



# CORRIDORS

NOVEMBER  
DECEMBER  
2011

## SURVIVING CAREGIVING: Succeeding in the Toughest Job You Will Ever Have



Lyn Eliovson



Thomas Smith



Sarah Gamble

Wilton Meadows will host a panel presentation, "Surviving Caregiving: Succeeding in the Toughest Job You Will Ever Have," on Thursday, November 10, at 6:30 p.m. The panelists will provide timely information for current and future caregivers in the roles they will assume when caring for a needy loved one. Linda Mitchel, Director of Social Services at Wilton Meadows, will be the coordinator. The panel will include:

- Lyn Eliovson, Esq. of Elderlaw & Family Counseling Associates: "Basic Legal Planning Guidelines for Families with Senior Adults"
- Thomas Smith, CLTC: "Six Mistakes to Avoid in Long-Term Retirement Planning"
- The Jewish Home for the Elderly's Center for Elder Abuse Prevention: "The Red Flags of Elder Abuse"
- Alex Farber of RH Funding: "Updates on Recent Changes in the Reverse Mortgage Marketplace"
- Dr. Sarah Gamble of Signature Concierge Physicians: "Dodging Discharge Danger: Guidance for Families as an Aging Loved One Leaves the Hospital"

A light supper will be served. Tours of Wilton Meadows and The Greens at Cannondale, may be coordinated through Linda Mitchel at the Wilton Meadows number above. Wilton Meadows and The Greens are located at 439 Danbury Road in Wilton. Please call 203-834-0199 to reserve a seat.

## National Influenza Vaccination Week

National Influenza Vaccination Week, December 4 through December 10, highlights the importance of getting immunized against influenza before flu season which typically begins in December. On Tuesday, December 6, from 10 a.m. until noon, the Wilton Senior Center will partner with Visiting Nurse & Hospice of Fairfield County to offer a flu clinic in observance of National Influenza Vaccination Week. Anyone who receives a flu shot at this clinic is eligible to enter a raffle for a free cholesterol screening. Cost is \$38 billable to Medicare, Anthem or Aetna.

During National Influenza Vaccination Week, the agency will offer the flu shot at a reduced cost to Wilton residents who do not have health insurance.

Flu vaccine clinics are open to anyone age three years or older. No appointment is necessary. Pneumonia vaccine is also available for persons age 65 and older who have not received the vaccine since reaching age 65. Cost is \$60. Pneumonia vaccine is billable to Medicare Part B. See page 8 for a listing of local November-December clinics.

# Visiting Nurse & Hospice of Fairfield County

Formerly Nursing & Home Care and Mid-Fairfield Hospice

## Cancer Screening Update

Wednesday, November 9  
12:45 p.m.-1:30 p.m.  
Ogden House

Checking for early cancer or for conditions that may lead to cancer in adults with no symptoms is called a **screening**.

This free program will discuss:

- the risks & benefits of cancer screening,
- current National Cancer Institute screening guidelines,
- questions to ask your physician about cancer screenings.

Facilitated by Elaine Abrams, MPH, RN, CHES, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. The program is free and open to the public.

For more information and to register for lunch at noon, call the Senior Center at 203 834-6240.

Today, cancer screening tests are widely available for cancer of the breast, cervix, colon and prostate. Below are general recommendations from the National Cancer Institute (NCI) and the American Cancer Society (ACS):

**Breast:** A digital mammogram is used to find early breast cancers. The NCI recommends that women in their forties and older have mammograms every one to two years. Women who are at higher-than-average risk of breast cancer should talk with their health care providers about whether to have mammograms before age 40 and how often to have them.

**Cervix:** A Pap test or Pap smear checks the cells from the cervix lining for cancer or changes that may lead to cancer. The NCI recommends that women should begin having Pap tests three years after they begin having sexual intercourse or when they reach age 21, whichever comes first. Most women should have a Pap test at least once every three years.

**Colon and rectum:** A number of screening tests are used to detect polyps, which are growths that can cause cancer, or other problems in the colon and rectum. The NCI recommends starting at age 50. People who have a higher-than-average risk of colon or rectal can-

cer should talk with their doctors about whether to have screening tests before age 50 and how often to have them.

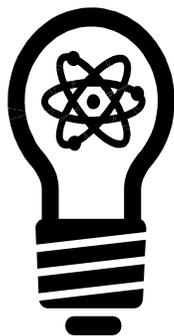
**Prostate:** Recent media attention has focused on whether the PSA screening test actually saves lives or causes minimal harm. Starting at age 50, men should discuss the pros and cons of prostate cancer testing (PSA) with their physicians. African Americans or men with a father or brother who had prostate cancer before age 65 should discuss testing starting at age 45. How often you are tested will depend on your PSA level.

Patients should talk with their doctors about the benefits and risks of cancer screening tests. The decision to be screened is a personal one. Ask your doctor the following questions about screening:

- Which tests do you recommend for me? Why?
- How much do the tests cost? Will my health insurance help pay for screening tests?
- Do the tests hurt? Are there any risks?
- How soon after the tests will I learn the results?
- If the results show a problem, how will you learn if I have cancer?

Source: National Cancer Institute

## 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 \$31,712; a couple's maximum income may not exceed \$41,470. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 in savings including IRAs and renters less than \$7,000. For more information or to schedule an appointment, call Social Services at 203-834-6238.

## Wilton Emergency Contact List

To add your name to the Wilton Emergency Contact List, call Sharon Powers at the Social Services Department at 203-834-6238. This list will be used to identify Wilton seniors who may need assistance in a natural disaster or other emergency.

# NEWS FROM MEDICARE

## DENTAL CARE FOR MEDICARE BENEFICIARIES

The Social Services Department has recently received calls from senior citizens asking about dental benefits through Medicare. Many are unaware that Medicare does not cover dental care. Because of rising costs, seniors often cannot afford preventive or regular dental treatment. Those low-income seniors who have Medicaid receive dental care through dentists who are Medicaid providers. For a list of these dentists go to the CT DSS website at [www.medicaiddentistry.com/connecticut](http://www.medicaiddentistry.com/connecticut).

The FONES Dental Hygiene Clinic located at 126 Park Avenue in Bridgeport provides comprehensive, low-cost dental hygiene care at its new state-of-the-art on-campus dental hygiene care facility at the University of Bridgeport from September through May. The facility is staffed and supervised by licensed dental hygienists and dentists. Dental hygiene students who provide the care have extensive education and training and have demonstrated competence in clinical services before being given permission to treat the public. For an appointment call 203-576-4137.

Norwalk Hospital also has a dental clinic and provides a 50% discount to lower income people. A brief financial application is required. Although they do not perform crowns or bridge work, all other dental treatments are available. Care is provided by local dentists. Call 203-852-2146.

In addition, the Day Street Community Health Center at 49 Day Street in Norwalk offers comprehensive dental care for all ages regardless of ability to pay. Call 203-854-9292.

## MEDICARE PART D APPOINTMENTS

This year open enrollment for Medicare Part D began October 15 and ends December 7. **THIS IS A CHANGE FROM PREVIOUS YEARS.** On Thursday, November 10, representatives from the Southwestern Connecticut Agency on Aging will be at the Senior Center meeting with individuals regarding the Medicare Part D prescription drug program.

Appointments are available for any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need to choose or change your prescription drug plan. You must book an appointment through Sharon Powers, 203-834-6238.

## SilverSneakers® -- Fit For Older Adults!

If you're an older adult looking for a unique way to get fit, have fun and make friends, you're in luck because the Wilton Family Y offers the Healthways SilverSneakers® Fitness Program. SilverSneakers is made available through many Medicare health plans, Medicare Supplement carriers and group retiree plans. Older adults who are eligible may qualify for a YMCA membership – at little or no additional cost – through their health care provider.



With your SilverSneakers membership, you have full access to the Wilton Y's fitness equipment, swimming pools, gymnasium, group exercise

classes and other amenities. SilverSneakers classes are specifically designed for older adults and taught by certified instructors.

To find out if you are eligible, contact your health plan's customer service department or call Healthways at 1-888-423-4632. You may also bring your Healthways SilverSneakers ID card or health plan ID card to the Wilton Family Y and a staff member will be glad to check for you.

For more information contact Michelle Wishna at the Wilton Family Y by phone at 203-762-8384 or email at [mwishna@wiltonymca.org](mailto:mwishna@wiltonymca.org)

## BOOK DISCUSSION with RAY RAUTH

at the Senior Center  
Tuesday, November 22

### *The Adventures of Huckleberry Finn* by Mark Twain

According to Ernest Hemingway, "All modern American literature comes from one book by Mark Twain called *Huckleberry Finn*. It's the best book we've had." A complex masterpiece, it has been called "the great American novel." The Penguin Classics edition describes the story as "Intended at first as a simple story of a boy's adventures in the Mississippi Valley—a sequel to *Tom Sawyer*—the book grew and matured under Twain's hand into a work of immeasurable richness and complexity." Banned from the Concord Library shelves in 1885, the book raised controversy from the start. The controversy continues to this day particularly over the recent decision of a publisher to change the word "nigger" to "slave" in a new edition.



Discussion at 11:00 a.m.; lunch (\$3) at noon.  
Call 203-834-6240 for reservations.

## SENIOR CENTER LUNCH PROGRAMS

12:45 p.m. to 1:30 p.m. at the Ogden House

November 2, The Hoot Owls  
November 9, Elaine Abrams of Visiting Nurse & Hospice of Fairfield County, Cancer Screening Update  
November 30, Gentlemen Songsters  
December 7, The Treblemakers  
December 14, "Get Rid of Your Stuff" Bingo  
December 21, The Middlebrook Singers

Local religious and civic organization teams prepare a delicious lunch each Wednesday for Wilton seniors. The luncheon is open to all Wilton seniors and takes place at the Ogden House, 100 River Road. Lunch (\$3) begins at noon. Reservations: 203-834-6240.

## Play Reading



Monday, November 7, 12:30 p.m. to 2:30 p.m.

Moderator—Sherman Poultney

### **The Well of the Saints** by William Synge

Martin and Mary Doule are blind beggars who have been led to believe that they are beautiful by the lies of the townsfolk, when in fact they are old and ugly. A saint cures them of their blindness with water from a holy well, and at first sight they are disgusted by each other. Martin and Mary both lose their sight again and Martin refuses the saint's offer to cure their blindness this time. The saint takes offense and the townsfolk banish the couple, who head south in search of kinder neighbors.

Monday, December 5, 12:30 p.m. to 2:30 p.m.

Moderator—Andrea Ragusa

### **Wuthering Heights** by Emily Bronte

The play, *Wuthering Heights*, adapted for the stage by Charles Vance, is a new version of Emily Bronte's great classic, the immortal love story set amid the bleak beauty of Haworth Moor. The wild, terrible figure of Heathcliff towers over this landscape. The story of his passion for the beautiful Catherine Earnshaw has the vividness of a nightmare, the beauty and simplicity of an old ballad and the intensity of an ancient tragedy. A spellbinding thriller and ghost story is brought vividly to life in this play.

Call the Senior Center at 203-834-6240 to sign up.

## Holiday Cookie

## Decorating Party

Mark your calendar for a sweet date on **Tuesday, December 13, from 11:15 a.m. to noon** at the Senior Center's Holiday Cookie Decorating Party, compliments of Laurel Ridge Health Care Center of Ridgefield.

Join us while we listen to holiday music and frost and decorate cookies. Laurel Ridge will provide the cookies, decorative toppings, and icing. Just bring your creativity! Space is limited to the first 20 who sign up. Reservations required: 203-834-6240.

# NEW DATE

## BAPTIST CHURCH THANKSGIVING LUNCH

The Wilton Baptist Church, 254 Danbury Road, will treat the town's senior citizens to a bountiful Thanksgiving luncheon on **Saturday, November 19**. All are welcome! The church moved the event to Saturday to enable more of its congregation to participate in the preparation and serving of the food. Beginning at 11:30 a.m., with hot cider, this will be the 35th year of the generous gift at no cost to Wilton seniors. Rosiane Olivea will organize the affair with help from church members and friends who roast turkeys, make stuffing, sides, dessert and salad. Reservations: Call the Senior Center at 203-834-6240 by Monday, November 14. **Do not call the Baptist Church. Dial-A-Ride will be available. To schedule a ride call 203-834-6235.**

## Eliminate Stress and Learn to Relax

To awaken the sleeping teacher inherent in all of us, learn the simple steps of self-hypnosis with Sonia Katz. In a recent interview, Ms. Katz explained: "It is a skill that can be easily understood and implemented. I have used this knowledge for over 40 years and want to share this with you. Join me for a workshop of fun and relaxation whatever your age or experience. This is a positive step to improving the quality of your life. After all, hypnosis is really focused concentration."



Ms. Katz studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Ms. Katz will teach how to achieve relaxation through breathing techniques, guided meditation, and position, and how to plant the proper suggestions in the unconscious mind in order to achieve goals.

When: Thursdays, November 10, 17, and December 1, 8, at 2 p.m.  
Where: Senior Center  
Fee: \$5 per class

## PARKS AND RECREATION NEWS

### LUNCHEONS

The Parks and Rec Department will host a Thanksgiving luncheon on Friday, November 4, and a Holiday Luncheon on Friday, December 9. Both lunches take place from noon to 1:30 p.m. at the Comstock Community Center. The cost is \$5. Reservations: 203-834-6234.

### TRIPS

November 12  
Cottrell Brewing Company, Pawcatuck, CT

December 10  
A Day in New York City

## CHRISTMAS HOLIDAY CELEBRATION

On Wednesday, December 21, Captain Karl Dolnier and Wilton Career Fire Fighters Local 2233 will serve a turkey dinner with all the trimmings to seniors at the weekly 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 Our Lady of Fatima Church, under the direction of Ed Raposa, will prepare the meal compliments of the fire fighters. Lunch is served at noon; guests are encouraged to come early to socialize. The Middlebrook Singers and Middlemen under the direction of Janet Nobles, Jana Janeway, and Jennifer Ginsberg will provide the entertainment. Middlebrook's Student Council, coordinated by Tim Ley, will treat the participants to homemade delights. Reservations: 203-834-6240.



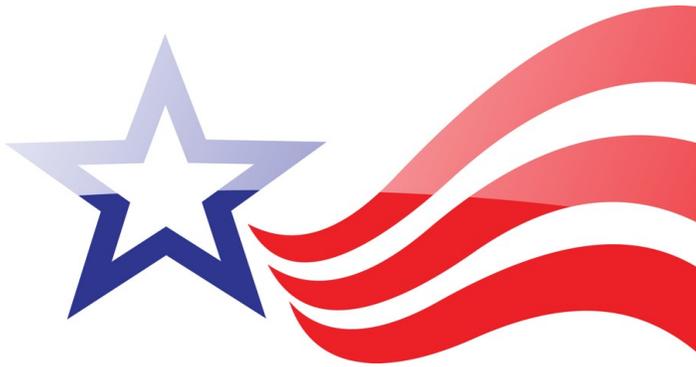
# NOVEMBER 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 10:30 Chess Class 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	<b>2</b> 10:00 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 12:00 Lunch OH Program: Hoot Owls 1:30 Mah Jongg 5:30 Program G	<b>3</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 5:30 G Program	<b>4</b> 9:30-11 Blood Pressure OH 10:00 Jewelry Workshop 10:00 Move, Strengthen, and Stretch 12:00 Bridge 12:00 Parks and Rec Thanks. Lunch 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
<b>7</b> 9:15 Enhance Fitness 9:30 Memoir Class 10:30 Line Dancing 11:30 Coffee and... 11:30 SAHW Activity 12:00 Scrabble/Chess 12:00 Movie, Casablanca 12:30 Play Reading with Sherman	<b>8 Election Day</b> 9:00 Enhance Fitness 10:30 Chess Class 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	<b>9</b> 9:30 Memoir Class 10:00 Tai Chi 10:00 Duplicate Dan 11-1 RSVP Holiday Boutique OH 12:00 Lunch OH Program: Cancer Screening Update 1:30 Mah Jongg 5:30 Program G	<b>10 Medicare Part D Appointments</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 2:00 Eliminate Stress 5:30 Social Service Commission 5:30 G Program 6:30 WM Program	<b>11</b> Veteran's Day Senior Center closed
<b>14</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, Murder at 1600	<b>15</b> 9:00 Enhance Fitness 9:30 Computer Fund. 10:30 Chess Class 10:30 Pool/Billiards 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH 5:30 Program G	<b>16</b> 9-10:30 Blood Pressure Screening Y 10:00 Comstock Writers 10:00 Tai Chi 10:00 Duplicate Dan 1:30 Mah Jongg	<b>17</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch and Bingo WM 1:30 Mah Jongg 2:00 Eliminate Stress 5:30 Program G	<b>18</b> 9:30 Computer Fund. 9:30 Advisory Board Meeting 9:30-11 Blood Pressure Screening OH 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
<b>21</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, A Beautiful Mind	<b>22</b> 9:00 Watercolor OH 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11 Book Discussion 12:00 Lunch 2:00 Chair Yoga OH	<b>23</b> 10:00 Tai Chi 10:00 Duplicate Dan 1:30 Mah Jongg	<b>24</b> <b>Thanksgiving Day Senior Center Closed</b>	<b>25</b> 10:30-1:00 Flu Clinic at the Wilton Library  Senior Center Closed
<b>28</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, My Big Fat Greek Wedding 1:00 Comstock Knitters and Crafters	<b>29</b> 9:00 Enhance Fitness 9:00 Watercolor OH 10:30 Pool/Billiards 11:00 Yoga 2:00 Chair Yoga OH 3:00 SATW Meets	<b>30</b> 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Gentlemen Songsters 1:30 Mah Jongg	<b>WILTON FAMILY Y SENIOR PROGRAMS</b> The Wilton Family Y offers several exercise programs especially for seniors: Senior Strength Training, Silver Sneakers Silver-Splash, Arthritis Foundation YMCA Aquatic Program, and Senior Swim. Descriptions for these classes and the requirements for each are available at <a href="http://www.wiltonymca.org">www.wiltonymca.org</a> .	



# DECEMBER 2011

Monday		Tuesday		Wednesday		Thursday		Friday	
KEY	<b>OH</b>	Ogden House	100 River Road	203-762-8035	1	9:00 Enhance Fitness	2	9:30-11 Blood Pressure OH	
	<b>Y</b>	Wilton Family Y	404 Danbury Road	203-762-8384		10:00 Yoga		10:00 Jewelry Workshop	
	<b>WL</b>	Wilton Library	137 Old Ridgefield Rd.	203-762-3950		11:00 Wii Bowling		10:00 Move, Strengthen, Stretch	
	<b>G</b>	The Greens	435 Danbury Road	203-761-1191		11-12 Blood Pressure Screening		12:00 Bridge	
	<b>WM</b>	Wilton Meadows	439 Danbury Road	203-834-0199		12:00 Lunch		1:30 Beginner Bridge	
<b>VM</b>	Village Market	Old Ridgefield Road	203-762-7283	12:45 Bingo	1:30-3 Free Sr Swim				
<b>VNH</b>	Visiting Nurse & Hospice	761 Main Ave., Norwalk	203-762-8958	1:30 Mah Jongg	Y				
<b>LR</b>	Laurel Ridge Health Care	642 Danbury Rd., Rdgfld	203-438-8226	2:00 Eliminate Stress					
<b>SAHW</b>	Stay at Home in Wilton								
All activities are held at the Senior Center unless otherwise noted.									
<b>5</b>	9:15 Enhance Fitness	<b>6</b>	9:00 Enhance Fitness	<b>7</b>	10:00 Tai Chi	<b>8</b>	9:00 Enhance Fitness	<b>9</b>	10:00 Move, Strengthen, Stretch
10:30 Line Dancing	10:30 Watercolor OH	10:00 Comstock Writers	9:00 Beyond Beginners	12:00 Duplicate Bridge	9:30 Beyond Beginners	10:00 Yoga	12:00 Bridge	12:00 Parks/Rec Holiday Lunch	
11:30 Coffee and...	10-12 Flu Clinic	12:00 Lunch OH	10:30 Pool/Billiards	12:00 Lunch OH Program: The Treblemakers	10:00 Wii Bowling	11:00 Mah Jongg	12:00 Parks/Rec Holiday Lunch	1:30 Beginner Bridge	
12:00 Scrabble/Chess	10:30 Chess Lessons	1:30 Mah Jongg	10:30 Chess Lessons	12:00 Lunch OH	12:00 Lunch	2:00 Eliminate Stress	1:30 Beginner Bridge	1:30-3 Free Sr Swim	
12:00 Movie, Conspiracy Theory	11:00 Yoga		11:00 Yoga	Program: The Treblemakers	12:45 Bingo	5:30 Social Service Commission	1:30-3 Free Sr Swim	Y	
12:30 Play Reading with Andrea	12:00 Garden Club Lunch and Activity		12:00 Garden Club Lunch and Activity		1:30 Mah Jongg		<b>NYC Trip Tomorrow</b>		
	2:00 Chair Yoga OH		2:00 Chair Yoga OH						
<b>12</b>	9:15 Enhance Fitness	<b>13</b>	8:30 Cholesterol Screening VNH (appt. only)	<b>14</b>	10:00 Tai Chi	<b>15</b>	9:00 Enhance Fitness	<b>16</b>	9:30-11 Blood Pressure Screening OH
10:30 Line Dancing	10:30 Line Dancing	9:00 Enhance Fitness	9:00 Enhance Fitness	10:00 Duplicate Dan	10:00 Duplicate Dan	10:00 Yoga	10:00 Yoga	10:00 Move, Strengthen, Stretch	
11:30 Coffee and...	11:30 Coffee and...	10:30 Watercolor OH	10:30 Watercolor OH	12:00 Lunch OH	Program: "Get Rid of your Stuff" Bingo	11:00 Wii Bowling	11:00 Wii Bowling	10:30 Sketching and Painting with Viola	
12:00 Scrabble/Chess	12:00 Scrabble/Chess	10:30 Pool/Billiards	10:30 Pool/Billiards	1:30 Mah Jongg		12:00 Lunch	12:00 Lunch	10:30 SAHW Activity	
12:00 Movie, It's a Wonderful Life	12:00 Movie, It's a Wonderful Life	10:30 Chess Lessons	10:30 Chess Lessons			12:45 Bingo	12:45 Bingo	12:00 Bridge	
		11:00 Yoga	11:00 Yoga			1:30 Mah Jongg	1:30 Mah Jongg	1:30-3 Free Sr Swim	
		11:15 Cookie Decorating	11:15 Cookie Decorating					Y	
		12:00 Lunch	12:00 Lunch						
		1:00 Comstock Knitters	1:00 Comstock Knitters						
		2:00 Chair Yoga OH	2:00 Chair Yoga OH						
		3:00 SAHW Party	3:00 SAHW Party						
<b>19</b>	9:15 Enhance Fitness	<b>20</b>	9:00 Enhance Fitness	<b>21</b>	9-10:30 Blood Pressure Screening Y	<b>22</b>	9:00 Enhance Fitness	<b>23</b>	10:00 Move, Strengthen, Stretch
10:30 Line Dancing	10:30 Line Dancing	10:30 Pool/Billiards	10:30 Pool/Billiards	9:30 RSVP	10:00 Tai Chi	10:00 Yoga	10:00 Yoga	12:00 Bridge	
11:30 Coffee and...	11:30 Coffee and...	11:00 Yoga	11:00 Yoga	10:00 Tai Chi	10:00 Com. Writers	11:00 Wii Bowling	11:00 Wii Bowling	1:30-3 Free Sr Swim	
12:00 Scrabble/Chess	12:00 Scrabble/Chess	10:30 Chess Lessons	10:30 Chess Lessons	10:00 Com. Writers	10:00 Duplicate Dan	12:00 Lunch	12:00 Lunch	Y	
12:00 Movie, Singing in the Rain	12:00 Movie, Singing in the Rain	12:00 Duplicate Bridge	12:00 Duplicate Bridge	10:00 Duplicate Dan	12:00 Lunch OH	12:45 Bingo	12:45 Bingo		
		2:00 Chair Yoga OH	2:00 Chair Yoga OH	Program: Firefighters Lunch/Middlebrook	Program: Firefighters Lunch/Middlebrook	1:30 Mah Jongg	1:30 Mah Jongg		
				1:30 Mah Jongg	1:30 Mah Jongg				
<b>26</b>	Senior Center Closed	<b>27</b>	9:00 Enhance Fitness	<b>28</b>	9:30 RSVP Corridors Assembly	<b>29</b>	9:00 Enhance Fitness	<b>30</b>	10:00 Move, Strengthen, Stretch
		10:30 Pool/Billiards	10:30 Pool/Billiards	10:00 Tai Chi	10:00 Tai Chi	10:00 Yoga	10:00 Yoga	12:00 Bridge	
		11:00 Yoga	11:00 Yoga	10:00 Duplicate Dan	10:00 Duplicate Dan	11:00 Wii Bowling	11:00 Wii Bowling	1:30-3 Free Sr Swim	
		12:30-2 Blood Pressure VM	12:30-2 Blood Pressure VM	1:30 Mah Jongg	1:30 Mah Jongg	12:00 Lunch	12:00 Lunch	Y	
		2:00 Chair Yoga OH	2:00 Chair Yoga OH			12:45 Bingo	12:45 Bingo		
						1:30 Mah Jongg	1:30 Mah Jongg		



## Local Election News

### Reminders from the League of Women Voters

On Election Day, November 8, Wilton voters may notice a few changes as they cast their ballots.

**Ballot Format:** With the election of a Democratic governor, the governor's party now appears along the top row of the ballot in all Connecticut elections. The Republican Party appears on the second row, followed by minor parties and petitioning candidates. If there are any registered "write in" candidates, voters may insert the candidates' names in the bottom row of the ballot.

**Question for Voters:** A question for Wilton voters will appear along the top of the ballot: "Should the sale of alcoholic liquor under Grocery Store Beer permits be permitted in Wilton?" According to state law, a grocery store beer permit allows the retail sale of beer by grocery stores in standard size containers, not to be consumed on the premises. This question requires a simple Yes or No answer.

**Changes to Board of Selectmen:** If in the future there is a contested race for first selectman, the unsuccessful candidate for first selectman will no longer be placed in competition for one of the remaining seats on the board.

According to the charter revisions, the terms of all selectmen will be four years, but with differing starting dates. The first selectman's four-year term will begin with the 2011 election. The terms of other members of the board will be staggered to preserve institutional memory and to prevent the entire board from being newly elected at the same time. Therefore, this year voters will choose a first selectman for a four-year term, two selectmen who will serve for four years, and two selectmen who will serve for two years.

*The League of Women Voters is a nonpartisan political organization that encourages informed and active participation in government. We welcome new members. For more information, contact us through [www.wiltonlww.org](http://www.wiltonlww.org) or write to P.O. Box 71, Wilton, CT 06897.*

Election Day is Tuesday, November 8. Voters in Wilton will have an opportunity to cast votes for municipal offices and to decide a question about selling beer in Wilton grocery stores.

Election Day: Polls will be open 6 a.m. to 8 p.m. Electors in line by 8 p.m. will be permitted to vote.

District 1: Wilton High School Clune Center, 395 Danbury Rd.

District 2: Driscoll School Gym, 336 Belden Hill Rd.

District 3: Middlebrook School Gym, 131 School Rd.

Voters may check their voter registration status by visiting [www.wiltonct.org](http://www.wiltonct.org) and selecting the Voter Information Look-Up page under the Registrars of Voters Department.

**Absentee ballots** for those voters who are unable to appear at the polling place are available after October 7 at the Town Clerk's office.

If you have questions, contact your Registrars of Voters, Tina Gardner and Carole Young-Kleinfeld, at 203-563-0111.

## FLU CLINICS

Saturday, November 5  
Wilton YMCA, 9:00 a.m. to 11:00 a.m.

Friday, November 25 (day after Thanksgiving)  
Wilton Library, 10:30 a.m. to 1:00 p.m.

Tuesday, December 6  
Senior Center, 10:00 a.m. to noon

For more information, call the Flu Info Line at 203-834-6341 ext. 444 or visit [www.visitingnurse.net](http://www.visitingnurse.net).

# R.S.V.P. Holiday Boutique

**Wednesday, November 9**

**11 a.m. - 1:00 p.m.**

**Ogden House, 100 River Road, Wilton**

***Proceeds buy needed supplies for hand-crafted projects that are donated to the community. The public is encouraged to attend.***

Wilton RSVP volunteers contributed 6,160 hours of time to the community in the past year. This volunteer service augmented staff time in various agencies and assisted in fundraising. Service hours included administration assistance, help with special events, educational programs, flu clinics, blood mobiles, kindergarten registration, and emergency preparedness training.

The Wilton volunteers also created over 300 hand-crafted items which were donated to Social Service agencies in Wilton and those in need in the greater Southwestern Connecticut community. Items included lap robes to Wilton Social Services; bibs to the Department of Mental Retardation of Lower Fairfield Regional Center; hats, mittens, and scarves to the NEON Child Development program; quilts to Family and Children's Agency and Visiting Nurse & Hospice of Fairfield County.

## Ogden House Activities

**Sandra Bacher** teaches Watercolor Art. Classes take place on Tuesdays from 9:00 a.m. to noon in the activities room from November 22 to December 13. Fee for the series: \$13.40 for Ogden House residents; \$18 for non-residents.

**Liz Wendell** teaches gentle chair yoga on Tuesdays from 2:00 p.m. to 3:00 p.m. in the living room. The exercises focus on breathing and body movement while integrating mind and body through meditation. This is a continuous class. Come on any day. Fee: \$3 per class. New students welcome.

## Community Memory Screening

### **What is a memory screening?**

A memory screening consists of a simple word recall test to assess basic memory and other cognitive functioning. While not used to diagnose any particular illness or replace consultation with your health-care provider, it can be the first step in learning about early memory problems.

### **How do I know if I should be screened?**

If you answer "yes" to any of the following questions, you may benefit from a memory screening...Become lost when driving? Trouble concentrating? Forget where you are? Difficulty with familiar tasks? Have family or friends noticed changes in your behavior? Screening is also appropriate for those seeking to establish a baseline for the future.

### **How do I make an appointment for a free, confidential memory screening?**

Call Visiting Nurse & Hospice of Fairfield County at 203-762-8958 for an appointment or more information. Screenings are performed by experienced health care professionals. Space is limited.

### Memory Screening Dates

Tuesday, November 15  
Darien Senior Center  
30 Edgerton Street, Darien  
9:00 a.m. to noon

Wednesday, November 30  
Norwalk Senior Center  
11 Allen Road, Norwalk  
9:00 a.m.-11:00 a.m.

### **Cholesterol Screening Visiting Nurse & Hospice 761 Main Avenue, Suite 114, Norwalk**

Tuesday, December 13  
8:30 a.m. to 11:30 a.m.

Includes total cholesterol, HDL, LDL, triglycerides and glucose, blood pressure, Body Mass Index calculation and health counseling session with RN. Fasting recommended, but not necessary. By appointment only. Please call 203-762-8958 ext. 221. Cost: \$25, cash or check.



On Saturday, November 19, at 10 a.m. the Hearing Loss Association of America will meet at the United Covenant Church, 68 Westport Road, Wilton. Attorney Robert P. Scholl will present "Getting your Life in Order--a Plan for Everyone."

The Hearing Loss Association of America Southwestern Connecticut Chapter's mission is to "open the world of communication to people with hearing loss, their family and friends, by providing information, education, support and advocacy." Meetings are equipped with a loop system and live captioning. The programs are free and open to the public. For more information, call Alan Gould at 203-762-8269 or visit [www.hearez.org](http://www.hearez.org).

## BRIDGE ANYONE?

**NEW**

### DUPLICATE BRIDGE WITH DAN

Duplicate Bridge is a form of contract bridge in which contestants play identical cards, with each deal being scored independently, permitting comparison of individual scores. For all level of playing. This is not a sanctioned game. Dan DeVlieg will supervise.

Wednesdays (except the first Wednesday of the month) beginning September 28, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee. Reservations required.

### 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:** First Wednesday of the month contact Lois Bruce at 203-762-5818 to play.

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

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

## COMSTOCK COMPUTER LEARNING CENTER

180 School Road  
203-762-8445 or 203-834-6410  
Andrea Ragusa, Coordinator  
Classes from 9:30 a.m. to 11:30 a.m.

### 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. Nov. 15 and 18, \$25.

### 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. Dec. 6 and 8, \$25.

### 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. Nov. 7 and 9, 9:30 a.m. to noon, \$25.

**Call Andrea Ragusa to register for a course.**

## COMPUTER CENTER INCLEMENT WEATHER POLICY

When the Wilton Public Schools are closed due to weather, the Computer Center courses for that same day are cancelled.

**School DELAYS do not affect the computer courses.** Call 203-834-6410 after 7 a.m. for a recorded announcement.



## November is Help-Your-Health month at The Greens.

You might say "It's Thanksgiving all November at The Greens" because there are half-a-dozen programs that will nourish mind and body with topics that are brand-new and affect the health of all of us. And they're free! Programs start at 6 p.m.; dinner, 5:30 p.m. R.S.V.P. to The Greens at 203-761-1191.

### Fall 2011 COMMUNITY HEALTH SERIES

Presented by Danbury Hospital

Wednesday, Nov. 2- "Advances in Treating Varicose Veins." Dr. Alan M. Dietzek, vascular surgeon, will present facts about varicose veins and other vein conditions. Why are they often painful? What are the most advanced treatments available?

Wednesday, Nov. 9- "Common Causes of Hip Pain." Orthopedic surgeon and TV health commentator Dr. Sanjay Gupta will cover the causes of hip pain and provide important information on the latest treatments available.

Tuesday, Nov. 15- "The Advancements of Minimally Invasive Surgery." Dr. Christopher M. Foglia, colorectal surgeon, will describe advances of the last ten years and how new techniques have improved outcomes and recovery times.

### FALL 2011 PHARMACY SERIES

Presented by Hope St. Pharmacy, Stamford



Thursday, Nov. 3- "Top 10 Herbal Products." Everyone needs to know more about using herbal supplements, including how they interact with other medications. Presented by pharmacists Allison Wiencek and Kristen Murray.

Thursday, Nov. 10- "Dementia vs. Alzheimer's." What differentiates dementia from Alzheimer's? This session explains the diagnosis, cause, and current research, plus medical and non-medical treatments. Presented by pharmacist Diane Corba.

Thursday, Nov. 17- "Sleep Problems." Pharmacist Grzegorz Rdzak will describe the benefits and side-effects of various medications and how to prevent sleeping problems without medication.

## Getting your estate in order: What seniors need to do now!



On Sunday, November 13, Stay At Home In Wilton will present a Senior Forum at Trackage, 15 Railroad Road near the railroad station and behind Common-Fund, from 2:30 p.m. to 4:00

p.m. The panel will emphasize the need to address estate planning, investments, real estate, insurance and other critical financial and legal areas important to seniors. We are pleased to have Steven Sherman from Morgan Stanley/Smith Barney who will focus on finances, attorney Paul Burnham from Rucci, Burnham, and Carta in Darien and Wilton who will discuss estate issues, The Honorable Anthony DePanfilis who is Probate Judge for the Norwalk-Wilton District, and attorney Penny Blair from Connecticut Legal Services. Following the presentations, the speakers will respond to questions from the audience. A "to do" list will be

handed out. While the forum is focused on senior issues, all ages are invited.

Don't miss these Stay at Home Events:

- Monday, November 7, 11:30 a.m. to 1:30 p.m. at Woodcock Nature Center a short walk in the woods, a presentation by the Woodcock staff, a fire in the fireplace, and lunch including cooking marshmallows for s'mores.
- Tuesday, December 13, 3 p.m. to 5 p.m. Holiday Party in the Senior Center Lounge. Guests welcome! Members, please bring friends.
- Friday, December 16, 10:30 a.m. to noon. Return to Woodcock Nature Center for wreath making, holiday cheer, and help with bows for your holiday decorating.

If you are interested in becoming a member or want further information, call 203-423-3225.

Address: Stay at Home in Wilton  
PO Box 46, Wilton, CT 06897-0046

Website: [www.stayathomeinwilton.org](http://www.stayathomeinwilton.org)

Email: [info@stayathomeinwilton.org](mailto:info@stayathomeinwilton.org)



*Printing costs for this issue  
have been underwritten by*

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

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



## BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.  
Sponsored by Visiting Nurse & Hospice

Wilton Senior Center, 11 a.m. to noon  
Thursdays, November 3 and December 1

Village Market, 12:30 p.m. to 2 p.m.  
Tuesday, December 27

Wilton Family Y, 9 a.m. to 10:30 a.m.  
Wednesdays, November 16 and December 21

Ogden House (residents only)  
9:30 a.m. to 11 a.m.  
Fridays, November 4 and 18  
Fridays, December 2 and 16

## GUIDE TO SENIOR SERVICES

<b>Catherine Pierce</b> .....	<b>203-834-6238</b>
Director, Social Services, and Municipal Agent for the Elderly	
<b>Lauren Hughes</b> .....	<b>203-834-6238</b>
Coordinator, Senior Services	
<b>Lizabeth Doty</b> .....	<b>203-834-6240</b>
Coordinator, Senior Activities	
<b>Andrea Ragusa</b> ..	<b>203-762-8445 or 203-834-6410</b>
Comstock Computer Learning Center	
<b>Sharon Powers</b> .....	<b>203-834-6238</b>
Office Assistant	
<b>Meals-on-Wheels</b> .....	<b>203-762-0566</b>
<b>Dial-A-Ride</b> .....	<b>203-834-6235</b>
<b>Town-to-Town</b> .....	<b>203-299-5180</b>
<b>FISH (medical transportation)</b> .....	<b>203-834-3737</b>
<b>AARP</b> .....	<b>203-866-0435</b>
<b>RUOK (Are You OK?)</b>	<b>203-834-6238 or 834-6260</b>
<b>Visiting Nurse &amp; Hospice</b> .....	<b>203-762-8958</b>
<b>Parks and Rec Department</b> .....	<b>203-834-6234</b>
<b>Wilton Family Y</b> .....	<b>203-762-8384</b>
<b>Wilton Library</b> .....	<b>203-762-3950</b>



# COMSTOCK COMPUTER LEARNING CENTER REGISTRATION FORM

180 School Road  
203-762-8445 or 203-834-8410  
Andrea Ragusa, Coordinator  
Classes from 9:30 a.m. to 11:30 a.m.

**Please mail this form and your check payable to TOWN OF WILTON to:**

Comstock Computer Learning Center, Comstock Community Center,  
180 School Road, Wilton, CT 06897

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

**Not done yet!**

Organize Your Memoir Research and Prepare it for Publication      November 7 and 9, 9:30 to noon

Computer Fundamentals      November 15 and 18, 9:30-11:30

Beyond Beginners      December 6 and 8, 9:30-11:30