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## Census Workers to Verify Addresses

The U.S. Census Bureau will launch a massive operation to verify and update more than 145 million addresses as it prepares to conduct the 2010 Census. More than 140,000 census workers will participate in the nationwide address-canvassing operation, a critical first step in assuring that every housing unit receives a census questionnaire in March 2010.

"A complete and accurate address list is the cornerstone of a successful census," said Tom Mesenbourg, acting director of the Census Bureau.

The operation will use new hand-held computers equipped with GPS to increase geographic accuracy. The ability to capture GPS coordinates for most of the nation's housing units will reduce the number of errors caused by using paper maps in previous counts. "The primary goal of the census is to count everyone once, only once, and in the right place," Mesenbourg explained. "Because the census is used for reapportioning seats in the U.S. House of Representatives and the distribution of more than \$300 billion in federal dollars every year to state and local governments, it's essential to get this first step right."

The address-canvassing operation will be conducted by 151 local census offices across the country. This is the first census to include group quarters (such as dormitories, group homes, prisons and homeless shelters) in the canvassing operation, which should improve the accuracy and coverage of the final count. There will be one final opportunity to add new home construction in early 2010 prior to the mailing of census questionnaires.

Census workers can be identified by the official Census Bureau badge they carry. They may knock on your door, ask you to verify your address, and inquire about additional living quarters on the property. They will never ask for bank or social security information. All census information collected, including addresses, is confidential and protected by law. By law, the Census Bureau cannot share respondents' answers with the FBI, the IRS, CIA, Welfare, Immigration, or any other government agency. No court of law or law enforcement agency can find out respondents' answers. All Census Bureau employees take an oath for life to keep census information confidential. Any violation of that oath is punishable by a fine of up to \$250,000 and five years in prison.

### What is the Census?

- ◆ The census is a count every ten years of everyone living in the United States.
- ◆ The census is mandated by the United States Constitution.
- ◆ The next census will be conducted in 2010.
- ◆ Your participation in the census is required by federal law.
- ◆ It will take less than ten minutes to complete the census questionnaire.
- ◆ Federal law protects the personal information you share during the census.
- ◆ Census data are used to distribute Congressional seats to states, to assist in making decisions about what community services to provide, and to distribute \$300 billion in federal funds to local, state and tribal governments each year.

Panel Discussion  
**Options for Facing Reality in the Housing Downturn**

Monday, May 18, 7-8:30 p.m.  
at the  
Wilton Library  
137 Old Ridgefield Road

*Diminished housing prices, reduced salaries, mortgage short falls and foreclosures are some of the perils facing people today. A panel of experts addresses these and other issues in this seminar. Participating in the panel are:*

**Peg Koellmer**, owner/broker, Realty Seven, speaks about housing values in today's market, renegotiating a mortgage, and short sales;

**Roberta Palmer**, program manager, Foreclosure Mediation Program addresses foreclosures: the steps you need to take if foreclosure threatens and the process of foreclosure;

**The Honorable Douglas C. Mintz**, Judge of the Superior Court in Stamford, talks about the legal process of foreclosure.

Presented by Wilton Social Services  
and the Wilton Library.

No charge. Registration recommended.  
Call 762-3950 or register online at  
[www.wiltonlibrary.org](http://www.wiltonlibrary.org)

### BOOK DISCUSSION

**Book Discussion takes place at the Senior Center on May 26 at 11 a.m. followed by lunch at noon. Lunch: \$3.**

THE LIFE OF PI by Yann Martel

Discussion Leader: Kathy Leeds

This novel, described by *Publishers Weekly* as "a fabulous romp through an imagination by turns ecstatic, cunning, despairing and resilient, tells the story of a young Indian boy named Pi who, as the son of a zookeeper, has developed an extraordinary knowledge of wild beasts. During a sail to Canada with his family and their menagerie, their ship sinks and Pi is left to survive on a 26-foot-long raft with a 450-pound Bengal tiger. What follows is an engaging tale in which, to quote *The Seattle Times*, "each chapter is a well-polished pearl...an exhilarating story of gut survival."



**Back by popular demand! Safe Steps** will be presented on Monday, June 8, at the Wilton

Senior Center from 1-2 p.m. Please wear comfortable clothes and shoes.

Falling is a serious problem. It happens to many older adults each year, often with serious physical consequences. The statistics are sobering. At least one-third of adults over age 65, and more than one-half of those over age 80, will fall at home this year. In fact, falls at home are the most common cause of unintentional injury among older adults. Of those who do fall, at least one-third will suffer severe injury or be hospitalized. Falls are a major cause of traumatic brain injury and hip fracture. Furthermore, about one-in-five older adults recently discharged from the hospital will fall at home, tripling the risk of nursing home placement in the future. Fortunately, falls are preventable.

"Understanding the major risk factors that contribute to falls is the first step," says Elaine Abrams, RN, MPH, Community Health Coordinator at Nursing & Home Care. "While some risk factors such as age and a history of previous falls cannot be changed, new research tells us that a number of other risk factors can easily be addressed to prevent future falls."

The Connecticut Collaboration for Fall Prevention, based at Yale University, has released new fall prevention research demonstrating that falls among older adults can be reduced by at least one-third by addressing modifiable risk factors, including problems with gait, balance, vision, hearing, postural hypotension, and foot or footwear problems. Home environmental hazards and taking multiple medications are also important risk factors that must be examined. "This new fall prevention research should prompt all older adults to assess their individual risks and make simple changes," says Abrams.

Abrams has also developed the educational program called **Safe Steps** geared toward older adults and their caregivers, which addresses the major risk factors. Nursing & Home Care's new **Safe Steps** provides simple, hands-on steps to reduce or eliminate fall risks. The program includes a Home Safety Assessment designed to identify risks in and around the home. Simple balance and strength exercises are demonstrated.

To register, call Lizabeth Doty at the Wilton Senior Center, 834-6240.



## Community Health Series

### May 5, Dealing with Difficult People

Tools, tactics and techniques to help you turn around negative situations. **David Cross, LCSW, Social Worker, Norwalk Hospital**

### May 12, Love and Intimacy After 65

The importance of relationships throughout life and the need for human contact. **Thomas V. Ayoub, MD, Women's Healthcare of New England**

### May 19, Getting Older Isn't for Sissies

Health issues that need to be addressed as we age and how to lead a healthy life. **Vittorian Gassman, MD, Internist and Geriatrician, Norwalk Hospital**

### June 2, Solutions for Knee and Hip Pain

Osteoarthritis, knee and hip replacements & treatments. **Michael R. Marks, MD, MBA, Orthopedic Surgeon, Coastal Orthopedics and Chief of the Medical Staff at Norwalk Hospital**

### June 9, All About Allergies

Different allergies, symptoms, causes and treatments. **Marvin Den, MD, Allergist, Norwalk Medical Group**

### June 16, Chronic Wounds

The causes, prevention and treatment. **Sandra Wainwright, MD, Medical Director, Wound Care and Hyperbaric Center, Norwalk Hospital**

**Presentations will take place at The Greens at Cannondale at 6 p.m. Dinner served at 5:30 p.m. R.S.V.P. 761-1191**



## Mother's Day, May 10

*The driving force behind Mother's Day was Anna Jarvis, who organized observances in Grafton, West Virginia, and Philadelphia 101 years ago on May 10, 1908. As the annual celebration became popular around the country, Jarvis asked members of Congress to set aside a day to honor mothers. She finally succeeded in 1914, when Congress designated the second Sunday in May as Mother's Day.*

## Ogden House invites you to...

Watercolor Art, taught by Sandra Bacher, on Tuesday mornings, beginning on May 5 and ending on June 23 at 8:45 a.m. Participants may enroll in the course at any time. Wilton residents pay \$27 for six classes.

Chair Yoga, conducted by Liz Wendell, on Tuesday afternoons during May and June at 2 p.m. Drop-in fee: \$4 per class.

Please call Betty at 762-8035 to register.



## Annual Town Meeting 2009

The Annual Town Meeting will be held at Middlebrook School auditorium on May 5 at 7:30 p.m. with voting following the meeting. Adjourned voting on the town budget will take place on Saturday, May 9, from 9:00 a.m. to 6:00 p.m. in the Middlebrook Old Gymnasium.

## WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

Your application deadline is May 15, 2009, for tax credit and tax deferral benefits affecting your real estate tax bill payable in July 2009 and January 2010. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. For more information, contact the Wilton Assessor's Office at 563-0122.

## WILTON COMMONS UPDATE

The Wilton Commons Board has been working to obtain \$13.5 million in funding from available sources, both State and Federal. With over 100 people waiting to fill out applications, it is imperative that we continue our pursuit.

*George Ciaccio*

**Are you a Senior Citizens and occasionally need a walker for your dog?  
We have a volunteer for you! Call Cathy at 834-6238 for more information.**

# NURSING & HOME CARE OFFERS STROKE RISK SCREENING EVENT

## WEDNESDAY, MAY 13, at i.park LOCATION

In recognition of Stroke Awareness Month, Nursing & Home Care will offer its annual Stroke Risk Screening on Wednesday, May 13, 2009 from 8:30 a.m. until 11:30 a.m. at its new location at 761 Main Avenue (across from Walmart). Anyone over age 50 is welcome to participate.

A stroke or "brain attack" occurs when a blood clot blocks an artery or a blood vessel breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs. When brain cells die, abilities controlled by that area of the brain, such as speech, movement and memory, are lost. How a stroke patient is affected depends on where the stroke occurs in the brain and the extent of brain damage.

Some stroke risk factors are beyond your control -- such as being over age 55, being male, being African-American, Hispanic or of Asian/Pacific Islander descent, or having personal or family history of stroke or transient ischemic attack (TIA). However, many risk factors are controllable, including uncontrolled high blood pressure, high cholesterol, an irregular heartbeat, and diabetes. Being a "couch potato," consuming excessive alcohol and smoking will also contribute to your overall stroke risk.

"Stroke risk reduction begins with stroke risk education," says Elaine Abrams, RN, MPH, Community Health Coordinator at Nursing & Home Care. "This is a great opportunity for anyone over age 50 to learn about their personal risk and how they can take steps to reduce their risk."

The screening begins with the National Stroke Foundation's Stroke Risk Assessment and includes blood pressure, cholesterol screening, body mass index assessment, carotid bruit assessment and an indi-

vidualized stroke risk counseling session with a health educator. Results are confidential and participants have time to ask questions.

Participants will also learn how to identify signs of stroke and how to intervene. Several new and experimental drugs may prevent, and even reverse, brain damage due to a stroke when recognized early

in the first three hours. If signs of stroke are present, every minute counts. For every minute that brain cells are deprived of oxygen during stroke, the likelihood of brain damage increases.

To make an appointment for Nursing & Home Care's Stroke Risk Screening, please call 761-8958 ext. 221 Monday through Friday from 8:30 a.m. until 4:30 p.m. Space is limited; appointments are required. Cost: \$25.

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### May Is Stroke Awareness Month

**F** FACE Ask the person to smile. Does one side of the face droop?

**A** ARMS Ask the person to hold both arms up evenly. Does one arm drift downward?

**S** SPEECH Ask the person to repeat a simple sentence. Are the words slurred or mixed up?

**T** TIME If the person shows any of these symptoms, call 911 immediately.

### Blood Pressure Screenings

Free blood pressure screenings by a Registered Nurse are open to the public. No appointments needed.

Comstock Community Center  
11 a.m. - Noon  
Thursday, May 7 & June 4

Village Market  
12:30 p.m. - 2 p.m.  
Tuesday, May 26 & June 23

Wilton YMCA  
9 a.m. - 10:30 a.m.  
Wednesday, May 20 & June 17

Ogden House  
9:30 a.m. - 11 a.m.  
Friday, May 1 & 15, June 5 & 19



**Nursing and Home Care** is seeking volunteers to provide companionship to isolated and elderly community members

through the **Peer Counselor Program**. As a volunteer, you will be asked to visit a patient in Fairfield County for one hour every week or every other week. Patients who are referred to the program have requested volunteer visitors. Many live alone, are ill or disabled, need emotional support or just wish to share interests and develop new friendships. **This opportunity is ideal for people who wish to volunteer, but who are very busy and/or working or traveling.**

Volunteers are required to attend a training course and will receive on-going supervision by the Volunteer Coordinator. The next five-week Peer Counselor Training Program will take place on Fridays, May 15 through June 12, from 9:30 a.m. to 2:30 p.m. For more information, please contact Barbara Sawyer, Volunteer Coordinator at 834-6341 ext. 316.

## WOULD YOU LIKE TO BE A PATIENT SUPPORT VOLUNTEER?

*(It only takes about an hour a week.)*

Nursing & Home Care is looking for a caring and energized group of volunteers interested in assisting home care patients with everyday tasks. Patient Support Volunteers might drive a patient to a doctor's appointment, pick-up dry cleaning, grocery shop, go to the Post Office...assist in what needs to be done. Can you imagine how grateful homebound patients would be for your help?

Potential volunteers must complete a 15-hour training course presented over 3 days. The next PATIENT SUPPORT VOLUNTEER training course will be offered on Friday, May 15, 22, and 29, from 9:30 a.m. to 2:30 p.m. at the Nursing & Home Care Offices, 761 Main Avenue, Norwalk.

For more information, please call Barbara Sawyer, Volunteer Coordinator, at 834-6341 ext. 316..

**Cholesterol Screening** at Nursing and Home Care 761 Main Avenue in Norwalk (across from Walmart), Tuesday, June 9, 8:30 a.m. - 11:30 a.m. Screening 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. Cost: \$25 payable in cash or check. By appointment. Call 762-8958 ext. 221.



*Bringing Healing and Comfort to Our Community*

Mid-Fairfield Hospice serves terminally ill patients in Fairfield County. They offer a unique program of compassionate at-home health care for people with terminal illness. They strive to enhance the quality of life so that the patient and the family can live each remaining day to the fullest. They are looking for caring and sensitive volunteers to work with patients and families for a minimum of one to three hours per week.

Volunteers are an integral part of the hospice team. The team members work together to help patients and those close to them experience the last days of life with dignity and grace. Volunteers provide a variety of different supports for a patient and family from listening and talking to providing a brief outing for the patient or caregiver. Each volunteer assignment is unique and special.

Volunteers are required to attend a five-week training course and are provided on-going support and supervision from the Hospice team. During training, you will develop the skills needed to work with patients and their families. You will use these skills, in conjunction with your life experience, to assist you in your volunteer work.

The next Hospice Volunteer training will take place on Mondays, May 11, 18, June 1, 8, and 15 from 9:30 a.m. to 2:30 p.m. at the Mid-Fairfield Hospice offices at 761 Main Avenue, Norwalk.

For more information, please contact Barbara Sawyer, Volunteer Coordinator, 834-6341, ext. 316.

## **Coming in 2010...**

### **A NEW OPTION FOR SENIOR TRANSPORTATION**



***Why should growing older change your ability to continue enjoying the things you love to do?*** A group of community volunteers is working

toward affiliation with ITNAmerica® to bring an additional transportation option to our area for older adults and the visually impaired. Retain your mobility and continue to enjoy the activities offered in our communities as you gracefully transition from the driver seat to the passenger seat. Let CoastalCT take you there day or night. Plan ahead or go spur of the moment. Attend a concert at the Quick Center for the Arts at Fairfield University. Go for a hike at Devil's Den. Enjoy a football game under the lights at Wilton High School. How about a movie in Westport or Norwalk on a dark, rainy night. Or just run errands and have lunch with a friend. We can take you there.

Rides will be provided 24/7 in private automobiles to and from any point in Easton, Fairfield, Norwalk, Weston, Westport and Wilton for any purpose whatsoever. Monthly statements will be mailed and no money will change hands in the car. A key feature will be door-to-door and arm-in-arm service, as needed. And please don't tip. CoastalCT will be a not-for-profit transportation service sustainable through user fares and voluntary local community support. Reduced rates and scholarships will be available based on financial need.

We are currently fundraising and presenting our plan to groups in the six-town service area. A one-time State transportation grant application has been submitted for \$50,000 and we have received a contingent grant commitment of \$25,000. Application has been made for other community grants. We expect to offer rides in 2010, and you can help us achieve that goal by spreading the word, asking us to speak to a group, and/or joining our committee.

Leslie Wolf  
Project Leader  
CoastalCT Senior Transportation  
The Committee to Affiliate with ITNAmerica  
[Leslie2of8@aol.com](mailto:Leslie2of8@aol.com) or 856-3737

## **Choosing how you age...**

When Dr. Olga Brom Spencer, author of "New Frontiers of Aging," spoke at The Greens at Cannondale recently, she asked "How old would you be if you didn't know your age?" Her overall message is that you choose how you age and if you think of yourself as an old person, that's who you'll be. If you retain an enthusiastic, optimistic attitude, your actual, chronological age really won't matter.

Dr. Spencer has facts to back up her theories. "Billions and billions of atoms are continually changing in our bodies. We have 75 trillion body cells that can regenerate. Skin cells every month, liver cells every six months. The neuro-transmitters in our brains can change and grow with mental stimulation."

Dr. Spencer commented, "What is your purpose in life? Having a purpose is central to our happiness. So-called 'leisure' and 'retirement' are not sufficient. It's better to wear out than to rust out!" "Picasso," she reminded her listeners, "was active at 97 and Michelangelo painted the Sistine Chapel at 88. It's not our chronological age that counts. It's the way we think about ourselves, our image of ourselves."

Shocking her audience, she said that sexuality can be as exciting at 80 as it was at adolescence. According to Dr. Spencer, love can boost the immune system. Compassion, forgiveness, adaptation to the inevitable loss of loved ones, and flexibility of thinking are essential.

Genetic influence accounts for only 35% of our lives and the rest is up to us. Aging can become a personal opportunity, not a burden.

## **Senior Nutrition Awareness Project**

### **WHAT IS SNAP?**

The Senior Nutrition Awareness Project is a nutrition education and resource program for seniors living in Connecticut, established by the University of Rhode Island, Department of Nutrition and Food Sciences and funded by USDA Food Stamps and the Rhode Island Department of Human Services.

### **WHAT DOES SNAP DO?**

SNAP primarily serves as a FREE nutrition information clearing house for seniors. SNAP produces senior friendly nutrition newsletters, recipes, educational videos and fact sheets

SNAP has a toll-free nutrition hotline (1-800-595-0929) for seniors to call when they have questions about food or nutrition. Qualified nutrition specialists (Registered Dietitians) will give callers information over the phone and will send FREE nutrition information by mail.

## ***Meet Wilton Social Services--Lizabeth A. Doty, M.A.***

Lizabeth Doty is the Coordinator of Senior Activities within the Wilton Social Services Department. Lizabeth earned a B.S. and M.A. in Business Education from New York University and an M.A. in theology from Holy Apostles College. Liz has taught both elementary and high school students as well as adults in continuing education programs. She is certified as both a school administrator and district superintendent. After 13 years as an elementary school principal, Liz came to the town of Wilton as Coordinator of Senior Activities in 2002.



**Lizabeth Doty, M.A.**

### ***What professional organizations are available to Senior Center personnel?***

I am a member of the Connecticut Association for Senior Center Personnel (CASP) which meets regionally and state-wide. I am also a member of the Southwestern Connecticut Agency on Aging (SWCAA) Advisory Board. In this capacity I have the opportunity to meet monthly and network with others involved in Senior issues as well as to participate in site visits of agencies which receive funding from SWCAA.

### ***What are your responsibilities as Coordinator of Senior Activities for Wilton?***

I am responsible for coordinating and/or consolidating existing activities for seniors in the Center and in the community; for expanding and developing new programs that will appeal to a larger and more diversified population; and for maintaining the Senior Center year-round. I find this work both challenging and fulfilling.

### ***What are the practical steps you take to achieve this end?***

Each week I write an article for the newspaper highlighting senior activities not only at the Center but also around the town. Bimonthly the Senior Center publishes Corridors, this newsletter, which focuses on information of import and interest to the senior population. Being part of the Social Services Department, I have ready resources available when seeking information. These communications help to "get the word out" about activities at the Senior Center while they also address issues critical to seniors.

Each week, opportunities to socialize are available through weekly luncheons and activities. Volunteers are instrumental in helping to provide these activities. Networking with other Senior Center personnel through regional and state-wide conferences keeps me apprised of recent developments at other Centers.

### ***Have you seen any changes in the Senior Center over the past seven years?***

The senior population has grown since I began working in Wilton, as have the activities offered at the Center. Through the members of the Social Services Commission and Senior Center Advisory Council, we have recruited excellent instructors for our courses. Line Dancing, Yoga and Tai Chi have steadily increased in enrollment since their inception. We have also expanded the computer offerings in the Comstock Computer Learning Center. All of the instructors in the Computer Center are volunteers. Bridge continues to grow! There's Bridge on Tuesdays, Wednesdays, and Fridays in some form or other! New offerings, knitting, jewelry making, and play reading have also increased in participants. Specialized workshop in successful aging strategies, coping with hearing loss, and fall prevention have taken place.

### ***What do you do outside of work?***

For the past five years, I have taught calligraphy, card-making, computer courses and knitting in the Continuing Education Program in Ridgefield. I serve on the RCIA (Rite of Christian Initiation of Adults) Team for St. Mary Parish, helping candidates prepare spiritually for their entry into the Catholic Church. I enjoy playing the piano, creating new knitting projects, traveling when time permits, and working in my home studio making jewelry and doing calligraphy.

# ***Need Something to Do?***

## **TAI CHI**

Debbie Dong is owner and manager of Meridians Eastern Health Alternatives of Ridgefield and North Salem, NY, conducts the Tai Chi class. The lessons are taught in easy-to-absorb yet 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. Tai Chi has been shown to prevent falls and improve the functioning of daily activities in seniors.

## **COMSTOCK WRITERS GROUP**

Are you interested in reading and writing? Here's a group for you! Many people have family history or lore that they'd like to record for future generations. In addition, they may be passionate about a variety of subjects such as politics, the arts, travel, gardening, and so on, any of which would provide plenty of material to write about. Leading the group is Magdalen Livesey, who is an editor and writer living in Wilton.

## **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 also receive the benefits of staying active and meeting new people along with having the satisfaction of knowing that you're using a lifetime of experience to make your mark.

## **PLAY READING**

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

## **WEDNESDAYS AT OGDEN HOUSE**

Local church and civic organization teams prepare delicious lunches each Wednesday for the Wilton seniors at the Ogden House, 100 River Road. Following the lunch there is entertainment or an educational program for everyone's enjoyment.

## **JEWELRY WORKSHOP**

Beads, beads, beads! Viola Galetta conducts workshop sessions once a month on jewelry making. 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.

## **BOOK DISCUSSION SERIES**

Barbara Jones from the Wilton Library prepares a wonderful reading series for each year. Lunch is served at noon following the discussion.

## **COMSTOCK KNITTERS**

Basic instruction will be provided for projects, and the company will be great, too! If you have a work in progress, bring it. If it's all 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.

## **BRIDGE**

Come to the Senior Center at Comstock Community Center and join other seniors in a weekly afternoon of Bridge. Call Eleanor Mihailidis by the preceding Thursday if you want to play. Duplicate Bridge is offered on the third Tuesday of each month.

## **COUNTRY WESTERN LINE DANCING**

Gail Shapiro teaches this program, which is not only a great form of exercise, but a great program for social interaction. Beginners as well as experienced dancers are welcome.

## **SCRABBLE/CHESS**

Come join the *Comstock Scrabblers* or play a game of *Chess* on Monday afternoons in the Senior Center. If you love the challenge of these exciting games, please join us and come prepared to spend an enjoyable afternoon meeting fellow Scrabble and Chess enthusiasts.

## **TUESDAY AND/OR THURSDAY YOGA**

Denise O'Hearn, owner of Vibrant Moves here in Wilton, conducts this gentle yoga class that warms up all the joints of the 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.

## **THURSDAY LUNCH**

Join other seniors for a delicious lunch prepared by Chef Karen White. Seating is limited, so reservations are necessary. Join us after lunch for BINGO. Winners get "the pot" each game.

***Call the Senior Center (834-6240) for more information, times, and dates of these activities or check the calendars on pp. 10 and 11!***

**COMSTOCK COMPUTER LEARNING CENTER**

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

The Comstock Computer Learning Center offers computer courses for adults. Visit [www.comstockclc.org](http://www.comstockclc.org) for additional information.

**Introduction to Computer Fundamentals:** This course is for those with limited or no computer experience who would like to test the waters. This introductory course 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 our course Introduction to Basic Word. Taught by Andrea Ragusa. \$25, May 12 and 15

**Introduction to Word 2003:** This course will introduce the basics of this powerful word processing program including vocabulary, concepts, and features. You will learn how to work your way around the desktop. Topics will include windows operations, using the toolbar and the start menu, and creating and formatting documents. Prerequisite: Introduction to Computer Fundamentals or equivalent experience. Taught by Larry George. \$25, May 18 and 20

**Introduction to Word 2007:**

Step into the present to acquaint yourself with the Word 2007 program. It will look different from the Word you 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, Mini Toolbar, Quick Access Toolbar, Mouse's left & right click, Office Clipboard, Margin fea-

**NEW COURSE**

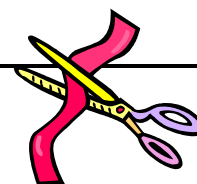
tures, Document views, plus commonly used features in Word. You will revisit the steps needed for entering, changing, deleting, copying, pasting, underlining, aligning, saving, moving through a document, as well as inserting a bullet or number in text. Taught by Catherine Myers. \$25, May 19 and 21

**Use of Graphic Tools in Word, Beginner:** This course will show you how to use graphic toolbars in the Word program. You will learn how to use Page Setup's Layout folder for artistic page and paragraph borders, practice the use of graphic symbols, utilize the picture toolbar after inserting Clip Art or From File, and design with Word Art. Prerequisite: Introduction to Word. Taught by Catherine Myers. \$25, June 1 and 4

**More Steps in Using Word Graphic Toolbars, Advanced:** This course will provide a brief review of selected toolbars, including WordArt and Picture toolbar. The Drawing toolbar in Tables will be introduced and used extensively. Taught by Catherine Myers. \$25, June 9 and 11

**Getting Around the Internet:** This three-session course is a comprehensive introduction to the internet. It begins with an overview followed by the concepts and terminology needed to get you "surfing the web" for specific information. Computer experience, use of the mouse, and knowledge of the keyboard is required. Taught by Phil Richards. \$30, Call for dates.

**Basic Excel:** This two-session course will introduce the basics of this popular spreadsheet program including essential vocabulary, concepts and features. Become familiar with entering, editing, and formatting numerical and text data. Experiment with basic database capabilities. Learn to design meaningful, attractive and useful spreadsheets. Prerequisite: Introduction to Word. Taught by Lizabeth Doty. \$30, June 16 and 19



**Mail the form below and your check payable to TOWN OF WILTON to:**

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

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-Mail: \_\_\_\_\_

**For information, please call Andrea Ragusa's voice mail at 762-8445 or 834-6410 and leave a message. Your call will be returned as soon as possible.**


<b>X</b>	<b>COURSE TITLE</b>	<b>DATES</b>	<b>Fee</b>
	INTRODUCTION TO COMPUTER FUNDAMENTALS	May 12 and 15	\$25
	INTRODUCTION TO BASIC WORD (2003)	May 18 and 20	\$25
	INTRODUCTION TO BASIC WORD (2007)	May 19 and 21	\$25
	USE OF GRAPHICS TOOLS IN WORD, BEGINNER	June 1 and 4	\$25
	MORE STEPS IN USING WORD GRAPHIC TOOLBARS, ADVANCED	June 9 and 11	\$25
	GETTING AROUND THE INTERNET	Call for Dates: 762-8445	\$30
	BASIC EXCEL	June 16 and 19	\$30

# MAY 2009

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>OH Ogden House 100 River Road 762-8035            Y Wilton Family Y 404 Danbury Road 762-8384            WL Wilton Library 137 Old Ridgefield Rd. 762-3950            G The Greens 435 Danbury Road 761-1191            WM Wilton Meadows 439 Danbury Road 834-0199            VM Village Market Old Ridgefield Road 762-7283            NHC Nursing &amp; Home Care 761 Main Ave., Norwalk 762-8958</p>				<p><b>1</b>            9:30-11 Blood Pressure Screening OH            12:00 Bridge            1:30-3 Wilton Family Y Free Swim for Seniors</p>
<p><b>4</b>            10:30 Line Dancing            11:30 Coffee and...            12:15 Forever Fit Y            12:30-2:30 Play Reading with Andrea Ragusa            12 Scrabble/Chess</p>	<p><b>5</b>            8:45 Watercolors OH            10 Strength Train. Y            10:30 Arthritis Ex. Y            11 Yoga            12 Garden Club Activity and Lunch            2 Chair Yoga OH            5:30 Dealing with Difficult People G            7:30 TOWN MEETING, Middlebrook School</p>	<p><b>6</b>            9, New York On-Your-Own Trip            9:30 RSVP            10 Tai Chi            10 Comstock Writers            12:00 Lunch OH            Guest: Middlebrook Orchestra</p>	<p><b>7</b>            10 Strength Train. Y            10:00 Yoga            10:30 Arthritis Ex. Y            11-12 Blood Pressure Screening            12:00 Lunch            12:15 Forever Fit Y            12:45 Bingo</p>	<p><b>8</b>            10 Jewelry Workshop            12:00 Bridge            1:30-3 Wilton Family Y Free Swim for Seniors</p>
<p><b>11</b>            9:30 Hospice Volunteer Training NHC            10:30 Line Dancing            11:30 Coffee and...            12:15 Forever Fit Y            12 Scrabble/Chess</p>	<p><b>12</b>            8:45 Watercolors OH            9:30 Intro to Computers            10 Strength Train. Y            10:30 Arthritis Ex. Y            11 Yoga            1:00 Comstock Knitters and Crafters            2 Chair Yoga OH            5:30 Love and Intimacy after 65 G</p>	<p><b>13</b>            8:30-11:30 Stroke Screening at NHC (appt. only)            9:30 RSVP            10 Tai Chi            10 Comstock Writers            10 Goodspeed Opera House Trip            12:00 Lunch at OH            Guest: Chris Merwin, String Mix Instruments</p>	<p><b>14</b>            10 Strength Train. Y            10:00 Yoga            10:30 Arthritis Ex. Y            12 NO Lunch Today            12:15 Forever Fit Y            5:30 Social Service Commission Meeting</p>	<p><b>15 Tax Relief Filing Deadline</b>            9:30 Intro to Computers            9:30 Peer Counselor Training NHC            9:30 Patient Support Training NHC            9:30-11 Blood Pressure Screening OH            12:00 Bridge            1:30-3 Wilton Family Y Free Swim for Seniors</p>
<p><b>18</b>            9:30 Hospice Volunteer Training NHC            9:30 Intro to Word 2003            10:30 Line Dancing            11:30 Coffee and...            12:15 Forever Fit Y            12 Scrabble/Chess            7 Panel Discussion on Housing WL</p>	<p><b>19</b>            8:45 Watercolors OH            9:30 Intro to Word 2007            10 Strength Train. Y            10:30 Arthritis Ex. Y            11 Yoga            12 Duplicate Bridge            2 Chair Yoga OH            5:30 Getting Older Isn't for Sissies G</p>	<p><b>20</b>            9-10:30 Blood Pressure Screening Y            9:30 Intro to Word 2003            9:30 RSVP            10 Tai Chi            10 Comstock Writers            12:00 Lunch OH            Guest: Chris Merwin, Shakuhachi Instrument</p>	<p><b>21</b>            7 Philadelphia On-Your-Own Trip            9:30 Intro to Word 2007            10 Strength Train. Y            10:00 Yoga            10:30 Arthritis Ex. Y            12 Lunch at St. Matthew's Church            12:15 Forever Fit Y</p>	<p><b>22</b>            9:30 Peer Counselor Training NHC            9:30 Patient Support Training NHC            12:00 Bridge            1:30-3 Wilton Family Y Free Swim for Seniors</p>
<p><b>25</b>            Memorial Day Senior Center Closed</p> 	<p><b>26</b>            8:45 Watercolors OH            10 Strength Train. Y            10:30 Arthritis Ex. Y            11 Yoga            11 Book Discussion with Kathy Leeds            12 Lunch            12:30-2 Blood Pressure at the Village Market            2 Chair Yoga OH</p>	<p><b>27</b>            9:30 RSVP            10 Culinary Institute of American, PR            10 Tai Chi            10 Comstock Writers            12:00 Lunch OH            Guest: Richard Clark as John Barrymore</p>	<p><b>28</b>            10 Strength Train. Y            10:00 Yoga            10:30 Arthritis Ex. Y            12:00 Lunch            12:15 Forever Fit Y            12:45 Bingo</p>	<p><b>29</b>            9:30 Peer Counselor Training NHC            9:30 Patient Support Training NHC            12 Spring Luau Luncheon, PR            12:00 Bridge            1:30-3 Wilton Family Y Free Swim for Seniors</p>

**KEY**

# JUNE 2009

<b><u>Monday</u></b>	<b><u>Tuesday</u></b>	<b><u>Wednesday</u></b>	<b><u>Thursday</u></b>	<b><u>Friday</u></b>
<b>1</b> 9:30 Graphic Tools in Word Computer 9:30 Hospice Volunteer Training 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12:30-2:30 Play Reading with Sherman Poultney 12 Scrabble/Chess	<b>2</b> 8:45 Watercolors OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 2 Chair Yoga OH 5:30 Solutions for Knee and Hip Rain G	<b>3</b> 10 Tai Chi 10 Comstock Writers 12:00 Duplicate Bridge 12:00 Senior Center Lunch Honoring Volunteers OH Guest: Musical Memories	<b>4</b> 9:30 Graphic Tools 10 Strength Train. Y No Yoga 10:30 Arthritis Ex. Y 11-12 Blood Pressure Screening in the Senior Center 12:00 Lunch 12:15 Forever Fit Y 12:45 Bingo	<b>5</b> 9:30 Peer Counselor Training NHC 9:30-11 Blood Pressure Screening OH 10 Jewelry Workshop 12:00 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
<b>8</b> 8:45 Mohegan sun Trip PR 9:30 Hospice Volunteer Training 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble/Chess <u>1 Safe Steps Program</u> with Elaine Abrams	<b>9</b> 8:30-11:30 Cholesterol Screening at NHC (Appt. only) 8:45 Watercolors OH 9:30 Graphic tools Advanced 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 1:00 Comstock Knitters 2 Chair Yoga OH 5:30 All About Allergies G	<b>10</b> 10 Tai Chi 10 Comstock Writers 12 Lunch OH Guests: Treblemakers	<b>11</b> 9:30 Graphic Tools Advanced 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12:00 Lunch 12:15 Forever Fit Y 12:45 Bingo 5:30 Commission on Social Services	<b>12</b> 9:30 Peer Counselor Training NHC 12:00 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
<b>15</b> 9:30 Hospice Volunteer Training 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble/Chess	<b>16</b> 8:45 Watercolors OH 9:30 Excel Computer Course 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12:00 Duplicate Bridge 2 Chair Yoga 5:30 Chronic Wounds G	<b>17</b> 9-10:30 Blood Pressure Screening Y 10 Tai Chi 10 Comstock Writers	<b>18</b> 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 11:45 Senior Council Meeting at the Greens No lunch and Bingo today 12:15 Forever Fit Y	<b>19</b> 9:30 Excel Computer Course 9:30-11 Blood Pressure Screening OH 12:00 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
<b>22</b> 8:45 Clinton Crossing/Westbrook Outlets Trip PR 9:30 Hospice Volunteer Training 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble/Chess	<b>23</b> Trip to Quassy Amusement Park Luncheon 8:45 Watercolors OH 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 12:30-2 Blood Pressure at Village Market 2 Chair Yoga OH	<b>24</b> 10 Tai Chi 10 Comstock Writers 12:00 Picnic Lunch at Merwin Meadows PR	<b>25</b> 10 Strength Train. Y 10 Yoga 10:30 Arthritis Ex. Y 12:00 Lunch 12:15 Forever Fit Y 12:45 Bingo	<b>26</b> 12:00 Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
<b>29</b> 9:30 Hospice Volunteer Training 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 12 Scrabble/Chess	<b>30</b> 10 Strength Train. Y 10:30 Arthritis Ex. Y 11 Yoga 2 Chair Yoga OH	<p><b>June 13 - 27 the International Festival of Arts &amp; Ideas presents a dazzling array of music, theater, dance and brilliant thinkers. From the New Haven Green to the courtyards of Yale University, New Haven sparkles during the Festival, featuring world-class culture, award-winning dining and eclectic shopping, delighting guests from near and far. Over 85% of the Festival is free! <a href="http://www.artidea.org">www.artidea.org</a></b></p> <div style="text-align: right;">  </div>		

**SAFE STEPS**

Fall Prevention Program  
June 8, 1-2 p.m.  
Wilton Senior Center

**Options for Facing Reality  
in the  
Housing Downturn**  
Monday, May 18, 7-8:30 p.m.  
at the  
Wilton Library

Panel Discussion

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

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

**GUIDE TO SENIOR SERVICES**

- Catherine Pierce** ..... 834-6238  
Director, Social Services, and Municipal Agent for the Elderly
- Lauren Hughes** ..... 834-6238  
Coordinator, Senior Services
- Lizabeth Doty** ..... 834-6240  
Coordinator, Senior Activities
- Andrea Ragusa** ..... 762-8445 or 834-6410  
Comstock Computer Learning Center
- Sharon Powers** ..... 834-6238  
Office Assistant
- Meals-on-Wheels** ..... 762-0566
- Dial-A-Ride** ..... 834-6235
- Town-to-Town** ..... 299-5180
- FISH (medical appt. transportation)** 834-3737
- AARP** ..... 866-0435
- RUOK (Are You OK?)** ... 834-6238 or 834-6260
- Mid-Fairfield Hospice** ..... 762-8958
- Nursing and Home Care** ..... 762-8958
- Parks and Rec Department** ..... 834-6234

# Quassy Annual Picnic

**June 23**

**Quassy Amusement Park**

*Lunch includes*

*Baked Scrod, Chicken Francais, Baked Potato,  
Tossed Garden Salad, Mixed Vegetables, Hot Rolls,  
Beverages, and Cake*

**Featuring**

***Island Rhythm of John Banker***

***Quassy Queen Cruise***

***Horseshoes, Bocce***

***All-Day Ride Pass***

***\$50 includes lunch and transportation***

***from the Wilton Senior Center***

***Reservations: 834-6240 by May 29***