



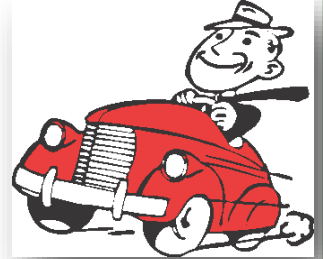
CORRIDORS

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Spring is in the Air

Drive Thru Spring Luncheon April 7th 11-12

The Wilton Police Department will be passing out lunches on Wednesday April 7th 11-12 at the front of Comstock Community Center, 180 School RD. The meal will be made by the Village Market consisting of Quiche, Salad, and a delicious treat! This lunch is thanks to our friends at Berkshire Hathaway Home Services. Meal Delivery is not available and we suggest you schedule your own delivery from a friend or neighbor. RSVP to Stephanie at 203-834-6240 or Stephanie.Rowe@wiltonct.org



COVID 19 VACCINE INFORMATION

Have you yet to receive your vaccine? Look below for helpful links!

Many of our residents have called the Stamford Hospital Vaccine line and avoided the computer

- altogether. This is the easiest way to schedule if you are able to get to Stamford Hospital:
203-276-7300 M-F 9am-4pm
- **Call Connecticut's COVID-19 Vaccine Appointment Assist Line: Call 877-918-2224.** The assist line is open from 8:00 a.m. to 8:00 p.m., seven days a week.

If you would prefer to schedule via the computer, here are some links to various hospitals that are offering the vaccine as well as VAMS which is the main scheduling tool for various vaccine clinic locations throughout Fairfield County and CT in general:

Walgreens is now making appointments for the Covid vaccine and it easy to make an account and login.
www.walgreens.com

VAMS online system: VAMS is the Vaccine Administration Management System and can be used to schedule appointments at multiple clinics. <https://dphsubmissions.ct.gov/onlinevaccine> The system DOES NOT allow for pre-registration. Appointments may not be immediately available. Statewide, clinics are added daily. Please check back frequently if you need an appointment.

For a full list of resources email:

Stephanie.Rowe@wiltonct.org or go to www.wiltonct.org/coronavirus-resources

Are you E-Subscribed to the Wilton Senior Center and Corona Virus Updates ?

- Go to www.wiltonct.org. Click on 'Subscribe to E-Alerts' (located on top center of home page). This brings you to the 'Subscribe to E-Alerts' page.
- On this page, do the following:
 1. Enter your email.
 2. Confirm your email (by entering it again).
 3. Select the list(s) that you want to subscribe to.
 4. Select "I'm not a robot".
 5. **Click on 'Subscribe me'. You will now be subscribed to E-Alerts for the lists that you**



You have received a COVID Vaccine, "Now what?"

Tuesday, March 16th, 2 - 3 PM

Do you still have questions like, "When can I hug my Grandkids?" Stay at Home in Wilton hosts Margarita Shapiro, Community Health Nurse from Visiting Nurse & Hospice, who will be available via Zoom to answer these and other questions on what to do once you have received your first or second dose of the COVID-19 vaccination.

RSVP: Janet Johnson at 203-762-2600

A Zoom link will be provided by email



Stay at Home in Wilton Prospective Member & Volunteer Zoom Q & A

Tuesday, March 30th, 10

- 11 AM

Stay at Home in Wilton is inviting you to a special Q & A. Grab a cup of coffee and join us on March 30th to meet President Sally Kirmsier and learn more about membership and volunteer opportunities. www.stayathomeinwilton.org

RSVP: Janet Johnson at 203-762-2600,

A Zoom link will be provided.



SEATED EXERCISE

Stephanie hosts a bi-weekly seated/non-seated workouts that will be sent out on Tuesday every other week. This is exactly like her seated strength training class! This can come

to you via a private YouTube link. Each work out will be 30 minutes long and help battle COVID fatigue. We can't wait to start sweating with you again, virtually!

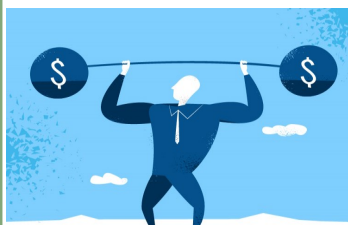
YouTube links will be sent every Tuesday.

To sign up email Stephanie at Stephanie.Rowe@wiltonct.org

TAX UPDATE



Unfortunately we are unable to offer in person tax assistance this year. Please check out : simplifict.org/free-tax-prep/ for information on FREE Tax Preparation virtually or in person at locations such as: Norwalk Public Library, Westport Senior Center and South Norwalk Public library. Any questions please contact the Senior Center at 203-834-6240



STEPPING STRONG: Lowering Your Risk of Falls Thursday

March 11th 7 PM ZOOM

Accidental falls are a major cause of injury and even death, resulting in 2.8 million injuries treated in emergency departments, 800,000 hospitalizations and 27,000 deaths annually. Knowing your fall risk can help you be proactive in reducing your risk of falling and losing your independence.

Learn the three major factors in your fall risk: physical, environmental and behavioral, allowing you and your caregivers to be proactive in addressing your potential for falling and reducing those risk factors. Join us for this important discussion and lower your risk for falls so you can continue to safely age in place.

Presented by Waveny LifeCare Network Occupational Therapist Gus Schlegel, MPS, OTR/L and Visiting Nurse & Hospice Physical Therapist, Jim Coyle Free and open to the public!
Kindly RSVP by March 10, 2021 to events@waveny.org or 203.594.5419

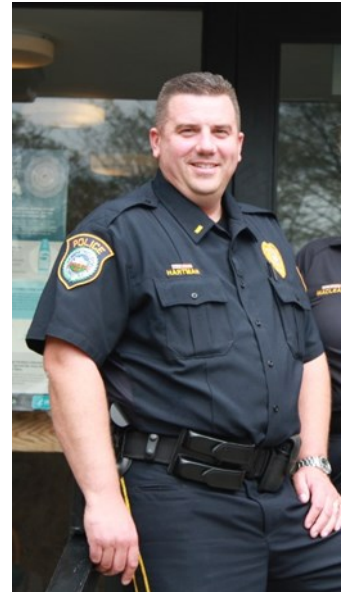


***Stay at Home in Wilton* hosts Senator Will Haskell and Lt. Dave Hartman who will offer NEW information on Scam Protection Tuesday, April 20th, 2 - 3:30 PM**

Can you spot the telltale signs of a phone or computer scam? Senator Will Haskell will speak on Connecticut's legislative effort to combat phone scams while Lt. Dave Hartman of the Wilton Police Department offers a review of the very latest scams in our community. Learn the steps to take to protect yourself and your assets. Invite a friend to this important session and don't miss it!

RSVP: Janet Johnson at 203-762-2600

A Zoom link will be provided by email.



Are you OK? (RUOK)

Are you OK? is an expression of concern voiced by friends and relatives and it gives us peace of mind. We know we are not alone, when someone is looking out for our well-being. But who calls to ask "Are you OK?" when loved ones are not around?

RUOK is a free service offered by the Wilton Police Department where a daily phone call will be placed to check on your well-being and safety. The RUOK service eases the concern of friends and relatives, who may find it difficult to maintain constant reliable contact.

How does it work?

Between the hours of 8 am and 10 am, you will receive a call from an automated system asking "Are you ok today?". If you answer 'yes', the system will know that there is no need for follow up contact. If you do not answer the phone or if the line is busy, RUOK will call back a second time. If there is still no answer, the Wilton Police Department will be notified.

Who is eligible?

This free service is available to Wilton residents over the age of 60 or Wilton residents who are homebound or medically disabled (either on a permanent or long term basis regardless of age).

How do I enroll, change, or stop the RUOK service?

To enroll, change, or discontinue the RUOK service, contact Captain Thomas Conlan at the Wilton Police Department at (203) 834-6256.

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

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WILTON, CT

GUIDE TO SENIOR SERVICES

- Sarah Heath MA, MS, LPC.....203-834-6238
Director, Social Services and Municipal Agent for the Elderly
- Stephanie Rowe MS.....203-834-6240
Social Services Activities Coordinator
- Lauren Hughes LCSW.....203-834-6238
Coordinator, Senior Services
- Phoebe Musico LCSW.....203-834-6238
Youth Counselor
- Debbie Wolyniec BBA.....203-834-6238
Administrative Assistant
- Meals-on-Wheels.....203-762-0566
- Food Pantry.....203-834-6238
- Dial-A-Ride.....203-834-6235
- Town-to-Town.....203-299-5180
- AARP.....888-687-2277
- Visiting Nurse & Hospice.....203-762-8958
- RVNA Health.....203-438-5555
- Parks and Rec.....203-834-6234
- Stay at Home in Wilton.....203-423-3225
- Wilton Family Y.....203-762-8384
- Wilton Library.....203-762-3950