



CORRIDORS

SEPTEMBER-OCTOBER 2014



Expanded Main Entrance and Lobby

According to the tentative timeline, the project will go out to bid this fall. The senior center program areas (excluding the café), the food pantry and the social services department offices will be included in phase one, expected to begin spring 2015. The café and Lizabeth Doty's office will be included in phase two, expected to begin summer 2015.

Lizabeth Doty, coordinator of senior activities, explains: "We are planning ahead for the renovation schedule and expect to continue senior programming, though on a slightly limited scale, during the course of the project.

Future benefits certainly outweigh the short-term inconveniences that we anticipate."



Renderings by Quisenberry Arcari Architects

Judy Zucker, Comstock Renovation Building Committee Chair

Alzheimer's Association

The Alzheimer's Association is the world's leading voluntary health organization devoted to Alzheimer's research, care, and support. Its mission is to eliminate Alzheimer's disease through the advancement of research, to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. Its vision is a world without Alzheimer's. Visit www.alz.org.

Walk to End Alzheimer's 2014

Sunday, September 28
Calf Pasture Beach Park, Norwalk
Registration: 9:00 a.m.

Start or join a team today at
www.alz.org/walk
or call 888-272-3900

PROGRAMS AT THE SENIOR CENTER- -

WILTON GARDEN CLUB

First Tuesday of the month

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 WRITERS GROUP

First and Third Wednesday

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.

COMSTOCK KNITTERS AND CRAFTERS

Second Tuesday and Fourth Monday

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, 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.

TAI CHI

Wednesday, 11:30 a.m. to 12:30 p.m.

\$3 drop-in fee



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. Julianne Camhi, Instructor.

THURSDAY LUNCH

Thursday, 12 noon, \$3

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

THURSDAY BINGO

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

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

LINE DANCE FUSION

Monday, 10:30 a.m. to 11:30 a.m.

\$3 drop-in fee

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

ENHANCE FITNESS

Thursday, 9:00 a.m.

\$3 drop-in fee

Wilton Family Y brings Enhance Fitness to the Senior Center on Mondays and Thursdays. 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. Leslie Hinshaw, Instructor.



FELDENKRAIS

Friday, 10:00 a.m. to 11:00 a.m.

\$5 drop-in fee

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.

SCRABBLE, CHESS, BACKGAMMON, MAH JONGG, BILLIARDS, BOCCI, CARDS

Why not get together with others who enjoy the challenges of these games? All boards and supplies are available at the Senior Center. Assemble your own group and call the Senior Center to reserve what you need for your activity.

JEWELRY WORKSHOP

First and Third Friday

10:00 a.m. to 11:30 a.m., \$5 plus materials if needed
Beads, beads, beads! No prior experience is necessary. Just bring your enthusiasm! Enjoy the fun of

- - -CALL 203-834-6240 TO REGISTER

making your own beaded jewelry. Select materials to match your own style. Make gifts for relatives and loved ones. Viola Galetta, Instructor.

MONDAY MOVIES

Monday, noon to 2:15 p.m.

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

TUESDAY AND/OR THURSDAY YOGA

Tuesday, 11:00 a.m. to noon

Thursday, 10:00 a.m. to 11:00 a.m.

\$3 drop-in fee

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!



BEGINNER BRIDGE LESSONS

Tuesday beginning Sept. 23, 1:00 p.m. to 3:00 p.m.

\$75 for the eight-week series

Few forms of recreation can provide its devotees with both a good time and an enhanced ability to use their minds. Bridge combines mental exercise of the reasoning faculties, short- and long-term memory centers, planning and collation skills, social interaction techniques, and a host of other mental calisthenics useful in everyday life. For the player with little or no bridge experience. Dan DeVlieg will teach you this entertaining and mentally demanding team game from its beginning steps to more advanced concepts by having you play the game! ***This class is for the player with very little or no bridge experience.*** Dan DeVlieg, Instructor.

INTERMEDIATE BRIDGE

Friday beginning Sept. 26, 1:30 p.m. to 3:30 p.m.

\$75 for the eight-week series

Once you know how to play bridge, it is time to learn how to play it well! This course is ideal for the person who used to play bridge but has not done so for years and needs to get up-to-date on the latest advances in this forever-evolving game, for the person who plays bridge but feels developmentally stalled and needs help getting to the next level of proficiency, or for the moderately experienced social and/or duplicate bridge players. Other than an open-

ing period devoted to addressing questions brought in by students, the class will be devoted to bidding and playing situations encountered in randomly dealt hands. Dan DeVlieg, Instructor.



DROP-IN DUPLICATE BRIDGE WITH DAN

Wednesday, 10:00 a.m. to 12:30 p.m.

\$5 drop-in fee

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

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:

Encore Bridge: Mondays, contact Maureen Turnier at 203-762-9386 to play.

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.

Additional program descriptions:

Play Reading.....	Page 4
Eliminate Stress	Page 4
Book Discussion.....	Page 5
What Does the Heart Say? ...	Page 9
Computer Courses	Page 10

Chair Yoga at Ogden House

Liz Wendell will teach gentle chair yoga on Tuesdays, beginning September 9, 2:00 p.m. to 3:00 p.m. Fee: \$3 per class. To register for either class, please call Betty at 203-762-8035.

Plays for Reading 2014-2015

Come join the Play Reading group on Monday, October 6, to kick off the new season with an introductory reception in the Game Room. Andrea Ragusa moderates the play reading and discussion group at the Senior Center on the first Monday of every 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.

Monday, October 6
Reception with two readings

THE AUDITION IS OVER by John Kirkpatrick
On the bare stage of a summer theatre Emily Haven, a visiting star, is about to audition Nancy Russell, the protégée of an old friend who is now a professor and drama coach at a nearby college. Emily learns that her friend and Nancy's mother have fought over the girl's career and that the audition is to determine her future. Emily is resentful of the high handed arrangement, and in a tense scene exposes the selfishness of the two women who want to live their lives over again through Nancy.

THE VALIANT by Holworthy Hall & Robert Middlemass

This play is the story of James Dyke, a confessed murderer on death row. The problem is no one knows who he really is or where he comes from and he is determined to take his secret to the grave. The prison's warden and chaplain have nearly given up hope of discovering his true identity until the night of Dyke's execution. A strange young woman arrives requesting to see him. She may be the only key to unlocking Dyke's mysterious past.

Future readings:

November 3, **The Panic Broadcast of 1938**
by Michael Druce

December 1, **The Piano Lesson** by August Wilson

January 5, **Blithe Spirit** by Noel Coward

February 2, **The Lady from the Sea**
by Henrik Ibsen

March 2, **Be My Baby** by Ken Ludwig

April 6, **\$38,000 for a Friendly Face**
by Kristen Shepherd

May 4, **Murder in Green Meadows**
by Douglas Post

June 1, Make-Up Day



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. 17	Wilton Woman's Club
Oct. 15	Temple B'Nai Chaim and the Turnover Shop
Nov. 19	Wilton Baptist Church
Dec. 17	Our Lady of Fatima
Jan. 21	Wilton Congregational Church
Feb. 18	Wilton Congregational Church
Mar. 18	Temple B'Nai Chaim and the Turnover Shop
April 15	Our Lady of Fatima
May 20	Wilton Presbyterian Church
June 17	Volunteer Lunch

Eliminate Stress and Learn to Relax

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 you how to plant the proper suggestions in the unconscious mind to achieve a deep state of relaxation—and take control of your life.

Sessions take place on Thursdays, October 9 and 23; November 6 and 20, at 2 p.m. in the Senior Center Lounge. Participants sit in chairs (straight back or sofa style) for the gathering. Fee: \$5 per class.

Books for Discussion 2014-2015

Barbara Jones from the Wilton Library has prepared an exceptional 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. Brochures describing the entire 2014-2015 season are available at the Senior Center and the Library.

Tuesday, September 23

Discussion Leader - Judson Scruton

BRIGHT WINGS: AN ILLUSTRATED ANTHOLOGY ABOUT BIRDS Edited by Billy Collins

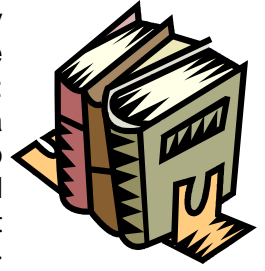
Billy Collins, editor of this charming little book, states in the introduction: "A subject such as birds may have been covered extensively as possible in prose, but that does not mean, as with any topic of human interest, that there is nothing left to say. Indeed, the genre of poetry makes its true appearance along the line of verbal expression where the possibilities of prose have been exhausted." BRIGHT WINGS, through its combination of poetry and lovely illustrations, demonstrates this point. As described in the *Minneapolis Star Tribune* it is "an intelligent assembly of poems that take us places where prose cannot go.... This little book is a reminder that everything important about birds can't be found in guide books or scientific papers."

Tuesday, October 28

Discussion Leader - Melissa Baker

YES, CHEF by Marcus Samuelsson with Veronica Chambers

This book is aptly described by the following passage from the cover of the paperback edition: "Every Saturday afternoon, a boy who loves to cook walks to his grandmother's house and helps her prepare a roast chicken dinner. The grandmother is Swedish, a retired domestic. The boy is Ethiopian and adopted, and he will grow up to become the world-renowned chef Marcus Samuelsson. This book is his love letter to food and family in all its manifestation." Red Rooster, his restaurant in Harlem, is described as "...a truly diverse, multi-racial dining room—a place where presidents rub elbows ...with bus drivers." Former President Bill Clinton, a patron of the restaurant, states "Red Rooster's arrival in Harlem brought with it a chef who has reinvigorated and reimagined what it means to be an American."



Mark your calendars:

November 25, Ray Rauth leads ***All Quiet on the Western Front*** by Erich Maria Remarque

January 27, Richard Duffee leads ***The Spirit Level*** by Richard Wilkinson and Kate Pickett

February 24, David Ostergren leads ***The Man He Became: How FDR Defied Polio to Win the Presidency*** by James Tobin

March 24, Elaine Tai-Lauria leads ***Persuasion*** by Jane Austen

April 28, Miwako Ogasawara leads ***Effi Briest*** by Theodor Fontane

May 26, Barbara Jones leads ***How It All Began*** by Penelope Lively.



Lifetime Learners Institute


KEEP LEARNING: YOUR BRAIN IS A TERRIBLE THING TO WASTE !

If you are age 50 or older, you're invited to join more than 800 other people in a variety of over forty day-time, non-credit courses. Most classes start in mid-September with the non-profit Lifetime Learners Institute at nearby Norwalk Community College. Subjects include *Health, Music, History, Arts, Language, Religions, Travel, Literature, Science, Culture, Genealogy, Movies, Current Events, and Computers*. All two-hour classes meet only once a week, without stress or tests, and run from 4 to 8 weeks. Classes meet at 1 p.m. and/or 3 p.m. Monday thru Thursday and at 10 a.m. on Friday, followed by a special guest presentation at 1 p.m. each Friday. Each course costs only \$30, with a 12-month \$50 membership. Catalog and membership application are available online at www.lifetimelearners.org or by calling 203-857-3330. Norwalk Community College is located at 188 Richards Avenue in Norwalk.

SEPTEMBER 2014

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day Senior Center Closed 	2 11:00 Yoga <i>Hospice Training for Volunteers begins next week. Call Visiting Nurse and Hospice to inquire: 203-762-8958.</i>	3 10:00 Drop-In Duplicate Bridge 10:00 Tai Chi 10:00 Writers 12:00 Duplicate Bridge 1:00 Mah Jongg	4 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 11-12 Blood Pressure Screening 12:45 Bingo	5 10:00 Jewelry Workshop 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim for Seniors Y
8 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Encore Bridge	9 9:00 Stay at Home Men's Breakfast at Orem's 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg	10 9:30 Sewing OH 10:00 Drop-In Duplicate Bridge 11:30 Tai Chi 1:00 Mah Jongg	11 9:00 Enhance Fitness 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:45 Bingo	12 10:00 Feldenkrais 12:00 Bridge 1:30-3 Free Swim for Seniors Y
15 10:00 Photo Book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Encore Bridge	16 10:00 Acrylics/Oil 11:00 Yoga 12:00 Duplicate Bridge	17 9:30 Sewing OH 9:30 Getting Around the Internet 10:00 Drop-In Duplicate Bridge 10:00 Writers 11:30 Tai Chi 12:00 Veteran's Benefits Talk Brookdale 12:00 Lunch and Entertainment OH 1:00 Mah Jongg	18 9:00 Enhance Fitness 9:30 Drawing 9:30 Picasa 10:00 Yoga 12:00 St. Matthew's Lunch 12:00 Studio Draw. 4:00 Brookdale Alzheimer's Auction	19 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim for Seniors Y
22 10:00 Photo Book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Comstock Knitters and Crafters 1:00 Encore Bridge	23 10:00 Acrylics/Oil 11:00 Yoga 11:00 Book Discussion 12:00 Lunch 12:30-2 Blood Pressure at Village Market 12:30 Mah Jongg 1:00 Beginner Bridge 3:00 <i>The Full Monty</i>	24 9:30 Sewing OH 9:30 Word 10:00 Drop-In Duplicate Bridge 11:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads	25 9:00 Enhance Fitness 9:30 Word 9:30 Drawing 10:00 Yoga 12:00 Lunch 12:00 Studio Draw. 12:45 Bingo	26 10:00 Feldenkrais 10:30 Heart Presentation 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y
29 10:00 Photo Book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Encore Bridge	30 10:00 Acrylics/Oil 10-11:30 Flu Clinic 11:00 Yoga 1:00 Beginner Bridge	<p><i>The Greens of Cannondale is celebrating!</i> <i>Assisted Living Week brings a delightful variety of events.</i> <i>They're all free and open to the community. So take your pick!</i></p> <p>Sept. 7, 2 p.m. Grandparents Day, entertainment/refreshments. Sept. 8, 3 p.m. Western Day with Tumbleweed Country Music Sept. 9, 2 p.m. 50's Day with a Sock-Hop, Juke Box and Elvis Sept. 10, 2 p.m. Salute To Broadway—a musical treat! Sept. 11, 2:30 p.m. Red White & Blue Day, games and Sing-A-Long Sept. 12, 2:30 p.m. At The Opera- Madame Butterfly and champagne Sept. 13, 6 p.m. Dinner-Dance as grand finale!</p>		

OCTOBER 2014

Monday		Tuesday	Wednesday	Thursday	Friday
<div>The Wilton Historical Society presents <u>White Linen and Lace: Baby Clothing, 1800-1950</u></div> <div>Tuesdays through Saturdays, 10 a.m. to 4 p.m. through October 4</div> <div><i>Tiny garments made with love and lavished with fine needlework are on display.</i></div>			<div>1</div> <div>9:30 Sewing OH 10:00 Drop-In Duplicate Bridge 10:00 Writers 11:30 Tai Chi 12:00 Duplicate Bridge 1:00 Mah Jongg</div>	<div>2</div> <div>9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 11-12 Blood Pressure Screening 12:00 Lunch 12:00 Studio Draw. 12:45 Bingo</div>	<div>3</div> <div>10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y</div>
<div>6</div> <div>10:00 Photo Book Workshop 10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 12:30 Play Reading Reception/Reading 1:00 Encore Bridge</div>	<div>7</div> <div>10:00 Acrylics/Oil 11:00 Yoga 12:00 Garden Club Lunch and Activity 1:00 Beginner Bridge</div>	<div>8</div> <div>9:30 Sewing OH 10:00 Watercolor 10:00 Drop-In Duplicate Bridge 11:30 Tai Chi 1:00 Mah Jongg</div>	<div>9</div> <div>9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Lunch 12:30-2 Blood Pressure Screening Y 12:00 Studio Draw. 12:45 Bingo 2:00 Eliminate Stress</div>	<div>10</div> <div>10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y</div>	
<div>13</div> <div>Columbus Day Senior Center Closed</div> <div></div>	<div>14</div> <div>9:00 Stay at Home Men's Breakfast at Orem's 10:00 Acrylics/Oil 11:00 Yoga 1:00 Comstock Knitters and Crafters 2:00 Mah Jongg</div>	<div>15</div> <div>9:30 Sewing OH 10:00 Watercolor 10:00 Writers 11-1 Flu Clinic at Kiwanis 11:30 Tai Chi 12:00 Lunch and Boutique at OH 1:00 Mah Jongg</div>	<div>16</div> <div>9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 St. Matthew's Lunch 12:00 Studio Draw.</div>	<div>17</div> <div>9:30 Excel 10:00 Feldenkrais 10:00 Jewelry Workshop 12:00 Bridge 1:30-3 Free Swim for Seniors Y</div>	
<div>20</div> <div>10:30 Line Dancing 11:30 Coffee and... 12:00 Movie 1:00 Encore Bridge</div>	<div>21</div> <div>10:00 Acrylics/Oil 11:00 Yoga 12:00 Duplicate Bridge 1:00 Beginner Bridge</div>	<div>22</div> <div>9:30 Sewing OH 10:00 Watercolor 10:00 Drop-In Duplicate Bridge 11:30 Tai Chi 1:00 Mah Jongg 1:00 Library Downloads</div>	<div>23</div> <div>9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Lunch 12:00 Studio Draw. 12:45 Bingo 2:00 Eliminate Stress</div>	<div>24</div> <div>9:30 Excel 10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y</div>	
<div>27</div> <div>10:30 Line Dancing 12:00 Movie 1:00 Comstock Knitters and Crafters 1:00 Encore Bridge</div>	<div>28</div> <div>10:00 Acrylics/Oil 11:00 Yoga 12:00 Book Discussion 12:00 Lunch 12:30 Mah Jongg 12:30-2 Blood Pressure Screening VM 1:00 Beginner Bridge 3:00 Stay at Home</div>	<div>29</div> <div>9:30 Sewing OH 10:00 Watercolor 10:00 Drop-In Duplicate Bridge 11:30 Tai Chi 1:00 Mah Jongg</div>	<div>30</div> <div>9:00 Enhance Fitness 9:30 Drawing 10:00 Yoga 12:00 Lunch 12:00 Studio Draw. 12:45 Bingo</div>	<div>31</div> <div>10:00 Feldenkrais 12:00 Bridge 1:30 Intermediate Bridge 1:30-3 Free Swim for Seniors Y</div>	

Wilton Fire Department

EMERGENCY PREPAREDNESS CHECKLIST

The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency. Learn how to protect yourself and cope with disaster by planning ahead. This checklist will help you get started. Discuss these ideas with your family; then prepare an emergency plan. Post the plan where everyone will see it on the refrigerator or bulletin board.

For additional information about how to prepare for hazards in your community, contact the American Red Cross, Mid-Fairfield County Chapter (203-227-9505) or the Wilton Fire Department (203-834-6247). Consult on-line resources at www.fema.gov, www.redcross.org, or www.ready.gov.

Create an Emergency Plan

- Meet with household members to discuss the dangers of fire, severe weather, earthquakes and other emergencies. Explain how to respond to each.
- Find the safe spots in your home for each type of disaster.
- Discuss what to do in case of outages and personal injuries.
- Draw a floor plan of your home. Mark two escape routes from each room.
- Show family members how to turn off the water, gas and electricity at main switches when necessary.
- Post emergency telephone numbers near telephones.
- Teach children how and when to call 911, police and fire.
- Instruct household members to turn on the radio for emergency information.
- Pick one out-of-state and one local friend or relative to call if separated during a disaster.
- Teach children your out-of-state contact's phone number.
- Pick two emergency meeting places.
- Take a basic first aid and CPR class.
- Keep family records in a waterproof and fire-proof container.
- Register for CODE RED on the Town of Wilton website www.wiltonct.org or call 203-834-6410 and leave your information on the voice mail.

Prepare a Disaster Supply Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-open container such as a backpack or duffle bag.

Include:

- A supply of water. Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothes, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first-aid kit and prescription medicine.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers.
- Special items for infants, elderly and disabled family members.

Prepare an Emergency Car Kit

- Battery-powered radio, flashlight and extra batteries.
- Blanket.
- Booster cables.
- Fire extinguisher (5 lb. A-B-C type).
- First-aid kit and manual.
- Bottled water and non-perishable, high energy foods such as granola bars, raisins, and peanut butter.
- Maps, shovel, flares.
- Tire repair kit and pump.
- Fuel tank at least 3/4 full.

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

CHIEF RON KANTERMAN

Ron Kanterman is the new interim chief of the Wilton Fire Department. He entered the fire service in 1975 in Brooklyn and then took a position in 1989 as the Assistant Chief and later Chief of Fire Protection for a Fortune 100 pharmaceutical company until 2008. In 2008 he became the Fire Chief and Fire Marshal for the Mohegan Tribal Nation in Eastern Connecticut.

He holds a B.A. in Fire Service Administration and an M.S. in Fire Protection Management, both from John Jay College in New York City. He holds an additional Master's Degree in Environmental Science from the New Jersey Institute of Technology.

Chief Kanterman is an adjunct professor of fire protection and emergency management at the University of New Haven and also teaches at the undergraduate and graduate levels elsewhere.

He holds memberships in numerous national, state, and local organizations and is the Administrator for the National Fire Academy Alumni Association. He also teaches as an Adjunct Instructor for the National Fire Academy. He has been published over 125 times and contributes to www.fireengineering.com regularly through their blog page under "Chief Kanterman's Journal." He was a contributing chapter author for the Fire Engineering/Pennwell Firefighter I & II manual published in 2008. He also sits on the Educational Advisory Committee for the Fire Department Instructor's Conference.



*Photo courtesy of Jeannette Ross,
Editor of The Wilton Bulletin*

Chief Kanterman is an avid volunteer with the National Fallen Firefighters Foundation and works as the Chief of Operations each year at the National Memorial Weekend in Emmitsburg, Maryland. He is also the Lead Instructor for the Local Assistance State Teams (LAST) program.



Nancy Capelle

"What Does The Heart Say?"

Have you ever wondered what makes the heart beat or even skip a beat? Have you ever wanted to know why your doctor has recommended blood thinners? Do you know the difference between a heart attack and cardiac arrest? On Friday, September 26, at 10:30 a.m., Nancy Capelle, Founder of Cardiac Companion, LLC, will present the amazing mechanical, electrical and plumbing functions of the heart at the Senior Center. Nancy will also address heart disease, risk factors, and how to recognize and manage a cardiac emergency. Nancy's presentation is specifically geared for non-medical audiences.

On May 14, 2011, Nancy Capelle, a wife and mother of two young daughters, clinically died at the age of 40. She suffered a heart attack and cardiac arrest. Thanks to the quick actions of a paramedic, she is alive today to tell her harrowing story of life and death. As a result of her experience, Nancy decided to radically change the focus of her professional life from what she thought others expected her to be to what she felt was her calling in life. Nancy resigned from her corporate job and became a Connecticut State certified Emergency Medicine Technician and is now a volunteer EMT with the Wilton Volunteer Ambulance Corps. Nancy is also a certified EKG Technician and an American Heart Association certified BLS (Basic Life Support) instructor.

Call the Senior Center to reserve a place 203-834-6240.

BROOKDALE PLACE WILTON

Brookdale Place Wilton, 96 Danbury Road, will host a lunch and program about two ways to pay for senior care on Wednesday, September 17, at noon. Holly Walters with Veterans Financial will present information on the Aid and Attendance Benefit available to wartime veterans or their surviving spouses and will discuss converting existing life insurance policies to pay for senior care.

On Thursday, September 18, from 4 p.m. to 6 p.m. Brookdale Place Wilton will host its annual Silent Auction to raise funds for the Walk to End Alzheimer's. Wine and appetizers will be served.

RSVP Christy Perone at 203-761-8999.



Ridgefield Crossings
Family Day

CAR SHOW

Friday, Sept. 12, 3 p.m. to 8 p.m.

*Proceeds to benefit the
Alzheimer's Association*

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. 18. Fee: \$20.

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; Sept. 17. Fee: \$20

Beyond Beginners: Word 2010

This basic Word course will give you experience with the toolbars and menus from Word. You will learn how to do entering, changing, deleting, copying, pasting, underlining, aligning, saving, bulleting, and numbering in a Word 2010 environment. **You must have keyboarding skills in order to take this class.** Taught by Andrea Ragusa; Sept. 24 and 25. Fee: \$35.

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.) Taught by Elizabeth Doty; Oct. 17 and 24. Fee: \$35.

Students for Seniors with Neal Sarup

Need help with your computer? Confused with your new iPad? Don't know how to use your phone? Students for Seniors can help! Neal Sarup and members of his Wilton High School club can offer one-on-one assistance and 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.

"Free Downloads," Fourth Wednesday of the Month 1:00 p.m., Senior Center Lounge

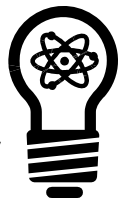
Representatives from the Wilton Library will demonstrate step by step how to download free material from the Library website. Call 203-762-3950 to reserve a place.

MEDICARE PART D APPOINTMENTS

This year open enrollment for Medicare Part D begins October 15 and ends December 7. On Thursday, November 6, representatives from the Southwestern Connecticut Agency on Aging will meet with individuals regarding the Medicare Part D prescription drug program at the Senior Center.

Appointments are available between 10 a.m. and 2 p.m. 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 \$32,515; a couple's maximum income may not exceed \$42,519. Income includes wages, social security, pension, rental income, child support and interest.

There is also a liquid assets test. Liquid assets include checking, savings, CDs, stocks/shares, bonds, annuities, certificates of deposit and individual retirement account. The purpose of the liquid assets test is to try to ensure that winter heating assistance dollars go to households most in need; that is, to people without the financial means to heat their home. For homeowners, the first \$10,000 in liquid assets, and for other households, the first \$7,000 in liquid assets, is disregarded. Any amount over that limit, when added to the annual gross income, must be below the income guidelines.

The program officially begins November 1. For more information or to schedule an appointment, call Social Services at 203-834-6238. New documentation is required each year.

ELDERLY TAX RELIEF RECAP

The Wilton Assessor's Office granted 290 property tax relief applications for the Fiscal Year 2015 beginning July 1, 2014. 17 of those were new applicants. 130 received the maximum credit of \$4,450.00. 27 applicants chose both credit and deferral. 4 of the 27 applicants are new to the deferral program. The total dollar amount of credits was \$868,183 and the total dollar amount of deferrals \$156,209. For further information, please contact the Assessor's Office at 203-563-0121.

PHOTO BOOK WORKSHOP

By LT Organizing

Organizing photos can be an intimidating and time-consuming task. We think we have to do it alone, but help is here! We long someday to "tackle" this task because it is so worthwhile to preserve memories and have the ability to share them with others.

Almost overnight digital cameras have replaced negatives and film, and we have gained the ability to snap hundreds of photos in an instant. We've quickly become overwhelmed with the sheer number of photos we take and find that the images linger on our cameras, computers, and phones. The pictures that we do manage to print and those printed prior to the digital camera era are usually still in boxes, bins and bags.

THIS IS YOUR CHANCE TO START ORGANIZING YOUR PHOTOS!

This is how it works: Linda Thomas, LT Organizer, and Sharon Gialo, Memory Engineer, will be here to help you get started. The class meets from 10 a.m. to 11 a.m. in the Comstock Computer Learning Center. You may remain in the computer lab to continue your work.

- September 15 - ABCs of photo organizing. Bring your photos. Linda and Sharon will not only help you organize them but will also scan them into the computer for you!
- September 22 - Guided computer work in the computer lab. You will be taught how to drop your pictures into the photo book you have chosen.
- September 29 and October 6 - Continue the work of adding your pictures to the book. Linda and Sharon will guide you every step of the way!

It's often "the start that stops us." Now's your chance to get started in time to have a beautiful gift for the holidays. Sign up today! Fee: \$85 (includes all four class sessions and your photo book). The workshop is limited to four participants. Registration required: call 203-834-6240.

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:

Drawing; Thursdays, September 18 to December 4 from 9:30 a.m. to 11:30 a.m.; \$185 for the series.

Drawing Studio Class; Thursdays, September 18 to December 4 from 12:00 p.m. to 2:00 p.m.; \$185 for the series.

Oil Painting and Acrylics; Tuesdays, September 16 to December 2 from 10 a.m. to 12:30 p.m.; \$240 for the series.

Watercolor Workshop; Wednesdays, October 8 to November 19 from 10:00 a.m. to 12 p.m.

Special pricing may be available for Wilton seniors. For specific information, please call the Continuing Education Office at 203-834-7694 the Friday before the class starts.

St. Matthew's Senior Luncheons Resume

St. Matthew's Episcopal Church, 36 New Canaan Road, will resume its monthly luncheons on Thursday, September 18, at noon when Connie Tate, a representative to the UN, Elizabeth Titus, a professional writer working with the Afghan Women's Writing Project and the SOLA school in Afghanistan, and Shekaiba Bennett will describe their efforts to bring education to Afghan women and girls as they fight against incredible obstacles to make their voices heard. The next luncheon will be on Thursday, October 16, and will feature the Ladies Chorale, Schubert Society of Fairfield County. These luncheons are open to all seniors. To make your lunch reservation, please call Ellen Lewis at 203-762-7400. Donation: \$3.

Stay at Home in Wilton presents *The Full Monty*

Tuesday, September 23

Senior Center Lounge, 3:00 – 5:00 p.m.

The Full Monty is set in Sheffield, England, and it tells the story of six unemployed men, four of them former steel workers, who decide to form a male striptease act in order to gather enough money to change their lives.

Bring an appetizer to share. Drinks and popcorn will be provided. Reservations: Call Janet Johnson at 203-762-9303. For information about Stay at Home in Wilton call 203-423-3225 or visit www.stayathomeinwilton.org.

**THE FULL
MONTY**

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

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AVOID THE FLU!
GET VACCINATED BEFORE
FLU SEASON

Sponsored by Visiting Nurse & Hospice

Flu clinics are open to the public. No appointment is necessary. This year quadravalent vaccine, which covers four strains of the flu, will be available.

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 is approximately \$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 approximately \$80 and is billable to Medicare Part B.

Flu Info Line, 203-834-6341 ext. 444

www.visitingnurse.net

SENIOR VOLUNTEER PROGRAM

Senior Volunteer Program (SVP) helps people age 55 and older find volunteer opportunities to match their skills and interests. When you volunteer for the SVP, you receive the benefits of staying active and meeting new people while knowing that you're using a lifetime of experience to make your mark. If you want more information about SVP, call Dell Overby, Wilton Coordinator, at 203-762-0520.

SVP Boutique Sale

Wednesday, October 15, at Ogden House
Proceeds benefit charitable works of SVP.

FLU CLINIC SCHEDULE

Senior Center, 180 School Road
Tuesday, September 30, 10 a.m. to 11:30 a.m.
Tuesday, November 4, 10 a.m. to 11:30 a.m.

Wilton Library, 137 Old Ridgefield Road
Saturday, November 8, 10:00 a.m. to 11:30 a.m.

Wilton Kiwanis Meeting
Wednesday, October 15, 11:00 a.m. to 1:00 p.m.