



CORRIDORS

M
A
R
C
H
-
A
P
R
I
L

2
0
1
1

What About Vitamin D?

Recent studies have examined the relationship between inadequate blood levels of Vitamin D and diseases such as cancer, heart disease, Alzheimer's disease and diabetes. While it is agreed that the "sunshine vitamin" is essential for bone health and other health functions, no causal relationship has been established between these diseases and Vitamin D levels.

"Anyone taking Vitamin D supplements should be aware of the emerging facts and new recommendations," says Elaine Abrams MPH, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. "Right now, a lack of consensus in the research community has resulted in confusion and conflicting advice."

Abrams will present "Vitamin D: What You Should Know" on Wednesday, April 27 at 12:45 p.m. at Ogden House. She will discuss recent changes in daily intake reference values for Vitamin D, measuring Vitamin D in the blood, groups at risk for deficiency, health risks from excessive Vitamin D, and important dietary sources.

How much vitamin D should I take?

The Institute of Medicine, which sets recommended daily levels for nutrients, released new 2010 guidelines noting that healthy adults over age 70 need 800 IU daily of Vitamin D through diet and/or supplements to maintain bone health. This represents an increase over previously recommended levels of 200-600 IU daily. However, you should discuss your adequate vitamin D intake with your physician. A blood test that measures one's vitamin D level is now widely available.

Can too much vitamin D (via supplements) cause problems?

Vitamin D can be toxic in high doses. The U.S. Food and Nutrition Board states that an intake of 2000 IU per day is the upper limit for safety. If you are concerned that you might be getting too much vitamin D, consult your doctor.

If I use sunscreen, will it make me deficient in vitamin D?

Proper sunscreen use and other sun protection practices may decrease vitamin D synthesis. However, there are proven benefits

from protecting your skin against the harmful effects of UVB radiation. That is why the safest and recommended way to obtain adequate vitamin D is through a combination of diet and supplements.

What are the best dietary sources of Vitamin D?

Vitamin D exists naturally in some foods in small amounts and it can be difficult to get enough from diet alone. However, most dairy products and cereals and some orange juice are now fortified with Vitamin D. Check food labels for Vitamin D content. For example, a cup of fortified milk has about 120 IU of Vitamin D, whereas one three-ounce serving of sockeye salmon can contribute up to 800 IU of Vitamin D.

If I decide to take a supplement, should I take vitamin D3 or vitamin D2?

Two forms of vitamin D are used in supplements—D3 and D2. D3 is the preferred form as it is chemically similar to the form of vitamin D produced by the body and is more effective at raising the blood concentrations of vitamin D.

To register for the program, contact Lizabeth Doty at the Senior Center at 203-834-6240.

Visiting Nurse
& Hospice
of Fairfield County



Bringing Healing and Comfort to Our Community

Where to Find Help When Facing Economic Hardship

Catherine Pierce, LCSW, Director, Wilton Social Services

Phone: 203-834-6238

Fax: 203-563-0172

Wilton Social Services provides counseling, information, referral, and emergency financial assistance to Wilton residents who are experiencing financial difficulties. We encourage people to call our office to discuss our services. Confidentiality is assured.

State and federal programs designed to assist individuals and families during difficult economic times include fuel assistance, nutritional assistance and emergency financial assistance

Heating Assistance

The **Connecticut Energy Assistance Program (CEAP)** provides energy assistance grants for heat to households with income no greater than 60% of the State Median Income, e.g. individual, \$31,712.72; couple, \$41,470.48; and family of 4, \$60,986.. Asset limits are \$10,000 for homeowners and \$7,000 for renters. Retirement accounts are not counted as assets for those under the age of 59 ½. Apply through Wilton Social Services (203-834-6238) or at NEON in Norwalk (203-663-7337). Call for an appointment.

Operation Fuel provides a one-time grant of \$350 to low-income households for deliverable fuel. The program also assists with non-heat utility bills that are overdue. Income must be under 60% of the State Median Income which for an individual is \$31,712.72; couple, \$41,470.48; and family of 4 \$60,986. There is no asset test. Apply through Wilton Social Services (203-834-6238).

Food Assistance

SNAP is the **Supplemental Nutritional Assistance Program** provided through the Connecticut Department of Social Services. For more information contact Catherine Pierce at Wilton Social Services or visit www.ct.gov/dss and click on **SNAP** for more information and an application. Applications should be mailed to Department of Social Services, 1642 Bedford Street, Stamford, CT 06905.

Angel Food Ministries is a non-profit, non-denominational organization that provides food relief and financial support to communities At a local Fair-

field County site, Wilton residents may purchase inexpensive and healthful food. One order provides a family of four with food for one week at a cost of \$30. There are smaller options for seniors. Learn more at www.angelfoodministries.com.

Wilton Social Services operates the **Wilton Interfaith Food Pantry** at the Comstock Community Center at 180 School Road. Hours of operation are:

Monday	1:30 p.m. to 4:00 p.m.
Tuesday	9:00 a.m. to 12 noon
Wednesday	9:00 a.m. to 12 noon 2:30 p.m. to 5:30 p.m.
Thursday	9:00 a.m. to 12 noon
Friday	1:30 p.m. to 4:00 p.m.

There are perishable and non-perishable food, personal care items, paper products, and detergents. Call Wilton Social Services at 203-834-6238.

Health Insurance

The state of Connecticut offers free and low-cost health insurance to individuals and families. Learn about **HUSKY** and **Charter Oak** at www.ct.gov/dss. Click on the **HUSKY** and **Charter Oak** links. Apply through Wilton Social Services or the website.

Emergency Financial Assistance

The **Wilton Interfaith Fund** and the **Salvation Army** provide emergency funds for Wilton residents in need. They help pay for emergency oil deliveries, utility bills to prevent shut offs, rent, and other expenses. A financial application and a confidential appointment with Catherine Pierce, Director, Wilton Social Services are required. Please call 203-834-6238 to discuss these programs.

*Printing costs for this issue
have been underwritten by*



PLAY READING



Monday, March 7

Moderator—Sherman Poultney

Androcles and the Lion

by George Bernard Shaw

This play is a retelling of the consequences of the meeting of Androcles, a slave, and a wounded lion. Shaw's tale of early Christianity stars an amiable chap who refuses to hunt or kill and who befriends animals to the degree that he is able to remove a thorn from a lion's paw. Enjoy this cynical, humorous, poignant, and hypocritical view of religion versus humanism.



P.S. The movie version of "Androcles and the Lion" will play in the Senior Center lounge on Monday, March 14, at 12:30 p.m.

Monday, April 4

Moderator—Andrea Ragusa

The Would-Be Gentleman by Moliere

This seventeenth century comedy of manners, first published in 1671, takes place in Paris. The central character is a tradesman who aspires to be a gentleman. He believes that superficial manners, accomplishments, and speech are necessary goals. To that end he engages a dancing master, a music master, a fencing master, a philosophy teacher, and other tutors who are as vain and ignorant as he is. They constantly quarrel among themselves as to which art is the most important.

BROOKDALE PLACE

On Saturday, March 19, from 2 to 4 p.m. Brookdale Place of Wilton at 96 Danbury Road will hold an open house. The public is invited to visit the community and enjoy light refreshments.

On Thursday, April 28, at noon Brookdale Place of Wilton will present a lunch-and-learn program. Ana Nelson, Fairfield County's Regional Director with the Alzheimer's Association, will speak on "What to Know about Memory Loss and Current Alzheimer's Research." Seating is limited. Please call Christy Perone at 203-761-8999 to reserve space.

Book Discussion



Book Discussion takes place at the Senior Center at 11:00 a.m. on the fourth Tuesday of the month. Lunch (\$3) is served at noon. Call 203-834-6240 to reserve a place.

Tuesday, March 22

Discussion Leader – Kathy Leeds

***The Help* by Kathryn Stockett**

Kathryn Stockett's novel featuring three extraordinary women creates an engrossing portrait of the rural South in the 1960's. The main character, Eugenia "Skeeter" Phelan, has returned home to her parents' cotton farm after graduating from Ole Miss. Anxious to become a writer, she begins to collect the stories of the black women on whom the country club set depends. At first these women are afraid to cooperate with her but in time two stalwart women, Aibileen and Minny, agree to tell their stories and are able to convince ten others to do the same. The book Skeeter puts together shocks the white community but brings hope to the black community and gives her the courage to pursue her dreams.

Tuesday, April 26

Discussion Leader – Miwako Ogasawara

***The Comedians* by Graham Greene**

Set in Haiti during the time of "Papa Doc" Duvalier and the Tonton Macoute, this is a novel of adventure and intrigue. Both tragedy and comedy, it was written at a time of crisis in Greene's personal life and the book reflects this in its setting in a country in crisis, a time of terror and stress. Beginning with a voyage on a Haiti-bound cargo ship where the main characters named Brown, Smith, and Jones originally meet, the story reveals that no character is who he really seems to be. Tragic and troubled, in a sense they are all comedians and at a certain point each is described as such. Paul Theroux in his introduction to the paperback edition states: "Haiti had no fiction—and hardly had a face—until Greene wrote this book."

Please call the Wilton Library 203-762-3950
in advance to reserve your copies!

MOVE, STRENGTHEN, AND STRETCH



Julieenne Camhi

Attention active seniors! Join this exciting, new fitness class on **Friday mornings from 10:30 a.m. to 11:30 a.m.** until the end of April. Location is the Senior Center. Each class combines light aerobic movement for heart health with light weights for strength and gentle stretching to tone your body. Move at your own pace. Fee for this drop-in class is \$3 per class.

Move, Strengthen, and Stretch is taught by Julieenne Camhi, a Norwalk resident with ten years of experience and certifications as Health Fitness Specialist, Personal Trainer, and Group Exercise Instructor. She is a Certified Personal Trainer with Visiting Nurse & Hospice of Fairfield County and is a group fitness instructor at Tully Health Center, Norwalk Community College, and at the Edgehill Senior Residence in Stamford. Call Lizabeth Doty at 203-834-6240 for more information.

SKETCHING AND PAINTING FOR ALL

Discover the hidden talent you may have. Viola Galetta will instruct **beginners** in the basics of drawing still life, landscape, and even portrait. Students will experiment with acrylics and water colors in a relaxed atmosphere. No experience necessary. Please bring a sketchpad and soft pencil to the first class. (Available at Walmart or art supplies stores.) Additional materials needed for future classes will be discussed during this class.

Date: March 18 and April 15
Time: 10:30 a.m. to noon
Fee: \$10 drop-in fee per class

DON'T FORGET THESE "GOOD OLE" WEEKLY ACTIVITIES...

No one really chooses to age, but unfortunately it just comes with the passage of time. As we age, it often becomes difficult or even painful to move, and we tend to slow down or sometimes even stop moving altogether. If we stop moving, the body loses strength, and we feel even more stiffness and pain. It's a vicious cycle. To stay active and vibrant, it's imperative to keep moving.

Do you want to keep moving through dance? Gail Shapiro leads the **Line Dancing** on Mondays at

BLOOD PRESSURE SCREENINGS

Sponsored by Visiting Nurse & Hospice

Wednesday, March 16 and April 20
Wilton YMCA, 404 Danbury Road
9:00-10:30 a.m.

Tuesday, March 22 and April 26
Village Market, 108 Old Ridgefield Road
12:30-2:00 p.m.

Thursday, March 3 and April 7
Wilton Senior Center, 180 School Road
11:00 a.m.-12 Noon

Friday, March 4 and 18 and April 1 and 15
Ogden House, 100 River Road
9:30-11:00 a.m.

ENHANCE FITNESS

Through a grant from Enhance Fitness, Mary Ann Genuario, Health and Fitness Director at the Wilton Family Y, brings the Enhance Fitness program to the Senior Center. The one-hour class includes 30 minutes of endurance-type activity and specific strengthening exercises for legs, trunk, arms and shoulders. Enhance Fitness helps to maintain or enhance cardio-respiratory fitness, muscle strength, balance and flexibility.

The class is taught by Denise Suarez and Leslie Hinshaw, instructors at the Wilton Y. It takes place on Mondays, Tuesdays, and Thursdays from 9:00 a.m. to 10:00 a.m. Fee for this drop-in class is \$3 per class.

10:30 a.m. in the dance studio.

Do you prefer a quieter exercise? Denise O'Hearn conducts two **Yoga** sessions each week. One takes place on Tuesdays at 11:00 a.m., and the other takes place at 10:00 on Thursdays. Debbie Dong teaches **Tai Chi** on Wednesdays at 10:00. Both Tai Chi and Yoga are a great way for seniors to tune into their bodies and to learn effective and gentle ways to keep moving and to heal. Why not give it a try????

CHOLESTEROL SCREENING

DATE: Tuesday, April 12

TIME: 8:30 a.m. to 11:30 a.m.

LOCATION: Visiting Nurse & Hospice of Fairfield County, 761 Main Avenue, Suite 114, Norwalk (across from Walmart on Main Ave)

COST: \$25 includes total cholesterol, LDL, HDL, triglycerides & glucose, blood pressure, BMI calculation and health counseling session with RN. By appointment only. Please call 203-762-8958.



CRIS RADIO

**Connecticut's Talking
Newsstand for the Blind
and Print-Handicapped**

CRIS Radio, a non-profit 501(c)(3) is Connecticut's only radio-reading service. It broadcasts news and information for people with visual, physical, or learning disabilities that prevent them from reading printed material. The free service offers timely access to daily newspapers and more than 30 current magazines, 24 hours a day, seven days a week.

CRIS Programs include:

- Front Pages News Hour—Top daily news featured in local, state, and national newspapers
- Regional Round-Up News Hour—Afternoon news updates featured in regional newspapers
- CRIS Sports—Sports news featured in state and national newspapers
- Market Time—Sale items featured in grocery and department store circulars
- Live and Times—Obituaries featured in local and state newspaper

Approximately 80 percent of CRIS listeners are 50 years and older. Up to 50,000 people in Connecticut are eligible to receive CRIS services. Call 860-527-8000 or email info@crisradio.org for more information.

Seminar with Sonia



To awaken the sleeping teacher inherent in all of us, learn the simple steps of self-hypnosis with Sonia Katz. In a recent interview, Ms. Katz explained: "It is a skill that can be easily understood and implemented. I have used this knowledge for over 40 years and want to share this with you. Join me for a workshop of fun and relaxation whatever your age or experience. This is a positive step to improving the quality of your life. After all, hypnosis is really focused concentration."

Ms. Katz studied hypnosis with Dr. Brian Weiss, author of *Many Lives, Many Masters*. Ms. Katz will teach how to achieve relaxation through breathing techniques, guided meditation, and position, and how to plant the proper suggestions in the unconscious mind in order to achieve goals.

When: Thursdays, April 14, 21, and 28 at 2:00 p.m.

Where: Senior Center


Fee: \$5 per class

TAKING THE "LOSS" OUT OF HEARING LOSS

HLAA Southwestern CT Chapter Meeting
Saturday, April 16, at United Covenant Church,
68 Westport Rd (Rt 33), Wilton

Don't miss this special presentation about the importance of addressing feelings of grief and loss associated with sudden or gradual hearing loss or other physical impairment. Participants will be encouraged to share their personal experiences and to join a guided, stress-reducing meditation session presented by Nanette Greene and Kristin Carpenter of Visiting Nurse & Hospice of Fairfield County. Nanette is a licensed professional counselor with extensive training in mindfulness-based stress reduction from the University of Massachusetts Medical School. Kristin is a licensed clinical social worker currently providing individual and group grief and bereavement services to patients and their families. Program is free and open to the public. For more information about the Hearing Loss Association of America Southwestern Connecticut Chapter, call Alan Gould, President, at 203-834-9737 or visit <http://heareez.org>.

MARCH 2011

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 Enhance Fitness 11:00 Yoga 12:00 Garden Club Activity and Lunch	2 9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH compliments of the Wilton Police Program: Chief Michael Lombardo 12 Duplicate Bridge	3 9:00 Enhance Fitness 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:45 Bingo	4 9:30-11 Blood Pressure OH 10:00 Jewelry Workshop 10:00 Movie, "Razor's Edge" 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30-3 Free Senior Swim Y 1:30 Beginner Bridge
7 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:30 Play Reading with Sherman	8 Philadelphia Flower Show 9:00 Enhance Fitness 11:00 Yoga 1:00 Comstock Knitters and Crafters	9 9:30 RSVP 10 Tai Chi 12:00 Lunch OH Program: Jerry King Music	10 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 5:30 Social Service Commission	11 10:30 Move, Strengthen, Stretch 12 Bridge 1:30-3 Free Senior Swim Y 1:30 Beginner Bridge
14 9:00 Enhance Fitness 9-12 AARP Tax Help 10:30 Line Dancing 11:30 Coffee and... 12:30 Movie, "Androcles and the Lion"	15 8:45 Watercolor Art OH 9:00 Enhance Fitness 11:00 Yoga 12 Duplicate Bridge	16 9-10:30 Blood Pressure Screening Y 9:30 RSVP 10:00 Tai Chi 10:00 Comstock Writers 12:00 Lunch OH Program: Dayle Friedman	17 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo 	18 9:30-11 Blood Pressure Screening OH 10:30 Move, Strengthen, Stretch 10:30 Painting with Viola 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Senior Swim Y
21 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and...	22 8:45 Watercolor Art OH 9:00 Enhance Fitness 9:30 Intro to Computer 11:00 Yoga 11 Book Discussion with Kathy Leeds 12:00 Lunch 12:30-2 Blood Pressure, VM	23 9:30 RSVP 10:00 Tai Chi 12:00 Lunch OH Program: Get Rid of your Stuff Bingo	24 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:45 Bingo	25 9:30 Intro to Computer 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Free Senior Swim Y
28 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:15 Forever Fit Y 1:00 Comstock Knitters and Crafters	29 8:45 Watercolor Art OH 9:00 Enhance Fitness 9:30 Beyond Beginners- Word 2007 11:00 Yoga	30 9:30 RSVP 10 Tai Chi 12:00 Lunch OH Program: "Echoes of Sinatra" sponsored by Laurel Ridge Health Care	31 9:00 Enhance Fitness 9:30 Beyond Beginners- Word 2007 10:00 Yoga 12:00 Lunch 12:45 Bingo	

APRIL 2011

Monday	Tuesday	Wednesday	Thursday	Friday
K E Y	OH Ogden House	100 River Road	203-762-8035	1
	Y Wilton Family Y	404 Danbury Road	203-762-8384	9:30-11 Blood Pressure Screening OH
	WL Wilton Library	137 Old Ridgefield Rd.	203-762-3950	10:00 Jewelry Workshop
	G The Greens	435 Danbury Road	203-761-1191	10:30 Move, Strengthen, Stretch
	WM Wilton Meadows	439 Danbury Road	203-834-0199	12:00 Bridge
	VM Village Market	Old Ridgefield Road	203-762-7283	1:30 Beginner Bridge
	NHC Nursing & Home Care	761 Main Ave. at	203-762-8958	
	B Brookdale	96 Danbury Road	203-761-8999	
	LR Laurel Ridge	642 Danbury Rd.	203-438-8226	
4 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 12:30 Play Reading with Andrea	5 8:45 Watercolor Art OH 9:00 Enhance Fitness 9:30 Word Graphics 11:00 Yoga 12:00 Garden Club	6 9:30 RSVP 10:00 Comstock Writers 10:00 Tai Chi 12:00 Lunch OH Program: Wilton Volunteer Ambulance Corps 12 Duplicate Bridge	7 9:00 Enhance Fitness 9:30 Word Graphics 10:00 Yoga 11-12 Blood Pressure Screening at the Senior Center 12:00 Lunch 12:45 Bingo	8 8:15-12:30 55 ALIVE! 10:00 Jewelry Workshop 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
11 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and...	12 8:30-11:30 Cholesterol Screening VNH 8:45 Watercolor Art OH 9:00 Enhance Fitness 9:30 Advanced Graphics 11:00 Yoga 1:00 Comstock Knitters and Crafters	13 9:30 RSVP 10 Tai Chi 12:00 Lunch at OH Program: WWC Bingo	14 9:00 Enhance Fitness 9:30 Advanced Graphics 10:00 Yoga 12:00 Lunch 12:45 Bingo 2:00 Seminar with Sonia 5:30 Commission on Social Services	15 9:30-11 Blood Pressure OH 10:30 Sketching and Painting with Viola <i>There's no Move, Strengthen, and Stretch today.</i> 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
18 9:00 Enhance Fitness 9:30 Textboxes 10:30 Line Dancing 11:30 Coffee and...	19 8:45 Watercolor Art OH 9:00 Enhance Fitness 9:30 Word Art 2007 11 Yoga 12 Duplicate Bridge	20 9-10:30 Blood Pressure Y 9:30 RSVP 10 Comstock Writers 10 Tai Chi 12 Lunch at OH Program: ITN Transportation Service	21 9:00 Enhance Fitness 9:30 Organize your Biographical Material 10:00 Yoga 11:45 Wilton Senior Council Meeting at Brookdale 2:00 Seminar with Sonia	22 9:30 Personalize your Word Program 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Wilton Family Y Free Swim for Seniors
25 Mohegan Sun Casino Trip 9:00 Enhance Fitness 10:30 Line Dancing 11:30 Coffee and... 1:00 Comstock Knitters	26 8:45 Watercolor Art OH 9:00 Enhance Fitness 11 Yoga 11 Book Discussion with Miwako Ogasawara 12:00 Lunch 12:30-2 Blood Pressure at Village Market	27 9:30 9:30 RSVP 10 Tai Chi 12:00 Lunch OH Program: Vitamin D with Elaine Abrams	28 "Singing in the Rain" Trip OH 9:00 Enhance Fitness 10:00 Yoga 12:00 Memory Loss Presentation B 12:00 Lunch 12:45 Bingo 2:00 Seminar with Sonia	29 10:30 Move, Strengthen, Stretch 12:00 Bridge 1:30 Beginner Bridge 1:30-3 Wilton Family Y Free Swim for Seniors

Senior Center Update

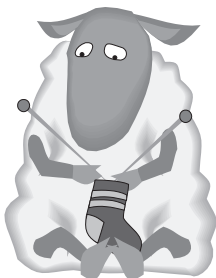
On Valentine's Day, ten women from Realty Seven devoted their energy and decorating talent to Senior Center renovations and improvements. These ladies spent the day transforming the former Senior Center space into an inviting room for seniors to eat a meal, have a cup of coffee, or just chat. The walls display vintage pictures of Wilton residents and period artifacts. Meeting Room 21 was similarly transformed into a comfortable, stylish lounge where seniors may watch a show on the large flat screen TV, read a book, or play a round of cards at one of the new tables. Meeting room 24 was transformed into the game room where cards and billiards may be played. The room is appointed with different game motif wall decorations.

Our heartfelt thanks go to Tracy Armstrong, Sharon Brameier, Pam Cole, Debbie Estes, Lynne Murphy, Jane Sementini, Dori Seamans, Karin Venditti, Katy Williams, and owner Peg Koellmer. Thanks to Judee Beardsley of Beardsley Fine Framing for the café centerpieces and to Rick Koellmer, Arthur Wienslaw and Marc DeSimone for their donation of time and carpentry skills. They did a splendid job and the seniors are already enjoying the improved facility. We could never thank them enough for their generous donation of time and talent...

But wait.... there are more changes in the works, and First Selectman Bill Brennan looks forward to holding a press conference when all the improvements have been completed.

COMSTOCK KNITTERS AND CRAFTERS

Join the Comstock Knitters and Crafters! The group meets on the second Tuesday and fourth Monday of each month at 1:00 p.m. at the Senior Center—so that's March 8 and 28 and April 12 and 25. This is an opportunity to get together with others who enjoy crafting. Any handiwork is welcome; come and spend an hour or two with people who enjoy these crafts. Join us on either Tuesday or Monday, or both! The coffee's always on! Call Lizabeth Doty for more information at 203-834-6240.



Wilton Commons Update

This past November the Town voted to extend Wilton Commons' option to lease until December 8, 2011. Since that time, the WCI Board has been working on the following priorities:

- Preparation of construction and other needed documents for the bidding and award process in March;
- Submission of plans, specifications and final construction budget to the Town in March; and
- Submission of final budgets to the Connecticut Housing and Finance Authority and the Department of Economic and Community Development in April.

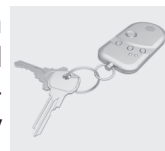
About three years ago due to the downturn in the economy we stopped our fundraising campaign. Our goal was \$2 million in pledges and donations. Since that time we have incurred over \$300,000 in expenses. Hopefully, you can help us by making a donation to Wilton Commons, Post Office Box 7505, Wilton, CT 06897. All contributions are tax deductible. As in the past, I know that we can count on you.

George Ciaccio
Chairman, Wilton Commons

55 ALIVE! DRIVING COURSE

Friday, April 8
8:15 a.m.-12:30 p.m.
Comstock Community Center

This is an adult driving education course for skill improvement. A trained facilitator will help you adjust your driving to age-related changes. You may save money on auto insurance if you are 62 or older and complete the course. Participants must be at least 50 years old and have a valid Connecticut drivers license. Class limited to 30. Fee: \$12 for AARP members; \$14 for non-members. Register at the Parks and Rec Department office in Comstock or call 203-834-6234.



AARP also makes the 55-ALIVE! Driver Safety Program available online. Check www.aarpdriversafety.org for details.

Stay at Home in Wilton is a new organization that helps seniors remain in the homes they love. More specifically, Stay at Home provides transportation to doctors, shopping, local errands, cultural events, and social activities; help with simple home maintenance tasks such as changing light bulbs and solving those irritating computer problems. When tasks are more complicated, we provide the names of vendors that we have checked out. These vendor services will not be free but many vendors will give a discount on the work they perform. We also have regular social events for members where you can enjoy getting together with your peers.

Membership in Stay at Home in Wilton costs \$360 per year (less than a dollar a day). For two folks in a home, the cost is only \$480 for both. If that cost is difficult for you, a generous donor has agreed to underwrite scholarships that will cover over 80% of the member's cost.



To sign up for membership, please check our website www.stayathomeinwilton.org for the membership form or call 203-423-3225. To apply for the reduced cost scholarship please contact Wilton Social Services who will verify your eligibility and give you a scholarship application. The identity of scholarship recipients recommended by Wilton Social Services will be known only to the Treasurer of

Stay at Home in Wilton.

On our web site, there is an opportunity to volunteer to help. Just download the volunteer application form, fill it out and send it to our P.O. box. Thanks.

Phil Richards
President, Stay at Home in Wilton, Inc.
P.O. Box 46, Wilton, CT 06897
203-423-3225

Police Chief Michael Lombardo will address seniors at luncheon

Wilton Police Chief Michael Lombardo will address the seniors gathered at the Wednesday luncheon at Ogden House on March 2 at 12:45 p.m. Our Police Chief will also answer questions from the audience.

Michael Lombardo began his career as a patrolman with the Wilton Police Department in 1981. He was assigned to specialized tasks as Field Training Officer, member of the SCUBA Dive Team, and on many occasions as an acting sergeant.

In 1993, Officer Lombardo was promoted to Detective and served as the department's crime prevention officer for several years. In 1998, he was promoted to the position of Lieutenant. In this role, he served as the Commander of the Detective Bureau until 2002 when he was transferred to the Patrol Division as one of its commanders. In 2003, Lieutenant Lombardo became the department's Training Officer and in 2004, he was once again assigned to head the Detective Bureau. On October 15, 2009,

Michael Lombardo was appointed Chief of the Wilton Police Department.

Chief Lombardo holds a Bachelor's Degree in Criminal Justice from Sacred Heart University and a Master's Degree in Criminal Justice from Boston University. In addition, the Chief attended the FBI Law Enforcement Executive Development program and participated in official training and certification programs relating to law enforcement. He also attended the Roger Williams University Criminal Justice Program for executive development.

Chief Lombardo comes from a family with a 60-year legacy of police service, including his brother Robert who is presently with the Greenwich Police Department. Chief Lombardo resides in Trumbull with his wife Cathy and two children, Dana and Michael.



Chief Michael
Lombardo

COMSTOCK COMPUTER LEARNING CENTER

180 School Road, Wilton, CT 06897

Name: _____
Address: _____
Phone: _____
E-Mail: _____



Mail this completed form along with your check payable to TOWN OF WILTON.

X	COURSE TITLE	DATES	FEE
	Introduction to Computer Fundamentals	March 22 and 25	\$25
	Beyond Beginners —Word 2007	March 29 and 31	\$25
	Introduction to Word 2007	April 5 and 7	\$25
	Word 2007 Graphics	March 22 and 24	\$25
	Advanced Graphics in Word 2007	April 12 and 14	\$25
	Quick Pick: Working with Text Boxes	April 18	\$10
	Quick Pick: Word Art in Word 2007	April 19	\$10
	Quick Pick: How to organize your materials for a Biography or Memoire you are writing	April 21	\$10
	Quick Pick: Personalize Your Word 2007 Program	April 22	\$10

For additional information on the courses listed above, call 203-834-6410 or 203-762-8445, or visit www.wiltonct.org and click on the “Corridors” newsletter, page 13.

Fifty is Nifty at Lifetime Learners Institute

Lifetime Learners Institute, a non-profit educational organization for people over 50 at Norwalk Community College, announces its Spring Semester daytime classes, beginning the week of March 20. Lifetime Learners will be offering nearly 50 non-credit, 2-hour courses. These take place in the afternoon at either 1:00 p.m. or 3:00 p.m. Topics include history, music, current events, movies, photography, languages, religions, arts, books, theater, opera, travel, and memoirs. Register early. Member course fees are only \$20 for each course, and memberships are still available for \$30. A membership card also entitles you to use the NCC Fitness Center as well as to

attend the “Lunch and Learn” guest presentations which take place on Fridays at 1:00 p.m. For additional information phone anytime 203-857-3330 to leave a message or visit www.lifetimelearners.org

The mission of the Senior Center is to provide Wilton’s older citizens with stimulating and creative opportunities for their social, physical, emotional, and intellectual enrichment.

OGDEN HOUSE

Lightweight Chair Exercise Class returns to Ogden House on Thursdays March 10 and 24 from 2:15 p.m. to 3:15 p.m. in the living room.

Betty will be teaching using Poland Spring water bottles working the upper and lower body.

She will be focusing on breathing with slow repetitive movements.

Please call the office to sign-up as dates will vary monthly.

The class is free.

Sandra Bacher teaches Watercolor Art on six Tuesdays beginning March 15 from 8:45 a.m. to 11:45 a.m. The subject will be winter landscapes.

Six classes: \$20 for Ogden House residents; \$27 for non-residents.

On Thursday, March 31, we will take a trip to the Botanical Gardens for **THE ORCHID SHOW: ON BROADWAY**. Orchids and the theatre are melded by Tony award-winning set designer Scott Pask and image maker Drew Hodges. The cost is \$7.50 for Ogden House residents and \$15 for non-residents. Lunch is on your own. We will leave Ogden House at 10:00 a.m. and return by 3:30 p.m. Call 203-762-8035 to sign-up.

ElderHouse Serving our Community for Thirty-Two Years.

ElderHouse is a private not-for-profit adult day center located in Norwalk. After 32 years it is still going strong and providing daily care for seniors.

The center provides door-to-door van transportation in five towns including Wilton. A nurse tends to daily medical issues while the seniors enjoy a wide range of therapeutic recreation programs. A home-style meal is served at noon and help with grooming and showering is also available. The center is open six days a week.

An assessment by our social worker and a visit day are available free of charge. Please contact Sally Harding, MSW at 203-847-1998 for more information.

WILTON TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED HOMEOWNERS

APPLICATION DEADLINE: FRIDAY, MAY 13

YOU MAY RECEIVE BENEFITS UNDER WILTON'S
TAX RELIEF PROGRAM FOR ELDERLY OR DISABLED
HOMEOWNERS IF...

- ◆ You were at least 65 years of age or over as of December 31, 2010, or your spouse was; or you were at least 60 years of age as of December 31, 2010, and you are the surviving spouse of a taxpayer who qualified for tax relief at the time of his/her death; or
- ◆ You are under 65 years of age and permanently totally disabled under Social Security Disability; and
-
- ◆ You have been a Wilton taxpayer for at least one year; and
- ◆ You have occupied your Wilton property as your principal residence for more than 183 days during the past twelve months; and
- ◆ Your qualifying household income for 2010 is \$75,000 or less.

YOU MAY BE ENTITLED TO A REDUCTION IN YOUR REAL ESTATE TAX AND YOU MAY BE ABLE TO POSTPONE PAYMENT OF A PERCENTAGE OF THE TAX BALANCE.

Your tax credit and tax deferral benefits will affect the real estate tax bill payable July 2011 and January 2012. Town of Wilton and State of Connecticut Tax Relief applications are available at the Town Hall Assessor's office. The filing period for both programs is February 1 to May 13. For more information, contact the Wilton Assessor's office at 203-563-0121.

Free Tax Help Available at the Senior Center

The AARP 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 14**, from 9:00 a.m. until noon to assist in tax preparation. No appointment is necessary.

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

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

Tuesday, March 8

Philadelphia Flower Show

This year's theme is "Springtime in Paris"!

**Enjoy this incredible Flower Show, or
spend the day strolling through the historic
sites of the city.**

Depart: 7:00 a.m.; Return: 7:00 p.m.

**Resident Fee: \$25.00; Non-Resident: \$35.00
(Transportation Only)**

Monday, April 25

Mohegan Sun Casino

**Test your luck with over 4,000 slot machines
and table games. Browse through the
many shops and stop by one of the eateries
for lunch.**

Depart: 8:45 a.m.; Return: 5:00 p.m.

**Resident Fee: \$25.00; Non-Resident: \$35.00
(Transportation Only)**

**Call 203-834-6234 or visit
www.wiltonparksandrec.org**

GUIDE TO SENIOR SERVICES

Catherine Pierce..... 203-834-6238
Director, Social Services/Municipal Agent for the Elderly

Lauren Hughes..... 203-834-6238
Coordinator, Senior Services

Lizabeth Doty 203-834-6240
Coordinator, Senior Activities

Andrea Ragusa..... 203-762-8445 or 203-834-6410
Comstock Computer Learning Center

Sharon Powers..... 203-834-6238
Office Assistant

Meals-on-Wheels..... 203-762-0566

Dial-A-Ride..... 203-834-6235

Town-to-Town..... 203-299-5180

FISH (medical appt. transportation) 203-834-3737

AARP 203-866-0435

RUOK (Are You OK?). 203-834-6238 or 834-6260

Mid-Fairfield Hospice..... 203-762-8958

Visiting Nurse & Hospice..... 203-762-8958

Parks and Rec Department..... 203-834-6234

Just beginning to use a computer? This is for you!

Introduction to 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 Introduction to Word 2007.

Call Andrea at 203-762-8445 or 203-834-6410 to

**Each two-session
computer class is
\$25 and takes place
from
9:30 a.m.-11:30 a.m.**

Do you already know how to use your computer? Then these are for you!

Beyond Beginners—Word 2007

This course will help you get ready for the Intro to Word 2007.

Introduction to Word 2007

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. (Guide and practice sheets included.)

Word 2007 Graphics

You will be amazed at what you can create! A quick review will cover the Office Button, Terminology, Ribbon Organization, Office Clipboard, Quick Access Toolbar, and Mini Toolbar. From the Page Layout tab, you will apply borders to pages, paragraphs and text, and apply shading with custom color selections. From the Home tab you will insert graphic styles of bullets and numbering; from the Insert tab, utilize task panes, galleries and/or contextual tool tabs for Clipart, Pictures, Positioning of Pictures, Word Art, Symbols, Special Characters, and text boxes. (Guide and practice sheets included.)

Advanced Graphics in Word 2007

This course will build on the material learned in Word 2007 Graphics. You will further enhance your subject matter in a document, simple table or columns. The Drawing function, with its many new features, will be covered in depth. You will move through the Layout Tab for margins and orientation, Home Tab for specific functions to insert text material, and the Insert Tab to incorporate Word Art, Clip Art, Pictures, and Drawings. (Guide and practice sheets included.)

Basic Excel

This course will introduce the basics of this popular spreadsheet program including essential vocabulary, concepts and features. Become familiar with entering, editing, and formatting numerical and text data. Experiment with basic database capabilities. Learn to design meaningful, attractive and useful spreadsheets. (Worksheets included.)

The Computer Learning Center offers computer classes specifically designed for adults. Come and experience computer learning in a stimulating and comfortable environ-

Want to delve a little deeper? Try a Quick Pick!

Each single-session Quick Pick class takes place from 9:30 a.m. to 11:00 a.m. The fee is \$10 per class.

Working with Text Boxes in Word 2007

Learn and practice some of the little known functions text boxes have to offer.

Word Art in Word 2007

Explore creative options for using Word Art in a poster, document and a cover page.

Bio Info

Learn how to organize your materials for a biography or memoir.

Personalize your Word-2007 Program

Learn how to set "Word Options" for your defaults until you want a change. Also learn how to set up taskbar and Quick Access Toolbar.

COMSTOCK COMPUTER LEARNING CENTER

180 School Road, Wilton, CT 06897

Andrea Ragusa, Coordinator