

# Staying Summer 2015 inTouch

## Students team up with our members to tell great stories

Gettysburg College student **Jack Stanton** came to *Staying Put* looking for a summer community service project. “I have great respect for the seniors in our town,” he said and wanted to help.

Just earlier that day Member **Jim D’Acosta** came in looking for some tech support for the memoir he’s writing. We put the two together and a beautiful friendship was born.

Jim’s book, “Small Victories and Other Recollections,” is a gift to his grandchildren in the form of 40 short stories. Jack helped him organize folders, upgraded the formatting, and facilitated email communication with his editor.

Jim says that Jack’s efforts have been invaluable. “He’s talented, smart, eager to help — and we have a lot of fun together.”

When Jim’s grandchildren ask what it was like in the “olden days,” thanks in part to Jack, they will have the answers.



Organizing all those files was just one of the ways **Jack** helped **Jim** with his memoir.

Meanwhile New Canaan High School graduating seniors **Kate Blasco** and **Erik Burns**, (see below) a daughter and a grandson of two *Staying Put* volunteers, asked to be our interns. They wanted to make a video about New Canaan seniors by interviewing some of our members.



Under the supervision of *Staying Put* volunteer **Diane Sorcher** they spent hours interviewing our members on video. After even more hours of editing and writing original music, they produced a spectacular 11-minute video. Our members tell fascinating stories about why they came to New Canaan, how the town has changed, the role of *Staying Put* in seniors’ lives, and what community means to them.

You can see the video on <https://www.youtube.com/watch?v=xbxvJSfu7s8>.

Interviewees included **Jim Bach, Judy Bentley, Dr. Charlotte Brown, Dr. David Brown, Lila Coleman, Tom Ferguson, Ed Fleischi, Don Harbour, Jeannie Hart, Wendy Hilboldt, Phil Ives, Ruth Kelley, Lois Sandberg, Judy Schurman, Bill Sessions, and Pat Stoddard.**

## Grants go to Care network, Angels, Benevolence Fund

*Staying Put* has received generous grants from three local organizations.

The **New Canaan Community Foundation** grant will support two new volunteer initiatives. The *Care Connections* network matches volunteers with members we care about, but rarely hear from, for an occasional phone chat or friendly visit. *Staying Put Angels* do errands, simple household tasks, and give tech support on short notice. They allow staff more time to focus on broader organization and membership issues.

**Rotary Club** and **Sewing Group** grants will support our *Benevolence Fund* for all members to enjoy our activities regardless of financial status.

“We are extremely grateful for the steadfast support of these local organizations,” said Executive Director **Barb Achenbaum**.



The beautiful home of **Tanis** and **John Erdmann** was the perfect setting for our annual Picnic Fundraiser with more than 100 members and guests.

## Let's make a date!

### Lunches at Mead Park

**Fridays, 1 pm through Sept. 11 weather permitting**

### Sheffield Island Expedition

**Tues., July 14, 10 am**

Our joint ferry ride and picnic adventure with Lapham and GetAbout. Meet at Lapham. \$22



To beat the heat, Board member **Sue Scannell** hosted a lovely chilled soup and salad luncheon for (front) **Liz Orteig, Anne Kniffin, Barb Achenbaum, Nancy Sessions,** (back) **Sue, Rosalind Nielson, Christa Sanfilippo, Priscilla Thomas, Janecke Madsen and Ro Bassett.**

### Men's Coffee, New Canaan Inn

**Wed., July 15, 9:30 am; Wed., Aug. 19, 9:30 am; Wed., Sept. 16, 9:30 am**

### Dinner on the patio at the Ischoda Yacht Club

**Tues., July 21, 6 pm**

Enjoy an evening out with friends overlooking the Norwalk River. \$30

### Shopping trip to Lord and Taylor

**Wed., July 22, 10 am**

### “Love and Money” at Westport Playhouse

**Wed., Aug. 5, 2 pm**

A world premiere comedy by A. R. Gurney. \$25

### Calf Pasture Beach Adventure

**Tues., Aug. 11, 10:30 am**

Beach picnic lunch and optional mini-golf

### Picnic at Woodway Beach Club

**Wed., Aug. 19, 5:30 pm; rain date Aug 20**

Join us for our annual potluck picnic on Long Island Sound. RSVP by Mon., Aug 17

### Hawaiian Luau at the New Canaan Inn

**Tues., Sept. 8, 3 pm**

Hawaiian treats, language lessons, Uncle Zak and the Lapalelles and a hula dance

### Dinner at the Red Barn

**Tues., Sept. 15, 6 pm**

Evening out at a classic Fairfield Co. restaurant

### “Keeping your Balance on an Even Keel”

**Tues., Sept. 23, 12 noon**

Dr. Jacquelyn Brewer, ENT. Co-sponsored with Lapham and Stamford Hospital.

## Rotary Club Annual Lobster Fest Dinner

**Fri., Sept. 25, 6 pm**

Join us for a traditional New England feast at the New Canaan Historical Society.

## The Yellow Dot Program

**Wed., Oct. 7, 10:30 am.** At Lapham

Sign up for car sticker which tells emergency responders of your medical conditions.

## Holiday Closing

The Office will be closed on **Labor Day, Mon., Sept. 7.** If you have needs for that week, please call the office before Fri., Sept 4. Thank you!

## Wow! Did you know about all of this?

A dozen valuable services are available for all of our town's seniors through the **New Canaan Human Services Commission.** You can easily make private appointments to discuss financial assistance, Medicare, Medicaid, senior housing, and food and energy programs.

Also home visits from the Community Nurse for health assessment and wellness checks, yearly flu clinics, holiday deliveries of food and gifts to seniors, and the Tele-Health Program promoting senior health and wellness.

Just call 203-594-3076 or visit at 61 Main Street (Vine Cottage). The staff is there to help!



**Judy Dunn** (right) head of the Human Services Commission met our members **Lois Sandberg** and **Trudi Yeager** at **Halo Studios.** Halo invites Tele-Health participants, including 35 *Staying Put* members, to free talks and 3-month memberships.

Thanks to contributors for this issue: **Patti Geanakos, Jim Cole, Donna Simone, Lyn Chivvis, Mike Rodell, Barb Achenbaum, Judy Dunn, and Gloria Major-Brown.**



Our members showcased paintings, photography, sculpture, and needlepoint at our 2nd Annual Members' Art Show. **Kip Farrell** (left) exhibited some of her red barn photos which will be in her book "Barns of New Canaan" to be published next year. With her are her grandson, **Nicholas Van Ness** and **Jackie Legivia.**



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

Jim says, "Try these tips for staying cool."

- Wear cool, loose clothing and hats outside.
- Use room fans or air conditioning if you have it. Keep the thermostat at 78 degrees Fahrenheit or lower.
- Close shades or curtains in direct sunlight during the day.
- Open windows at night and use fans for cross-ventilation to circulate cooler air.
- Drink plenty of cool, nonalcoholic beverages.
- Stay indoors between 11 am and 4 pm.
- Eat light meals and don't use the oven.
- Stop or limit physical activity on very hot days.
- Wear sunscreen.
- If you think you're having a heat-related health problem, call 911 or get medical help immediately.

by **Barb Achenbaum**  
Executive Director  
*Staying Put in New Canaan*

### Tips for seniors to avoid falls

according to the CDC, falls are the leading cause of injury and hospitalization among older adults. Put them on both sides. Remove small throw rugs or use double-sided tape to keep them from slipping under your feet. Put important items where you can reach them without using a stool. Keep electrical and phone wires out of areas where you are worried that their doctor or their adult children will suggest that they are no longer safe in their homes. In fact, simple medical intervention can easily help with fall prevention. The CDC recommends that seniors ask their doctor to review their medications to identify those that may sponsor medical experts who address such topics as diet, balance, and physical and emotional changes to watch for. They provide helpful and practical suggestions for improved personal safety. The Fire Department provides free inspections of carbon monoxide detectors and

Barb has been invited to be a guest columnist for the **New Canaan Advertiser.** Read her first piece in the June 27<sup>th</sup> issue.

## Our members recommend

**Barbara Johansen's** "Zesty Carrot Casserole" was a big hit at our recent potluck dinner:

8 medium carrots peeled and thinly sliced  
(or 1 16-oz. bag crinkle cut frozen carrots)  
2 T prepared horseradish  
2 T minced onion  
1/2 t salt  
1/4 t pepper  
1/2 C mayonnaise  
1/4 C Panko, bread, or cracker crumbs  
1 T melted butter  
1/4 t Paprika

Simmer carrots in 1 C water until tender. Drain keeping 1/4 C of cooking liquid. Heat oven to 375. Arrange carrots in shallow 8 C. dish. Combine reserved liquid, horseradish, onion, mayonnaise, salt, pepper. Pour over carrots. Stir. Combine crumbs, butter, paprika. Sprinkle over carrots. Bake 20 min. or until bubbly at edges.

*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.



(Above) Our Picnic Fund Raiser on Flag Day was a great success with pizza and with patriotic music by a trio of musicians from NC High School. Here are **Bill Stoops, Weezie Stoops, Dick DePatie** and **Nancy Helle**. (Below) Once again we stole the show in the Memorial Day Parade.

