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Every effort has been made to include all donors.  
 Please call Lise Jameson with any omissions. Thank you.



**Left:**  
*Marilyn Chou, Pat Blum,  
 and Peggy Gilmore  
 enjoy a theater outing*

**Right:**  
*Melinda Scrivner and  
 Mary Ann Hoberman  
 about to savor the  
 results of the Chinese  
 cooking class*



photos: L. Herz



139 East Putnam Avenue | Greenwich, CT 06830

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A delicious variety of cooking classes—from Chinese (left) to Healthy Winter Soups (right) have been popular activities with @ Home members this year. More are planned for the coming months.



*Anita Carlin, Audrey Kahn, and Marcia Coyle as preparations for the Chinese banquet begin*



*Mary Coan, Christene Gerli, and Marylin Chou chopping fresh veggies for soup*

L. Herz

**At Home in Greenwich is a nonprofit organization dedicated to enriching the lives of Greenwich seniors who want to remain in their own homes as they grow older.**

*Clip & mail to:*

At Home in Greenwich, 139 East Putnam Avenue, Greenwich, CT 06830

Please  send or  call me with more information.

Name \_\_\_\_\_

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I want to make a contribution to At Home in Greenwich.

My check is enclosed. **(We thank you!)**

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*Editor: Phyllis Herman*

*Contributing writers:  
Christine Gerli, Eric Knutsen*



## At Home in Greenwich

139 East Putnam Avenue

Greenwich, CT 06830

203.422.2342

# news

Volume 2, Number 1

## At Home Celebrates its First Birthday!



**W**e're one year old and we're up on our feet, feeling strong and connected to an amazing group of peers who all cherish independence and an active life, yet who feel confident and safe, knowing that help is just a phone call away if they need it.

Seventy-five members, potential members, and volunteers joined in the celebration in late February as we chatted with friends, old and new, indulged in delicious birthday cake, and enjoyed the delightful musical entertainment of pianist (and piano tuner) John Goldschmid and Greenwich's favorite singing group, The Grace Notes.

Marylin Chou, @Home's founder and president and Executive Director Lise Jameson welcomed the group, Commission on Aging's Director (and @Home member) Samuel Deibler praised the progress the organization has made in the last year, and First Selectman Peter Tesei noted, "It's not only important to you, but to the town that you remain vibrant, independent and a vital part of the Greenwich community."

*Shaw Stuart (above) and other @Home members and friends (below) join in the festive celebration of our first birthday.*



### Independence & Peace of Mind

At Home in Greenwich offers Greenwich residents over 50 a flexible plan and the peace of mind to enjoy a safe, independent and active life while remaining in their own homes as they grow older.

### Aging at Home with Dignity

By partnering with proven service providers, @Home can offer its members all the benefits of assisted living at home:

- Social & cultural activities
- Home health care
- Household & home maintenance services
- Transportation
- Problem solving

As a nonprofit, nonsectarian membership organization, At Home in Greenwich provides a multitude of programs and services more cost-effectively than most conventional retirement communities. Members can choose from an a la carte menu of services; some are included in the annual membership fee and others are often provided at reduced rates.

E. Knutson

## LETTER FROM LISE

**W**hen we launched At Home in Greenwich last year, I thought we were the best deal in town and one year later, I am *convinced* of this! Here's why:

We evaluate, arrange and monitor services, from personal care to home maintenance. We coordinate medical and community services. We do onsite assessments and will develop a plan for you. We can assist in a crisis and advocate for a member. We offer peace of mind and support to members and their families. The icing on the (birthday) cake is our wonderful roster of volunteers, many of them members themselves, who are ready and willing to assist. All this support and services are wrapped around a wonderful social network and a full calendar of events that offers potlucks, concerts, cooking classes, stimulating discussions, walks on the beach and lots of laughter and companionship.

Our challenge at this time is spreading the word of our wonderful organization. Please introduce us to your friends and invite them to our monthly teas. We are reaching out to our faith-based community and neighborhood associations. If you are part of such organizations, At Home in Greenwich would love an introduction and opportunity to give a talk. Call the office with your ideas. Thank you!

Given the uncertain economic climate, At Home in Greenwich has resisted increasing our annual membership fee, which still stands at \$500 for individuals, \$650 for households. These fees cover only a third of our operating expenses (i.e. salaries, rent, phone, insurance, printing, etc.). We are so grateful to the Community Development Block Grant, First Presbyterian Church and Second Congregational Church for their generous contributions to our Financial Aid Fund. Did you know that At Home in Greenwich offers financial aid to those whose incomes are less than \$54,600 a year? To apply, simply call me. All information shared remains strictly confidential.

We look forward to another year of growth and appreciate your membership and the opportunity to serve you.

### Lise's Wish List

- Small microwave
- Digital camera
- Two-drawer file cabinet with lock
- Someone who can put together an @Home scrapbook

## THE @ HOME MEMBER SURVEY

**T**he sustainability and growth of At Home in Greenwich depends not only on keeping current members happy and growing our membership ranks, but also on attracting donations from individuals, businesses and foundations. To better understand our strengths and areas of possible improvement, Board Member Eric Knutsen took on the daunting task of surveying our membership with a comprehensive four-page questionnaire. Over 60% of members responded, and their comments were overwhelmingly favorable.

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*"This is what I hoped for when I joined At Home in Greenwich, and it is working!"*

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Members were most enthusiastic about the cultural and social activities @Home offers, with Audrey Kahn's Dinearound Group the single most popular activity, and lectures, trips and theater were close behind. Home repair and maintenance were also popular, and members were very satisfied with their experiences with our roster of contractors and service providers. Though used less frequently, a high value was also placed on in-home health care services.

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*"Help is always just a phone call away."*

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Echoing the thoughts and feelings of so many @Home members, here's what Shaw Stuart wrote recently: "Gail and Peter Wilson took me to the doctor yesterday...such nice people...also had a nice shopper from Jewish Family Services who got my groceries the other day. This is what I hoped for when I joined At Home in Greenwich, and it is working! Thanks for your invaluable help." As member Harry Twitchell tells his friends who ask why he joined @Home, "When you live alone, you never know what you'll need. And help is always just a phone call away."

# MEET OUR MEMBERS

**Stuart Coan** comes from a long line of missionaries. His parents worked for the International YMCA in India, and he lived there until he was eight years old. At the tender age of five, he and his two older sisters attended an American boarding school located in a hill station in Southern India. In 1931, the family returned to the U.S., and Stuart grew up in Princeton, and graduated from Williams College. His first job was with the State Department and then he went on to teach International Affairs at Queens College. After time spent in the oil and textile industries, he entered the nonprofit field with a post at the NAACP as their first full-time fundraiser. Stuart also has done fund-raising for Save the Children in Westport and for the Polytechnic University and the City College of New York.

**Mary Bishop Coan** and Stuart were married in 1954. Born in Indianapolis, Mary graduated from Smith College. Her first job was teaching conversational English to girls at the College Edgar Quinet in Marseilles. She then worked at the Institute for International Education in New York, later earned her M.A. in French, taught for five years and was copy editor for *Progressive Architecture* magazine. Today Mary is very active with the annual Smith College Book Sale, volunteers for the Greenwich Arts Council and the Oral History Project, and is an avid wildflower gardener. Mary and Stuart have 4 children and 7 grandchildren.



*Mary and Stuart Coan*



*Stephanie and Roger Paulmeno*

**Roger Paulmeno** was recently inducted into the Connecticut Veterans Hall of Fame. Governor Jodi Rell created this honor “to pay permanent tribute to those citizens who have served the nation with distinction in the U.S. Armed Forces and then returned

home to enrich their communities and state through distinguished careers and selfless public service.” Roger, a disabled veteran of the Vietnam War, has served for 24 years as the Chief of the White Plains Vet Center, a mental hygiene clinic for veterans. In addition he has continuously served his community as a valuable resource for students of all ages who are studying the Vietnam War and as a support to veterans and their families.

**Stephanie Paulmeno** and Roger have been married for 23 years. Stephanie, a member of the @Home Board of Directors, has worked in various capacities for the Town of Greenwich for the last 20 years. She is a registered nurse and licensed nursing home administrator with two advanced degrees in gerontology. Stephanie was recently appointed to the Executive Board of the Connecticut Commission on Health Equity. She also volunteers in a leadership capacity on numerous town, county and state boards which deal with physical and mental health, social services and addiction issues. Stephanie is retiring this summer from her position as the Community Health Planner for the town of Greenwich, but will be starting her own health consulting firm doing just what she does now, and is happy to report that numerous consultation offers are already coming in. Stephanie and Roger have three sons.

## *In Memory*

HENRY MARKLEY, M.D. | KATE McCLELLAND | MARY SULLIVAN | PENNY WHITMORE

## MORE GOOD NEWS YOU CAN USE

- Two recent studies show how emotions can change—for the better—with age. A University of Chicago study of more than 28,000 adults found that the odds of being happy increased 5% with every 10 years of age. Texas researchers also reported that older folks are more likely to experience positive emotions such as calm and contentment, and less likely to feel negative ones, such as anger and anxiety.
- Researchers in Michigan found that even a brief walk in nature can improve memory performance and attention span—a good reason to join the @Home Walking Group! Moreover, mounting evidence indicates that staying socially connected is just as vital to brain health as doing crossword puzzles and eating oily fish and blueberries (considered “brain food”).
- A regular practice of yoga or tai chi will improve balance, range of motion, stability and flexibility, according to recent research, and thus help prevent falls in older people.

## FITNESS PROGRAMS: FREE, LOCAL & FUN!

AARP and some other Medicare health plans offer free access to the Silver Sneakers Fitness Program at the New York Sports Club and other local gyms. To find out if you qualify, visit [www.silversneakers.com](http://www.silversneakers.com) or call your health plan’s customer service department. It’s a fun one-hour regime that combines cardio, weights, and stretching, all to lively recorded music.

### Other Free Fitness Programs at the Senior Center

Call Suzanne Testani at 862-6721 for details.

- Yogalates (Yoga + Pilates)
- Tai Chi
- Balance & Stretch
- Core- Strengthening Classes
- Power Walk Aerobics
- Line Dancing
- Water Aerobics at the Byram Pool (starting in June)

*“Old age, to the unlearned, is winter; to the learned, it’s harvest time.”*

*—old Yiddish saying*

## ATTENTION ALL KNITTERS!



Christine Gerli

The only skill you need is plain knitting (not even a purl is required!). Under Christine Gerli’s expert supervision, eleven @Home members are already busy knitting colorful 8-inch squares, nine of which will be joined together to make a baby blanket. The finished blankets are donated to Person-to-Person who distributes them as part of a layette to needy families. Christine provides the yarn and needles. So far our corps of knitters includes Mary Babcock, Sunny Brown, Anita Carlin, Mary Coan, Hermine Aborn, Rhona Johnson, Ellie O’Brien, Gay Whitehead, Pru Whitehead, Phyllis Herman and, of course, Christine herself. If you want to join the fun, call Lise (422-2342).

## PLANNING AHEAD

Advance Directives such as living wills allow patients’ families to follow their end-of-life wishes should they lose the capacity to make such decisions on their own. These crucial life-or-death decisions might include whether to resuscitate or use a respirator, feeding tube or dialysis. Creating an advance directive not only guarantees that the patient’s wishes are followed, but gives family

members the peace of mind that comes with knowing they are adhering to their loved one’s wishes. Yet, surprisingly, only 10–15% of patients have made advanced directives.

Now, @Home members can easily create their own advance directives free of charge.

@Home member Naomi Tamerin, M.D., an active member of the Greenwich Coalition to Improve

End-of-Life Care, has volunteered to meet privately with interested members who want to name a health care proxy or create an advance directive. Says Naomi, “This is the best—and most thoughtful—service one can give to oneself and one’s loved ones.” Call Lise (422-2342) to arrange an appointment...TODAY!