



# CORRIDORS

JANUARY-FEBRUARY 2012

## A Message from Wilton Fire Chief Paul Milositz

Now that we have lived through two historic storms for our region and the winter season is upon us, I thought it would be a great time to talk about emergency preparedness. About now I know you are thinking about skipping to another article or turning the page to see if there is anything more interesting inside this edition of *Corridors*. I can guarantee that this article will come in handy during the next emergency. Please take a few minutes and continue reading.

The two most important lessons learned from the recent storms were that you can't be too prepared for a major power outage and the importance of emergency notification and alerting systems.

First and foremost is being prepared to weather a severe storm. With the winter season upon us, it is inevitable that some storm will knock tree limbs down and they will fall onto electrical wires and that will cause power outages. The severity of the storm will generally dictate how much and how long the power will be out. Since I don't believe in crystal balls, our best alternative is to be prepared. A little preplanning, such as having at least a three-day supply of nonperishable food and water on hand, is an easy start. Canned items seem a good choice. Other nonperishable items will work but may be harder to prepare and store for long periods of time. I suggest using a rotation method when stocking up on food items to insure the expiration date on the item remains current. Keep a three-day supply on the shelf for each person living at your home. Water is more difficult to manage, but not impossible, as an estimated one gallon of water per day is suggested by emergency management experts. Just remember that we use water not only for drinking but also for washing, showering, and bathing.

Strong consideration should be given to the fact that it is now winter. And baby, it can get cold outside! Frankly, it really doesn't have to be all that cold outside. When it's cold outside it won't be long before it is cold inside too. I recommend that you read carefully the article on hypothermia (loss of body warmth) on page 6 in this issue of *Corridors*. What

is important to consider is that the Town will open its warming center and/or full-time shelter for residents during periods of sustained power failures. It is essential that you dress warmly and maintain your body's normal temperature. I encourage you to take advantage of the warming locations and, if need be, stay in the shelter in order to keep warm.



Chief Paul Milositz

Secondly, staying informed on what is going on during the emergency can go a long way in pulling through a severe weather event such as an ice storm. The Town of Wilton has acquired an emergency notification system called Code Red. The Code Red system can alert residents of the latest official emergency information via recorded

phone message. This system was used prior to Hurricane Irene's landfall to broadcast official emergency information and precautions. It was used during the aftermath of both storms to send updates on the status of power restorations, road closures, emergency water and food distribution locations, and other important information pertaining to the specific emergency event.

The Code Red system can only work if your phone number is registered with the emergency database. Be sure to read the article on page 2 in this issue of *Corridors* that provides details about how to register for Code Red notification.

If the Code Red and other emergency contact systems fail, you will find the information posted the good 'ole fashion way at the Village Market, Stop & Shop, Caraluzzi's, the Wilton Library, the Wilton YMCA, Orem's Diner, Comstock Community Center and the Town Hall. Brightly colored emergency information notices are posted at these locations and updated at least twice a day during emergencies.

I don't want to see another severe storm for a long, long time. But, as we all know, this is New England and if you don't like the weather, wait a few minutes, and it will change. By taking a few simple steps toward preparedness, we can hope to lessen the blow that Mother Nature inevitably has in store for us.



### WHAT IS CODE RED?????

Code Red, through Emergency Communications Network (ECN), allows citizens to be notified about a public emergency. It also sends on-going messages updating citizens on the status of emergency operations. During the power outages after Irene and Alfred, the Code Red system enabled First Selectman Brennan to provide Wilton residents with status reports from CL&P as well as notices as to provisions and services available from the Town. Code Red Messages will be sent at 10 a.m. and 5 p.m. daily during an emergency.

Code Red message alerts will be sent to emails, landline telephones and/or cell phones. However, registration is required. There are three ways to register for the Code Red alert:

1. Register on the Town of Wilton website. Go to [www.wiltonct.org](http://www.wiltonct.org) and click on the words "Code Red" in the far left column. Follow the instructions after you fill in the appropriate information on the community notification enrollment form.
2. Call the Code Red telephone line at the Senior Center. Just call 203-834-6410 and leave your information on the voice mail.
3. Register in person at the Senior Center. The next registration session will take place on Friday, January 6, from 10:00 a.m. to noon.

What information do you need in order to register for Code Red? You will need your name, address, and the phone numbers where you can be reached during an emergency. When an alert goes out, it will be sent to all phone numbers and emails you have registered. ***It's important to register more than one number.*** In case your landline is out, or you aren't at home to receive the alert, it will be sent to a number where you or a family member can be reached.

Code Red is an important communication tool to keep citizens informed and safe.

**REGISTER TODAY!!!**

## Wilton's Emergency Contact List

Wilton's Social Services Department maintains an Emergency Contact List of "at risk" seniors and disabled citizens in Wilton that makes it possible for us to "check in" on them during a public emergency such as a prolonged power outage. We have a simple application which asks for your emergency contact information, any special needs, medical devices, whether you drive a car, and how long you are prepared to survive without power. Although the Town cannot guarantee emergency rescue, we can reach out to your emergency contacts to check on you if the phone lines are not working and we cannot reach you. This worked well during Storm Alfred; we were able to reach emergency contacts for older seniors whom we could not reach by phone.

As our weather patterns change and winter approaches, I encourage seniors and disabled residents to take this opportunity to complete the application that is enclosed in this issue of *Corridors*. All information is CONFIDENTIAL and will only be shared with Wilton police and fire if rescue is needed. Please feel free to call me at 203-834-6238 if you have any questions.

*Catherine Pierce, MSW*  
*Director, Social Services*





# TIME AT THE SHELTER

The Town of Wilton has designated the Tilford W. Miller School at 217 Wolfpit Road as its Emergency Shelter. Miller School was chosen because its generator can maintain lighting and heat during power outages, because it is not in danger of flooding and because it is handicapped accessible. The school has a full kitchen, a large gym/cafeteria and comfortably carpeted areas where people may sit and chat during the day and early evening. People sleep on cots including some larger sturdier cots for those with



medical conditions. CERT volunteers and Social Services Director Cathy Pierce run the shelter. Bob Napoleon from Wilton Animal Control operates a pet shelter in another part of the school. Residents may visit their pets and walk their dogs as needed.

We utilized the Miller School Emergency Shelter during Hurricane Irene and Storm Alfred. Residents chose the shelter because they were no longer comfortable staying at home during the power outage. Hotels filled up quickly. During the hurricane some people came out of concern that their houses would be flooded or damaged by falling trees. The storm was loud and scary. Especially for those living alone or with small children, being with others in a safe place was appealing. During Hurricane Irene the shelter had 16 people the first night and 14 the second. Those who came were complimentary about the experience and grateful for the opportunity to escape from their homes during the bad weather. We had a few people over the age of 60 but most were young families with children.

## Pictures

Pictures related to the shelter were taken by Alex von Kleydorff of *The Hour*.

Left: CERT Volunteers Linda Fein and Gail Reifsnyder review registration forms for the shelter.

Above: Wilton Animal Control Officer Bob Napoleon positioned crates for easy access by pet owners.

Lower Right: Shelter cots are ready and waiting.

Storm Alfred brought people for different reasons. Besides the loss of power, some people were barricaded by

downed trees in their driveways and porches. Hotels in the area were already full. Young families came for the heat, food, and safety of the building. Older people tended to come because of the cold temperatures. Some stayed at home for several days before deciding to give the shelter a try. The damp cold was getting harder to tolerate with each passing day. We averaged 22 people on the first three nights and then the census went down to 5.

The next severe storm may occur this winter and the unpredictability of our weather patterns has led emergency management personnel to prepare for another prolonged power outage. An important difference this time will be the colder temperatures which will create an unsafe home environment especially for older people. Wilton's Code Red messages will announce the opening of the shelter. We hope that those who do not have heat will come to the Miller School Shelter. Here is a sampling of comments from the shelter's occupants:

"We were welcomed like very special guests. The family dogs were taken care of by Bob Napoleon and his wife Jen."

"Everyone was so helpful. I met a lot of very nice people. No one should have any fear about going to the shelter. They couldn't do more for you."



# Safety Message *from the* Wilton Emergency Operations Center

Protecting people and property from harm is our top priority. For your safety, we have compiled a list of recommended practices and precautions.

Portable generators are typically small in size and have a quiet presence. However, generators are powerful pieces of equipment and can do harm to a negligent operator. Running a generator involves potentially serious risks including carbon monoxide (CO) poisoning and electrical and fire hazards. Unfortunately, severe and even fatal accidents occur every year, many from improper equipment installation, maintenance and/or use.

## **Carbon Monoxide**

Recently reported deaths in Connecticut remind us of the dangers associated with carbon monoxide. In the case of a 29-year-old Bloomfield resident the generator was operated in an enclosed basement area, causing a lethal buildup of CO. In the case of an 85-year-old Sharon resident, generator exhaust extension hoses were properly vented to the outside. However, the generator muffler was broken, allowing carbon monoxide to fill the residence. There were over 135 reports of carbon monoxide poisoning throughout the state during Storm Alfred.

Here are some interesting facts:

- Carbon monoxide is an invisible, odorless, tasteless gas and is highly poisonous.
- Heating equipment is the leading cause of CO incidents. Forty percent of CO calls occur between the months of November and February when home heating systems are in use.
- Carbon monoxide poisoning results in approximately 100 deaths per year nationwide, almost all from faulty heating equipment or generators.
- Most CO calls occur between 5:00 p.m. and 10:00 a.m., the time when most heating equipment is in heavy use.
- Ninety-seven percent of all CO incidents occur in residential buildings.

You cannot see or smell CO and portable generators can produce high levels of CO very quickly. What makes it especially dangerous is that it is invisible, odorless, tasteless and virtually undetectable without specialized equipment—and its toxic effects may be

severe, even fatal. The good news is, with some basic knowledge and a conscious commitment to safety, most potential dangers may be avoided.

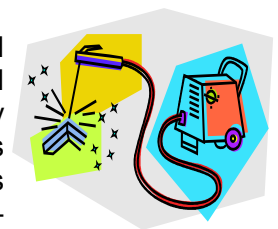
## **Signs and Symptoms of Carbon Monoxide Poisoning**

It's important to recognize and respond quickly to symptoms of carbon monoxide poisoning. Initial signs of CO poisoning such as headaches, dizziness, nausea, fatigue and disorientation are often mistaken for influenza or food poisoning. If these are ignored, more serious symptoms may occur including increased heart rate, hallucinations, seizures and unconsciousness.

The elderly, young children, and those with respiratory problems are most susceptible to CO poisoning. Opening doors and windows or using fans will not generally prevent CO build-up in the home. Remember that symptoms can turn deadly within a matter of minutes. It's important to recognize and respond to them quickly.

## **Generator Safety Checklist**

Given the unprecedented nature of Storm Alfred and the related outages, many people who have no previous experience with generators are now purchasing and using them.



- ✓ Before operating the generator, it's wise to become familiar with the owner's manual. Start by taking a few minutes to read through the basics and become familiar with the unit.
- ✓ The best way to prevent carbon monoxide poisoning relates to location, location, location. Always locate the unit outdoors on a dry surface, away from doors, windows, vents, and air conditioning equipment that could allow CO to travel indoors.
- ✓ Performing a quick visual inspection is the next step before starting the generator. This will alert you to safety hazards that may have occurred during transport and/or set-up.
- ✓ Never operate an engine-powered generator in an enclosed space regardless of how well ven-

## by Deputy Chief Mark Amatruda

tilated it may appear to be. Enclosed spaces include garages, sheds, basements, crawl spaces, and any indoor space.

- ✓ Never operate a generator near a building where the carbon monoxide fumes could enter through open windows, doors, or vents. Even if the space is only partially enclosed or has an open window or door, a serious risk of carbon monoxide poisoning is still present.
- ✓ Check for any major damage including loose, cut or frayed wiring. Encountering electric shocks is always a possibility when working with a generator. Understanding how to avoid shocks will be essential for personal safety.
- ✓ Do not connect the generator directly into your home's electrical system through a receptacle outlet. This poses the danger of fire and an electrocution hazard to utility workers and neighbors served by the same transformer.
- ✓ When using a generator, plug appliances into heavy duty, outdoor-rated extension cords and plug cords into the generator.
- ✓ Check that the extension cords have a wire gauge adequate for the appliance loads and have all three prongs, including a grounding pin.

### Carbon Monoxide Detection and Response

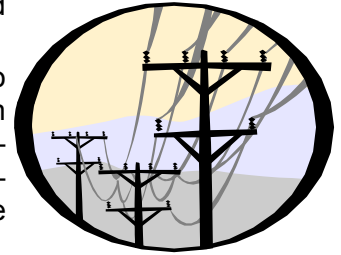
Your first line of defense against CO poisoning is proper installation and maintenance of your generator and auxiliary heating/cooking equipment. Next, you need a relatively new and reliable carbon monoxide detector. We recommend that you purchase and install battery-operated or plug-in CO detectors with battery back-up in your home according to the manufacturer's installation instructions. It is generally recommended that you install at least one CO detector and one smoke detector on each floor of your home for maximum protection. ***Any carbon monoxide detectors in your home that are over 5 years old should be replaced*** due to sensor degradation and technological improvements that have taken place. Look at the underside of the unit for a manufacturing date stamp if you are unsure of its age. Test your CO detectors frequently and replace any dead batteries.

***We have confirmed with Rings End Lumber on Danbury Road that they have a supply of CO detectors and knowledgeable employees who will help you choose the right detector for you.***

If your CO detector activates and/or anyone in your home begins to show signs or symptoms of CO poisoning, immediately call 9-1-1 and evacuate to fresh air. Wilton Fire Department personnel will respond and use specialized metering devices to confirm the source of the CO, calculate the CO content in the home, and ventilate the structure to a safe level.

### A Few Final Thoughts

- Make sure you allow your generator to cool down before refueling it. Many generator fires and personal injuries have resulted from spilling gas on hot mufflers while refueling.
- Treat all power lines as energized. As crews work to restore power, previously de-energized power lines may "suddenly" become re-energized. Do not burn charcoal or gas grills inside a house, garage, vehicle, tent, or fire-place.
- Everyone is reminded to keep at least 20 feet away from any downed power line.
- Make it a habit to change the batteries in your smoke and carbon monoxide detectors when the time changes.
- Be a good neighbor. Consider checking on your neighbors, the elderly, and those who may have special needs.
- Make sure alternate heating sources (kerosene heaters, space heaters) and cooking appliances (camp stoves, gas grills, alcohol stoves) are in safe working order and remain outside your home/garage.
- Use the cool-down time to check the oil, visually inspect the unit for parts that may have vibrated loose and the integrity of the exhaust system.
- Turn off all electrical appliances and electronics so that they are not damaged when power is restored.



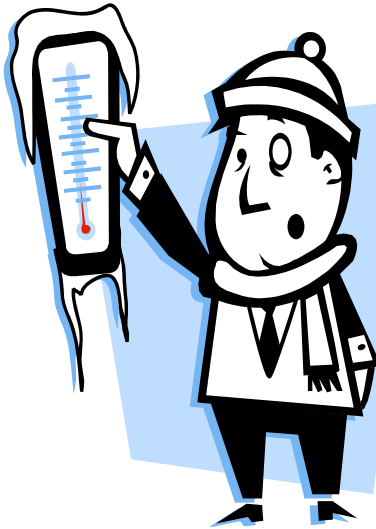
Please remember that generators are useful, but potentially lethal power generation equipment. Use common sense and follow the safety precautions listed in your owner's manual. If you have questions about carbon monoxide you may call your CO detector manufacturer or the Wilton Fire Department Fire Marshal's Office (203-834-6249) for assistance.



# Hypothermia in Older Adults

Elaine Abrams, MPH, RN, CHES, Community Health Coordinator  
Visiting Nurse & Hospice of Fairfield County

Winter is upon us and that brings cold temperatures and the risk of hypothermia. Hypothermia occurs when heat loss exceeds the body's ability to generate or conserve heat, usually when a person's body temperature falls below 96 degrees Fahrenheit. For older adults, hypothermia can be severe—and life threatening. Why? Older adults are at greater risk because the body's ability to maintain a constant internal temperature decreases with age. When you are cold, your blood vessels contract so that blood flow to your skin is reduced to conserve body heat. You may start shivering, which produces an involuntary reaction of the muscles. This extra muscle activity helps generate more heat. If a person also has a history of circulatory or neurologic system problems, such as diabetes, or thyroid problems, then their risk is even greater. In addition, poorly heated homes and poor nutrition may put older adults at risk for cold injury.



If a person experiences any symptoms of hypothermia, it is important to **get out of the cold immediately and move to a heated shelter**. Do not wait to take your temperature. A temperature below 96°F may not register on many oral thermometers. However, if the temperature reading is at or below 96°F, call 9-1-1 immediately. Cold or wet clothing should be removed and the person should be wrapped in blankets or other warm coverings. If the person is alert, warm, not hot, liquids are recommended but no alcoholic beverages.

To keep warm at home, wear long underwear under your clothes, along with socks and slippers. Use a blanket or afghan to keep legs and shoulders warm and wear a hat or cap indoors. Check with your doctor to see if your medications (prescription and over-the-counter) may increase your risk for hypothermia.

If frostbite is suspected, do not massage or rub frostbitten areas and do not apply any ointments. Treatment varies with the type of frostbite. Care should be taken to avoid bruising the skin or tissue and to prevent infection. Rewarming or thawing of a frostbite injury should never be attempted if medical care is immediately available. Call for emergency medical care as quickly as possible.

## To avoid hypothermia:

- eat well and avoid alcoholic beverages;
- wear layered clothing, a hat, scarf, and gloves when going out in the cold;
- remove wet or cold clothes as soon as possible, and;
- maintain housing temperatures no cooler than 65 degrees Fahrenheit (or 18.3 degrees Centigrade), even at night.

For additional information, visit the National Institutes of Health National Institute on Aging at <http://www.nia.nih.gov/> or call Visiting Nurse & Hospice of Fairfield County at 203-762-8958.

## Symptoms of hypothermia include:

- shivering
- cold skin
- loss of control of fine finger movements
- blue-gray color of the fingers, toes, ears, or nose
- sluggishness or drowsiness
- confusion
- slurred speech
- slow and shallow breathing
- rigid muscles and unconsciousness

The best way to avoid hypothermia is to make sure your home is warm enough. Set your thermostat to at least 68 to 70 degrees. **REMEMBER! Even mildly cool homes with temperatures from 60 to 65 degrees can trigger hypothermia in older people.** Unfortunately, the signs of hypothermia are subtle and slow, making it difficult to recognize.

## VALENTINE'S DAY CHOLESTEROL SCREENING

February is American Heart Month and a great time to have your cholesterol checked! Visiting Nurse & Hospice of Fairfield County is offering cholesterol screenings, by appointment, at the Senior Center on Tuesday, February 14, from 8:30 a.m. until 11:30 a.m. Screening uses Cholestec® technology and involves a simple finger stick. Results in 10 minutes include **total cholesterol, HDL, LDL, triglycerides, and glucose**. Fasting is suggested. Allow 30 minutes total for the visit. Cost is \$25 payable in cash or check. For an appointment, call Visiting Nurse & Hospice of Fairfield County at 203-762-8958.

## WOMENS HEALTH TIPS 2012

Wednesday, January 18

10:30 a.m.-11:30 a.m.

Norwalk Senior Center, 11 Allen Road, Norwalk  
Women's health has improved significantly in the last century. Much still needs to be done particularly in the areas of women's heart disease, diabetes, obesity and certain types of cancer. This free program will offer important tips on how to improve your personal health in 2012. All participants will receive a **FREE** 2012 National Women's Health Calendar with information about common health problems, screenings and immunizations, tips on how to get a second opinion and how to read a drug label, and more — all in a handy, portable calendar you can keep with you year round! For more information, call Norwalk Senior Center at 203-847-3115.



**Puzzled Puzzlers:** Joan Jevne and Loraine Szatai stop by the lounge to continue working on the jigsaw puzzle challenge at the Senior Center. Please pay us a visit and add some pieces to the puzzle!

Visiting Nurse  
& Hospice  
of Fairfield County  
Bringing Healing and Comfort to Our Community

## **BLOOD PRESSURE SCREENINGS**

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

Wilton Senior Center, 11 a.m. to noon  
Thursdays, January 5 and February 2

Village Market, 12:30 p.m. to 2 p.m.  
Tuesdays, January 24 and February 28

Wilton Family Y, 9 a.m. to 10:30 a.m.  
Wednesdays, January 18 and February 15

Ogden House (residents only)

9:30 a.m. to 11 a.m.

Fridays, January 6 and 20

Fridays, February 3 and 17



### LOVE in TIME of OLD AGE

February is the month to celebrate LOVE... but we rarely see love in old age on television or in the movies even though it is important to find companionship as we age. For some older adults, love may seem elusive or may elicit feelings of fear, grief or anxiety, especially if divorced, widowed, or living alone. Join us for a free workshop and explore old myths about love, intimacy, and aging.

Kristin Carpenter, LCSW, Clinical Social Worker, Visiting Nurse & Hospice of Fairfield County will present "Love in Time of Old Age" on Thursday, February 9, from 11:15 a.m. to noon in the Senior Center. **Every participant will receive a Valentine!**

## BOOK DISCUSSION

at the Senior Center

Tuesday, January 24

Discussion Leader – William Ziegler

*This Side of Paradise* by F. Scott Fitzgerald

*This Side of Paradise* is F. Scott Fitzgerald's first novel. Upon leaving Princeton in 1917, Fitzgerald joined the army and set about to write a great novel. The completed manuscript entitled "The Romantic Egotist" was rejected but contained the skeleton of what would later become *This Side of Paradise*. When published in 1920, the novel received outstanding reviews and sold spectacularly. It is said to have been the first serious American novel to capture the feeling of America's "youth culture." As the Victorian mores of the nineteenth century faded, the young became more liberal. Dancing and alcohol became the signs of a new desire for freedom in what Fitzgerald would call "the Jazz Age."

Tuesday, February 28

Discussion Leader – David Ostergren

*Colonel Roosevelt* by Edmund Morris

This meticulously researched third volume of the life of Theodore Roosevelt tells the story of the final years of this extraordinary man. The first book, *The Rise of Theodore Roosevelt*, covering TR's boyhood to his presidency, was published in 1979. *Theodore Rex*, published in 2001, covers the White House years from 1901 to 1909. *Colonel Roosevelt* (the title by which Roosevelt chose to be called during his post-presidential years) examines the final years of Roosevelt's life and the waning of his political and physical powers. A critic for *The Wall Street Journal* considered *Colonel Roosevelt* "a poignant and factual account of the 26th President's post-White House years."

Discussion at 11:00 a.m.; lunch (\$3) at noon.

Call 203-834-6240 for reservations.

## Ogden House Chair Yoga

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



### Mah Jongg at the Senior Center

Stay at Home in Wilton's Kay Chann explains the basics of Mah Jongg to interested participants in the game room at the Senior Center. Several Mah Jongg groups meet during the week to challenge their brains while they learn and play this game of skill, strategy, and chance. Call the Senior Center for more information about joining a group.

## Play Reading

at the Senior Center

12:30 p.m. to 2:30 p.m.



Monday, January 9—*The Eccentricities of a Nightingale* (1964 Rewriting of *Summer and Smoke*) by Tennessee Williams. Alma Winemuller, the minister's spinsterish daughter, wants desperately to expand her horizons. Unfortunately, she cannot see beyond the lace curtains of her bedroom window. She sees only the house of her neighbors and their son John, the source of her fixation since childhood. Having no real life of her own, she endlessly chatters about the life inside her head.

Monday, February 6—*The Circle* by W. Somerset Maugham. Lady Kitty had abandoned her stuffy life with a titled husband to run away with a young adventurer. She watches as her daughter Elizabeth entangles herself in the same situation Lady Kitty had encountered thirty years before. Despite her experience, Lady Kitty is unable to convey to Elizabeth the sorrow, pain, and heartaches she herself has encountered. This play represents a lasting contribution to the theatre by an important twentieth-century writer.

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



## St. Matthew's Senior Luncheon

St. Matthew Episcopal Church, 36 New Canaan Road, will serve its next senior luncheon on January 19. These luncheons are open to all seniors. To make your lunch reservation, please call Ellen Lewis at 203-762-7400. Donation: \$3

## I Think I Can Dance!

On Tuesday, January 31, at 11:15 a.m., Linda Mitchel, MS, Social Services Director at Wilton Meadows Rehabilitation and Health Care Center, will present "I Think I Can Dance." This informal session centers on learning to live with and love the changes which are inevitable in life. It's a "make lemonade out of lemons" type gathering. Call the Senior Center for reservations: 203-834-6240.

## Don't Miss Your Chance to Vote in Connecticut's Presidential Primary Election

Tuesday, April 24, 2012, is Connecticut's Presidential Primary Day. Connecticut law requires that voters be enrolled members of a political party for at least three months in order to vote in that party's primary election. January 24, 2012 is the deadline for an elector to change from one political party to another in order to vote in the new party's primary.

According to Republican Registrar of Voters Tina Gardner, the deadline for unaffiliated voters and new voters to register or affiliate *by mail* is Thursday, April 19, 2012. The *in-person* deadline to register or affiliate for unaffiliated voters is 12 noon on Tuesday, April 23, 2012. Absentee ballots become available from the Town Clerk's office on Tuesday, April 3, 2012, but applications for absentee ballots may be sent to the Town Clerk at any time.

To join a political party, electors may complete a new voter registration card and mark "Party Change" at the top. This form is available either at the Registrar of Voters office in the Wilton Town Hall, or by downloading it from Wilton's website at [www.wiltonct.org](http://www.wiltonct.org) or from the Secretary of the State's website at [www.sots.ct.gov](http://www.sots.ct.gov). To check your voter registration status and party affiliation, check the Registrars' Voter Look-Up site at <http://www.wiltonct.org/departments/Voter/voter4.asp> or contact the Registrars of Voters at 203-563-0111.



On Saturday, January 21, at 10:00 a.m. the Hearing Loss Association of America, Southwestern CT Chapter will present a round table discussion, "Surviving the Stress of Hearing Loss." The Hearing Loss Association of America'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. to noon at the United Covenant Church, 68 Westport Rd., Wilton. Meetings are equipped with a loop system and open captioning. For more information visit <http://www.heareez.org> or call Alan Gould, President, at 203-762-8269.

## Wilton Commons Approved for Extension Approved

On December 1 at a Special Town Meeting, the citizens of Wilton by a vote of 113 to 1 approved an extension of the Wilton Commons Option to Lease from December 8, 2011, to June 8, 2012. While the necessary funding has been received to build Wilton Commons, more time will be needed to complete current lending requirements. We expect construction to begin this February.

*George Ciaccio, Chairman*



## Holiday Cookie Decorating

*Bonnie Leavy-Mello, Community Outreach Coordinator of Laurel Ridge Health Care Facility in Ridgefield, assists Helen Ralph in decorating holiday cookies at the Senior Center.*

## ***Wilton Social Services Department extends thanks to...***

*Eighteen Wilton families, Wilton Kiwanis Club, Wilton Rotary Club, Wilton Children's Day School, Wilton Community Nursery School, Temple B'Nai Chaim, St. Matthew's Episcopal Church, Zion's Hill United Methodist Church, Wilton Presbyterian Church, 15 Girl Scout troops, Wilton Family Y, Coldwell Banker, Realty 7, Hastings Realty, Prudential Connecticut Realty, The Greens at Cannondale, the Wilton Mom's Club, the Wilton Newcomers Club, and Cub Scouts Pac 17 who in total provided 70 fabulous Thanksgiving dinner baskets for Wilton families;*

*Wilton Woman's Club who cooked and boxed more than 30 hot meals for Thanksgiving and Christmas for Wilton's seniors;*

*Wilton Rotary Club members who delivered the hot meals for Thanksgiving and Christmas Eve;*

*Wilton Garden Club for preparing the beautiful centerpieces and the Wilton families who delivered the centerpieces to seniors;*

*The interfaith community, the churches and the temple congregations, who shopped for gifts for 20 seniors and organized the delivery of those gifts;*

*"Holiday helpers" from the ranks of individual residents and community-based service clubs and businesses who provided 103 Wilton children with presents and gift certificates to brighten their holidays;*

*Young's Nursery for the donation of Christmas trees to 5 Wilton families;*

*Volunteers at Ambler Farm, the Wilton Kiwanis Club, and St. Matthew's Church who donated 35 trees to Wilton families;*

*The New England Historical Connection for hosting a benefit for Social Services organized by Andrea Topalian of "Moments by Andrea Photography," Megan Abrahamsen owner of Blue Star Bazaar, Jeena Choi of Babycat Milkbar, and "Santa" Skip Heydt, all of whom donated their time and talents; and*

*Karen Hagen of Arbonne and Kathy Sanford of Chou-Chou for donating a portion of the proceeds from their holiday shopping event.*

***Your generosity has made this holiday season a happy time for our Wilton neighbors in need.***

## **COMSTOCK COMPUTER LEARNING CENTER**

180 School Road

203-762-8445

Andrea Ragusa, Coordinator

Classes from 9:30 a.m. to 11:30 a.m.

### **Computer Fundamentals**

This introductory course is for those with limited or no computer experience who would like to test the waters. It will include turning the computer on and off, using the mouse and keyboard, understanding the meaning of simple computer terms, opening and closing a program, and using the desktop. This is excellent preparation for Beyond Beginners Word 2007/2010. Jan. 17 and 18, \$25.

### **Beyond Beginners—Word 2007/2010**

Step into the present to acquaint yourself with the Word 2007 program. It has a different appearance from the Word version you may have been using. The familiar toolbars and menus from previous versions of Word are gone! This course will explore the Word Window, Office Button, Terminology, Ribbon Organization, Quick Access Toolbar, Document Views, plus commonly used features in Word. You will learn how to do the same things you've always done such as entering, changing, deleting, copying, pasting, underlining, aligning, saving, as well as inserting a bullet or number in text in a Word 2007 environment. Jan. 23 and 25, \$25.

### **Organize Your Memoir Research and Prepare it for Publication**

Become an Author! This course will provide comprehensive information as to options for printing when preparing a memoir for print in book form. It will outline how to set up your copy in order to have continuity among the pages, graphics to enhance the book's material, and practical points which will save you money when you take the manuscript to a professional printer or local UPS Store. This is not a research course; it is a workshop to help you organize before you get started. Feb. 6 and 8, 9:30 a.m. to noon, \$25.

**Want to know about social networking?  
What's this Twitter and Facebook all about? Schedule of social networking course offerings will be outlined in the March-April issue of *Corridors*.**

Twenty new apartments are being built at the independent and assisted living community on Route 7, north of Wilton High School. Residents are scheduled to move into the addition at The Greens at Cannondale in February.

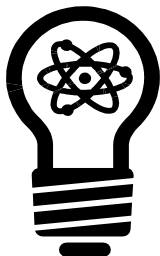


The addition will include an education center/movie theater with a wide screen, surround sound, interactive TV, and cameras to telecast community events. It will also include an expansion of the award-winning Evergreen Program for men and women with Alzheimer's and related dementia. Twenty percent of the new apartments will be made available under Wilton's affordable housing regulations.

"We have a waiting list for the new units and look forward to expanding our offerings for Wilton seniors," said Eleanora Tornatore-Mikesh, Executive Director. For additional information, contact her at 203-761-1191.

## CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

The Wilton Social Services Department is available to help you apply for assistance with your heating bills. Income guidelines for eligibility state that a single individual may earn no more than \$31,712; a couple's maximum income may not exceed \$41,470. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 in savings including IRAs and renters less than \$7,000. For more information or to schedule an appointment, call Social Services at 203-834-6238.



## BRIDGE ANYONE?

### DUPLICATE BRIDGE WITH DAN

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



Wednesdays (except the first Wednesday of the month) 10:00 a.m. to 12:30 p.m., \$5 per session.

### SUPERVISED BEGINNERS

Bridge combines mental exercise of the reasoning faculties, the short- and long-term memory centers, the planning and collation skills, social interaction techniques, and other mental calisthenics useful in everyday life. ***This class is for the player with very little or no bridge experience.***

Fridays beginning January 27, 1:30 p.m. to 3:30 p.m., \$75 for the eight-week series. Reservations required. Class size limited.

### BRIDGE GROUPS

If you would like to join other seniors in an afternoon of bridge from noon to 3:00 p.m., call the organizers listed below:

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

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

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

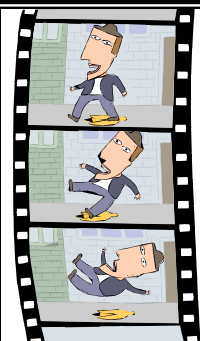
## Monthly Monday Movies at the Senior Center Noon in the Lounge

### January

- 9 Shirley Temple, Biography
- 23 The Eccentricities of a Nightingale
- 30 Bette Davis, Biography

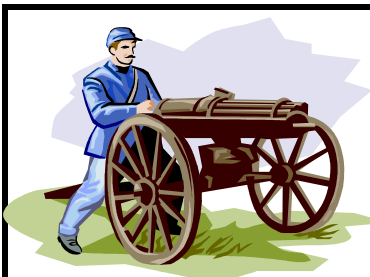
### February

- 6 George Washington, Biography
- 13 FDR, Years of Crisis
- 27 FDR, The War Years





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 U.S. POSTAGE PAID  
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 WILTON, CT



# CIVIL WAR SERIES COMING IN MARCH

Wilton resident Dave Petre will moderate a four-part series on the Civil War beginning in March. Mr. Petre is the author of *The Civil War (1861-1865): A Student Handbook*. Mr. Petre will combine information gleaned from years of research with visual media in the Senior Center lounge. Topics covered in the series are The First Week of the War, Destiny at Fort Sumter, the Battle of Antietam, Bloody Lane, the Battle of Gettysburg, the Battle of Atlanta, and Sherman's March to the Sea. For more information call the Senior Center at 203-834-6240.



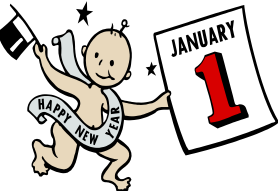


*Printing costs for this issue  
 have been underwritten by*

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

# GUIDE TO SENIOR SERVICES

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

# JANUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Senior Center Closed</b> <b>New Year's Holiday</b> 	<b>3</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	<b>4</b> 9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 12:00 Lunch OH Program: Musical Memories with Bill Kohler 1:30 Mah Jongg	<b>5</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 5:30 Social Service Commission	<b>6</b> 9:30-11 Blood Pressure OH 10-12 Code Red Signup 10:00 Jewelry Workshop 10:00 Move, Strengthen, and Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y
<b>9</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, Shirley Temple Bio 12:30 Play Reading with Sherman	<b>10</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Chair Yoga OH	<b>11</b> 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Wilton Woman's Club Bingo 1:30 Mah Jongg	<b>12</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	<b>13</b> 10:00 Move, Strengthen, and Stretch 12:00 Bridge 1:30-3 Free Sr Swim Y
<b>16</b> Martin Luther King, Jr. Holiday Senior Center Closed 	<b>17</b> 9:00 Enhance Fitness 9:30 Computer Fund. 10:30 Chess Class 10:30 Pool/Billiards 11:00 Yoga 12:00 Duplicate Bridge 2:00 Chair Yoga OH 5:30 Program G	<b>18</b> 9-10:30 Blood Pressure Screening Y 9:30 Computer Fund 9:30 RSVP 10:00 Comstock Writers 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH 1:30 Mah Jongg	<b>19</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 St. Matthew's Lunch 1:30 Mah Jongg	<b>20</b> 9:30 Advisory Board Meeting 9:30-11 Blood Pressure Screening OH 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30-3 Free Sr Swim Y
<b>23</b> 9:15 Enhance Fitness 9:30 Beyond Beg. Word 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, The Eccentricities of a Nightingale 1:00 Comstock Knitters and Crafters	<b>24</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 2:00 Chair Yoga OH 3:00 SAHW Meeting	<b>25</b> 9:30 Beyond Beg. Word 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH 1:30 Mah Jongg	<b>26</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	<b>27</b> 9:30-11 Blood Pressure OH 10:00 Move, Strengthen, and Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
<b>30</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, Bette Davis Bio	<b>31</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11:15 I Think I Can Dance 2:00 Chair Yoga OH	<div> <div> <b>K</b> <b>E</b> <b>Y</b> </div> <div> <b>OH</b> <b>Y</b> <b>WL</b> <b>G</b> <b>WM</b> <b>VM</b> <b>VNH</b> <b>LR</b> <b>SAHW</b> </div> <div>           Ogden House            Wilton Family Y            Wilton Library            The Greens            Wilton Meadows            Village Market            Visiting Nurse &amp; Hospice            Laurel Ridge Health Care            Stay at Home in Wilton         </div> <div>           100 River Road            404 Danbury Road            137 Old Ridgefield Rd.            435 Danbury Road            439 Danbury Road            Old Ridgefield Road            761 Main Ave., Norwalk            642 Danbury Rd., Rdgfld         </div> <div>           203-762-8035            203-762-8384            203-762-3950            203-761-1191            203-834-0199            203-762-7283            203-762-8958            203-438-8226         </div> </div> <p>All activities are held at the Senior Center unless otherwise noted.</p>		

# FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mark your March Calendar</b>  March 6, 7:00 a.m., Parks and Rec Trip to the Philadelphia Flower Show  March 12, 9:00 a.m. to noon, Tax Assistance  Anyone interested in playing Cribbage at the Senior Center? Call 203-834-6240 and let Liz know.		<b>1</b> 9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 12:00 Duplicate Bridge 12:00 Lunch OH Program: WHS Orchestra 1:30 Mah Jongg	<b>2</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	<b>3</b> 9:30-11 Blood Pressure OH 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
<b>6</b> 9:15 Enhance Fitness 9:30 Memoir Computer Course 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, George Washington Bio 12:30 Play Reading with Andrea	<b>7</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 10:30 Chess Lessons 11:00 Yoga 12:00 Garden Club Lunch and Activity 2:00 Chair Yoga OH	<b>8</b> 9:30 Memoir Computer Course 9:30 RSVP 10:00 Tai Chi 10:00 Duplicate Dan 12:00 Lunch OH Program: Hoot Owls 1:30 Mah Jongg	<b>9</b> 9:00 NYC with Parks and Rec 9:00 Enhance Fitness 9:30 10:00 Yoga 11:15 Love in Old Age 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg 5:30 Social Service Commission	<b>10</b> 10:00 Move, Strengthen, Stretch 10:00 Jewelry Workshop 12:00 Bridge 12:00 Parks/Rec Holiday Lunch 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
<b>13</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, FDR, Years of Crisis	<b>14</b> 8:30 Cholesterol Screening (by appt. only) 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 1:00 Comstock Knitters 2:00 Chair Yoga OH	<b>15</b> 9-10:30 Blood Pressure Screening Y 9:30 RSVP 10:00 Tai Chi 10:00 Com. Writers 10:00 Duplicate Dan 12:00 Lunch OH Program: Ron Spataro Valentine Medley 1:30 Mah Jongg	<b>16</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Wilton Senior Council 1:30 Mah Jongg	<b>17</b> 9:30-11 Blood Pressure Screening OH 10:00 Move, Strengthen, Stretch 10:30 Sketching and Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
<b>20</b> President's Day Senior Center Closed  	<b>21</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 10:30 Chess Lessons 12:00 Duplicate Bridge 2:00 Chair Yoga OH	<b>22</b> 9:30 RSVP 10:00 Tai Chi 10:00 Com. Writers 10:00 Duplicate Dan 12:00 Lunch OH 1:30 Mah Jongg	<b>23</b> 9:00 Enhance Fitness 10:00 Yoga 11:00 Wii Bowling 12:00 Lunch 12:45 Bingo 1:30 Mah Jongg	<b>24</b> 10:00 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Sr Swim Y
<b>27</b> 9:15 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:00 Scrabble/Chess 12:00 Movie, FDR, the War Years 1:00 Comstock Knitters and Crafters	<b>28</b> 9:00 Enhance Fitness 10:30 Pool/Billiards 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure VM 2:00 Chair Yoga OH 3:00 SAHW Meeting	<b>29</b> 9:30 RSVP 10:00 Tai Chi 10:00 Com. Writers 10:00 Duplicate Dan 12:00 Lunch OH 1:30 Mah Jongg	<b>WILTON FAMILY Y SENIOR PROGRAMS</b> The Wilton Family Y offers several exercise programs especially for seniors: Senior Strength Training, Silver Sneakers Silver-Splash, Arthritis Foundation YMCA Aquatic Program, and Senior Swim. Descriptions for these classes and the requirements for each are available at <a href="http://www.wiltonymca.org">www.wiltonymca.org</a> .	