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*Thank
you*

As the 2020 holiday season draws to a close, the town of Wilton's Social Services Department extends heartfelt thanks for providing numerous "virtual" Thanksgiving baskets, gift cards and donations to: Wilton Kiwanis Club, the Wilton Rotary Club, 27 Wilton families, the Wilton Children's Day School, Community Nursery School of Wilton, Temple B'Nai Chaim, St. Matthew's Episcopal Church, The Wilton Congregational Church, Zion's Hill Methodist Church and Stevens Methodist Church, Wilton Presbyterian Church, Girl Scout Troops, the Cub Scouts of Pack 22, the Riverbrook Regional YMCA, Berkshire Hathaway, Coldwell Banker, The Greens at Cannondale and Wilton Meadows, The Wilton Mom's Club and Mom's Club Alumnae, The Columbiettes of OLOF, The Wilton Woman's Club, The Wilton Working Moms and to Caraluzzi's Market for preparing and the Wilton Woman's Club for hosting the drive thru luncheon for 155 individual Thanksgiving dinners for Wilton Seniors.

Thanks to a new collaboration including Social Services, Orem's and some very special Wilton residents who delivered meals to some homebound seniors on Thanksgiving and Christmas Eve.

For Hanukkah and Christmas, the community's generosity made it possible to give gift cards a to the children of the Wilton families assisted by Social Services. These gift cards were generously donated by 39 individual "Holiday Helpers" as well as members of the Wilton Working Moms, The Wilton Rotary Club, The Wilton Congregational Church, St .Matthew's Episcopal Church, the Wilton Presbyterian Church, Zion's Hill Methodist Church, Temple B'Nai Chaim, Berkshire Hathaway, the Riverbrook YMCA, The Community Nursery School of Wilton (which along with the Children's Day School and the Congregational Church, also provided hats and mittens) the Wilton Mom's Club and Mom's Club Alumnae, The Greens at Cannondale and Wilton Meadows, and The Miller Driscoll School Staff, and The Cider Mill School.



We also extend thanks to the Wilton Congregational Church for shopping for homebound seniors and creating beautiful gift bags which were delivered by Diane Stisser and to the Wilton Garden Club for the festive, handmade holiday cards which accompanied these gifts to seniors; to Ambler Farm for once again providing families with Christmas trees and wreaths, to several individuals who donated gift cards so families could enjoy pizza dinners; to the Village Market for preparing 160 individual holiday dinners for the Wilton Senior Center drive thru luncheon, hosted again by the Wilton Woman's Club this time joined by the Wilton Firefighters, bags for the meals were decorated by the WYWL and last but hardly least to the Girl Scouts who created beautiful holiday ornaments which accompanied these dinners and added a festive touch.

In addition, we want to recognize and thank the Wilton Kiwanis Club for holding their annual holiday food drive outside the Village Market and to acknowledge the extraordinary success of that drive during which the Wilton community so generously donated many hundreds of gift cards. We also want to thank the Cub Scouts of Pack 17 for organizing a huge holiday drive for the Wilton Food Pantry, and to Geir Magnusson, a member of Boy Scout Troop 20, who single handedly organized a massive personal care product drive for the pantry. Additionally, we want to recognize all those in town who held neighborhood holiday drives or individually made donations to the pantry. Your support has enabled Social Services to keep the doors of the party open and the shelves well stocked throughout this pandemic.

During these challenging times, all of us at Social Services thank all of you in the Wilton community for your exceptionally generous support. Thank you for bringing joy into this holiday season for so many in our community.



January Drive Thru Luncheon!

Wednesday January 20th 11-12 p.m. Snow Date Thursday January 21st 11-12 p.m.

The Wilton Volunteer Ambulance Corp. will be hosting a January Drive Thru Luncheon on Wednesday, January 20th 11-12 p.m. with a snow date of Thursday January 21st. This luncheon is free. To receive a lunch an RSVP is absolutely required before January 14th. Ogden House and Wilton Common residents who are able to drive are encouraged to drive thru and pick up their luncheons. To RSVP or if you are an Ogden House or Wilton Commons Resident and are unable to be driven to the drive thru please call 203-834-6240 or email Stephanie at Stephanie.Rowe@wiltonct.org

Please note the senior center building will be closed to the public until further notice. We will be offering online programs for our senior population and a couple of fun drive thru events! If you have any questions please call 203-834-6240 or email Stephanie at Stephanie.Rowe@wiltonct.org



February Drive Thru with WPD

Wednesday February 17th 11-12 p.m. , Snow Date: Thursday, February 18th 11-12 p.m.

The Wilton Police Department will be hosting their annual February Luncheon, Drive-Thru Style on Wednesday February 17th with a snow date of Thursday February 18th 11-12 p.m. This luncheon is free. To receive a lunch an RSVP is absolutely required before February 12th. The meal will be vegetarian and made by Wilton's very own Village Market. To RSVP or Ogden House and Wilton Common residents who are able to drive are encouraged to drive thru and pick up their lunch. If you are an Ogden House or Wilton Commons Resident and are unable to be driven to the drive thru please call 203-834-6240 or email Stephanie at Stephanie.Rowe@wiltonct.org

If you are an organization who wishes to organize a Drive-Thru event for Wilton Seniors in the upcoming months please call 203-834-6240 or contact Stephanie at Stephanie.Rowe@wiltonct.org

Are you E-Subscribed?

Be sure you are in the know! Become a subscriber of all Wilton Senior Center updates:

Step 1: Go to:

<https://www.wiltonct.org/subscribe>

Step 2: Enter your email address in

Step 3: Check off "Senior Center"

Step 4: Check off "I'm not a Robot"

Step 5: Click "Subscribe me!"

You will now be notified of any updates the Senior Center has. If you are not on the internet have no fear! Call 203-834-6240 for any updates and information on classes.

Please note due to the COVID-19 Pandemic we have stopped our mass mailing of Corridors. We will happily email you a copy, or send an individual copy to by mail. Please call 203-834-6240 for more information. You can also pick up a copy at the Village Market!



What is Zoom?

Have you been hearing "Join us on Zoom?" and thought what exactly is going on? Zoom is an internet application that allows people to come together online or by phone.

If you have a smart phone, go to your application store "app store" and type in Zoom. Install "Zoom Cloud Meetings" Once installed, click the app and hit "sign up". Enter in your birthdate (to make sure you're over 18) email and create password. Once you're signed up you're good to go! When signing up for a program, I will email you the link to click in order to join the meeting. No internet? No Problem! Sign up for programs and you can call in on your local land line. If you have any questions please call the senior center at 203-834-6240. Happy Zooming!

Zoom: Introduction to Home Care & Understanding Your Long Term Care Insurance Benefits

Thursday January 7th 11:00 a.m.

Interested in learning about caregiving and receiving care at home? Do you have long term care insurance and want to re-familiarize yourself with your benefits? If so, join us for a two-part, interactive webinar presented by Bryan Knust, owner of Collaborative Home Care. When is home care right for me? What are the considerations for someone caring for a spouse? What does my long term care insurance policy cover? How do I start the process? We will cover these questions and much more. To RSVP please email Stephanie at Stephanie.Rowe@WiltonCT.org



Zoom: Advance Directives: Understanding the Concepts Tuesday, January 12th 1:00

Explore the concepts of preparing healthcare decisions regarding your personal medical care. Advance Directives can help guide your family members and your healthcare providers to honor your wishes concerning medical treatment should you ever be in a situation where you are unable to communicate them for yourself.



Join Visiting Nurse & Hospice of Fairfield County for this instructive presentation via Zoom about advance directives including important information about living wills and power of attorney with Certified Elder Law Attorney Ann Fowler-Cruz of the law firm Cohen and Wolf, PC.

This presentation is offered free of charge and will be conducted online via Zoom. Please call Stephanie Rowe at 203-834-6240 to be sent an link or email Stephanie.Rowe@wiltonct.org to pre-register.



Visiting Nurse & Hospice
of Fairfield County
Trusted care. When you need it most.®



Italian Comfort Food with Sally Tuesday January 19th 2 - 3 PM

Join Sally Maraventano Kirmsler, chef and founder of Cucina Casalinga, a home-based Italian cooking school, as she shares her Italian Wedding Soup recipe along with other traditional comfort food favorites.

RSVP: **Janet Johnson** at 203-762-2600

Zoom link and recipes will be emailed.

STAY at HOME
in Wilton
10 YEARS



"It's Your Life...Live it Well"

Live Well & Manage Your Chronic Pain

Virtual Workshop via Zoom

Join this free 6-week workshop and learn how to better manage your ongoing health condition

Participants will need a computer, tablet or cell phone and a reliable internet connection.

A technology training session 0 will be provided on 01/19/21

You will learn:

- Techniques to deal with frustration, fatigue, isolation, poor sleep.
- Exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day to day

Materials will be sent directly to participants at no cost and include a Living a Healthy Life Book, instruction booklet, and exercise and relaxation CDs.

We will meet via Zoom, once a week for six weeks, each session is 2.5 hours.

Tuesdays, 10 a.m. – 12:30 p.m.

January 26, February 2, 19, 16, 23, March 2, 2021

Contact Cathy @ cgrosshart@swcaa.org or

Debby @ dhorowitz@WCAAA.org

Southwestern CT
Agency on Aging
& Independent Living



Top Five Problems seen by podiatrists, with Dr. Michael Connor

Tuesday, January 26th 3 PM - 4:30 PM

Dr. Connor will discuss the causes and treatment of common foot problems and introduce exercises that will strengthen your feet and improve your gait. Q & A

Dr. Connor is Board Certified by the American Board of Podiatric Surgery. He has been in private practice in Wilton for 24 years and he is on staff at Norwalk Hospital.

RSVP: 203-762-2600

Attendees receive a Zoom link and invite by email upon reservation



ZOOM: WHAT TO EXPECT IF YOU ARE NEW TO MEDICARE IN 2021

Wednesday January 27th 5-6:30 P.M.

Please Join the Southwestern CT

Agency on Aging CHOICES Certified Counselors in this free program via Zoom. A presentation will be followed by a Q&A Session. Please Submit questions in advance to cvolain@swcaa.org . To Register please call 203-814-3639.

JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 SENIOR CENTER CLOSED 
4 Food Pantry:12-4	5	6 Food Pantry:10-2	7 10:00 Zoom Yoga with Denise O'Hearn 11:00 Zoom: Long Term Insurance	8 10:30 BeMoved! Zoom
11 Food Pantry:12-4	12 Strength Training Link Sent 1:00 Zoom Advance Directives	13 Food Pantry:10-2 10:00 Feldenkrais on Zoom	14 10:00 Zoom Yoga with Denise O'Hearn	15 10:30 BeMoved! Zoom
18 SENIOR CENTER CLOSED 	19 10:00 Live Well Workshop 3:00 SAHW: Italian Comfort on Zoom	20 Food Pantry:10-2 11:00 WVAC Drive Thru Luncheon 10:00 Feldenkrais on Zoom	21 10:00 Zoom Yoga with Denise O'Hearn	22 10:30 BeMoved! Zoom
25 Food Pantry:12-4	26 Strength Training Link Sent 10:00 Live Well WorkShop 3:00 SAHW: Top Five Problems on Zoom	27 Food Pantry:10-2 10:00 Feldenkrais on Zoom 5:00 Zoom: CHOICES MEDICARE	28 10:00 Zoom Yoga with Denise O'Hearn	29 10:30 BeMoved! Zoom

FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Food Pantry:12-4	2 10:00 Live Well Workshop	3 10:00 Feldenkrais on Zoom Food Pantry:10-2	4 10:00 Zoom Yoga with Denise O'Hearn	5 10:30 BeMoved! Zoom
8 Food Pantry:12-4	9 Strength Training Link Sent	10 10:00 Feldenkrais on Zoom Food Pantry:10-2	11 10:00 Zoom Yoga with Denise O'Hearn 10:00 Zoom: Joint Replacement	12 10:30 BeMoved! Zoom
15 SENIOR CENTER CLOSED 	16 10:00 Live Well Workshop	17 10:00 Feldenkrais on Zoom Food Pantry:10-2	18 10:00 Zoom Yoga with Denise O'Hearn	19 10:30 BeMoved! Zoom
22 Food Pantry:12-4	23 Strength Training Link Sent 10:00 Live Well Workshops 3:00 SAHW: Stay up Beat on Zoom	24 10:00 Feldenkrais on Zoom Food Pantry:10-2	25 10:00 Zoom Yoga with Denise O'Hearn	26 10:30 BeMoved! Zoom

FOOD BANK



FOOD PANTRY UPDATE

The Wilton Food Pantry is happy to be able to still offer shopping hours to Wilton Social Service Clients. Our new hours starting January 3rd are as follows:

Mondays: 12-4

Wednesdays 10-2

Please call 203-834-6238 for any questions.

Incase of Inclement Weather please call 203-834-6238 ext. 1 for voicemail updates

Zoom: Joint Replacement: Get the Facts
Thursday, February 11th 2021 at 10:00 a.m.



Joint Replacement surgery should only be considered after you've explored all the other avenues of treatment.

Join Visiting Nurse & Hospice of Fairfield County for this informative Zoom about joint replacement surgery with Orthopedic Surgeon Daniel Markowicz, MD, of Hospital for Special Surgery.

Learn from a top expert in the field whether you are a candidate for joint replacement surgery, whether there are age limits for joint replacement, how to prepare for surgery and what to expect after surgery and what you can do to aid in your own recovery. Get answers to all your questions about joint replacement.

This presentation is free-of-charge and will be conducted online via Zoom. To pre-register, call Stephanie Rowe at 203-834-6240 or email at Stephanie.Rowe@wiltonct.org.



Annual Town Voter Canvas 2021

Wilton's Registrars of Voters are required to conduct a yearly canvass of certain voters who have changed their addresses with the US Postal Service in the past year.

Democratic Registrar Karen Birck and Republican Registrar Annalisa Stravato will be sending out letters beginning in early February to such voters which includes an official return-request form to be signed and returned within 30 days, stating either that they have moved out of town or that they still reside in Wilton.

The registrars urge any voters receiving the letter to respond by the 30-day deadline to avoid inaccuracies in their voter files. For questions about the annual canvass, contact the Wilton Registrars of Voters at registrars@wiltonct.org or call their office at Town Hall at (203) 563-0111.

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department has begun assisting with applications for the Connecticut Energy Assistance Program. The Energy Assistance Program helps offset the winter heating costs of Connecticut's lower-income households. The program officially started in November and applications can be taken through May 1-but it's best to apply earlier!

Appointments will be available via phone Monday through Friday 9:00-3:00 p.m. Please call Stephanie Rowe, at 203-834-6240 for questions regarding documentation requirements or to make an appointment.

The 2021 income limits for this program are:

- \$37,645 for a household of 1
- \$49,228 for a household of 2
- \$60,811 for a household of 3
- \$72,394 for a household of 4

How to Stay Upbeat and Keep your Heart Healthy during the pandemic

Tuesday, February 23rd
3 - 4:30 PM

Staying healthy is more important than ever before. RVNAhealth presents

Three Things You Can Do to Improve your Heart Health.

Q & A will follow with guest speaker Dr. Ralph Kirmser, a graduate of Yale Medical School, who has practiced cardiology in Fairfield County for over 40 years.

RSVP: 203-762-2600

A Zoom link and invite will be emailed upon reservation.



Bridges by EPOCH at Norwalk continues to offer our programs virtually. Please give Christy Perone at call at 203-523-0510 to get the registration information for these Zoom calls.

Virtual Dementia Education:

Thursday, January 7th at 11 am Dementia and Sleep

Thursday, January 21st at 11 am or 7 pm

Dementia and Depression

Thursday, February 4th at 11 Winter Woes.

Thursday, February 18th at 11 am or 7 pm

Caring for the Caregiver.

Virtual Caregiver Support Group:

Tuesday, January 12th at 11 am

Tuesday, February 9th at 11 am

All of the above sessions are facilitated by Alicia Seaver, Vice-President of Memory Care Operations for EPOCH Senior Living and a Certified Memory Impairment Specialist. She is very passionate about providing the best days for those with dementia and those caring for them and has been well received by those attending our virtual sessions.

Virtual Early Stage Support Group:

Wednesday, January 20th at 4:30 pm

Wednesday, February 17th at 4:30 pm

This group is designed for those with a dementia diagnosis to find support and have conversation with others with a dementia diagnosis.

Virtual Memory Café:

Wednesday, January 27th at 11 am

Wednesday, February 24th at 11 am

This program has a monthly theme with related trivia, music and discussion and is designed for those with memory loss to participate with a loved one at home.



SEATED EXERCISE

Stephanie will be putting together bi-weekly seated/non-seated work outs that will be sent out on Tuesday every other week. 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! Starting up January 12th, YouTube links will be sent every Tuesday.

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

AGING AND FALL PREVENTION

Did you miss last month's aging and fall prevention on Zoom? You are in luck! RVNA Health recorded their presentation so you can watch at any time! Please go to: <https://rvnahealth.org/news/aging-and-falls-prevention-video-and-presentation/>

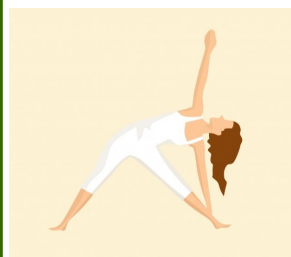
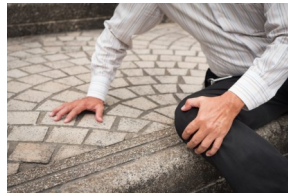
The presentation covered:

Common risk factors for falling – factors such as mobility issues, postural hypotension, medications, and unsafe footwear, plus more.

Proactive steps (anyone can take) to reduce the risk of falls — including regular health checkups; strength, balance and flexibility exercises (including the Otago balance therapy program); and a variety of home safety strategies.

Personal medical alert devices which ensure speedy help up on the occasion of a fall. Without a personal medical alert device, older adults who fall — and cannot get back up — typically lie waiting for help for 2 to 72 hours, whereas a medical alert device can summon immediate help. Waiting times for help can significantly alter a person's ability to recover and return to independent living.

If you have any questions, please contact marketing@rvnahealth.org or call 203-438-5555.



ARMIT YOGA

Wednesdays 11:30

Join Emma Converse in Armit Yoga, an energy balanced based yoga that will be sure to make you feel stretched and relaxed. This class is great for beginners or any one wanting to get back into Yoga.

She will also be teaching on Zoom on Tuesdays at 6-7p.m. and Fridays 9:30-10:30 a.m.

For more information and class prices email Emma directly at emmakiara47@gmail.com



Gentle Yoga

Thursdays at 10:00

Online Via Zoom

A compassionate Kripalu-style yoga class designed to help you tune in, stretch and move in the way that feels right for your body in the moment.

Classes may include any or all of the following: breath work (pranayama), yoga postures (asanas), relaxation and meditation. **A great way to ground down, connect and give back to yourself right now during this crazy time!**

Denise O'Hearn is a certified Kripalu Yoga Teacher and Reiki Master. She also holds classes and workshops on the amazing benefits and uses of Essential Oils. She teaches group and private classes. Denise is a strong yet gentle, authentic and compassionate teacher who is enthusiastic about sharing the benefits of natural healing.

To sign up email Denise at support@vibrantmoves.com

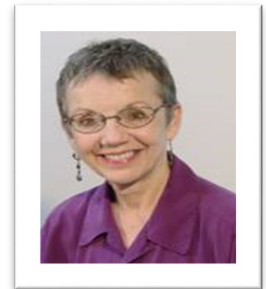
Feldenkrais

Wednesdays and Saturdays

10:00 on Zoom

Starting January 13th :10 Week Session

Explore this exciting and innovative movement method designed to relieve pain, exercise your brain and teach you to move with greater comfort, ease, and fluidity. This class is donation based, pay what you can afford, \$5-\$25.00, no judgements! For more information email Cathy at cathypaine51@gmail.com



Cathy Paine

BEMOVED!

Fridays online at 10:30

Are you missing our Tuesday Morning BeMoved! Class?

Our BeMoved Instructor Phyllis Hirschfield is teaching BeMoved! online Fridays at 10:30. Each week a different genre of music! If you would like more information please contact Phyllis at phyllis.hirschfield@gmail.com.

Join the fun and see friends!



Phyllis Hirschfield

**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