

# Staying inTouch

Spring 2015

## Staying Put tops Giving Day

*Staying Put* was #1 among nonprofits in New Canaan for dollars raised during Fairfield County's Community Foundation Giving Day on March 5 with a total of \$8,407. Online donations started rolling in during the morning hours and continued throughout the day including people who made drop-off donations at the office.

Executive Director **Barb Achenbaum** thanked all of our contributors along with board members who helped out. **Joel Pelzner** provided all the set up of our email communications throughout the campaign, **Sue Scannell** entered walk-in and call-in credit card donations, and **Patti Geanakos** coordinated the whole event.

President **Judy Bentley** announced that *Staying Put* will share a FCCF grant of \$11,000 with four other Fairfield County nonprofits that help seniors. The grant will support a joint advertising program to increase awareness of the organizations and the need for support.



It was easy being green at **Judy Bentley's** St. Patrick's Day lunch with **Sulli Seger**, **Froggie**, and **Antoinette Vardamis**.

## In ice and snow, volunteer helps Pat and four-footed friend

It was a tough winter for everyone and particularly for members who were concerned about slipping on icy spots or trying to

navigate the snowdrifts. But it was tough on their pets, too. That's where our volunteers came in. When the snow got too high for member **Pat Smith's** dog



"Kat," (above) volunteer **John Walsh** came to the rescue. He shoveled a path so Kat could get out for a necessary "walk."

John also shoveled for member **Evelyn Francis** and while there, Evelyn heard running water in her basement. John discovered a frozen pipe had burst and quickly turned off the water.

Volunteers **Steve Orteig** and **George Brakeley** pitched in with shoveling, errands, and rides for members. A warm thanks to all helpers!

**Save the dates:**  
**Annual Meeting, Sun., May 17**  
**Picnic fundraiser, Sun., June 14**



A warming mid-winter tea with friends new and old at the home of Donna Simone included Anne Kniffin, Dr. David Brown, Christa Sanfilippo, and Dr. Charlotte Brown.

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## Let's make a date

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### **Diabetes: The Bad News and The Good News**

Presented by top specialist Dr. Robin Goland

**Wed., Apr. 15, 1:30 pm**

New Canaan Library

### **Men's Coffee**

**Wed, April 15, 9:30 am** New Canaan Inn

**Wed, May 20, 9:30 am** New Canaan Inn

**Wed, June 17, 9:30 am** New Canaan Inn

### **New Canaan Sewing Group Spring Boutique**

Exceptional handcrafts for home or gifts

**Fri., Apr. 17, 9 am – 3 pm**

St. Mark's Morrill Hall

### **Singalong with John Tench**

**Fri., Apr. 17, 2 pm**

Waveny Care Center. RSVP

### **Lunch at Ching's Table**

**Tues., Apr. 21, 12 noon**

One of New Canaan's favorite restaurants.

Pre-arranged menu choice. \$20. Must RSVP

### **"Olympus on My Mind" Town Players Musical**

**Sun., Apr. 26, 2:30 pm**

Powerhouse Theater

This hilarious production is "naughty musical comedy fun!" \$20. RSVP

### **Nutrition, Healthy Eating and Supplements for Seniors**

**Wed., April 29, 1 pm**

Co-sponsored with Lapham Center. Free. RSVP

### **Dementia: A Primer for Families and Caregivers**

Panel Discussion with four professionals: factual, medical, social and legal aspects of dementia.

**Wed., May 6, 5 pm**

New Canaan Library. Refreshments. Free. RSVP

### **Members Art Show Opening Reception**

**Fri., May 8, 5 pm – 7 pm.** *Staying Put* office

Come view artwork by many of our talented members. Refreshments. Free

### **Park Street Singers**

**Mon., May 11, 1:30 pm**

Congregational Church. Classic songs. Free

### ***Staying Put* Annual Meeting**

**Sun., May 17, 2-4 pm**

Come hear about *Staying Put's* exciting year!

St. Mark's Morrill Hall

### **Dinner at Oak Hills Restaurant**

**Tues., May 19, 6 pm**

A night out with friends in a lovely setting. \$30

### **Memorial Day Parade**

**Mon., May 25, 9:30 am**

March with your patriotic *Staying Put* friends.

### **Lunch at Sally Campbell's**

**Wed, May 27, 12 noon**

Our favorite hostess will provide a delicious meal.

### **Mead Park Lunches begin**

**Fri., May 29 at 1 pm through Fri., Sept. 11**

Join us for hot dogs and hospitality every Friday.

### **"The Apple Tree"**

**Thurs., June 4, 7:30 pm**

New Canaan High School. \$15. RSVP

### **"Follies" Curtain Call Theater**

**Sun., June 7, 2 pm**

A classic musical set in the 1970s. \$24. RSVP

### **Tour of Gores Pavilion**

**Thurs., June 11, 10:30 am**

View this special treasure in Irwin Park, followed by lunch at **Barb Achenbaum's**. Free

### ***Staying Put* Annual Picnic Fundraiser**

**Sun., June 14, 5 pm**

**Tanis and John Erdmann** will host. Pies from Victoria's Wood Fired Pizza Truck. \$50

## Panel to Discuss Dementia

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*Staying Put* is collaborating with the **Alliance of Business Professionals** to present a comprehensive panel discussion “Dementia: A Primer for Families and Caregivers” at the New Canaan Library, May 6, at 5 pm.

Four professionals will address the different types of dementia, practical strategies for supporting those with memory loss, how to adjust the expectations of the entire family, and legal aspects of planning for the future.

They include **Dr. Stephen Jones**, Greenwich Hospital gerontologist; **Tania Papparazzo**, Regional Director Alzheimer’s Association; **Kathleen Toombs**, family therapist; and **Michelle Lee Beltrano**, attorney specializing in health care and elder care.

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## “Ins” and “outs” for our drivers

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*Staying Put* volunteers got timely tips for driving members safely at a workshop with physical therapist **Dr. Roger Silva**. He demonstrated the best ways to help a passenger get in and out of a car — “fanny first” (as Assistant Director **Donna Simone** likes to say) or “sit and spin” if that’s



easier. They also saw how to handle different types of walkers and wheelchairs. At left, Dr. Silva and volunteer driver and member **Trudi Yeager** demonstrate a safe transfer.

Thanks to contributors for this issue: **Nancy Helle**, **Jim Cole**, **Donna Simone**, **Lyn Chivvis**, and **Gloria Major-Brown**.



Must have been all those “hot” ideas! At the Board’s recent strategic planning session a false fire alarm sent everyone hurrying outside. Gathered around the fire truck are **Jim Cole**, **Lyn Chivvis**, **Steve Orteig**, **Lois Sandberg**, and **Nancy Helle**.

## **Jim Cole's** **Ready, Set, Safe**

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Just imagine calling 911 to report an emergency or that your spouse needs medical help. Imagine that the dispatcher has just the right information to help the EMTs arrive at your door faster with just the help you need.

This new “SMART 911” service is now being implemented by New Canaan. It’s free and can be yours just by providing information such as allergies, medications, and medical conditions that can make a difference in an emergency. The information is STRICTLY CONFIDENTIAL.

It’s easy to sign up. In your computer browser (Internet Explorer or Google Chrome, for example) type “smart911.com”. Click on “sign up” and fill in your data. *Staying Put* volunteers will also help you with enrollment if needed.

Whenever you call 911 your data will immediately show on the dispatcher’s computer screen, even if you call from your cell phone.

There’s another important advantage to SMART 911. Imagine that you’re vacationing in Charleston, SC, and you have an emergency. Charleston and a growing number of other towns and cities also have this system and your information will show up there, too. Their emergency services can respond just as they would if you were back at home.

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## Thanks a million, Arthur!

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After giving *Staying Put* seven years, 28 newsletters, and hours and hours of invaluable talent and skill, our generous graphic designer, **Arthur Congdon** is retiring. As a founding member, Arthur branded *Staying Put* by designing our distinctive logo, website, newsletters, brochures – in short everything that has our name on it.

Although he and his wife **Jan** relocated to St. Louis to be near family, Arthur continued to contribute his time and skills long distance. We thank him a million times over and hope he enjoys his freed-up time with his two adorable granddaughters.

*Staying in Touch* is published by *Staying Put in New Canaan*, a private, nonprofit corporation to help New Canaan residents live full lives in their own homes as they grow older. Editor Lois Sandberg.

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## Our members recommend

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**Bobby Chapdelaine** recommends “Flight of the Sparrow: A Novel of Early America” by Amy Belding Brown. It’s based on the true narrative of Mary Rowlandson’s life and her experiences being in Indian captivity and coming to grips with the real meaning of freedom. Available at the New Canaan Library in books and e-audiobooks.

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## Scorecard of services

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Since Jan. 1, our staff of **Barb Achenbaum**, **Donna Simone**, **Kathy Collins**, and **Cathy Fitzpatrick** along with many, many volunteers has met 1,046 requests from members. There were 687 for rides, 81 for home maintenance, 68 for errands, 40 for health services, 75 for visits, 34 for referrals, 39 for family consultations, and 22 for tech support.