



CORRIDORS

SEPTEMBER-OCTOBER 2013

SENIOR COMMUNITY DAY

Comstock Community Center

Sunday, September 15, 1:00 p.m. to 3:30 p.m.

Platinum Sponsors

*Visiting Nurse and Hospice
of Fairfield County*

Brookdale Place of Wilton

Ridgefield VNA

Norwalk Hospital

*The Greens at Cannondale/
Wilton Meadows*

Rehabilitation and Heath Care

Join us at the Comstock Community Center and the Wilton Senior Center on Sunday, September 15, for the fifth Senior Community Day festivities, an invitation for adults of all ages to become informed about area opportunities for senior citizens.

Free to all who participate, the event will include presentations, demonstrations, slide shows, live entertainment, door prizes and more! When you check in, you will receive a ticket for one of the door prizes provided by the sponsors. You may claim your prize at a sponsor's booth.

Enjoy the music, ask Peter Curran to appraise your antiques and memorabilia, stroll through the exhibit area, attend an instructional session or two, and relax with light refreshments in the café.

The Senior Community Day Planning Committee responsible for organizing this event includes Judy Zucker, Commission on Social Services; Barbara Newland and Eloise Barron, Ridgefield Visiting Nurse Association; Christine Pfeffer and Elaine Abrams, Visiting Nurse and Hospice of Fairfield County; Officers Louis Reszoly and Diane Maclean, Wilton Police Department; Lizabeth Doty, Wilton Senior Center; Catherine Pierce, Wilton Social Services; Christy Perone, Brookdale Place of Wilton; Betty Johnson, Senior Consultant; Peg Koellmer, Realty Seven; Donna DeRocco and Kristen Johnson, The Greens at Cannondale and Wilton Meadows; Lois Alcosser, Public Relations; and Patrick Russo, Wilton Rotary and Realty Seven. Net proceeds will benefit the Senior Center.

Dial-A-Ride is available for transportation. Call 203-834-6235 to schedule a ride.

Gold Sponsors

Smartfix Handyman

Maplewood Senior Living

Waveny Care Network

Catamount Wealth Management

Your Patient Advocate

*Doctor and Associates/Eyewear at Willows
Wilton Commons, Inc.*

*Mercy Home Care/ Mercy Cares Boutique
Connecticut Pharmacy*

Right at Home of Greater Fairfield County

Silver Sponsors

Comfort Keepers

Dr. William T. Doty, Optometrist

Kiwanis Club of Wilton

Retired Senior Volunteer Program

Family and Children's Agency

Advanced Audiology and

Hearing Aid Services

Bronze Sponsors

Accessible Answers

Alzheimer's Association

Castaldi Financial

Conservatory of Dance

Elderhouse

Laurel Ridge Health Care

*Linda L. Eliovson and
Associates*

Wilton PBA

Quality Care Services/Joan Garbow

Realty Seven

Stay at Home in Wilton

Wilton Bank

Wilton Fire Department

Wilton Library

*Michael L Lewin, M.D. Allergies
and Asthma*

PROGRAMS AT THE SENIOR CENTER- -

TAI CHI

Wednesdays, 9:45 a.m. to 10:45 a.m., \$3 per class

Tai Chi features 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.

LINE DANCE FUSION

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

This program is a great form of exercise and social interaction. Beginners as well as experienced dancers are welcome.

MOVE, STRENGTHEN, AND STRETCH

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

Visiting Nurse and Hospice of Fairfield County brings this light aerobic movement class to the Senior Center. The exercises promote heart health with light weights for strength and gentle stretching to tone your body.

ENHANCE FITNESS

Mondays, 9:15 a.m. to 10:15 a.m.; Tuesdays and Thursdays, 9:00 a.m. to 10:00 a.m.; \$3 per class

The Wilton Family Y presents the Enhance Fitness program. 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 and enhance cardio-respiratory fitness, muscle strength, balance and flexibility.

TUESDAY AND/OR THURSDAY YOGA

Tuesdays, 11:00 a.m. to noon; Thursdays, 10:00 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 warm-ups, breathwork (pranayama), yoga postures (asanas), relaxation and meditation. Leave class feeling refreshed and alive!

WILTON GARDEN CLUB

October 1, noon 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 KNITTERS AND CRAFTERS

September 10 and 23, October 8 and 28; 1:00 p.m. to 2:30 p.m.

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

COMSTOCK WRITERS GROUP

September 4 and 18, October 2 and 16; 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.

SKETCHING AND PAINTING

September 20 and October 18, 10:30 a.m. to noon; \$10 per class

Discover your hidden talent. 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 is 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.

JEWELRY WORKSHOP

September 13 and October 4, 10:00 a.m. to 11:30 a.m., \$5 plus materials if needed

Beads, beads, beads! No prior experience is necessary. Enjoy the fun of making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones.

THURSDAY LUNCH

Thursdays, 12 noon, \$3

Join other seniors for lunch each Thursday. Seating is limited. Reservations required.

THURSDAY BINGO

Thursdays, 12:45 p.m., 25 cents per card

Join us on Thursdays for BINGO. Winners get "the pot" each game.

--CALL 203-834-6240 TO REGISTER

PLAY READING

Andrea Ragusa moderates the play reading and discussion group at the Senior Center on the first Monday of the month from 12:30 p.m. to 2:30 p.m. Participants are invited to take a role or just read along and join in the discussion of the play afterward. Copies of each play are available in advance at the Senior Center.

October 7, *Mrs. Warren's Profession* by George Bernard Shaw centers on the relationship between Mrs. Warren, a brothel owner, and her daughter Vivie. Vivie has just graduated from college and come home to get acquainted with her mother for the first time in her life. The play focuses on the characters' relationships to each other, the social hypocrisies relating to prostitution, and the limited opportunities available for women in Victorian England. Throughout the play the boundary between sexual desires and proposed marriages is blurred. The play was originally banned by the Lord Chamberlain because of its frank discussion and portrayal of prostitution. It was finally first performed on Sunday, January 5, 1902. The play was revived in 2010 in three separate venues.

Upcoming plays:

November 4, *Harvey* by Mary Chase; December 2, *A Little Murder Never Hurt Anybody* by Ron Bernas; January 6, *August: Osage County* by Tracy Letts; February 3, *Merry Wives of Windsor* by William Shakespeare Acts I, II, & III; March 3, *Merry Wives of Windsor* Acts IV & V; April 7, *Red* by John Logan; May 5, *Clybourne Park* by Bruce Norris.

Mah Jongg

There are several Mah Jongg groups which meet regularly at the Senior Center. If you would like to play, please call the following contacts:

Day	Time	Contact
Monday	1:30 p.m.	Nerina Klobas 203-210-5624
Second Tuesday	2:00 p.m.	Kay Chann 203-762-9026
Fourth Tuesday	12:30 p.m.	
Wednesday	1:30 p.m.	Gayle Rhoeder 203-762-3784

BRIDGE ANYONE?

BEGINNER BRIDGE LESSONS

As our population ages gracefully, pursuits and interests that previously seemed unexciting are viewed in a different light. There is a shift away from punishing physical stress and toward the refinement and nourishing of the intellect. Bridge is a perfect example of this phenomenon. It 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 September 27, 1:30 p.m. to 3:30 p.m., \$75 for the eight-week series. Reservations required. Class size limited.

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 level of playing. This is not a sanctioned game. Dan DeVlieg will supervise.

Wednesdays beginning September 4, 10:00 a.m. to 12:30 p.m., \$5 drop-in fee. Reservations required.

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.

Chicago Bridge: Second and fourth Wednesday of the month, contact Dorothy Wright 203-762-8567 to play.



Wednesday Lunch

Local religious and civic organization teams prepare a delicious lunch every month, open to all Wilton seniors. Lunch (\$3) takes place at the Ogden House, 100 River Road, at noon and is followed by entertainment or an educational program. Mark this year's schedule on your calendar!

<u>Date</u>	<u>Prepared by</u>
Sept. 11	Wilton Presbyterian Church
Oct. 9	Wilton Woman's Club
Nov. 13	Temple B'Nai Chaim and the Turnover Shop
Dec. 11	Wilton Congregational Church
Dec. 18	Our Lady of Fatima
Jan. 8	Wilton Congregational Church
Feb. 12	Temple B'Nai Chaim and the Turnover Shop
Mar. 12	Wilton Woman's Club
April 9	Our Lady of Fatima
May 14	Wilton Presbyterian Church
June 11	Volunteer Lunch

MONDAY MOVIES

Mondays, noon to 2:15 p.m.

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

September

9	<i>Sabrina</i>
16	<i>Air Force One</i>
23	<i>My Fair Lady, Part I</i>
30	<i>My Fair Lady, Part II</i>

October

7	<i>Beauty and the Beast</i>
14	<i>Annie</i>
21	<i>The Lion King</i>
28	<i>The Wizard of Oz</i>



Ogden House

Liz Wendell will teach gentle chair yoga on Tuesdays, beginning September 10, 2:00 p.m. to 3:00 p.m. Fee: \$3 per class.

Sandra Bacher will teach Watercolor Art on Tuesdays from October 1 to November 5, from 9 a.m. to noon. Ogden House resident fee: \$20; Non-resident fee, \$59.

To register for either class, please call Betty at 203-762-8035.



Book Discussion

Barbara Jones from the Wilton Library has prepared a wonderful reading series for the coming year at the Senior Center. Each session begins at 11:00 a.m. on the fourth Tuesday of the month. Lunch (\$3) is served at noon. Books are on reserve at the Wilton Library.

Tuesday, September 24

Discussion Leader - Judson Scruton

THE WILD BRAID: A POET REFLECTS ON A CENTURY IN THE GARDEN by Stanley Kunitz

Stanley Kunitz, twice named Poet Laureate of the United States, was not only a distinguished poet but also an ardent gardener. Throughout his long life (1905-2006) he created poetry and tended gardens. *The Wild Braid*, published in 2007, reflects conversations that took place between 2002 and 2004. None have been previously published. Beginning with the garden, the book explores personal recollections, the creative process, and the life cycle. Recipient of the 2006 American Horticultural Society Book Award, this work is described in *Booklist* as "a graceful and moving glimpse into a rare and giving artist's refined poetics, garden aesthetics, and spirituality."

Tuesday, October 22

Discussion Leader - Melissa Baker

THE GIFT OF RAIN by Tan Twan Eng

According to *The London Times Literary Supplement*, "The Gift of Rain is a war novel with a personal odyssey at its heart, one that complicates the stark lines of right and wrong during wartime...drawing the reader into a web of divided loyalties...a powerful first novel about a tumultuous and almost forgotten period of history." Set in lush tropical surroundings, the book explores the consequences of love and duty and takes the reader back to the world of Somerset Maugham; but, whereas Maugham viewed this world with cynicism, Tan Twan Eng looks at it with compassion. Both *Library Journal* and *Publishers Weekly* awarded this novel a Starred Review.

Upcoming titles:

November 26, THE SEA WOLF by Jack London; **January 28**, A TREE GROWS IN BROOKLYN by Betty Smith; **February 25**, THE GUNS OF AUGUST by Barbara W. Tuchman; **March 25**, HEART OF DARKNESS AND OTHER TALES by Joseph Conrad; **April 22**, STONER by John Williams; **May 27**, FIRST LADY OF THE CONFEDERACY – VARINA DAVIS'S CIVIL WAR by Joan Cashin.

**AVOID THE FLU!
GET VACCINATED BEFORE
FLU SEASON**

**Sponsored by Visiting Nurse &
Hospice**

Flu clinics are open to the public. No appointment is necessary.

Anyone 3 years of age or older may receive a seasonal flu vaccine ("flu shot") at these clinics.

Persons under age 18 must be accompanied by a parent or legal guardian.

Cost for the vaccine \$40. Cash, check, Medicare Part B, Aetna, and Anthem will be accepted as payment. You must bring your insurance card with you.

Pneumonia vaccine will also be available to adults age 65 or older who have not previously received pneumonia vaccine since attaining age 65. The cost is \$80 and is billable to Medicare Part B.

Senior Center
180 School Road
Tuesday, October 1
Tuesday, November 5
10 a.m. to 11:30 a.m.

Wilton YMCA
404 Danbury Road
Saturday, October 5
9 a.m. to 10:30 a.m.

Wilton Library
137 Old Ridgefield Road
Saturday, November 9
10:00 a.m. to 11:30 a.m.

Flu Info Line, 203-834-6341 ext. 444
www.visitingnurse.net



Shingles Vaccine

Shingles (herpes zoster) is an outbreak of rash or blisters on the skin that is caused by reactivation of the virus that causes chickenpox. Zostavax vaccine was approved in 2006 for use in adults 60 years of age and over to help prevent shingles and post-herpetic neuralgia. Post herpetic neuralgia is a painful complication of shingles. Adults who have had shingles may also receive vaccine to prevent future episodes.

The shingles vaccine is available at Visiting Nurse & Hospice of Fairfield County. The cost is \$200, reimbursable through most private insurance plans and Medicare Part D. It is recommended that you check with your health plan in advance. Call 203-762-8958 for an appointment or for more information. Speak to your health care provider, or log on to: <http://www.cdc.gov/vaccines>

FORGET-ME-NOT SERIES

Visiting Nurse & Hospice of Fairfield County offers this free, ongoing community education program open to those caring for a loved one with memory impairment at their iPark office location at 761 Main Avenue on the Wilton-Norwalk border. Refreshments will be provided. Reservations are needed. Please call 203-762-8958.

Social Challenges

Thursday, September 11
5:30 p.m.-7:00 p.m.

In this workshop, Kristin Carpenter, LCSW, will offer insights and the opportunity to discuss ways to deal with social challenges that a caregiver encounters with friends and family members when caring for a loved one with memory impairment.

Upcoming sessions:
December 3, Intimacy Issues; February 4, Anticipatory Grief

BLOOD PRESSURE SCREENINGS

Complimentary and open to the public.
***Conducted by a registered nurse from
Visiting Nurse & Hospice of Fairfield County***

Wilton Senior Center, 11 a.m. to noon
Thursdays, September 5 and October 3

Village Market, 12:30 p.m. to 2 p.m.
Tuesdays, September 24 and October 22

Wilton Family Y, 12:30 p.m. to 2:00 p.m.
Thursdays, September 12 and October 10
Note: This is a new day and time.



Public Safety Message

from
Cathy Pierce, LCSW
Social Services Director

The two most important lessons learned from the recent storms were that you cannot be too prepared for a major power outage and the importance of emergency notification and alerting systems. Please refer to the article on Code Red on this page which will instruct you on how to register for public emergency notifications.

Emergency Supplies

Keep enough supplies in your home to meet your needs for at least three days. Assemble a Disaster Supplies Kit with items you may need in an evacuation. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers.

Your disaster supplies kit should include the following:

- A three-day supply of water (one gallon per person per day) and non-perishable food.
- One change of clothing and footwear per person.
- A first aid kit that includes family medications.
- Emergency tools including a battery-powered radio, flashlight and plenty of extra batteries.
- Extra set of glasses and hearing aids.
- Canned foods and a can opener.

Evacuation

If you lose power and are not able to stay safely in your home because of extreme temperatures or other hazardous conditions, consider going to the Wilton Emergency Shelter which will be opened by the First Selectman, if it is needed. The shelter will be located at the Comstock Community Center, 180 School Road, Wilton. The phone number for the shelter is 203-216-8757.

If you have not signed up for the Town's Emergency Contact List, please call Cathy Pierce at 203-834-6238 to obtain an application form.

**Emergency Shelter
203-216-8757
Comstock Community Center
180 School Road**



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 two ways to register for the Code Red alert:

1. Register on the Town of Wilton website. Go to 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.

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!!!



Public Safety Message

from

Mark Amatruda, Acting Fire Chief

Protecting people and property from harm is our top priority. As we approach the storm season, we are reminded of the importance of advance preparations and safety concerns after a storm or disaster hits.

Storm Preparations

One of the most effective things we can do is to prepare in advance for the storm or disaster. The FEMA website (www.ready.gov) is a comprehensive site that provides extensive information on:

- ◆ Keeping informed, including obtaining emergency alerts.
- ◆ Making a plan to prepare for and remain informed during an emergency, including planning for expected risks. It is critical to identify the hazards that have happened in the past or could happen, then plan your unique actions for each risk. There is also a general [Family Emergency Plan](#) that is very useful. Build a Basic Disaster Kit (<http://www.ready.gov/basic-disaster-supplies-kit>) for storms/disasters that provides for your family's needs whether you remain at home or evacuate to a community shelter. This is probably the most important preparation that citizens should take. Have a kit which includes copies of important documents, medications, three (3) to seven (7) days of food and water supplies, etc.
- ◆ Planning for and protecting your business which includes development, implementation and testing your business preparedness plan. In addition, there is guidance on planning for business continuity and disaster recovery.
- ◆ Making special preparations for protecting and keeping your children entertained in addition to educating them on the importance of disaster preparations.
- ◆ Recovering from disasters including health and safety guidelines, steps to take when returning to your home after the disaster, seeking disaster assistance and coping with the disaster.

Generator Safety

Given the significant number of homeowners throughout our town who have purchased portable generators and the State's history of storm-related deaths, we have compiled a list of recommended generator practices and safety precautions.

- ◆ Before operating any generator, you must read the entire owner's manual. Just taking a few minutes to read through the basics and becoming familiar with the unit will go a long way.

◆ The best way to prevent carbon monoxide poisoning goes right back to location, location, location. Always locate the generator outdoors on a dry surface, away from doors, windows, vents, and air conditioning equipment that could allow CO to travel indoors.

◆ Never operate an engine-powered generator in an enclosed or partially enclosed space. This includes garages, sheds, basements and any indoor space, regardless of how well-ventilated it may appear to be.

◆ 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.

◆ Never use a generator indoors, including in homes, garages, basements, crawl spaces, and other enclosed or partially enclosed areas, even with ventilation.

◆ 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.

◆ Check for any major damage including loose, cut or frayed wiring.

◆ Encountering electric shocks is always a risk when working with a generator. Understanding how to avoid them will be essential for personal safety.

◆ Do not connect the generator directly into your home's electrical system through a receptacle outlet. This poses a fire danger and an electrocution hazard to utility workers operating in your area and neighbors served by the same power lines.

◆ If using a generator, plug appliances into heavy duty, outdoor-rated extension cords and plug those 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.

Portable generators, because they are typically small in size and have a quiet presence, are often ignored. While generators are very powerful pieces of equipment, there are several serious risks involved when operating a generator. They can do serious harm to a negligent operator ranging from carbon monoxide (CO) poisoning to electrical and fire hazards. Unfortunately, severe and even fatal accidents occur every year, many from improper equipment installation, placement, maintenance and/or use.

Carbon Monoxide

Carbon monoxide is an invisible, odorless, tasteless gas that is extremely poisonous. Annually, there are approximately 100 CO-related deaths throughout the country, almost all resulted from faulty heating equipment or generators. In one recent storm there were

ten (10) carbon monoxide-related deaths in the Metro New York area. That is approximately 10% of the national annual average. Here are some important CO-related facts:

- ◆ Heating equipment is the leading cause of CO incidents. Nearly 40% of CO poisoning incidents occur between the months of November and February when home heating systems are in use.

- ◆ Most CO incidents occur between 5 p.m. and 10 a.m. This is the time when most heating equipment is in heavy use.

- ◆ Nearly 97% of all CO incidents occur in residential buildings.

- ◆ Remember that portable generators can produce high levels of CO very quickly.

- ◆ What makes CO especially dangerous is that it's invisible, odorless, tasteless and virtually undetectable without specialized equipment— and its effects can be severe, even fatal.

- ◆ The good news is, with some basic knowledge and a conscious commitment to safety, most potential carbon monoxide dangers can be avoided.

Signs & Symptoms of Carbon Monoxide Poisoning

It's important to recognize and respond quickly to symptoms of carbon monoxide poisoning. Having a working carbon monoxide detector is critically important. Initial signs of CO poisoning include headaches, dizziness, nausea, fatigue and disorientation, and are often mistaken for influenza or food poisoning. Remember, symptoms can turn deadly within a matter of minutes. It's important to recognize and respond to them quickly. If these are ignored, more serious symptoms will occur and may include increased heart rate, hallucinations, seizures and unconsciousness. The elderly, young children and those with respiratory problems are the most susceptible to CO poisoning. Opening doors and windows or using fans will not prevent the build-up of dangerous levels of CO in the home.

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 or smoke 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 un-

sure of its age, replace it. Test your CO detectors frequently and replace any dead batteries. Remember to change your detector batteries when you change your clocks.

If your CO detector activates and/or anyone in your home begins to show signs or symptoms of CO poisoning, call 9-1-1 and evacuate to fresh air immediately. Wilton Fire Department personnel will respond and use specialized metering devices to calculate the carbon monoxide concentration in the home, identify the source of the CO, and ventilate the structure to a safe level. We strongly recommend that any sources of carbon monoxide remain off until repaired by a qualified repair technician.

Final Recommendations

- ◆ Do not burn charcoal or gas grills inside a house, garage, vehicle, tent or fire-place.

- ◆ 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. Use the cool-down time to check the oil, visually inspect the unit for parts that may have vibrated loose and for the integrity of the exhaust system.

- ◆ Treat all power lines as energized. As crews work to restore power, previously de-energized power lines may "suddenly" become re-energized. Everyone is reminded to keep at least 20' away from any downed power line.

- ◆ When you change your clocks in October, please remember to change the batteries in your smoke and carbon monoxide detectors.

- ◆ 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, etc.) are in safe working order and remain outside of your home/garage.

- ◆ Turn off all of your electrical appliances and electronics so that they are not damaged when power is restored.

Remember that generators are very useful, but potentially lethal, power generation equipment. If you have a generator, use common sense and follow the safety precautions outlined in your owner's manual. If you have questions about carbon monoxide you can call your CO detector manufacturer (there is usually a toll free number listed on the back of the detector) or the Wilton Fire Department Fire Marshal's Office at 203-834-6249 for assistance.



Appraiser Peter Curran Returns to Senior Community Day on September 15

Peter Curran of Antiques Roadshow fame can tell you if that lamp from the attic or that painting in the basement is genuine and what it's worth.

Bring an antique to be evaluated by Mr. Curran and enjoy Senior Community Day at Comstock Community Center on Sunday, September 15, from 1:00 p.m. to 3:30 p.m.

Mr. Curran has over 25 years of experience appraising art, antiques, and other personal property. His education includes a Bachelor of Fine Arts from the Rhode Island School of Design and a Master of Professional Studies from New York University. He has participated for several years in the Antiques Roadshow on PBS television and is a long-time member of the Appraisers Association of America. The values of the objects Peter Curran has appraised have ranged from worthless to \$30 million for a single item and over \$120 million for a collection.



Peter Curran

Source: www.hpcappraisals.com.

Factsheet: Depression in Older Adults

Depression affects more than 19 million Americans every year, regardless of age, race, or gender. While depression is not a normal part of the aging process, there is a strong likelihood of it occurring when other physical health conditions are present. For example, nearly a quarter of the 600,000 people who experience a stroke in a given year will experience clinical depression. Unfortunately, symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses or life events that commonly occur as people age (e.g., loss of loved ones). However, clinical depression is never a “normal” response; it is a serious medical illness that should be treated at any age.

Prevalence: More than two million of the 34 million Americans age 65 and older suffer from some form of depression.

Co-occurring Illnesses: Symptoms of clinical depression can be triggered by other chronic illnesses common in later life, such as Alzheimer’s disease, Parkinson’s disease, heart disease, cancer and arthritis.

Widowhood: One-third of widows/widowers meet criteria for depression in the first month after the death of their spouse, and half of these individuals remain clinically depressed after one year.

Healthcare Costs: Older patients with symptoms of depression have roughly 50% higher healthcare costs than non-depressed seniors.

Suicide:

- Depression is a significant predictor of suicide in elderly Americans.
- Comprising only 13% of the U.S. population, individuals aged 65 and older account for 20% of all suicide deaths, with white males being particularly vulnerable.
- Suicide among white males aged 85 and older (65.3 deaths per 100,000 persons) is nearly six times the suicide rate (10.8 per 100,000) in the U.S.

Treatment:

- More than 55% of older persons treated for mental health services received care from primary care physicians. Less than 3% aged 65 and older received treatment from mental health professionals.

Primary care physicians accurately recognize *less than one half* of patients with depression, resulting in potentially decreased function and increased length of hospitalization.

Fortunately, clinical depression is a treatable illness. More than 80% of all people with depression can be successfully treated with medication, psychotherapy or a combination of both.

For More Information: **If you or someone you know is in crisis now**, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24-hour crisis center or dial 911 for assistance.

COMSTOCK COMPUTER LEARNING CENTER

Andrea Ragusa, Coordinator

Register at 203-762-8445.

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

Picasa Photo Workshop

Want to do something with all those pictures currently on your computer... or those photos in your future? Google's Picasa software lets you organize, edit, and upload your photos in quick, easy steps, and the software is free! **Picasa** is an image organizer and image viewer for organizing and editing digital photos, plus an integrated photo-sharing website. Taught by Bill Brautigam; Sept. 26. Fee: \$20.

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 and how to develop graphics to enhance the book's material. Learn 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. Taught by Catherine Myers; Oct. 7 and 8. Fee: \$30.

Word Graphics

This is a Word Program for the person that wishes to become creative in its use. Learn how to insert pictures and clipart and then alter them by enlarging, cropping, and changing their shapes and position in the document. Step into the world of graphics that Word offers for using artistic text, borders, drawing, color, and adding special effects to the material. Come with an idea and the course will show you how to do it in Word 2007 or reference 2010, which has slightly more graphics. Taught by Catherine Myers; Sept. 30 and Oct. 1. Fee: \$30.

Getting Around The Internet: Age 50+

This introduction to use of the Internet begins with an overview followed by the concepts and terminology needed to get you "surfing the web" for specific information and fun. Use of the mouse and knowledge of the keyboard are required. Students learn to use Google and Yahoo to search for and download information and pictures. The course also covers attaching images and documents to email (Yahoo!), managing favorites, save, and print. Taught by Andrea Ragusa; Oct. 9. Fee: \$20

Juniors for Seniors with Neal Sarup

Need help with your computer? Confused with your new iPad? Don't know how to use your phone? Juniors to Seniors can help! Neal Sarup and members of Juniors to Seniors can offer one-on-one assistance to help you navigate these devices. Get individual attention to YOUR electronic problems. Call Neal at 203-762-7751 to set up a time to meet at the Senior Center and get your electronic problems solved!

MEDICARE PART D APPOINTMENTS

This year open enrollment for Medicare Part D begins October 15 and ends December 7. On Thursday, November 7, representatives from the Southwestern Connecticut Agency on Aging will be at the Senior Center meeting with individuals regarding the Medicare Part D prescription drug program.

Appointments are available for any Medicare beneficiary who has Medicare Part A or Part B or both. November is the time to get the help you need to choose or change your prescription drug plan. Schedule an appointment through Sharon Powers, 203-834-6238.

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 \$31,815.69; a couple's maximum income may not exceed \$41,605.12. Income includes wages, social security, pension, rental income, child support and interest. Homeowners must have less than \$10,000 not including retirement income if under 59 1/2 and renters less than \$7,000 including retirement income if under 59 1/2. For more information or to schedule an appointment, call Social Services at 203-834-6238.



ELDERLY TAX RELIEF RECAP

The Wilton Assessor's Office granted 302 property tax relief applications for Fiscal Year 2014 beginning July 1, 2013. Twenty-four of those were new applicants. One-hundred thirty-six received the maximum credit of \$4,350. There were 29 applicants who chose both credit and deferral. Three of the 29 are new to the deferral program. The total amount of credits was \$898,531. The total amount deferred was \$187,410. For further information please contact the Assessor's Office at 203-563-0121.

Stay at Home in Wilton Halloween Party

Stay at Home in Wilton will host a Halloween Party on Tuesday, October 29, from 3 p.m. to 5 p.m. at the Senior Center. Enjoy fall treats, games, and prizes. Come in costume if you like. This event is free and open to the public. Reservations: Call Janet Johnson at 203-762-9303. *Stay at Home in Wilton is dedicated to supporting Wilton Seniors who choose to "age in place." For less than a dollar a day, members receive a number of services including transportation, light household services, vendors referrals, informative seminars, regular social activities, and calls in the event of a town emergency.*

For information call 203-423-3225 or visit

www.stayathomeinwilton.org

Nourish ♦ Relax ♦ Renew

Discover YOUR Path to Peace

Would you like to...

- * be more JOYFUL?
- * have more ENERGY?
- * feel more BALANCED both mentally and physically?

If you answered "YES" to any of the above questions, join Denise O'Hearn in her next workshop *Nourish, Relax & Renew!* In this workshop series, you will...

- *learn easy and effective ways to pamper yourself, without guilt
- *learn simple tips and techniques to recharge your personal batteries
- *learn gentle yoga poses that will relax and rejuvenate you



Denise O'Hearn is passionate about helping over-committed, busy women find more energy and joy in their lives. She enjoys pampering women who are really good at taking care of everyone else and find there's just no time left for self-nurturing. She draws from her own past experience of chronic pain caused by an accident, work burnout and food sensitivities. A certified Kripalu Yoga Teacher and Reiki practitioner, she helps people find relief from chronic pain. Denise is a

strong yet gentle and compassionate teacher who is enthusiastic about sharing the benefits of yoga.

No yoga experience necessary. Class size is limited. Reserve your spot now! The six-week Tuesday series begins on October 8, from 9:45 a.m. to 10:45 a.m. Fee: \$75 if paid by October 1; \$90 thereafter. Call 203-210-5780 or visit www.vibrantmoves.com to register.

St. Matthew's Senior Luncheons

St. Matthew's Episcopal Church, 36 New Canaan Road, will resume its monthly luncheons on Thursday, September 19, at noon when Doug Jones will present the operatic career of Dr. Betty Jones. The next luncheon will be on Thursday, October 24, and will feature Rodney V. Ayers, Director of Music at St. Matthew's Church. These luncheons are open to all seniors. To make your lunch reservation, please call Ellen Lewis at 203-762-7400. Donation: \$3.

CONTINUING ED HIGHLIGHTS

Wilton Continuing Education, under the direction of Dolores Tufariello, has lined up some exciting courses for the fall semester which may be of particular interest to Wilton seniors. Certain offerings even take place at the Senior Center. A complete listing of offerings is available online at www.wiltoncontinuinged.org.

Courses which take place at the Senior Center:

iPads: Convenience and Connection for the Very Beginner; October 4 and again on November 1 from 10 a.m. to noon; \$25 for each session.

The Legacy of Your Life: How to Begin It, How to Create It; October 8 from 10 a.m. to noon; \$25

Drawing: I Can Draw; Thursdays, September 26 to November 14 from 10 a.m. to noon; \$150 for the series.

Oil Painting and Acrylics; Tuesdays, September 17 to November 19 from 10 a.m. to noon; \$200 for the series.

Other offerings which may interest you:

Facebook 101; iTravel Planning, Apps to See the World; Craft Beers and Artisan Cheese; Pysanky: Decorative Ukrainian Egg Painting; Composting and Techniques for Every Level, Skill, and Motivation; Terrariums: Create Your Own Secret Garden Under Glass; Memory: Brain Training; Basic Astrology; Fun and Fabulous Tarot Reading.

UPDATE ON WILTON COMMONS

On June 15, more than 200 people attended the ribbon-cutting ceremony at the grand opening of Wilton Commons. Groups of visitors took tours of the building while many residents opened their apartments to the public. The overflow crowd heard speakers testify to the determination and hard work of the Wilton Commons Board.

Wilton Commons features laundry facilities, meditation and prayer rooms as well as 24-hour on-site security and an outdoor gazebo and sitting area. A common dining room and a general store will open soon.

A few apartments are still available. For an application, please call 203-487-3633 ext. 1.

George Ciaccio
Chairman, Wilton Commons Board of Directors

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

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FOR THE MANY WAYS YOU SUPPORT WILTON SOCIAL SERVICES**

- ♦ **SELLING US PERISHABLE FOOD AT COST FOR THE WILTON FOOD PANTRY,**
- ♦ **PROVIDING YOUR SHOPPERS WITH THE OPPORTUNITY TO PURCHASE NEEDED PRODUCTS AT \$10 A BAG FOR THE PANTRY,**
- ♦ **HOSTING KIWANIS FOOD DRIVES AT YOUR STORE FOUR TIMES A YEAR TO BENEFIT THE WILTON PANTRY,**
- ♦ **PROVIDING US WITH FREE PAPER AND PLASTIC BAGS FOR THE FOOD PANTRY CLIENTS, AND**
- ♦ **SPONSORING THIS SEPTEMBER/OCTOBER ISSUE OF THE CORRIDORS NEWS-LETTER.**

***Senior Community Day
Comstock Community Center
Sunday, September 15, 1:00 p.m. to 3:30 p.m.***