-761-1191</td> </tr> <tr> <td>WM</td> <td>Wilton Meadows</td> <td>439 Danbury Road</td> <td>203-834-0199</td> </tr> <tr> <td>VM</td> <td>Village Market</td> <td>Old Ridgefield Road</td> <td>203-762-7283</td> </tr> <tr> <td>NHC</td> <td>Visiting Nurse & Hospice</td> <td>761 Main Ave.</td> <td>203-762-8958</td> </tr> <tr> <td>B</td> <td>Brookdale</td> <td>96 Danbury Road</td> <td>203-761-8999</td> </tr> <tr> <td>LR</td> <td>Laurel Ridge</td> <td>642 Danbury Rd. Ridg</td> <td>203-438-8226</td> </tr> </table>			OH	Ogden House	100 River Road	203-762-8035	Y	Wilton Family Y	404 Danbury Road	203-762-8384	WL	Wilton Library	137 Old Ridgefield Rd.	203-762-3950	G	The Greens	435 Danbury Road	203-761-1191	WM	Wilton Meadows	439 Danbury Road	203-834-0199	VM	Village Market	Old Ridgefield Road	203-762-7283	NHC	Visiting Nurse & Hospice	761 Main Ave.	203-762-8958	B	Brookdale	96 Danbury Road	203-761-8999	LR	Laurel Ridge	642 Danbury Rd. Ridg	203-438-8226
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JUNE 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Want to meet up at the Senior Center?</i></p> <p>Scrabble</p> <p>Chess</p> <p>Billiards/Pool</p> <p>Wii Bowling</p> <p>Mah Jongg</p> <p>Cards</p> <p><i>Come to the beautiful game room on the lower level and enjoy!</i></p>		<p>1</p> <p>9:30 RSVP</p> <p>9:30 Tai Chi</p> <p>12:00 Lunch OH</p> <p>Program: Reiki with Kathy Helms</p> <p>12:00 Duplicate Bridge</p> <p>1:30 Mah Jongg</p>	<p>2</p> <p>9:00 Enhance Fitness</p> <p>10:00 Yoga</p> <p>11:00 Wii Bowling</p> <p>11-12 Blood Pressure Screening at the Senior Center</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p>	<p>3</p> <p>9:30-11 Blood Pressure Screening OH</p> <p>10:00 Jewelry Workshop</p> <p>10:30 Move, Strengthen, Stretch</p> <p>12:00 Bridge Party</p> <p>1:30-3 Free Sr Swim Y</p>
<p>6</p> <p>9:15 Enhance Fitness</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Scrabble/Chess</p> <p>12:00 Movie</p>	<p>7</p> <p>8:45 Watercolor Art OH</p> <p>9:00 Enhance Fitness</p> <p>9:30 Computer Graphics 2007/2010</p> <p>10:30 Pool/Billiards</p> <p>11:00 Yoga</p> <p>12:15 Lunch</p> <p>1:00 Good Lime, Bad Lyme</p> <p>2:00 Chair Yoga OH</p>	<p>8</p> <p>9:30 RSVP</p> <p>9:30 Tai Chi</p> <p>12:00 Lunch OH</p> <p>Program: Gentlemen Songsters</p> <p>1:30 Mah Jongg</p>	<p>9</p> <p>9:00 Enhance Fitness</p> <p>9:30 Computer Graphics 2007/2010</p> <p>10:00 Yoga</p> <p>11:00 Wii Bowling</p> <p>12:00 St. Matthew's-Lunch</p> <p>12:45 Bingo</p>	<p>10</p> <p>10:30 Move, Strengthen, Stretch</p> <p>12:00 Bridge</p> <p>1:30-3 Free Sr Swim Y</p> <p style="text-align: center;">Sunday, June 12</p> <p style="text-align: center;">Young and Not-So-Young Talent Show at Trackside Teen Center</p>
<p>13</p> <p>9:15 Enhance Fitness</p> <p>9:30 Organize Your Memoir Research</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Scrabble/Chess</p> <p>12:00 Movie</p>	<p>14</p> <p>8:30-11:30 Cholesterol Screening VNH</p> <p>8:45 Watercolor Art OH</p> <p>9:00 Enhance Fitness</p> <p>9:30 Organize Your Memoir Research</p> <p>10:30 Pool/Billiards</p> <p>11:00 Yoga</p> <p>1:00 Comstock Knitters and Crafters</p> <p>2:00 Chair Yoga OH</p> <p>6:30 Long Term Care Workshop B</p>	<p>15</p> <p>9-10:30 Blood Pressure Y</p> <p>9:30 Tai Chi</p> <p>9:30 Organize Your Memoir Research</p> <p>11:30 Lunch and Bingo WM</p> <p>1:30 Mah Jongg</p>	<p>16</p> <p>9:00 Enhance Fitness</p> <p>9:30 Organize Your Memoir Research</p> <p>10:00 Yoga</p> <p>11:00 Wii Bowling</p> <p>11:45 Senior Council Meeting-G</p> <p>3:30 Meet and Greet B</p>	<p>17</p> <p>9:30-11 Blood Pressure OH</p> <p>10:30 Move, Strengthen, Stretch</p> <p>10:30 Sketching and Painting with Viola</p> <p>12:00 Bridge</p> <p>1:30-3 Free Sr Swim Y</p>
<p>20</p> <p>9:15 Enhance Fitness</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Scrabble/Chess</p> <p>12:00 Movie</p>	<p>21</p> <p>8:45 Watercolor Art OH</p> <p>9:00 Enhance Fitness</p> <p>10:30 Pool/Billiards</p> <p>11:00 Yoga</p> <p>12:00 Duplicate Bridge</p> <p>2:00 Chair Yoga OH</p>	<p>22</p> <p>9:30 Tai Chi</p> <p>1:30 Mah Jongg</p>	<p>23</p> <p>9:00 Enhance Fitness</p> <p>9:30</p> <p>10:00 Yoga</p> <p>11:00 Wii Bowling</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p>	<p>24</p> <p>10:30 Move, Strengthen, Stretch</p> <p>12:00 Bridge</p> <p>1:30-3 Free Sr Swim Y</p>
<p>27</p> <p>9:15 Enhance Fitness</p> <p>9:30 Working with Textboxes</p> <p>10:30 Line Dancing</p> <p>11:30 Coffee and...</p> <p>12:00 Scrabble/Chess</p> <p>12:00 Movie</p> <p>1:00 Comstock Knitters and Crafters</p>	<p>28</p> <p>8:45 Watercolor Art OH</p> <p>9:00 Enhance Fitness</p> <p>9:30 Word Art 2007/2010</p> <p>10:30 Pool/Billiards</p> <p>11:00 Yoga</p> <p>12:00 Lunch</p> <p>12:30-2 Blood Pressure at Village Market</p> <p>2:00 Chair Yoga OH</p>	<p>29</p> <p>9:30 Stylize your Pictures</p> <p>9:30 Tai Chi</p> <p>1:30 Mah Jongg</p>	<p>30</p> <p>9:00 Enhance Fitness</p> <p>9:30 Personalize Word</p> <p>10:00 Yoga</p> <p>11:00 Wii Bowling</p> <p>12:00 Lunch</p> <p>12:45 Bingo</p>	<p><i>Happy July 4!</i></p> 

All Around the Town.....

PLAY READING

Monday, May 2, 12:30 p.m. at the Senior Center
Moderator—Sherman Poultney
Cat On A Hot Tin Roof by Tennessee Williams

This play is the story of a Southern family in crisis, focusing on the turbulent relationship of a husband and wife, Brick and Maggie (“The Cat”) Pollitt, and their interaction with Brick’s family. The play takes place over the course of one evening’s gathering at the family estate in Mississippi to celebrate the birthday of patriarch and tycoon “Big Daddy” Pollitt. Big Daddy is unaware that he has cancer and does not have long to live. His relatives are all in attendance and attempt to present themselves in the best light so that they might receive a large share of Big Daddy’s enormous wealth. The play won the Pulitzer Prize for Drama in 1955, was adapted into a motion picture in 1958, and revised by Williams. The movie will be shown on Monday, May 9, at 12:30 p.m. in the Senior Center Lounge.

SKETCHING AND PAINTING FOR ALL

Discover the hidden talent you may have. Viola Galetta will instruct beginners in the basics of drawing still life, landscape, and even portrait. Students will experiment with acrylics and water colors in a relaxed atmosphere. No experience necessary. Please bring a sketchpad and soft pencil.

Date: May 20 and June 17 at the Senior Center

Time: 10:30 a.m. to noon

Fee: \$10 drop-in fee per class

BOOK DISCUSSION

Tuesday, May 24, 11:00 a.m. at the Senior Center
Discussion Leader – Barbara Jones

Fanny Kemble’s Civil Wars

by Catherine Clinton

In the mid-1830s Fanny Kemble was a celebrity in America. A British stage star, she was a member of the most famous theatrical family in Europe. Because of family financial reverses, in the summer of 1832, she and her father began a two-year theatrical tour of America in order to keep the Kemble family finances afloat. While in America Fanny was pursued by Pierce Butler of Philadelphia, the heir to vast holdings of rice and cotton plantations in the Sea Islands of Georgia, including nine hundred slaves. Married in June of 1834, the marriage soon

became unhappy and Fanny, after spending time on the plantations and viewing the lives of the slaves, became an ardent abolitionist. In 1863 she published her *Journal of a Residence on a Georgia Plantation* which caused a sensation in both America and Great Britain. Combining history and biography, *Fanny Kemble’s Civil Wars* reads like a novel.

Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place.

ST. MATTHEW’S LUNCHEON

A Mediterranean experience both culinary and cultural awaits lunch-goers as Connie Tate explores the wonders of ancient civilizations in Italy and the magical Mediterranean Islands. Medieval palaces of the Knights of Malta, the Corsican birth place of Napoleon Bonaparte, the wonders of excavated Pompeii, Sardinia with its pre-Roman civilization, and the unparalleled beauty of renaissance Florence are just a sampling of her illustrated presentation scheduled on May 19 at noon at St. Matthew’s Church. The last lunch of the season will be on June 23. Call St. Matthew’s for reservations: 203-762-7400.

OGDEN HOUSE

Sandra Bacher teaches Watercolor Art on Tuesdays from 8:45 a.m. to 11:45 a.m. during May and June.

Six classes: \$20 for Ogden House residents; \$27 for non-residents.

Liz Wendell is teaching gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. The exercises focus on breathing and body movement while integrating mind and body through meditation. Drop-in Fee: \$3 per class. New students are always welcome.

Call Betty at 203-762-8035 to sign up.

MOVE, STRENGTHEN, AND STRETCH

Attention, active seniors! Visiting Nurse and Hospice brings Julienne Camhi to the Senior Center on **Friday mornings from 10:30 a.m. to 11:30 a.m.** until the end of June. Each class combines light aerobic movement for heart health with light weights for strength and gentle stretching to tone your body. Move at your own pace. Fee: drop-in, \$3 per class.

ENHANCE FITNESS

Wilton Family Y brings the Enhance Fitness program to the Senior Center. The one-hour class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. Enhance Fitness helps to maintain and enhance cardio-respiratory fitness, muscle strength, balance and flexibility.

The morning class is taught by Denise Suarez and Leslie Hinshaw, instructors at the Wilton Y. It takes place on Monday (9:15), Tuesday (9:00), and Thursday (9:00). Fee: drop-in, \$3 per class.

CHOLESTEROL SCREENING

Tuesday, June 14, 8:30 a.m. to 11:30 a.m.

Visiting Nurse & Hospice of Fairfield County, 761 Main Ave, Suite 114, Norwalk, provides cholesterol screening by appointment only. Cost is \$25 which includes total cholesterol, HDL, LDL, triglycerides, and glucose testing plus a health counseling session with an RN. Fasting recommended. Results in 10 minutes. Allow a total of 30 minutes total for the appointment. To schedule an appointment call 203-762-8958.

HEALTH CENTER AT MEADOW RIDGE

Each year, the US government rates various health centers and skilled nursing facilities throughout the nation based on a one- to- five-star rating system. Only a few Health Centers in the Fairfield County area hold top ratings. The Health Center at Meadow Ridge has received the prestigious five stars. The Skilled Nursing Center provides short-term rehabilitation and long-term nursing care on a Medicare and private pay basis. If you are planning a new joint replacement, why not schedule a tour of the Health Center's short-term rehabilitation facility. Call Carol Burns at 203-544-7733, ext. 509.

HEARING LOSS ASSOCIATION MEETING

The Hearing Loss Association of America, Southwestern Connecticut Chapter will host a presentation on Saturday, May 21, at The United Covenant Church, 68 Westport Rd., Wilton, at 10 a.m. by Suzanne Guerrucci, licensed clinical social worker, titled "Creative Strategies to Cope with the Challenges of Hearing Loss". The program is free of charge and open to the public. The mission of HLAA is to open the world of communications to people with hearing loss, their families and friends by providing information, education, support, and advocacy. For more information, contact Alan Gould, President at 203-762-8269 or visit www.heareez.org

BROOKDALE PLACE

Brookdale Place Wilton will have a "Meet and Greet" featuring Teas from Around the World with Scones and Entertainment on Thursday, May 19, from 3:30 to 5 p.m. On June 16, there will be a "Meet and Greet" with a Slider Buffet and Entertainment from 3:30 to 5 p.m.

A Long Term Care Workshop will be presented by Curtis Gunn on Tuesday, June 14, from 6:30 to 7 p.m. Refreshments served.

The public is invited to attend free of charge. All events will be at 96 Danbury Road and RSVP to Christy Perone at 203-761-8999.

SCRABBLE AND CHESS

Want to get together with others who enjoy the challenges of playing Scrabble or Chess? Come to the Senior Center on Mondays at noon. The Game Room is ready and waiting along with deluxe Scrabble and Chess sets.

MOVIE TIME

Movie Time is back! Bring a brown bag lunch and enjoy a movie in the comfort of the new Senior Center Lounge on Mondays at noon. The movie title is posted in the Senior Center café each week.

Wii BOWLING

Longing to get back into a virtual bowling league? There's one starting at the Senior Center on Thursdays at 11:00 in the Lounge. Come and see!

WILTON MEADOWS LUNCH AND BINGO

Wilton Meadows will host the seniors for a complimentary lunch and bingo on Wednesday, June 16, at 11:30, in their dining room. Call the Senior Center for reservations at 203-834-6240.

BLOOD PRESSURE SCREENINGS

Sponsored by Visiting Nurse & Hospice

Wednesday, May 18 and June 15
Wilton YMCA, 404 Danbury Road
9:00-10:30 a.m.

Tuesday, May 24 and June 28
Village Market, 108 Old Ridgefield Road
12:30-2:00 p.m.

Thursday, May 5 and June 2
Wilton Senior Center, 180 School Road
11:00 a.m.-12 Noon

Friday, May 6 and 20, June 3 and 17
Ogden House, 100 River Road
9:30-11:00 a.m.

"Young & Not-So-Young" Talent Show, June 12 At Trackside Teen Center



Committee Members

Seated: Sam Paul, Dance Star, The Greens

Standing Left to Right: Brett Beatty, Trackside; Lizabeth Doty, Senior Center; Peg Koellmer and Mark Ketley, Trackside; Pat Spenser, Barbara Newland, and Brenda Fay, The Greens

Get ready for a memorable Sunday afternoon! On June 12 from 2 to 4 p.m. the award-winning "Young & Not-So-Young" Talent Show arrives at Trackside Teen Center. The theme, **"Broadway- Our Way"** promises to be as entertaining as any hit musical!

A mix of songs and dancing by the inimitable (Not-So-Young) performers from The Greens at Cannondale will be joined by an outstanding group of talented young people from the Trackside Teen Center.

This show has delighted audiences of every age, who have applauded the amazing spirit, energy and show biz savvy of The Greens' musical stars and the charm and style of the youngsters. This is one unforgettable production! Admission is free. It takes place on the Trackside stage, 15 Station Road, Wilton. For more information, call The Greens at Cannondale, 203-761-1191.



Stay at Home in Wilton, Inc., celebrated its first year of operation assisting seniors who want to remain in their Wilton homes on April 28 at the Senior Center. Members, staff, board members, volunteers, and many donors attended the anniversary event.

Phil Richards, President, reported that the operation is in full swing. Many activities have evolved during the organization's first 12 months. The male members frequently meet at Orem's Diner to hash over old times. The ladies have a monthly luncheon at various area restaurants. The organization has presented two forums designed to increase awareness of the services provided by Wilton's Police Department, Fire Department, Social Services, Parks and Recreation and Stay at Home in Wilton.

Stay at Home has a new Executive Coordinator, Janet Johnson, who directs activities and fund raising efforts. Janet is known for her volunteer efforts, her beautiful flower arrangements, and her work at Norwalk Hospital.

Stay at Home in Wilton hopes to grow in numbers and programs during its second year. Please keep an eye on the newspapers as to coming events.

Benefits available to Stay at Home members include:

- rides free of charge to anywhere in Wilton and neighboring towns, if necessary
- help with some chores around the house that just aren't being taken care of
- a free home safety assessment done by the Ridgefield Visiting Nurse Association
- assistance with life line installation in your home
- interim support in your home following hospital discharge.

Help is only a phone call away once you become a member of Stay at Home in Wilton.

If you are interested in joining, call 203-423-3225 or contact us at:

Stay at Home in Wilton
PO Box 46, Wilton, CT 06897-0046
Website: www.stayathomeinwilton.org
Email: info@stayathomeinwilton.org.

Don't Forget the 2011 Annual Town Meeting!

Two opportunities to vote:

May 3, 2011: Annual Town Meeting, 7:30 p.m., Clune Center Auditorium, Wilton High School

May 7, 2011: Adjourned Town Meeting Vote, 9:00 a.m. to 6:00 p.m., Clune Center Lobby, Wilton High School

Those eligible to vote in Wilton's Annual Town Meeting include:

- All registered voters, regardless of whether or not they own property in town.
- U.S. citizens—resident and nonresident—liable to the town for taxes on assessments (real property or motor vehicle) of at least \$1,000 on the October 1, 2010 Grand List. If you purchased property after October 1, 2010, you must be a registered voter to cast a ballot at the Annual Town Meeting.

In all cases, you must be at least 18 years old and a U.S. citizen to vote. Don't forget to bring your ID.

We will be voting on the complete budget for the town and schools. There will be no additional referendum questions.

You may register to vote at the Wilton Town Hall, Monday through Friday, from 8:30 a.m. to 4:30 p.m. Call 203-563-0111 to request a mail-in application, or download a voter registration application from the Wilton website <http://www.wiltonct.org>. If you wish to vote at the Town Meeting, the voter registration deadline is May 3, 2011.

Absentee ballots will be available from the Office of the Town Clerk at the Wilton Town Hall beginning on Wednesday, May 4, through Friday, May 6, from 8:30 a.m. to 4:30 p.m.

Elderly and Disabled Tax Relief Deadline, May 13

by David Lisowski, Town Assessor

Elderly Wilton homeowners and totally disabled homeowners who have NOT yet applied for tax relief benefits on their July 2011 tax bills are reminded that Friday, May 13, is the last day applications will be accepted in the Assessor's Office. The application deadline will not be extended.

A tax credit and/or tax deferral may be available. Qualifying income cannot exceed \$75,000. Proof of income must accompany the application in the form of a completed 2010 income tax return (IRS Form 1040 or 1040A) and Social Security Form 1099. If no income tax return has been filed, all proof of income including Social Security Form 1099 must be provided.

The Town of Wilton tax relief program requires an annual filing. The State of Connecticut tax relief program requires a biennial filing. Please call the Assessor's office at 203-563-0121 if you have any questions.

Wilton Commons Update

Building plans and specifications for Wilton Commons have been completed. The bid process will soon begin among a qualified group of contractors. Plans and specs will also be distributed to Wilton officials for approval leading to the issuance of a building permit.

Hopefully, we will put a shovel in the ground by July 2011.

George Ciaccio

Chairman, Wilton Commons

ITNCoastalCT

ITNCoastalCT, the dignified senior transportation service, began operations in November 2010 and has delivered over 350 rides thus far! Using predominantly volunteer drivers, the service is available to member riders who have completed the application, paid the yearly membership fee of \$65, and deposited money into their transportation accounts. Members are then able to ride at their convenience for any purpose whatsoever by calling the office by 4 p.m. the day before the desired ride. ITNCoastalCT operates within and between the towns of Wilton, Norwalk, Weston, Westport, Fairfield, and Easton. For more information or to get an application go online to www.itncoastalct.org or call 203-858-2001.

What's the difference between pool and billiards?

Hah, the answer will probably surprise you. "Billiards" is a term which describes all games that are played on a billiard table. The real name for what we call pool is "pocket billiards". "Pocket billiards" is just one version of billiards. Some billiard games are played on tables where pockets don't even exist, such as three-cushion or bar billiards.

In the nineteenth century "poolrooms" existed, but were not the pool rooms that we know today. They were simply betting parlors where people came in to bet on horse races or play poker. They were called "poolrooms" because everything involved a "pool" of money. While people sat around the pool room and waited for results, they installed pocket billiard tables. People of course began to gamble on these too. Therefore, the name "pool" became attached to billiards simply because of the betting, and it has nothing to do with actually playing the game.

—Gary Robar

Want to play? Come to the Senior Center on Tuesdays at 10:30 a.m. for a friendly game of pool... or is it billiards?!

GUIDE TO SENIOR SERVICES

- Catherine Pierce..... 203-834-6238**
Director, Social Services/Municipal Agent for the Elderly
- Lauren Hughes..... 203-834-6238**
Coordinator, Senior Services
- Lizabeth Doty 203-834-6240**
Coordinator, Senior Activities
- Andrea Ragusa..... 203-762-8445 or 203-834-6410**
Comstock Computer Learning Center
- Sharon Powers..... 203-834-6238**
Office Assistant

- Meals-on-Wheels 203-762-0566**
- Food Pantry 203-834-6238**
- Dial-A-Ride..... 203-834-6235**
- Town-to-Town..... 203-299-5180**
- FISH (medical appt. transportation) 203-834-3737**
- AARP 203-866-0435**
- RUOK (Are You OK?) . 203-834-6238 or 834-6260**
- Mid-Fairfield Hospice..... 203-762-8958**
- Visiting Nurse & Hospice 203-762-8958**
- Parks and Rec Department..... 203-834-6234**

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

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Just beginning to use a computer? This is for you!

Computer Fundamentals

This introductory course is for those with limited or no computer experience who would like to test the waters. It will include turning the computer on and off, using the mouse and keyboard, understanding the meaning of simple computer terms, opening and closing a program, and using the desktop. This is excellent preparation for Beyond Beginners Word 2007/2010.

Call Andrea at 203-762-8445 or 203-834-6410 to register.

**Each two-session
computer class is
\$25 and takes place
from**

9:30 a.m.-11:30 a.m.

The Computer Learning Center offers computer classes specifically designed for adults. Come and experience computer learning in a stimulating and comfortable environment at the Senior Center.

Do you already know how to use your computer? Then these are for you!

Beyond Beginners—Word 2007/2010

Step into the present to acquaint yourself with the Word 2007 program. It has a different appearance from the Word version you may have been using. The familiar toolbars and menus from previous versions of Word are gone! This course will explore the Word Window, Office Button, Terminology, Ribbon Organization, Quick Access Toolbar, Document views, plus commonly used features in Word. You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, as well as inserting a bullet or number in text in a Word 2007 environment.

Word 2007/2010 Graphics

Take time out to have some fun at the computer using the new graphic enhancements found in Word. Spruce up your paragraphs and documents, design posters and handout material. Become acquainted with positioning and wrapping text around pictures, clipart and WordArt. (You are welcome to bring a project of your own to class that you might like to do.)

Organize Your Memoir Research and Prepare it for Publication

Become an Author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. This course will outline how to set up your copy in order to have continuity among the pages, graphics to enhance the book's material, and practical points which will save you money when you take the manuscript to a professional printer or local UPS Store. This is not a research course; it is a workshop to help you organize before you get started.

Want to delve a little deeper? Try a Quick Pick!

Each single-session Quick Pick class takes place from 9:30 a.m. to 11:00 a.m. The fee is \$10 per class.

Working with Text Boxes in Word 2007

Learn and practice some of the little known functions text boxes have to offer.

Word Art in Word 2007/2010

Explore creative options for using Word Art in a poster, document and a cover page.

Stylize your Pictures

Learn how to stylize pictures from file or clipart for use as document backgrounds or cover projects.

Personalize your Word-2007/2010 Program

Learn how to set "Word Options" for your defaults until you want a change. Also learn how to set up taskbar and Quick Access Toolbar.

COMSTOCK COMPUTER LEARNING CENTER

180 School Road, Wilton, CT 06897

Andrea Ragusa, Coordinator

COMSTOCK COMPUTER LEARNING CENTER
180 School Road, Wilton, CT 06897

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Mail this completed form along with your check payable to TOWN OF WILTON.

MAY-JUNE 2011 COURSES

X	COURSE TITLE	DATES	FEE
	Computer Fundamentals	May 10 and 13	\$25
	Beyond Beginners —Word 2007/2010	May 17 and 19	\$25
	Word 2007/2010 Graphics	June 7 and 9	\$25
	How to organize your materials for a Biography or Memoire you are writing	June 13, 14, 15, 16	\$40
	Quick Pick: Working with Text Boxes	June 27	\$10
	Quick Pick: Word Art in Word 2007/2010	June 28	\$10
	Quick Pick: Stylize your Pictures	June 29	\$10
	Quick Pick: Personalize Your Word 2007 Program	June 30	\$10

For additional information on the courses listed above, call 203-834-6410 or 203-762-8445, or visit www.wiltonct.org and click on the “Corridors” newsletter, page 13.