



# CORRIDORS

SEPTEMBER-OCTOBER 2010

## ORAL LONGEVITY: HOW TO HAVE A HEALTHY MOUTH FOR LIFE Wednesday, September 15, 12:45 p.m., at Ogden House

“You are not healthy without good oral health,” according to former Surgeon General C. Everett Koop who recognized that oral health directly affects general health. It is vital that adults understand why oral health is important and how to maintain good oral hygiene over a lifetime.

Poor oral health may hinder a person’s ability to be pain free, to maintain a satisfying and nutritious diet, to enjoy interpersonal relationships and a positive self image.

There are also strong associations between oral health and general health. “Recent studies point to a two-way connection between oral infections and diabetes, heart disease, stroke and other serious health problems,” says Elaine Abrams MPH, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County.

Some medications may have a negative affect on oral health by causing dry mouth. Having dental check-ups twice a year, flossing, and addressing dry mouth are critical to maintaining a healthy mouth. Drying irritates the soft tissues in the mouth and may make them more prone to infection. In particular, persons undergoing cancer treatment need special oral health care.

On Wednesday, September 15, at 12:45 p.m. Abrams will present “Oral Longevity,” an interactive program about oral health issues in older adults produced by the American Dental Association. The program will be held at Ogden House. Participants will be encouraged to take a short quiz about dental health before her informative presentation. All participants will receive a gift bag with oral health products.

To register, please call the Senior Center, at 203-834-6240.

### Wednesday Lunch at Ogden House

Local religious and civic organization teams prepare a delicious lunch each Wednesday for Wilton seniors. The lunches are open to all Wilton seniors and take place at the Ogden House, 100 River Road. Lunch (\$3) begins at noon and is followed by entertainment or an educational program. Here is a line-up of programs for September-October:

- |          |  |
|----------|--|
| Sept. 15 | Oral Longevity with Nurse Abrams                                 |
| Sept. 22 | Creditor Harassment and Consumer Fraud with Attorney Penny Blair |
| Sept. 29 | Family Impact, entertainment by Ron Spataro                      |
| Oct. 6   | Bingo with the Wilton Woman’s Club                               |
| Oct. 13  | The Park Street Singers  |
| Oct. 20  | First Selectman William Brennan                                  |
| Oct. 27  | Music by Thirzah   |

### WILTON COMMONS UPDATE...

In July members from the Wilton Commons Board met with representatives from the Connecticut Department of Economics and Community Development. Our purpose was to obtain a commitment letter for a \$3.2 million grant. We expect a response within the next two months.

We still need to obtain funding from the Connecticut Housing and Finance Authority. They usually follow suit once a commitment letter from DECD is obtained. The total cost of phase one of the two-phase project is \$9.3 million.

We have scheduled meetings with the Wilton Planning and Zoning and the Inland Wetlands Commissions to review phase one of the two-phase project. The need for two phases is based upon monetary concerns associated with the downturn in the economy.

*George Ciaccio*



## Book Discussion

Barbara Jones from the Wilton Library has prepared a wonderful reading series for the coming year in the Senior Center. Each session begins at 11:00 a.m. Lunch is served at noon.

Please call the Wilton Library (762-3950) in advance to reserve a copy of the book.

Tuesday, September 28

Discussion Leader – Judson Scruton

*Final Harvest* by Emily Dickinson

*Final Harvest* is a selected volume of Emily Dickinson's poems that represent Dickinson's complex personality and the development of her style. A poetic genius, she is said to have been an existentialist in a time of transcendentalism. She had a tragic vision, and, although she recognized that she could not know the unknowable, she insisted on asking the questions. During her lifetime only seven anonymous verses were published. Her poems were found after her death and various editions slowly appeared. Perhaps her attitude is best described in the opening lines of one of her poems which read: "I am Nobody! Who are you? Are you—Nobody—Too?..."

Tuesday, October 26

Discussion Leader – Maureen Canary

*Hotel on the Corner of Bitter and Sweet* by Jamie Ford

This first novel by Jamie Ford is the story of a Chinese American named Henry Lee and his memories of Seattle's Japantown during his childhood in the 1940's. Now an elderly man, Lee, remembers his

## Play Reading

First Monday of the month

1:00 p.m. to 2:30 p.m.



Sherman Poultney and Andrea Ragusa lead the play reading and discussion group at the Senior Center on the first Monday of the month. Participants are invited to take a role or just read along and join in the discussion of the play afterward. Copies of each play are available for pick-up at the Senior Center prior to the date of the play's reading.

On Monday, October 4, the season will begin with *Our Town* by Thornton Wilder. This play involves the people living in Grover's Corners, a small New Hampshire town in 1901. It was first produced in

friendship with a Japanese-American girl named Keiko Okabe before her family's internment during World War II. Lee searches for traces of Keiko among possessions from the internment camps that have been found in the long unused Panama Hotel basement. To quote Lisa See, author of *Snow Flower* and *The Secret Fan*, "Jamie Ford's first novel explores...the sadness of what happened to Japanese Americans in the Seattle area during World War II and the depths and longings of deep-heart love. An impressive, bitter, and sweet debut."

### **For your future planning:**

November 23, Ray Rauth leads *Life on the Mississippi* by Mark Twain; January 25, William Ziegler leads *The Razor's Edge* by W. Somerset Maugham; February 22, David Ostergren leads *A Reporter's Life* by Walter Cronkite; March 22, Kathy Leeds leads *The Help* by Kathryn Stockett; April 26, Miwako Ogasawara leads *The Comedians* by Graham Greene; May 24, Barbara Jones leads *Fanny Kemble's Civil Wars* by Catherine Clinton.

## Comstock Writers Group

First and Third Wednesday

10:00 a.m. to 11:30 a.m.

Are you interested in reading and writing? Here's a group for you! Do you have family history or lore that you would like to record for future generations? Are you passionate about politics, the arts, travel, or gardening, any of which would provide plenty of material to write about? Leading the group is Magdalen Livesey, an editor and writer living in Wilton. Call the Senior Center at 203-834-6240 to register.

1938 and received the Pulitzer Prize for Drama that year. The three-act play is divided into three aspects of the human experience: daily life, love and marriage, and death and loss.

Plays for the coming months are:

November 1, *Design For Murder* by George Batson

December 6, *Othello* by William Shakespeare Part 1

January 10, *Othello* by William Shakespeare Part 2

February 7, *She Stoops to Conquer* by Oliver Goldsmith

March 7, *Androcles and The Lion* by George Bernard Shaw

April 4, *The Bourgeois Gentleman* by Moliere

May 2, *Cat On A Hot Tin Roof* by Tennessee Williams

# Senior Center Programs—Reservations: 203-834-6240

## **TAI CHI**

Wednesdays, 10:00 a.m. to 10:45 a.m., \$3 per class

Debbie Dong is owner and manager of Meridians Eastern Health Alternatives of Ridgefield and North Salem, NY. She studied under Master Cui Yan and has taught Tai Chi and Qigong for many years. The lessons will be taught in easy-to-absorb, effective, short sets of motions (forms) appropriate for any age. 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 daily functioning of seniors.

## **COUNTRY WESTERN LINE DANCING**

Mondays, 10:30 a.m. to 11:20 a.m., \$3 per class

Gail Shapiro teaches line dancing as a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome.

## **BRIDGE**

Fridays, Noon to 3:00 p.m.

Come to the Senior Center and join other seniors in a weekly afternoon of Bridge. Call Eleanor Mihailidis 203-762-8720 by the preceding Thursday if you want to play.



Duplicate Bridge is offered on the third Tuesday of each month. Call Maureen Turnier 203-762-9386 if you want to play.

## **THURSDAY LUNCH**

Most Thursdays at noon, \$3 per lunch

Join other seniors for a tasty lunch prepared by Chef Karen White. Seating is limited; reservations are necessary. Join us after lunch for BINGO. Winners get “the pot” in every game.

## **GARDEN CLUB ACTIVITIES**

First Tuesday of the month, Noon to 1:30 p.m., \$3

The Garden Club serves lunch to seniors and presents a garden-related program. Programs include trips to local gardens, media presentations, and workshops in the Comstock greenhouse.

## **COOKING FOR ONE OR TWO**

Tuesdays, 11:00 a.m. to 1:00 p.m.

Chefs from Wilton and nearby towns demonstrate creative ways to prepare meals for one or two. Participants will have the opportunity to interact with each chef during the demonstration and enjoy the culinary results at lunch after class. Class size limited. Dates to be determined.

## **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 a gentle yoga class that warms up all the joints of your body, stretches and strengthens your muscles and helps your balance and focus. Classes include warm-ups, breath work (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive! Denise is a certified Kripalu Yoga Teacher and a Registered Yoga Teacher (RYT) with The Yoga Alliance. She is also certified in *Reiki* and trained in *Positional Therapy*, two other healing modalities. She teaches group and private classes throughout Fairfield County.

## **JEWELRY WORKSHOP**

First Friday of the month, 10:00 a.m. to 11:30 a.m., \$5 per class

Viola Galetta conducts a jewelry-making workshop session once a month. No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones. It’s never too early to get started on birthday or holiday presents. Class size limited.

## **COMSTOCK KNITTERS AND CRAFTERS**

Second Tuesday and fourth Monday of the month, 1:00 p.m. to 2:30 p.m.

Basic instruction will be provided for projects; the company will be great, too. If you have a work-in-progress, bring it. If it’s new to you, just come and give knitting a try! We’ll supply the practice materials. Not a knitter? Bring your own handiwork and enjoy the company.



## **SEASONAL FLU VACCINE CLINICS**

- Flu clinics are open to the public. No appointment is necessary.
- Anyone 4 years or older may receive a seasonal flu vaccine ("flu shot") at these clinics.
- Persons under age 18 must be accompanied by a parent or legal guardian.
- Cost for the vaccine is not yet determined (previously around \$37). Cash, check, Medicare, Aetna, and Anthem will be accepted as payment. Bring your insurance card with you.
- Pneumonia vaccine will also be available to adults age 65 or older who have not previously received pneumonia vaccine since attaining age 65. This is billable to Medicare Part B.

Ogden House  
100 River Road  
Friday, October 1  
9:30 a.m. to 11:00 a.m.  
Residents and Staff Only

Comstock Community Center  
180 School Road  
Monday, October 11 (Columbus Day)  
10 a.m. to 1 p.m.

Wilton YMCA  
404 Danbury Road  
Saturday, November 6  
9 a.m. to 11 a.m.

Wilton Library  
137 Old Ridgefield Road  
Friday, November 26  
(day after Thanksgiving)  
10:30 a.m. to 1:30 p.m.

Flu Info Line, 834-6341 ext. 444

[www.visitingnurse.net](http://www.visitingnurse.net)

## **Frequently Asked Flu Questions**

### **What sort of flu season is expected this year?**

It is hard to predict at this point. However, the timing, severity, and length of the epidemic depends on many factors, including what influenza viruses are spreading and whether they match the viruses in the vaccine. Last flu season, we saw the emergence of the H1N1 flu virus (previously called "swine flu"). This virus caused the first influenza pandemic (global outbreak of disease caused by a new flu virus) in more than 40 years. While not certain, it is likely that H1N1-type viruses will continue to spread along with seasonal viruses in the U.S. during the 2010-2011 flu season.

### **Will this year's flu vaccine protect against H1N1?**

Yes, this year's trivalent flu vaccine should protect against H1N1 and two other strains of influenza. Even if you received vaccine for H1N1 last year, you should still receive the flu vaccine this fall.

### **Do I need one shot or two this year?**

One shot should be enough this coming season for all adults. Children under age nine years who have never received a flu shot should receive two doses, four weeks apart.

### **Who should be vaccinated this year?**

Everyone six months or older, and for whom flu vaccine is not contraindicated, should receive flu vaccine prior to flu season which can begin as early as December in North America.

### **Can I get the flu from the flu shot?**

No. The flu shot is not a live vaccine. Therefore, you cannot get the flu from the flu shot.

### **How effective is the flu vaccine?**

The effectiveness of the vaccine can vary and depends in part on the match between the viruses in the vaccine and flu viruses that are circulating in the community. If these are closely matched, effectiveness is high. If they are not closely matched, it can be reduced.

### **Will there be enough flu vaccine this year?**

There should be ample supply of flu vaccine for the 2010-2011 flu season.

### **What should I do to prepare for this flu season?**

Getting a flu shot is the first and most important step. Getting the flu vaccine soon after it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season. In addition, you can take steps like staying away from sick people, covering your nose and mouth when sneezing or coughing, and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

## NEWS OF MERGER AND NAME CHANGE

### Nursing & Home Care and Mid-Fairfield Hospice Become Visiting Nurse & Hospice of Fairfield County

Nursing & Home Care and Mid-Fairfield Hospice have merged into a single entity called Visiting Nurse & Hospice of Fairfield County. With headquarters centrally located at the Health and Wellness Center of Norwalk Hospital at I-Park at 761 Main Avenue, Norwalk, the agency will continue to provide quality home health care to individuals and families in Wilton and across Fairfield County.

“Our two organizations have been working in formal affiliation for more than 15 years, sharing related goals and missions and providing a continuum of care. This evolution in our agency’s structure will provide a more integrated system of delivering home health and hospice care to patients and families in the communities we serve,” said Visiting Nurse & Hospice of Fairfield County President and CEO Sharon Bradley, RN, MSN.

The newly combined organization will retain its clinical leadership and administrative staff as well as its team of dedicated and skilled caregivers who provide community-based, family-centered home health care and hospice services. Specific program offerings include comprehensive professional nursing and support, physical and pediatric rehabilitation, grief and bereavement counseling, health education, geriatric care management services, physical fitness training, community wellness programs and hospice care.

## **BLOOD PRESSURE SCREENINGS**

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

Wilton Senior Center, 11 a.m. to noon  
Thursdays, September 2 and October 7

Village Market, 12:30 p.m. to 2 p.m.  
Tuesdays, September 28 and October 26

Wilton Family Y, 9 a.m. to 10:30 a.m.  
Wednesdays, September 15 and October 20

Ogden House (residents only)  
9:30 a.m. to 11 a.m.  
Fridays, September 3 and 17  
Fridays, October 1 and 15

## **Cholesterol Screening** **Visiting Nurse & Hospice**

**761 Main Avenue, Suite 114, Norwalk**

Tuesday, September 14  
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.

## *Support Groups sponsored by Visiting Nurse & Hospice of Fairfield County*

<u>Loss of a Parent</u> for adults grieving the loss of a parent	Weekly on Wednesdays	Sept. 15 to Nov. 3	4:00-5:30 p.m.
<u>Loss of a Spouse</u> for adults grieving the loss of a spouse	Weekly on Mondays	Sept. 13 to Nov. 1	3:00-4:30 p.m.
<u>Loss of a Family Member</u> for adults grieving the loss of a sibling or other family member or close personal friend	Weekly on Mondays	Sept 13 to Nov. 1	6:00-7:30 p.m.
<u>Caregiver Support</u> for those who are caring for a loved one	Weekly on Tuesdays	Sept. 14 to Nov. 2	3:00-4:30 p.m.
<u>Coping with Loss during the Holidays</u> to make it through the holiday season	Weekly on Mondays	Nov. 15 to Dec. 20	3:00-4:30 p.m.

These support groups are open to the public. There is no charge for participation.

Pre-registration is required.

For more information or to pre-register call 203-762-8958, ext. 255.

Check [www.visitingnurse.net](http://www.visitingnurse.net) for periodic updates to the schedule of support groups.

# SEPTEMBER 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b><u>Parks and Rec Trips</u></b> Boston on your own, Sept. 26 Clinton Crossings/ Westbrook Outlets, Oct. 5 Haunted Happenings, Oct. 10 See Parks and Recreation Fall Brochure for a complete description of each trip. <a href="http://www.wiltonparksandrec.org">www.wiltonparksandrec.org</a>		<b>1</b> 10:00 Tai Chi 12:00 Duplicate Bridge	<b>2</b> 10:00 Yoga 11:00-12:00 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	<b>3</b> 9:30 –11:00 Blood Pressure OH 10:00 Jewelry Workshop with Viola 12:00 Bridge 1:30-3:00 Free Swim for Seniors Y
<b>6</b> <b>Labor Day</b> Senior Center Closed	<b>7</b> 8:45 Watercolor OH 12:00 Game Time 2:00 Chair Yoga OH	<b>8</b> 10:00 Tai Chi	<b>9</b> 10:00 Yoga 12:00 Lunch 12:45 Bingo	<b>10</b> 12:00 Bridge 1:30-3:00 Free Swim for Seniors Y
<b>13</b> 10:30 Line Dancing 11:30 Coffee and... 12:00 Acrylic Painting OH 1:30 Information Ses- sion with Congress- man Jim Himes	<b>14</b> 8:30-11:30 Cholesterol Screenings at Visiting Nurse & Hospice 203-762-8958, ext. 221 (appointment only) 8:45 Watercolor OH 11:00 Yoga 1:00 Comstock Knitters and Crafters 12:00 Game Time 2:00 Chair Yoga OH	<b>15</b> 9-10:30 Blood Pres- sure Y 9:30 RSVP OH 10:00 Tai Chi 10:00 Comstock Writ- ers Resume 12:00 Lunch Resumes OH Guest: Oral Longevity with Elaine Abrams	<b>16</b> 10:00 Yoga 12:00 St. Matthew Church Luncheon  5:30 Commission on Social Services	<b>17</b> 9:30-11:00 Blood Pressure OH 12:00 Bridge 1:30-3:00 Free Swim for Seniors Y
<b>20</b> 10:30 Line Dancing 11:30 Coffee and... 12:00 Acrylic Painting OH 12:00 Catamount Seminar	<b>21</b> 8:45 Watercolor OH 9:30 Intro to Computers 11:00 Yoga 12:00 Duplicate Bridge 12:00 Game Time 2:00 Chair Yoga OH	<b>22</b> 9:30 RSVP OH 10:00 Tai Chi 12:00 Lunch at OH Guest: Attorney Penny Blair	<b>23</b> 10:00 Yoga 12:00 Lunch 12:45 Bingo	<b>24</b> 9:30 Intro to Com- puters 12:00 Bridge 1:30-3:00 Free Swim for Seniors Y
<b>27</b> 10:30 Line Dancing 11:30 Coffee and... 12:00 Acrylic Painting OH  1:00 Comstock Knit- ters and Crafters	<b>28</b> 8:45 Watercolor OH 9:30 Intro to Word 2007 11:00 Yoga 11:00 Book Discussion with Judson Scruton 12:00 Lunch 12:30-2:00 Blood Pressure Screenings VM 12:00 Game Time 2:00 Chair Yoga OH	<b>29</b> 9:30 RSVP OH 10:00 Tai Chi 12 Lunch OH Guest: Family Impact Entertainment with Ron Spataro	<b>30</b> 9:30 Intro to Word 2007 10:00 Yoga 12:00 Lunch 12:45 Bingo	

**Hearing Loss Meeting tomorrow**  
**Boston on-your-own Trip Sunday**

## **WILTON FAMILY Y SENIOR PROGRAMS**

The Wilton Family Y offers several exercise programs especially for seniors: Senior Strength Training, Silver Sneakers Muscular Strength and Range of Movement,

Silver Sneakers SilverSplash, Arthritis Foundation YMCA Aquatic Program, and Senior Swim. Descriptions for these classes and the requirements for each are available at [www.wiltonymca.org](http://www.wiltonymca.org).

# OCTOBER 2010

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>MEDICARE PART D INFORMATION APPOINTMENTS</b>            On Thursday, November 18, representatives from the Southwestern Connecticut Agency on Aging will be at the Comstock Community 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. Please call Sharon Powers at 203-834-6238, to schedule an appointment.</p>			<p><b>Need a place to meet?</b>            Trackside, the Wilton Teen Center, has a new conference room available to the public at no cost for daytime meetings. They'll even put on a pot of coffee.            Call 203-834-2888.</p>	
				<p><b>1</b>            9:30-11:00 Flu Clinic for Ogden House only            9:30-11:00 Blood Pressure OH            10:00 Jewelry Workshop with Viola            12:00 Bridge            1:30-3:00 Free Swim for Seniors Y  <i><b>New York New York Dinner Dance tomorrow</b></i></p>
<p><b>4</b>            10:30 Line Dancing            11:30 Coffee and...            12:00 Acrylic Painting OH            12:30 Play Reading with Andrea</p>	<p><b>5</b>            Clinton Crossings Trip with Parks and Rec            8:45 Watercolor OH            10:30 Dr. Vera Littlejohn            11 Yoga            12 Garden Club            12:00 Game Time            2:00 Chair Yoga OH</p>	<p><b>6</b>            9:30 RSVP OH            10:00 Comstock Writers            10:00 Tai Chi            12:00 Lunch OH            Guest: Wilton Woman's Club Bingo            12:00 Duplicate Bridge</p>	<p><b>7</b>            8:30 55 ALIVE!            10 Yoga            11:00-12:00 Blood Pressure Screening            12:00 Lunch            12:45 Bingo</p>	<p><b>8</b>            8:30 55 ALIVE!            9:30 Excel            12:00 Bridge            1:30-3:00 Free Swim for Seniors Y  <i><b>Haunted Happenings this Sunday</b></i></p>
<p><b>11</b>            Columbus Day– Senior Center Closed            10-1 Flu Clinic at Comstock Community Center            12:00 Acrylic Painting OH</p>	<p><b>12</b>            8:45 Watercolor OH            9:30 Graphics            10:30 Dr. Vera Littlejohn            11:00 Yoga            12:00 Game Time            1:00 Comstock Knitters and Crafters            2:00 Chair Yoga OH</p>	<p><b>13</b>            9:30 RSVP OH            10:00 Tai Chi            12:00 Lunch OH            Guest: Park Street Singers</p>	<p><b>14</b>            9:30 Graphics            10:00 Yoga            12:00 Lunch            12:45 Bingo            5:30 Commission on Social Services</p>	<p><b>15</b>            9:30-11:00 Blood Pressure OH            10:30 ITNCoastalCT Information Session            12 Bridge            1:30-3:00 Free Swim for Seniors Y  <i><b>Hearing Loss Meeting tomorrow</b></i></p>
<p><b>18</b>            10:30 Line Dancing            11:30 Coffee and...            12:00 Acrylic Painting OH</p>	<p><b>19</b>            9:30 Advanced Graphics            10:30 Dr. Vera Littlejohn            11:00 Yoga            12:00 Duplicate Bridge            12:00 Game Time            2:00 Chair Yoga OH</p>	<p><b>20</b>            9-10:30 Blood Pressure Y            9:30 RSVP OH            10:00 Comstock Writers            10:00 Tai Chi            12 Lunch OH            Guest: First Selectman William Brennan</p>	<p><b>21</b>            9:30 Advanced Graphics            10:00 Yoga            12:00 St. Matthew Church Luncheon</p>	<p><b>22</b>            9:30 Excel            12:00 Bridge            1:30-3:00 Free Swim for Seniors Y</p>
<p><b>25</b>            10:30 Line Dancing            11:30 Coffee and...            1:00 Comstock Knitters and Crafters</p>	<p><b>26</b>            11:00 Yoga            11:00 Book Discussion with Maureen Canary            12:00 Lunch            12:00 Game Time            12:30-2:00 Blood Pressure VM            2:00 Chair Yoga OH</p>	<p><b>27</b>            9:30 RSVP OH            10:00 Tai Chi            10:00 Comstock Writers            12:00 Lunch OH            Guest: Music by Thirzah</p>	<p><b>28</b>            10:00 Yoga            12:00 Lunch            12:45 Bingo</p>	<p><b>29</b>            12:00 Bridge            1:30-3:00 Free Swim for Seniors Y  <i><b>Memory Screening on Monday</b></i></p>

KEY: OH Ogden House, 100 River Road; Y Wilton Family Y; 404 Danbury Road; VM, Village Market, 108 Old Ridgefield Road.

## HEARING LOSS ASSOCIATION OF AMERICA PRESENTS...

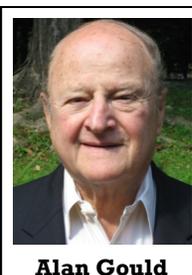
Persons who are hearing impaired have plenty of day-to-day obstacles to overcome, and adding the element of exercise may seem like just another burden. With some guidance, exercise can be a key factor to maintaining balance, strength and reducing stress. "Specific concerns for the hearing impaired involve safety," says Frank Callahan, RN, Certified Personal Trainer at Visiting Nurse & Hospice of Fairfield County. "Otherwise, the importance of regular exercise and overall health is the same for all adults, hearing impaired or otherwise."

On Saturday, September 25, the Hearing Loss Association of America's Southwestern Connecticut Chapter will kick off the year with a 10 a.m. presentation by Mr. Callahan at the United Covenant Church, 68 Westport Road in Wilton. His presentation, "Movement, Motivation and Hearing Loss: A New Prescription," will emphasize the positive effects of movement on the mind and body, and will reference inspirational stories of athletes, dancers, professionals, and ordinary people who have overcome their disabilities and empowered their lives via movement and exercise.

On Saturday, October 16, at 10 a.m. Caitlin Parton, a graduate of the University of Chicago and Westport resident, will share her experiences as a young per-

son with a cochlear implant. Currently applying for law school, Caitlin will discuss "Learning to Become an Advocate for Those with Hearing Loss." Caitlin and her family were featured on CBS's 60 Minutes.

The Hearing Loss Association of America Southwestern Connecticut's mission is to "open the world of communications to people with hearing loss, their family and friends, by providing information, education, support and advocacy." Chapter meetings are held on the third Saturday of the month from 10 a.m. until noon, excluding July and August, at the United Covenant Church. Meetings are equipped with a loop system and real-time captioning.



Alan Gould

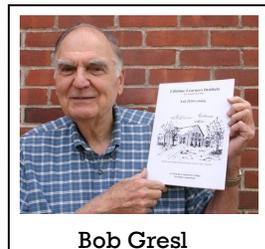
Of special note: Alan Gould was elected President of the Hearing Loss Association of America, Southwestern CT Chapter. Alan and his wife, Pat, have been Wilton residents for 46 years. Alan has served as Education Coordinator and Professional Adviser to HLAA. He is a recipient of the Dr. Florence Sabin Distinguished Alumni Award from Vermont Academy, the Alexander Graham Bell Special Service Award, and the Wilton Playshop Award for his efforts on behalf of the hearing impaired.

The programs are free of charge and open to the public. Registration is not required. For more information, visit <http://www.hearez.org>, or call Alan Gould at 203-762-8269 or email [jonathanbrown20@aol.com](mailto:jonathanbrown20@aol.com).

## Lifetime Learners Institute Announces Classes at Norwalk Community College

Lifetime Learners Institute (LLI), a non-profit educational organization for people over 50, has announced their fall classes which begin the week of September 19. Classes include history, language, the arts, literature, music, health, opera, sports, movie clips, mysteries, books, computers, memoirs, and current events. There is something for everyone! You may select one or two classes for each day at 1:10 p.m. and/or 3:10 p.m. Monday through Thursday or on Friday mornings from 10 a.m. to noon. On most Fridays there is a "Brown Bag Lunch & Learn" program including a noontime social hour with refreshments and a 1 p.m. special guest presentation on a subject of general interest. These Friday afternoon programs are free to all LLI members who may also use the College's Fitness Center at no charge.

Of special note: Wilton resident Bob Gresl has been teaching the LLI Sketching course for ten years. Bob and his wife, Rita, attended a watercolor painting course and that began their relationship with LLI. Bob was approached by the LLI Board to become a facilitator for the sketching course which led to his creating covers for the LLI course Catalog. He is the proud designer of the new fall catalog cover.



Bob Gresl

To receive the course catalog by mail call 203-857-3330, or visit [www.lifetimelearners.org](http://www.lifetimelearners.org). Annual membership: \$30. Courses: \$20 per course.

*Join and enjoy participating in learning without stress or tests !*

## ITNCoastalCT

### Information Session

Friday, October 15, 10:30 a.m.



ITNCoastalCT, a dignified transportation service for seniors 60+ and visually impaired adults, is getting ready to debut its service this fall. This member-supported, fee-for-service non-profit will serve the towns of Wilton, Weston, Westport, Norwalk, Easton, and Fairfield. Rides will be provided primarily by volunteer drivers, may cross town lines, and are available for any reason any time 24/7, 365 days a year.

There will be an informational coffee on Friday, October 15, at 10:30 a.m. at the Senior Center. After a short presentation, Nancy McCormick, Manager of ITNCoastalCT, will be available to help explain the service and answer questions. If you are starting to self-limit your driving, know someone who is, or are interested in signing up to be a volunteer driver, don't miss this session! Additional information may be found at [www.itncoastalct.org](http://www.itncoastalct.org) or by calling 203-858-2001.

### Community Health Series—Memory Matters

The Greens at Cannondale will sponsor a Community Health Series at the Darien Senior Center, 30 Edgarton Street, Darien. As the body ages, many people suffer from a progression of memory loss beginning with the inability to remember simple tasks or names. Learn the latest research on how to preserve memory and cognitive function. Call Carolyn Lewis at 203-656-7455 to reserve a place for these Tuesday presentation lunches.

- Sept. 21, Overview of Alzheimer's Dementia and current Alzheimer's Clinical Studies
- Sept. 28, Recipe for a Healthy Life Style
- Oct. 5, Exercise and a Healthy Brain
- Oct. 12, Let's Play Jeopardy!
- Oct. 19, Test Your Memory!

### 55 Alive by AARP

Parks and Rec will sponsor the AARP adult driving education course for skill improvement on Thursday and Friday, October 7 and 8, from 8:30 a.m. to 12:30 p.m. at the Comstock Community Center. Participants must be at least 50 years old, have a Connecticut drivers license, and attend both classes. Insurance discounts may be available for individuals 62 and over who complete the course. Class size limited to 30. Call 203-834-6234 to register. Fee: \$12 for AARP members; \$14 for non-AARP members.

## Information Session with Congressman Jim Himes

Monday, September 13

1:30 p.m. to 2:30 p.m.

Call the Senior Center for more information.



### Spa Services at The Greens

The Greens is proud to welcome Essential Retreat Massage Therapy. Essential Retreat offers a qualified, experienced, licensed massage therapist with a holistic approach to wellness. Massage therapy can decrease stress, increase circulation, release muscle tightness, improve joint range of motion and flexibility, release endorphins, and reduce aches and pains. Services offered include Swedish massage, deep tissue massage, aromatherapy, stress relieving treatment and reflexology foot treatment. To schedule an appointment and inquire about fees, call The Greens at 203-761-1191.

### Stay at Home in Wilton

In October, the Senior Center will host a five-part series by "Stay at Home in Wilton." The series will focus on ways to stay safe, happy, and healthy in your home. All residents of Wilton are invited to attend these presentations. Come and hear about ways you can extend the time you reside in your home. Topics and dates will be published in the Senior Events column in the *Wilton Bulletin*.



Dr. Vera Littlejohn

### **"Women through the Ages" with Vera**

Dr. Vera Littlejohn returns to the Senior Center on Tuesday, October 5, with a three-part series on "Women through the Ages." Tiptoe through 2,500 years with portraits of women as they appeared in literature. Dr. Vera Littlejohn will explore women as man's downfall, a paragon of virtue, the good wife, the bad wife, the intellectual, the murderer, the rebel, the mother, and the image of change.

When: Tuesday, October 5, 12, and 19  
Time: 10:30 a.m. to 11:30 a.m.  
Fee: \$5 per class

*Dr. Littlejohn has a B.A. cum laude and M.A. in French from St. Lawrence University; an M.A. in Linguistic Pedagogy from Stockholm University, Sweden; and a Ph.D. in Viking Studies from Uppsala University, Sweden. She is Professor Emeritus, State University of New York and Syracuse University.*

Reservations: 203-834-6240

# VOLUNTEER OPPORTUNITIES

## AARP TAX AIDE

Volunteer for the nation's largest FREE tax preparation and assistance service. There are many kinds of volunteer opportunities – from Tax-Aide Counselors to Greeters as well as Communications and Technology Coordinators. One opportunity might be right for you!

### **Like working with numbers?**

AARP Tax-Aide volunteer Counselors interact with clients by preparing tax returns on a one-to-one basis. Even if you don't have accounting or tax preparation experience, becoming a Counselor may be right for you. AARP provides training in tax law procedures, the preparation of tax forms, and the use of tax preparation software.

### **Like working with people better than working with numbers?**

An AARP Tax-Aide Greeter is the first person clients meet when they enter a tax counseling facility. Greeters make sure the taxpayer has all the necessary paperwork before meeting with a volunteer Counselor, and they manage the flow of clients being served.

### **Have a knack for computers and technology?**

Technology Coordinators manage computer equipment, work to ensure taxpayer data security, and provide technical assistance to volunteers at multiple sites on technology issues.

### **Good at managing people and programs?**

Leadership Positions manage volunteers, synchronize plans with other volunteer leaders, and assure smooth program operation.

**FOR ADDITIONAL INFORMATION:** Visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide). AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

## HOSPICE AND PEER COUNSELOR VOLUNTEER TRAINING CLASSES BEGIN IN OCTOBER

*DO YOU ENJOY MEETING NEW PEOPLE?  
DO YOU HAVE A BIG HEART?  
ARE YOU LOOKING FOR NEW  
EXPERIENCES?*

Think about becoming a Hospice or Peer Counselor volunteer!

Hospice Volunteer training begins Tuesday, October 5, and will run on Tuesdays for five weeks. Hospice volunteers provide companionship and support to hospice patients and their family members during the last months of the patient's life. It's very life-affirming and gratifying work.

Peer Counselor Volunteer training will begin on Friday, October 8, and will continue on Fridays for three weeks. Peer Counselor volunteers donate one hour a week to a Visiting Nurse patient. Many patients are homebound and can become isolated and lonely. Peer Counselor volunteers bring a ray of sunshine with them. The Counselor's goal is to help patients continue with previous projects, gain happiness and self-confidence, and reconnect with the outside community again.

Both Hospice and Peer Counselor volunteers learn to become excellent listeners. That skill will also be a benefit to you in your own life! If you would like more information or to sign-up for a training program, please call Barbara Mortimer at 203-762-8958, ext. 316.

## RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)

RSVP helps people age 55 and older find volunteer opportunities to match their skills and interests. When you join RSVP, you choose your volunteer position. You make your own schedule. You call the shots. You receive the benefits of staying active and meeting new people while knowing that you're using a lifetime of experience to make your mark.

If you want more information about RSVP, call Dell Overby, Wilton Coordinator, at 203-762-0520.

## Memory Screening by Visiting Nurse & Hospice

Monday, November 1  
Wilton Senior Center

9:30 a.m. to 11:30 a.m. by appointment only

Call 203-762-8958 to schedule  
an appointment.

## St. Matthew's Senior Luncheons

St. Matthew Episcopal Church, 36 New Canaan Road, will resume its monthly luncheons on September 16. These luncheons are open to all seniors. To make your lunch reservation, please call Ellen Lewis at 203-762-7400. Donation: \$3

### Thursday, September 16, Noon "Lunch with Mozart"

St. Matthew's Director of Music Rodney Ayers leads a musical tour of the new Reuter Pipe Organ. Comprised of 41 individual stops and more than 3000 pipes, this instrument is an "orchestra" of sound. Through organ pieces and demonstrations, Rodney will illustrate why Mozart called the organ "the king of instruments." He holds the Master of Music and Master of Arts in Religion (summa cum laude) degrees from the Yale University School of Music, Yale Divinity School, and Yale Institute of Sacred Music.

### Thursday October 21, Noon "My Trees Are Worth What?!"

Patricia Sesto, Wilton's Director of Environmental Affairs, will speak about the value of trees. Over the last 18 years, Pat has worked to preserve the natural resources of Wilton. Her latest focus is educating residents on the value of their trees. Her presentation will highlight the attributes of trees and how those attributes translate into dollars. She has a B.S. in Environmental Biology from Eastern Connecticut State University and 24 years of experience in natural resource management.



## New York - New York Dinner Dance

"Start spreading the news..." The Our Lady of Fatima High School Youth Group will hold its fourth annual dinner dance for senior citizens on Saturday, October 2, from 5:00 p.m. to 8:00 p.m. in the OLF School Gym at 225 Danbury Road. Join us for a night out, New York City style, with a delicious dinner, music and dancing (dance instruction provided), and door prizes. Dinner admission is \$7, payable at the door. RSVP to Sharon Lynn at 203-762-9080 or at [OLFYouthGroup@aol.com](mailto:OLFYouthGroup@aol.com). Dress code is "City Chic." Broadway, Times Square, Chinatown are just a few of the fun things about New York that will make this a great celebration!

## Get Active in Your Retirement— Take Control of Your Investment Portfolio

On Monday, September 20, at noon, Catamount Financial Services will sponsor a free, one-hour seminar with a complimentary lunch at the Senior Center. One way to compete with an ever-changing market environment is to be active. Constant fluctuations in the stock market have made the financial planning process challenging. This seminar will include:

- Trends in the market
- How to protect your future against significant losses
- The importance of active portfolio management
- Key strategies for "growing" your portfolio in 2010

You will gain an overall strategy as to how to be an active player in your own financial health! Call the Senior Center to reserve a place: 203-834-6240.

## Offerings at the Ogden House

### Acrylic Painting

Mary Bartz will teach you how to paint a beautiful wall plaque with an exquisite zinnia and butterfly for the spring/summer and on the reverse side a snow-filled bird house replete with red ribbon surrounded by glistening winter trees. You will paint on a 13-inch round medium density fiberboard plaque decorated with a laser-cut scalloped edge or use a surface of your choice. Mondays, Sept. 13 to Oct. 18, noon to 2 p.m., Ogden House residents \$20 for the series, non-residents \$27 for the series.

### Watercolor Art

Sandra Bacher will teach Seascapes: sky, water patterns, sailboats, lighthouses, sand, shells, and rocks. Tuesdays, Sept. 7 to Oct. 12, 8:45 a.m. to 11:45 a.m., Ogden House residents \$20 for the series, non-residents \$27 for the series.

### Chair Yoga

Liz Wendell will teach gentle chair yoga this fall. Liz has been practicing yoga for over 12 years. She teaches breath and movement of the body incorporating twisting and integrating mind and body with meditation. Tuesdays, beginning Sept. 14, 2:00 p.m. to 3:00 p.m., \$3 per class.

Please call Ogden House at  
203-762-8035 to register.



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 WILTON, CT

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

**COMSTOCK COMPUTER LEARNING CENTER**

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



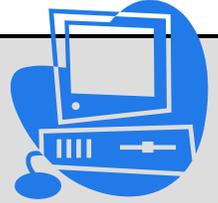
X	SEPTEMBER-OCTOBER COURSE TITLES	DATES	FEE
	INTRODUCTION TO COMPUTER FUNDAMENTALS	September 21 and 24	\$25
	INTRODUCTION TO BASIC WORD 2007	September 28 and 30	\$25
	GRAPHICS	October 12 and 14	\$25
	ADVANCED GRAPHICS	October 19 and 21	\$25
	BASIC EXCEL	October 8 and 22	\$25

**ENROLL NOW**

The registration form is on the Town of Wilton website [www.wiltonct.org](http://www.wiltonct.org).  
 Just click on **Corridors** on the right side of the home page, and this newsletter will appear.  
 The registration form is on page 13.

# COMSTOCK COMPUTER LEARNING CENTER

180 School Road  
203-834-6410 or 203-762-8445  
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: \_\_\_\_\_

E-Mail: \_\_\_\_\_

X	SEPTEMBER-OCTOBER COURSE TITLES	DATES	Fee
	INTRODUCTION TO COMPUTER FUNDAMENTALS	September 21 and 25	\$25
	INTRODUCTION TO BASIC WORD 2007	September 28 and 30	\$25
	GRAPHICS	October 12 and 14	\$25
	ADVANCED GRAPHICS	October 19 and 21	\$25
	BASIC EXCEL	October 8 and 22	\$25
		<b>TOTAL ENCLOSED</b>	\$