

Staying inTouch

Winter 2015

New president Judy Bentley is active advocate for seniors

Our *Staying Put* leadership is in sincerely compassionate and superbly qualified hands as **Judy Bentley** steps into the presidency. She succeeds **Tom Ferguson** who will remain on the Board.



Judy has been committed to *Staying Put* since 2007 and most recently, as Development Chair, was the driving force behind our spectacular fundraiser with Brian Williams, Paul Simon, and Harry Connick, Jr.

She has long been an advocate for seniors – currently with the Waveny Care Network and the Elder Care Council, and previously with Meals on Wheels, New Canaan Inn, NC Community Foundation, and many more local groups.

In 2004 she received the Lifetime Achievement Award from the Volunteer Center of New Canaan. Recently retired as a Director of the Bank of New Canaan, she's an avid golfer and loves to cook!

Judy notes that she is supported by a very active Board of 25 and many volunteers along with Executive Director **Barb Achenbaum** and Assistant Director **Donna Simone**.

Other newly elected officers include VP **Tom Turrentine**, Secretary **Lyn Chivvis**, and Treasurer **Janet Lanaway**.

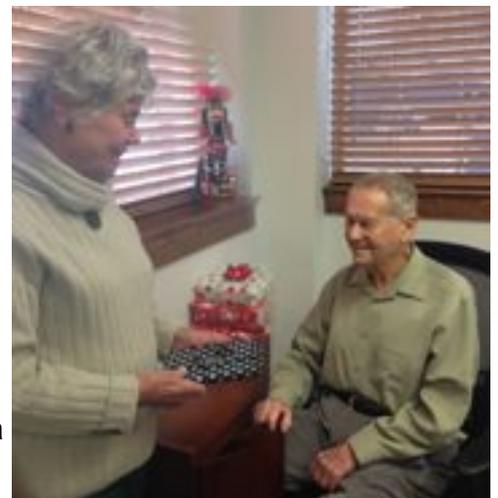
Volunteers' quest for the chest makes this gift the best!

When **Eric Petschek** couldn't find the perfect gift for his wife **Betty**, he turned to *Staying Put* for help. He wanted to surprise Betty with a wooden chest, three feet high, a single door, and a shelf to hold newspapers. **Tanis Erdmann**, Advisory Council member and go-to-volunteer for unique jobs, went right to work.

"I checked Ebay, Wayfair, Overstock, and Raymour and Flannigan and printed lots of pictures of possible chests," Tanis said.

When Eric came to our office to review Tanis' research, he saw the cabinet by our volunteer desk and said that was just what he wanted!

Judy Bentley then put him in touch with our furniture supplier and the chest was ordered. Exactly what Eric wanted, a big surprise for Betty, and a happy ending for all!



Tanis Erdmann (left) and **Judy Bentley** were delighted to come up with just the right chest for **Eric and Betty Petschek**.



Boo! Guess who. Members put on all kinds of masks to celebrate Halloween at a luncheon complete with trick-or-treat bags hosted by **Lois Sandberg** in her home.

Let's make a date

“Why Should Seniors Stay Put in New Canaan?” Presented by Barb Achenbaum
Wed., Jan. 21., 5:30 pm Dinner (\$10). 6:30 pm Talk. First Presbyterian Church

Help with 2014 Income Tax Returns
Every Tues. and Sat., Feb. 7 to early April
NC Library. Call 203-594-5003 for appointment.

Valentine's Day Tea
Tues., Feb. 10, 2 pm
Free. Space is limited. RSVP

Coffee in the *Staying Put* Kitchen
Wed., Feb. 11, 10:30 am
Wed., March 11, 10:30 am
Wed., April 8, 10:30 am

Lunch at Ching's Table
Tues., Feb. 17, noon. \$20
One of New Canaan's favorite restaurants
Pre-arranged menu choice. Reservations a must

Men's Coffee
Wed., Feb. 18, 9:30 am. New Canaan Inn
Wed., March 18, 9:30 am. New Canaan Inn
Wed., April 15, 9:30 am. New Canaan Inn

“Keeping Connected in The World of Dementia”
Thurs., Feb. 19, 1 pm
Co-sponsored at Lapham Center

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Talk by Historian John Demos
Author of “The Unredeemed Captive”
Sun., Feb., 22, 3 pm
New Canaan Library

“Afternoon of Bridal Stories”
Fri., March 6, 2 pm at a member's home
Share your favorite bridal memory. Refreshments

St. Patrick's Day Lucky Lunch
Tues., March 17, noon. Free at special location

Chris Coogan, Jazz and Boogie-woogie
Fri., March 13, 2 pm
The Village at Waveny

Bill Hall, Piano and Song
Fri., March 27, 2 pm
The Village at Waveny

What's the value of a senior?

According to **Jim Lisher**, recently retired chairman of Health and Human Services, New Canaan's senior population contributes \$20 million a year to town tax revenues.

They also often give time, money, and talent to many organizations and are a strong voting force. *Staying Put's* goal is to help as many seniors as possible to stay in New Canaan as the valuable citizens they are.



Thirty-five *Staying Put* members are participating in the town Tele-Health Program — another way to help seniors have better health and live

longer in their own homes. It is conducted by Health and Human Services.

Above **Jim Beall** from Tele-Health shows **Lois Sandberg** how to use the program's blood pressure and pulse monitor. *Staying Put* helped recruit participants and opened the office to provide orientation.

Thanks to contributors for this issue: **Tanis Erdman, Kathy Collins, Judy Bentley, Lyn Chivvis, and Donna Simone.**

Wednesday is Errand Day

Need a pick-up from the drug store, dry cleaner, or supermarket? A drop-off at the post office or library? Give us a call by Tuesday afternoon and a volunteer will get it done by 5 pm on Wednesday.



Six out of every 10 falls happen at home. Many could be prevented with these simple changes.

- Put grab bars next to the toilet, bathtub, and shower.
- Use handrails on all staircases.
- Remove small throw rugs or use double-sided tape to keep them from slipping under foot.
- Put important items where you can reach them without using a stool.
- Keep electrical and phone wires out of areas where you walk.
- Make sure your home is well lit.
- Keep your floors free from clutter.
- Don't keep low furniture near where you walk.
- Put rubber mats in front of kitchen/bathroom sinks to prevent slipping on spilled water.
- Ask your doctor about side effects of your medications.
- Use a walking aid if necessary.
- Wear supportive shoes with low heels or rubber soles.

Courtesy of the New Canaan Volunteer Ambulance Corps

Annual Appeal steams ahead

Executive Director **Barb Achenbaum** thanked the generous supporters who are keeping us on target with our \$250,000 goal for 2015. As of week ten, we received 402 gifts totaling \$170,000. There's still time to make a tax-deductible gift.

We also encourage supporters to become members of the **Staying Put Legacy Society** by providing for *Staying Put* in their estate plans.



The Young Women's League invited *Staying Put* members to their wreath-making workshop. Our creative ladies made beautiful wreaths which were delivered to homebound members. Everyone had lots of fun including **Mary Ward** with **Elizabeth DeMuth** and her son.

We can help you with that, too

What do you do with a flag you no longer need? Just give us a call.

Every summer the Boys Scouts hold a somber retirement ceremony for flags. Each is cut into strips and burned. The remaining grommets are retrieved and given to veterans as a remembrance of those who gave their lives for our country. The Girls Scouts also hold flag retirement ceremonies. If you have a flag to retire, just call us and we'll make the arrangements.



Member **Ruth Carroll** presents three worn American Flags for retirement to members of New Canaan Scout Troop 70.

Board elects 2 new members

Janet Lanaway, a CPA with her own accounting practice in Canada, has lived in New Canaan for 15 years. She has held leadership roles in many New Canaan organizations, including the Community Foundation, the Red Cross, the Carriage Barn, Meals on Wheels, Encore Club, and the Town's Audit Committee. She and her husband John have four children and three grandchildren.

Judy Johnson moved to New Canaan from New Jersey almost two years ago and immediately became a *Staying Put* volunteer. Previously, she had been a teacher and tutor for 38 years. Judy is a former member of the Garden Club of Englewood, NJ, and enjoys tennis, paddle tennis, and traveling – as well as her two children and seven grandchildren.

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President **Tom Ferguson** thanked retiring Board members **Gloria Major-Brown** and **Bill Sessions**, both founding members, and **Larry Brown** and **Mitzue Transue**.



Volunteer **Cindy Bamatter**, members **Joan Jaworowski**, **Jeannie Hart**, **Kathy Collins** (staff), **Maru Brown**, and **Nancy Means** enjoy the N.Y. Botanical Garden's Holiday Train Show.

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.