



# CORRIDORS

JANUARY-FEBRUARY 2018

## An Interview with Cynthia Roy President and CEO Regional Hospice and Palliative Care

### ***What is your background and how did you get involved in the healthcare industry?***

I grew up in Wilton, Hong Kong, and California, always landing back in Wilton. I attended Driscoll, Cider Mill and Middlebrook Schools and graduated from Wilton High School. I received a Bachelor's Degree in Science from Boston University and a Master's Degree in Science from Columbia University majoring in social work and international relations. I started my healthcare career thinking I would become an advocacy attorney or work in forensic criminal mental health but quickly learned that I loved counseling and being a support to people in need. Many years ago I also had some life-defining experiences that made me keenly aware of the special needs of dying children.

### ***What was your career trajectory?***

This past August I celebrated 20 years as an Executive Director and CEO in the field of end-of-life care. I have had the honor of working with the Alzheimer's Association, the Miami Project to Cure Paralysis, and Mid-Fairfield Hospice (now Visiting Nurse and Hospice of Fairfield County). I spent the last 10 years building and transforming hospice regulations in Connecticut. In 2012 through my work and together with advocates at the state level we created new hospice regulations that became law in Connecticut. In 2015 I opened the first and only inpatient specialty suite hospice in Connecticut. We have received state and national recognition for the design of the building and the services offered. It feels more like a specialty hotel than a hospital or medical facility.

### ***What exactly is hospice care?***

Hospice is for patients of any age who have a life-limiting illness and require skilled nursing care in their home, assisted living, or skilled nursing facility. Hospice patients may also choose a specialized residential facility like the Center for Comfort Care and Healing. Hospice care is interdisciplinary care. It's about treating the whole patient holistically with nursing care, hospice



Cynthia Roy  
MS, LCSW, CHA

aides, social workers, chaplains, volunteers and bereavement counselors, all provided with the compassion, dignity and understanding each patient and family deserve.

### ***Who is eligible for hospice care?***

Hospice care may be offered to any patient who has a less than six-months prognosis as determined by a physician.

### ***What is the most satisfying part of your job?***

I absolutely love what I do. I know at the end of long days of work that we can honestly say we made a difference in people's lives. It is a privilege to be allowed into a patient's or family's home during a very difficult time. We need to help families assure that their last days on earth with their loved ones are good days and meaningful.

### ***What is the mission of Regional Hospice and Palliative Care?***

Regional Hospice and Palliative Care's mission is to provide care,

comfort and compassion for those affected by life-limiting illness and loss.

### **What do you envision as your next steps?**

My personal mission has been to “take the taboo” out of the topic of dying. Earlier this year I decided to enlist the talents of an award-winning creative team. Together we developed an animated ad campaign called *Making the Best of Everyday*. The campaign addresses the importance of hospice and encourages conversations about the end of life that many families find difficult. The ads are humorous and feature a realistic and holistic approach. The end of life is an event that impacts everyone. Deciding how to deal with it for ourselves, our parents, spouses, and our children can help relieve the stress and guilt that are as inevitable as death itself.

*Regional Hospice and Palliative Care (RHPC) has served Fairfield, New Haven, Hartford, and Litchfield counties with nonprofit home hospice care for over 30 years. In 2015, RHPC opened the state-of-the-art Center for Comfort Care and Healing in Danbury. This family-centered hospice residence is Connecticut's first and only private-suite facility, servicing patients and their families from throughout the country, particularly from New York and Connecticut. RHPC's mission is to provide exceptional end-of-life care, comfort and compassion to infants, children, adults and their families with a dedicated staff of professionals. For more information, visit [www.RegionalHospiceCT.org](http://www.RegionalHospiceCT.org) or [www.makingthebestofeveryday.org](http://www.makingthebestofeveryday.org).*



## **Genealogy with Kevin Cleary**

**Friday, January 12  
11:00 a.m., Senior Center Lounge**

*Lunch and program sponsored by Right at Home*

Have you ever wondered where your family migrated from or where your second cousins are today? With the help of the computer and a vast data base of information you may be able to find answers to these questions. Genealogy is not just about your grandmother! It can help you search for anyone. Find out what became of a teenage buddy or reconnect with a college roommate. Come to this complimentary lunch and presentation and explore the world of genealogy! Call the Senior Center for reservations at 203-834-6240. Limited enrollment.

***Right at Home provides care for people who do not need an institutional setting, but still need some assistance to live at home.***

**NEW**

## **TECH FRIDAYS!**

Lunchtime Learning Series at the Senior Center  
Pack a light lunch and join us!

Register by calling 203-834-7694 or online at  
[www.wiltoncontinuinged.org](http://www.wiltoncontinuinged.org)

Full descriptions and fees are available in the  
Wilton Continuing Education catalogue.

### **iPHONE: Learn The Basics**

January 26 and February 2, 12:00 p.m.–1:30 p.m.

Learn the basic functions of your phone and discover how it can help manage your day-to-day life. Learn the apps that come preloaded, like FaceTime and others, and how to use the app store to add new ones. **Emergency and accessibility features will be demonstrated (911, increased font size, flashing light notification when calls are coming in, etc.).** Manage your calendar, emails and texts; shop online; learn to download and listen to music and podcasts.

### **iPAD: Movies, Games, Reading & More**

February 9, 12:00 p.m.–1:30 p.m.

Are you getting the best bang for your buck with your iPad? Want to watch movies on it? Play games? Your iPad can serve as your best reader, entertainment system, and organizer! This hands-on class covers the basics along with tips and tricks to make the iPad an extremely useful tool.

### **PASSWORD MANAGEMENT: Taming the Password Beast, February 23, 12:00 p.m.–1:30 p.m.**

Keep your passwords organized, secure and easy to remember. Forget using a password management program – learn an easy, convenient and SAFE way to store your passwords.

### **iCLOUD: Features & Benefits**

March 9, 12:00 p.m.–1:30 p.m.

Having an Apple ID lets you do more than just buy apps. Learn how to unlock all the features of Apple's iCloud service. You'll learn to sync your devices, back up your devices, shop iTunes, explore Apple's iBook Store, share your photos, rent movies, subscribe to podcasts, store your data “on the cloud” and more!

### **STREAMING MEDIA: Learn Apple TV, Roku, Google Chrome & More, March 16, 12:00 p.m.–1:30 p.m.**

Whether you're cutting the cord (discontinuing cable service to save money) or simply adding more variety to your TV viewing, the future of viewing is streaming media. Learn the pros and cons of “cord cutting,” the various hardware products and streaming media services.

### **TRAVEL IN THE 21<sup>st</sup> CENTURY: Learn Uber, AirBNB & More, March 23, 12:00 p.m.–1:30 p.m.**

The share economy is here—learn the ins and outs of travel sites, including Uber and Lyft, AirBNB and an overview of a wide range of travel sites.

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

Seventeen 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, 13 Girl Scout troops, 10 Boy Scout troops from Pack 10, Den 17, Riverbrook Regional Y (also known as the Wilton Y), Riverbrook Gymnastics, Coldwell Banker, Realty 7, The Greens at Cannondale, Ridgefield VNA, Wilton Working Moms, Wilton Newcomers Club, who in total provided 72 fabulous Thanksgiving dinner baskets and Stop and Shop gift cards for Wilton families; and Wilton Woman's Club whose members provided a basket and invaluable assistance the day of basket delivery and distribution;

The Wilton Woman's Club who cooked and boxed more than 50 hot meals for Thanksgiving and Christmas for Wilton's seniors;

The Mother-Daughter Leadership group members who delivered the hot meals for Thanksgiving and Christmas Eve;

Wilton Garden Club for preparing beautiful centerpieces and Realty 7 for delivering the centerpieces to seniors;

The interfaith community, under the leadership of the Wilton Congregational Church, who shopped for gifts for 19 seniors and the Boy Scouts who delivered those gifts;

All the generous "Holiday helpers": 29 Wilton residents, Wilton Kiwanis Club and Wilton Rotary Trust, all Wilton churches and Temple B'Nai Chaim, Realty 7, William Pitt/Sotheby's, the J-Families, 5 Girl Scout troops, Treblemakers, Wilton Mom's Club alumnae, Wilton Working Moms, Wilton Newcomers Club, Salvation Army, and Silver Hill Hospital, for providing 61 Wilton families and their 107 children with presents and gift cards to brighten their Hanukah and Christmas holidays;

Ambler Farm for donating Christmas trees for 35 families;

and the Wilton Children's Day and Wilton Community Nursery schools who collected dozens of hats and mittens.

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



### **Dialogue with Christine Tenore Elder Law Attorney**

Attorney Christine Tenore, Wilton resident and partner at Elovson and Tenore in Fairfield, will provide you with an opportunity to have your questions regarding certain legal topics answered.\* The following sessions are offered without charge:

**Wednesday, February 28, 1:30 p.m.**  
**Updated Powers of Attorney, Living Wills,  
Conservatorship, Wills, Trusts, Probate**

**Wednesday, March 28, 1:30 p.m.**  
**Longevity, Planning for Long-Term Care, Medicaid**

Christine practices in the areas of elder law, estate planning, trusts and probate, conservatorships, long term care planning and Title XIX/Medicaid benefits.

She is a member of the Elder Law and Estates/Probate Sections of the Connecticut Bar Association, the Connecticut Chapter of the National Academy of Elder Law Attorneys, and the Fairfield and Bridgeport Bar Associations. She is also a member of the Wilton Commission on Social Services, the Greater Bridgeport Elderly Services Commission, and the Connecticut Geriatric Society.

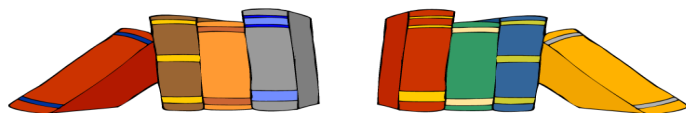
Sessions will take place in the Senior Center lounge. Please call 203-834-6240 to reserve a space.

*\*Please note that no specific legal advice will be given.*

### **SENIOR CENTER INCLEMENT WEATHER POLICY**

*When in doubt, call 203-834-6240 after 7:15 a.m. and listen to the recording for information regarding the day's activities at the Senior Center. We do not follow the public school closings.*





## Book Discussion

**Tuesday, January 23**  
**Discussion Leader – Michael Hess**

*Brideshead Revisited* by Evelyn Waugh

Evelyn Waugh's *Brideshead Revisited* tells the story of middle-class narrator Charles Ryder's involvement with and observations of the aristocratic, Catholic, and somewhat dysfunctional Flytes family between the world wars. Brideshead Castle is the setting for a nostalgic story that deals with the conflicts of religious faith and societal values in our daily lives. Although it takes place almost a century ago, there are many parallels with the changing social mores and personal etiquette of the 21st century. Waugh deploys the razor-sharp dialogue characteristic of his more satirical writing, but the novel is more a meditation on the nature of grace and an elegy for the aristocratic lifestyle that was destined to fade along with the British Empire. Several leading characters are unforgettable, especially Aloysius, Sebastian's teddy bear. In a double review in *The Atlantic*, Ben Heineman commented: "*Downton Abbey* is entertainment...*Brideshead Revisited* is art."

**Tuesday, February 27**  
**Discussion Leader – Carol Kaelin**

*John Adams* by David McCullough

David McCullough's Pulitzer Prize-winning biography *John Adams* has taken its well-deserved place among literary monuments commemorating the founding fathers of the United States. The extraordinary events of Adams' life cannot be summarized in a few sentences: from his roles in the Revolution, the Continental Congress, the drafting of the Declaration of Independence, dangerous diplomatic dealings overseas, to the Vice Presidency and the Presidency. And there's the intensely loving relationship with his wife and partner Abigail as well as his life-long contentious relationship with Thomas Jefferson. From the *Kirkus* review: "Despite the whopping length, there's not a wasted word in this superb, swiftly moving narrative, which brings new and overdue honor to a Founding Father." In addition to winning four Golden Globes, an HBO miniseries based on the book won 13 Emmy Awards, more than any other miniseries in history.

Book discussions take place in the Senior Center Game Room at 11:00 a.m.; lunch (\$3) is served in the Lounge at noon. Call 203-834-6240 for reservations.

## Ridgefield Visiting Nurse Association

Classes are held in the teaching kitchen at the RVNA Center for Exceptional Care, 27 Governor Street, Ridgefield.

**Women's Nutrition and Lifestyle for Weight Management** This is an eight-week group class for women of all ages held on Tuesday evenings, January 2 to February 20 from 6:30 p.m. to 8:00 p.m.

Learn how your body changes throughout life and how to manage these changes to achieve and maintain optimal health. Set personal goals, learn and discuss strategies, share support and encouragement, be held accountable for desired changes. Meg Whitbeck, MS-RDN, Instructor. Fee: \$159 includes recipes, resources and tastings. Registration and payment is required in advance.

### AARP Safe Driver Course

This is a driver education course held on Friday, January 19, from 9:00 a.m. to 1:00 p.m.

The Smart Driver Course is recommended for drivers age 50 and over. Learn how to manage common age-related changes in vision, hearing and reaction time, along with defensive driving techniques and vehicle safety. The cost is \$15 for AARP members and \$20 for non-members. Participants may be eligible for a discount on car insurance after completion of this course.

Call 203-438-5555 or email [info@ridgefieldvna.org](mailto:info@ridgefieldvna.org) to enroll in these classes.



## Adventures in Learning

The nonprofit adult education organization, Lifetime Learners Institute at Norwalk Community College, announces its winter class schedule for people age 50 and over. Catalog and membership application are available online ([www.lifetimelearners.org](http://www.lifetimelearners.org)) or at 203-857-3330. Classes begin January 8 and include current events, Chagall and Ali, fairy tales, and 60's greatest hits. Norwalk Community College is located at 188 Richards Avenue in Norwalk.

## TOWN OF WILTON LAUNCHES NEW CITIZEN REPORTING TOOL

The Town of Wilton has partnered with SeeClickFix to announce a new platform that will allow residents to report non-emergency neighborhood issues - such as potholes, trees down, traffic safety or park and playground issues - which are then reported directly to the appropriate Town of Wilton department which will address and resolve the issue.

With free SeeClickFix web-based and mobile app tools, Town of Wilton residents will now be able to provide the appropriate Town of Wilton departments with pictures, videos, specific descriptions, and more — valuable information needed to get the job done efficiently. In addition, the SeeClickFix platform will provide officials with a centralized issue management system to manage issues from creation to resolution — engaging town residents throughout the process. Residents will no longer have to go to Facebook to ask how to get their road repaired.

First Selectwoman Lynne Vanderslice said “We are very excited to launch SeeClickFix in Wilton. It will provide our residents with an on-line and mobile platform to identify and directly report non-emergency issues to the appropriate town department in a more efficient manner for them and the town. Our residents have asked for more on-line government services and SeeClickFix will facilitate communication with residents and respond to their needs more efficiently. We also hope SeeClickFix will empower our residents to collaborate in the care of our town.”

This partnership not only allows Wilton residents to report problems, but also to view, comment on, and vote to fix problems submitted by their neighbors. Citizens can even create their own “watch areas” to receive notifications about issues reported in their neighborhood, enabling them to follow the progress of all service requests — not just the ones they report.

The SeeClickFix mobile app is available for download on [Android](#), [iPhone](#) and [Blackberry](#). In addition to the mobile apps, citizens can send reports to the [Town of Wilton website](#) and [seeclickfix.com](#).

SeeClickFix was founded in 2008 to empower citizens with tools to publicly document quality of life concerns in their neighborhoods. By radically improving the quantity and quality of this data, SeeClickFix was quickly adopted by local governments, who needed a better way to receive information from citizens.

### **How do I access SeeClickFix?**

#### **Desktop**

1. Sign up on [www.seeclickfix.com](http://www.seeclickfix.com) or send reports through Town of Wilton website [www.wiltonct.org](http://www.wiltonct.org).
2. Click “Report an Issue.”
3. Fill out details about the issue and submit.
4. Receive email updates.

#### **Mobile**

SeeClickFix is available for download as an app on the following platforms:

- ☐ Your [iPhone](#)
- ☐ Your [Android](#) phone or
- ☐ Your [Blackberry](#).

For technical support with the SeeClickFix platform (web or mobile), please:

- ☐ E-mail [support@seeclickfix.com](mailto:support@seeclickfix.com).
- ☐ Call SeeClickFix at 1-800-369-9060 or (203) 752-0777 Monday through Friday from 9 a.m. to 6 p.m.

**SeeClickFix is NOT to be used for emergencies.  
For emergencies, please call 911.**

### **Mark your Calendar for these March Dates**

#### **AARP Tax Help**

The AARP Tax Aid Program provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. Volunteers from AARP will be at the Senior Center on **Monday, March 5**, from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary. Just take a number upon entering and wait your turn.

#### **Get “A Fresh Eye”**

Kathy Engstrom, owner of A Fresh Eye, LLC, is a real estate staging professional and organizer. She currently specializes in home decorating, staging houses for resale, and move management. Kathy will offer three different classes in March.

“Stage your Home to Sell,”

March 1, 10:00 a.m. to 12:00 p.m.



“Conquer the Clutter,”

March 15, 10:00 a.m. to 12:00 p.m.


“How to Create a Beautiful Home,”

March 29, 10:00 a.m. to 12:00 p.m.

# JANUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> New Year's Day Senior Center Closed 	<b>2</b> 9:00 PEO 9:45 BeMoved 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH	<b>3</b> 9:30 Sewing OH 10:00 Open Bridge 10:00 Writers 10:30 Tai Chi 1:00 Duplicate Bridge 1:00 American Mah Jongg	<b>4</b> 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	<b>5</b> 10:00 Feldenkrais 10:00 Jewelry Workshop 11-2 Free Sr. Swim Y 12:00 Bridge 1:30 Inter Bridge
<b>8</b> 10:30 Line Dance Fusion 11:00 The Conversation Project 12:00 Movie 1:00 Encore Bridge	<b>9</b> 9:00 Men's Breakfast at Orem's 9:45 BeMoved 11:00 Yoga 1:30 Ch. Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH	<b>10</b> 9:30 Sewing OH 10:00 Open Bridge 10:30 Tai Chi 1:00 Free Downloads 1:00 American Mah Jongg	<b>11</b> 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo 6:00 Social Services Commission	<b>12</b> 10:00 Feldenkrais 11:00 Genealogy with Kevin Cleary 11:15 Chair Yoga 11-2 Free Sr. Swim Y 12:00 Bridge 1:30 Inter Bridge
<b>15</b> <b>Martin Luther King Holiday</b> <b>Senior Center Closed</b> 	<b>16</b> 8:30 AAA Driving Improvement Program 9:45 BeMoved 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH	<b>17</b> 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:00 Big Brush, Big Flowers 10:30 Tai Chi 12:00 Lunch OH 12:45 Missing Links Project OH 1:00 American Mah Jongg	<b>18</b> 10:00 Yoga 11:45 St. Matthew's Church Lunch	<b>19</b> 9-1 AARP Driving Training RVNA 10:00 Feldenkrais 10:00 Jewelry Workshop 11-2 Free Sr. Swim Y 12:00 Bridge 1:30 Inter Bridge
<b>22</b> 10:30 Line Dance Fusion 11:15 The Conversation Project 12:00 Movie 1:00 Encore Bridge	<b>23</b> 9:45 BeMoved 11:00 Yoga 11:00 Book Disc. 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Ch. Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 SAHW	<b>24</b> 9:30 Sewing 10:00 Open Bridge 10:30 Tai Chi 1:00 American Mah Jongg	<b>25</b> 10:00 Yoga 12:00 Lunch 12:00 Encore Book Club 12:45 Bingo	<b>26</b> 10:00 Feldenkrais 11:00 Balance Strengthening 11-2 Free Sr. Swim Y 12:00 Bridge 12:00 iPhone Basics 1:30 Inter Bridge
<b>29</b> 10:30 Line Dance Fusion 12:00 Movie and... 1:00 Encore Bridge	<b>30</b> 9:45 BeMoved 11:00 Yoga 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH	<b>31</b> 9:30 Sewing 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 1:00 American Mah Jongg	<b>Social Services: 203-834-6238</b> Sarah Heath, Director, Social Services Lauren Hughes, Coordinator, Senior Services Phoebe Musico, Adult and Family Social Worker  <b>Senior Center: 203-834-6240</b> Lizabeth Doty, Coordinator, Senior Activities Andrea Ragusa, Computer Learning Center	

# FEBRUARY 2018

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>K E Y</b>	<b>OH</b>	Ogden House	100 River Road	203-762-8035	<b>1</b> 10:00 Yoga 10:00 Basic Drawing 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	<b>2</b> 10:00 Feldenkrais 10:00 Jewelry Work-shop 11-2 Free Sr. Swim Y 12:00 Bridge 12:00 iPhone Basics 1:30 Inter Bridge			
	<b>Y</b>	Wilton Family Y	404 Danbury Road	203-762-8384					
	<b>WL</b>	Wilton Library	137 Old Ridgefield Rd.	203-762-3950					
	<b>G</b>	The Greens	435 Danbury Road	203-761-1191					
	<b>WM</b>	Wilton Meadows	439 Danbury Road	203-834-0199					
	<b>VM</b>	Village Market	Old Ridgefield Road	203-762-7283					
	<b>VNH</b>	Visiting Nurse & Hospice	761 Main Ave., Norwalk	203-762-8958					
<b>RVNA</b>	Ridgefield Visiting Nurse	27 Governor St, Ridgefield	203-438-5555						
<b>BW</b>	Brookdale Wilton	99 Danbury Road	203-761-7999						
<b>SAHW</b>	Stay at Home in Wilton		203-423-3225						
<b>WCE</b>	Wilton Continuing Ed	395 Danbury Road	203-834-7694						
All activities are held at the Senior Center unless otherwise noted.									
<b>5</b> 9:30 Coffee and Clay 10:30 Line Dance Fusion 12:00 Movie 1:00 Encore Bridge		<b>6</b> 9:45 BeMoved 10:00 Oil/Acrylic 11:00 Yoga 12:00 Garden Club Lunch and Activity 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH		<b>7</b> 9:30 Sewing OH 10:00 Writers 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Am Mah Jongg 6:00 Memory Care Support Group BW		<b>8</b> 10:00 Yoga 10:00 Basic Drawing 12:00 Lunch 12:30 Colored Pencils 12:30-2 Blood Pressure Screening Y 12:45 Bingo 6:00 Social Services Commission		<b>9</b> 10:00 Feldenkrais 11:15 Blues with Chris Merwin 11:15 Chair Yoga 11-2 Free Sr. Swim Y 12:00 Bridge 12:00 iPad 1:30 Inter Bridge	
<b>12</b> 9:30 Coffee and Clay 10:00 Basic Word 10:30 Line Dance Fusion 11:30 Nature's Sketchbook 12:00 Movie and... 1:00 Encore Bridge		<b>13</b> 9:00 Men's Breakfast at Orem's SAHW 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 1:30 Ch. Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH		<b>14</b> 9:30 Sewing OH 10:00 Watercolor 10:00 Open Bridge 10:30 Tai Chi 1:00 Free Downloads 1:00 Am Mah Jongg		<b>15</b> 10:00 Yoga 10:00 Basic Drawing 11:45 St. Matthew's Church Lunch 12:30 Colored Pencils		<b>16</b> 10:00 Feldenkrais 10:00 Jewelry Work-shop 11-2 Free Sr. Swim Y 12:00 Bridge 1:30 Inter Bridge	
<b>19</b> President's Day Senior Center Closed 		<b>20</b> 8:30 AAA Driving Improvement Program 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 12:00 Duplicate Bridge 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH		<b>21</b> 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:00 Watercolor 10:30 Tai Chi 12:00 Lunch OH 12:45 Police Chief OH 1:00 Am Mah Jongg		<b>22</b> 10:00 Yoga 10:00 Basic Drawing 12:00 Encore Book Club 12:00 Lunch 12:30 Colored Pencils 12:45 Bingo		<b>23</b> 10:00 Feldenkrais 11-2 Free Sr. Swim Y 12:00 Bridge 12:00 Taming the Password Beast 1:30 Inter Bridge	
<b>26</b> 10:30 Line Dance Fusion 12:00 Movie 1:00 Encore Bridge		<b>27</b> 9:45 BeMoved 10:00 Oil/Acrylics 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure Screening VM 12:30 Ch. Mah Jongg 12:30 Five Crowns 1:00 Studio Knitting 2:00 Chair Yoga OH 3:00 SAHW		<b>28</b> 9:30 Sewing OH 10:00 Writers 10:00 Open Bridge 10:30 Tai Chi 1:00 Am Mah Jongg 1:30 Dialogue with Christine Tenore		<div><b>AARP Tax Help</b> <b>March 5</b> <b>9:00 a.m. to Noon</b></div>			



# DROP-IN EXERCISE CLASSES

## *at the Senior Center*

### LINE DANCE FUSION

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

This program blends traditional dance steps with elements of modern line dancing. Waltz, Mambo Italiano, Charleston, Lambada, samba electric slide and tango are rolled into one to keep your feet moving and your heart pumping. This is a great form of exercise and social interaction for beginners as well as experienced dancers. Beatriz Araujo, Instructor.

### BEMOVED

Tuesdays, 9:45 a.m. to 10:45 a.m., \$5 per class

BeMoved® is a dance fitness experience for adults of all movement abilities. It is designed to deliver a safe, body-friendly movement experience that improves the quality of a person's movement. The class starts with a warmup and easy-to-follow therapeutic movements that activate core strength and balance while improving flexibility and coordination. Each class focuses on a different musical dance genre using continuous, engaging dance combinations to inspire anyone from first-time dancer to professional. The class concludes with a cooldown that brings the workout full circle, leaving participants feeling rejuvenated. Phyllis Hirschfield, Instructor.

### TAI CHI

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

Tai Chi contains a series of gentle and graceful movements performed with respiration coordination and deep concentration. Practicing Tai Chi leads to relaxation of the body and mind, improves flexibility and balance, and enhances energy and general well-being. Tai Chi has been shown to prevent falls and improve the functioning of daily activities. Joe Alampi, Instructor.

### TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to 12:00 p.m.

Thursdays, 10:00 a.m. to 11:00 a.m., \$3 per class

Denise O'Hearn, owner of Vibrant Moves in Wilton, conducts this gentle yoga class that warms up your joints, stretches and strengthens your muscles and helps your balance and focus. Classes include warmups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

### FELDENKRAIS

Fridays, 10:00 a.m. to 11:00 a.m., \$5 per class

Do you limit yourself without even knowing it? Do other people try to tell you how you feel? It's time to take charge of your own comfort and discard the movement patterns that hold you back. You are the only person living in your body. Why not make it a home you enjoy! 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. Cathy Paine, Instructor.



## BRIDGE ANYONE?

*If you would like to join other seniors in an afternoon of bridge at the Senior Center, call the organizers listed below:*

**Encore Bridge:** Mondays at 1:00 p.m., contact Maureen Turnier at 203-762-9386 to play.

**Duplicate Bridge:** First Wednesday of the month at 1:00 p.m., contact Lois Bruce at 203-762-5818 to play.

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

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

*If you would like to play bridge in a supervised setting, think about these:*

### Open Bridge with Mike

Come and drop in for this Open Bridge session. This is a great way to refresh your bridge-playing skills, learn current conventions, and get used to playing all over again. For all levels of play. This is not a sanctioned game. Michael Hess will supervise. Wednesdays, 10:00 a.m. to 12:00 p.m., \$5 drop-in fee.

### Introduction to Bridge

This class is for the player with very little or no bridge experience. You will experience this entertaining and mentally demanding team game from the beginning steps to more advanced concepts by playing the game. Fridays, 11:30 a.m. to 1:15 p.m., \$75 for the eight-week series. Signup: 203-834-6240.

### Intermediate Bridge

Once you have been introduced to the fundamentals of bridge, Michael Hess will take you deeper into the complexities of the game. Fridays beginning January 19, 1:30 p.m. to 3:30 p.m., \$75 for the eight-week series. Signup: 203-834-6240.



# LOOKING FOR A WINTER ACTIVITY?

## *Come to the Senior Center*

### Wilton Garden Club

First Tuesday of the month

12:00 p.m. to 1:30 p.m., \$3 for lunch

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

### Comstock Writers Group

First and third Wednesday of the month

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

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

### Studio Knitting

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

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

### Chinese Mah Jongg

Second and fourth Tuesday of the month

12:30 p.m.

Kay Chann supervises the players of Chinese Mah Jongg during this gathering. If you would like to learn how to play, Kay will be happy to instruct you. Come and see the game in action. Call Kay at 203-544-7414 for information.

### American Mah Jongg

Wednesdays, 1:00 p.m.

American Mah Jongg is different from Chinese Mah Jongg in several ways. American Mah Jongg utilizes racks, jokers, and "Hands and Rules" score cards. It has several distinct game-play mechanics. Come and see this game in action. In order to play, call Gale Roeder 203-762-3784 or Pat Wernig 203-762-1739.

### Monday Movies

Mondays, 12:00 p.m. to 2:15 p.m.

Bring your lunch and enjoy quality features in the comfort of the Senior Center lounge.

### Jewelry Workshop with Viola Galetta

First and third Friday of the month

10:00 a.m. to 12:00 p.m.

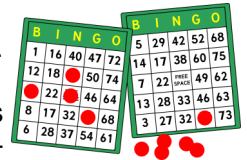
\$5 drop-in fee

No prior experience is necessary for this jewelry-making workshop. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style.

### Bingo

Thursdays, 12:45 p.m. (except Jan. 18 and Feb. 15)

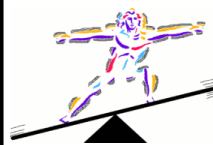
Join the fun and the challenges afforded by playing over 60 different bingo game configurations. Fee: 25 cents per card. Winner takes all!



### Five Crowns

Tuesdays, 12:30 p.m.

Five Crowns is a progressive rummy-style card game. It has spades, hearts, diamonds, clubs, and stars! It can be played by two to seven players. It's easy to learn and lots of fun to play. Call Nerina Klobas at 203-210-5624 for details.



### Free Balance Strengthening and Fall Prevention Workshop January 26, 11:15 a.m. Senior Center Lounge

Join Professional Physical Therapists and FirstLight Home Care as they offer an interactive session to strengthen your balance and prevent falls. Workshop participants will experience free hands-on balance tests, exercises, and fall prevention techniques. Whether you've fallen in the past or not, this will help you continue to live safely in your own home.

This event is limited to the first 25 participants. Call the Senior Center at 203-834-6240 to reserve your place.

### Senior Indoor Tennis Workshop

Fridays, January 5 to February 2, 10:30 a.m. to 11:30 a.m.

This workshop is designed for those seniors looking to start playing or get back on the court. Tennis racquets, balls, and net will be provided by the instructor, Glen Englander. \$50 per person; Register at Parks and Rec or call 203-736-7272.

**Wilton Library presents "Free Downloads"  
Senior Center Technology Room**

**Free Downloads – eBooks and EAudiobooks**

Wednesday, January 10

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

BYOD – Bring your own device and learn how to download free eBooks and eAudiobooks through the library.

**Free Downloads – eMagazines**

Wednesday, February 14

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

BYOD – Bring your own device and learn how to download free popular magazines to your mobile device or computer.

There is something for everyone and hours of enjoyment for patrons with Wilton Library cards. This is presented by Wilton Library for seniors at the Senior Center. **Registration required.** Register online or call the library at (203) 762-6334.



**Respite  
Program  
Offers**

**Relief for Caregivers**



Are you a primary caregiver for a loved one? If so, you are keenly aware that caregivers need an occasional break from the responsibilities of tending to someone with Alzheimer's disease or related dementia, chronic illness, traumatic brain injuries, or other problems. To relieve stress for caregivers, or to simply allow caregivers to meet other obligations or attend family events out of town, our Respite Program may be your answer. Your loved one's stay at our facility can be as short as a week or as long as a month. Respite residents receive the same level of care as our long-term residents in a safe and loving environment. Our staff of dedicated nurses, rehabilitation therapists, social workers and registered dietitians work together to meet each individual's needs. In addition, we encourage our respite residents to socialize and enjoy a variety of therapeutic recreation activities throughout the day. Contact us for more information.

*Campus of Care*  
435-439 Danbury Road, Wilton  
www.thegreensatcannondale.com  
203-761-1191

**CONTINUING EDUCATION CLASSES  
at the Senior Center**

Register by calling 203-834-7694 or online at  
[www.wiltoncontinuinged.org](http://www.wiltoncontinuinged.org)

Full descriptions are available in the catalogue.

**BASIC DRAWING**

10 Sessions, Thursdays, February 1 to April 5, 10:00 a.m. to 12:00 p.m.

**BIG BRUSH, BIG FLOWERS, BIG COLOR**

1 Session, Wednesday, January 17, 10:00 a.m. to 12:30 p.m.

**COFFEE 'N' CLAY**

2 Sessions, Mondays, February 5 and 12, 9:15 a.m. to 11:15 a.m.

**CREATE LIKE THE GREAT: Mixed-Media Sculpture Workshop**

2 Sessions, Mondays, April 16 and 23, 9:15 a.m. to 11:15 a.m.

**DRAWING THE LANDSCAPE: All Skill Levels**

8 Sessions, Mondays, March 5 to April 30, 11:30 a.m. to 1:30 p.m.

**DRAWING THE PORTRAIT WITH COLORED PENCILS: All Skill Levels**

10 Sessions, Thursdays, February 1 to April 5, 12:30 p.m. to 2:30 p.m.

**OIL PAINTING & ACRYLICS**

8 Sessions, Tuesdays, February 6 to March 27, 10:00 a.m. to 12:30 p.m.

8 Sessions, Tuesdays, April 17 to June 5, 10:00 a.m. to 12:30 p.m.

8 Sessions, Tuesdays, June 19 to August 14, 10:00 a.m. to 12:30 p.m.

**WATERCOLOR WORKSHOP**

8 Sessions, Wednesdays, January 31 to March 28, 10:00 a.m. to 12:45 p.m.

**Lunches and Programs at Ogden House**

*Lunch, prepared by the volunteers from the  
Wilton Congregational Church, is served at noon.*

Wednesday, January 17, 12:45 p.m. to 1:30 p.m.

Missing Links Project is a dynamic program which takes us down memory lane through news events, entertainment, fashions and fads, sports, hobbies, and music.

Wednesday, February 21, 12:45 p.m. to 1:30 p.m.

Police Chief John Lynch will give the "state of the town" update after lunch. The lunch is compliments of the Wilton Police Department. The Police Officers serve the lunch.

## Chris Merwin

presents

### A Musical Trilogy: American Roots

11:00 a.m., Senior Center Lounge

#### Blues

Friday, February 9

This program delves into blues music which gave birth to rock-n-roll. It focuses on delta blues, which originated in the Mississippi delta region and is one of the earliest forms of blues going back to the turn of the last century. Blues started at the end of the 19th century, born out of field-hollers, spirituals, and European folk songs. Along with country music, it is the precursor to jazz, rock-n-roll, and pop music. Eventually the blues and country musicians got together, made friends, and taught each other their music, giving birth to country blues, a fusion of the two styles. Country blues is also featured in this show.

#### Country

Friday, March 16

Country uses the same chord progressions as the blues and isn't very different lyrically. The two forms are quite the same in many ways. They are both considered to be the roots of our current popular music, hence the musicians term "roots music." This show will feature music by country legends Hank Williams, Johnny Cash, and Buck Owens.



Chris Merwin

#### Gospel, Bluegrass, and Folk

Friday, April 13

This show is the third installment in the American roots series. It combines three styles that are not fully related, but are part of the roots music canon. Bluegrass, basically faster country music, was played throughout the south and has its roots in English, Scottish, and Irish folk music, including jigs and reels. It started in the Appalachian region in the 18th century. Folk music is related to blues and country, and gospel music has had a strong influence on the blues, despite people "back in the old days" saying blues was the devil's music. Traditional and contemporary gospel will be featured.



**Lower your auto insurance costs and improve your driving skills!**

Register for one of AAA's **FREE** Driving Improvement Programs!

**Tuesday, January 16**

**Tuesday, February 20**

**Thursday, March 15**

**Comstock Community Center**

**8:30 a.m. – 12:30 p.m.**

Our Driver Improvement Program is aimed at experienced drivers who wish to improve their driving skills and review defensive driving basics. By completing this class drivers 60 years of age and older may qualify for a minimum 5% discount\* on their auto insurance. In fact, some insurers provide that discount to experienced drivers as young as 55. We encourage you to check with your insurer to see what benefits they offer.

This course is taught by Lieutenant David Hartman of the Wilton Police Department. A graduate of Wilton High School with 18 years experience in law enforcement. Lieutenant Hartman was on the traffic division for five years, is a Field Training Officer, a Child Safety Seat Technician certified by the NHTSA and the night-shift supervisor.

Register online by visiting [www.aaa.com/driverimprovement](http://www.aaa.com/driverimprovement) or **call AAA** at 203-937-2595, ext. 4684 for more information.

**PLEASE CONTACT YOUR INSURER IN ORDER TO DETERMINE WHAT AUTO INSURANCE BENEFIT, IF ANY, WOULD BE ASSOCIATED WITH THIS PROGRAM.**

*\*The discount doesn't cover uninsured motor coverage, rental reimbursements, and towing and labor costs. Check with your insurer.*

**When you're 20,  
you care about what everyone thinks.  
When you're 40,  
you stop caring about what everyone thinks.  
When you're 60,  
you realize no one was ever thinking about you in  
the first place.**

*—Winston Churchill*

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

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## **VISITING NURSE AND HOSPICE**

OF FAIRFIELD COUNTY  
PRESENTS

### **The Conversation Project**

Senior Center Lounge, 11:00 a.m.,  
Mondays, January 8 and 22

Moderator: Christine Pfeffer, RN, MS, Director of Hospice



The Conversation Project is dedicated to helping people talk about their wishes for end-of-life care. Many people are dying in a way they would not choose. Loved ones are left feeling bereaved, guilty, and uncertain. It's time to transform our culture from not talking about dying to talking about it. It's time to share the way we want to live as we near life's end. And it's time to communicate about the kind of care we want and do not want for ourselves.

The place for this to begin is at the kitchen table—not in the intensive care unit—with the people we love. Together we can make these diffi-

cult conversations easier. We can make sure that our wishes and those of our loved ones are expressed and respected. Have you had **the conversation** about end-of-life care?

The goals of the two-session workshop are to demonstrate the importance of having the conversation; identify barriers to having the conversation; and develop a personal and professional plan of action.

Reservations: 203-834-6240.