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Sarah King, Elinor Appleton and Shaw Stuart at Tandoori Restaurant.



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



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The Gifts of Aging

Dr. Marc E. Agronin, a geriatric psychiatrist, recently wrote in *the New York Times*:
“...there is a cost to our myopic view of aging. We imagine the pains of late-life ailments but not the joys of new pursuits; we recoil at the losses and loneliness and fail to embrace the wisdom and meaning that only age can bring.

Henry Wadsworth Longfellow captured the sentiment well:

*For age is opportunity no less
Than youth itself, though in another dress,
And as the evening twilight fades away
The sky is filled with stars, invisible by day.”*

We’ll be addressing this timely topic in a series of gatherings which we are calling “The Art of Living” beginning in May. Melinda Scrivner will be our first presenter. More details to follow.

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.

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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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At Home in Greenwich

139 East Putnam Avenue

Greenwich, CT 06830

203.422.2342

news

Volume 2, Number 1

Happy 2nd Birthday, At Home in Greenwich!



Neither heavy rains nor threat of blizzard conditions could keep nearly 50 At Home members from joining in our second birthday celebration at the smashingly decorated Fletcher Hall (thank you, Sarah Whittemore!) in late February. What a hearty and enthusiastic bunch! We were serenaded by the wonderful Grace Notes, nibbled on tasty tea sandwiches and, of course, birthday cake, and had the best time chatting with old and new friends.

With two busy years under our belt, At Home in Greenwich has truly become “a community within a community.” Now 165 members strong (and growing), At Home has made a difference helping members cope with everything from getting skillful computer help or a podiatrist who makes home visits to applying for Medicare Part B or finding the best medical alert button.

On top of these practical matters, At Home has brought members together in an ever-growing variety of social activities and get-togethers. We’ve oohed and aahed over Nancy Standard’s fabulous collection of vintage clothes; learned helpful tips for memory retention from gerontologist and

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, At 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.



L. Herz



Jane Milliken, Dave Emery, Mary Lou Sunderwirth-Conner and Bea Emery

L. Hertz

board member Lori Contadino; opened our hearts and minds to new poetry experiences with member and Children's Poet Laureate Mary Ann Hoberman. And we haven't neglected our stomachs either, dining and shmoozing at monthly Dinearounds (thank you, Audrey Kahn!), Zodiac potluck lunches and dinners and Marylin's annual Chinese New Year's Banquet.

As the months and years go on, new friendships are being formed and new connections are being made. Elinor Appleton and Barbara Martin, whose friendship began in At Home's Program Committee, recently traveled to Thailand together (see photo on next page). "I have been enriched by the wonderful friends I have made," wrote one happy member on our annual survey. "Mike and I are very pleased we have joined At Home and very grateful for all you have done for us," wrote another. And, even those members who haven't yet needed specific services are enthusiastic: "I haven't used many of your services yet, but you are my big safety blanket!" wrote one contented member. "Just the reassurance that I could call on you if needed should the unexpected arise helps me sleep at night," noted another.

Still, we know there is always room for improvement. Please keep the lines of communication open and active. We want to hear from you. At Home in Greenwich was created to meet your needs and to help you live your life in comfort, safety and full enjoyment. As Christine Stassni-Gerli put it, At Home has



Nancy Standard in vintage attire

M. Chou

created a "circle of caring," not only between members and Executive Director Lise, but among the members themselves.



Seated l to r: Phyllis Herman, Marilyn Chou and Betty Hauptman; Standing l to r: Kristina Kelly, Louise Herz, Hugh Taggart, Joan McClellan, Dan Fredland and Gerry Mayfield

LETTER FROM LISE: Preventing Falls

I feel very strongly about helping members prevent falls. At Home's mission is to keep you living at home healthfully and happily; thus stopping tumbles, trips, bumps and broken bones is essential. This is a complex task: it requires a good long look at your medical condition and home environment. Falls are preventable! And, surprisingly, if they do occur, it's most likely not on a slippery sidewalk, but right inside your home.

Here are some tips from the Connecticut Collaboration for Fall Prevention:

You are at a great risk for falling if:

- You have difficulty walking and/or keeping your balance.
- You take four or more medications on a regular basis.
- You experience drops in blood pressure or get dizzy.
- You have vision or hearing problems.
- You have foot pain or numbness in your feet.
- You have hazards in your home which might cause you to trip.

Don't wait for a fall to happen!

- Consult with your doctor to discuss medications and blood pressure fluctuations.
- Don't wear reading glasses while walking.
- Wear good supportive shoes—no slides, slip-ons or heels.
- Get rid of clutter in walkways, replace light bulbs promptly, eliminate scatter rugs.

Call me (203.422.2342) to arrange a free safety inspection of your home and for a list of helpful exercises. Sign up for my Fall Prevention Program to be held soon. **Be safe!**

News from Lise

I am planning to do a two-part training for those who would like to volunteer to transport members to their doctors' appointments.

1. A physical therapist will show you how to physically assist someone getting in and out of the car.
2. I will advise volunteers how to take helpful notes in the doctor's office and how to participate unobtrusively and effectively.

If you're interested, please call the office.

At Home TO THE RESCUE!

Wow! What a storm! So many At Homers were without power or telephones for up to a week. There were fallen trees blocking 80% of Greenwich roads (alas, one smashed a member's car and poked a hole in their roof). But, thank heavens, we all came through with our own generators, ingenuity or just plain good luck. Lise traveled throughout the town checking on the safety and needs of members who might have needed her help (or some emergency services). Trips that ordinarily took 10 minutes took an hour and a half. Even though the phone and internet had crashed in the At Home office, Lise's trusty cell phone allowed her to check on many members and respond to calls for tree men, electricians, and where to buy a generator before the next storm.

A special thank you to board member Joan McClellan who miraculously made it to the office (though trees were strewn all over her usual route) to help in any way she was needed. One lesson learned: we need every member's cell phone number! And those without cell phones need to buy one for safety's sake. Please share your own ideas with Lise of how we can be even more helpful when the next emergency strikes (and, alas, it probably will).

MEET OUR MEMBERS:

Three Amazing Women Who Were Ahead of Their Time

Female pilots or women with a career in the Air Force are rare even today. So just imagine having three members of At Home in Greenwich who made their mark in aviation in one way or another decades ago!



Gloria Heath today with WASP Congressional Gold Medal award



Heath with Smith College Flying Club plane, 1940s

L. Herz

Contributed photo

Gloria Heath, who made her mark as a pilot during World War II and as a pioneer in the field of flight safety, was recently awarded the Congressional Gold Medal, the highest honor that Congress can bestow. Gloria was a member of the Women Airforce Service Pilots (WASP), a group of more than a thousand women who courageously piloted critical military aircraft throughout the United States during World War II. Now Gloria is nationally recognized as a leader in aviation safety, having served as a founding board member of the Flight Safety Foundation. As chairman of the International Academy of Astronautics, Gloria defined the planning, the equipment and the procedures for bringing the astronauts safely back to earth. Subsequently, her pioneering efforts to ensure the safety of pilots and travelers all over the world through a unified global response to emergencies has saved thousands of lives.

As one of the first female aviators in American military history, Gloria was at the same time a pioneer for women's rights. She and her colleagues paved the way for women's equality not only in the military, but in other workforces across the country. She demonstrated that success should be measured in terms of merit and talent, not by gender.

Pat Blum, another At Home pilot, was co-founder of the Corporate Angel Network, (CAN) a unique nonprofit organization that offers cancer patients (plus a companion) free rides across the country for diagnosis, consultation or medical treatment. Any cancer patient is eligible; there is no financial need criteria. Since 1981, when CAN began, until the present day, 35,000 cancer patients have availed themselves of this amazing service. There are 500 corporations who offer their empty seats. Pat got her own private pilot's license in 1965 and her commercial license about five years later.

Peggy Gilmore, though not a pilot herself, served in the British fighter command of the Women's Air Force for four years beginning in 1938. Her job was to track and thus prevent German bomber planes from flying into England.

Thank You Knitters!

Many At Home members have been busily knitting squares that eventually turn into baby blankets for needy newborns in Stamford and Norwalk Hospitals. Christine Stiassni-Gerli has forwarded a thank you from the Director of Volunteers at Person-to-Person who distributes the blankets: "Thank you for the wonderful baby blankets. Many of them went to the Christmas babies to keep them warm in this very chilly season. About 25 layettes were given to needy families last month, and the moms were very grateful."

If you want to join the knitting group, call or email Christine (203.869.0308, chrisnoworries@optonline.net). She'll provide the needles, wool, and simple instructions. Easily done while watching TV!



Contributed photo

The New Old Age

How do you feel when someone calls you a "senior citizen," refers to you as "elderly," calls you "sweetie" or "dear," or congratulates you on being "75 years young?" "Professionals call this elderspeak," wrote John Leland in a feature article which addressed this subject in *The New York Times*. People think they're being nice, but most sensitive older folks find this talking down, though meant kindly, insulting and demeaning. I'd love to dialog on this topic.

Please send your thoughts to me at phylherman@yahoo.com and I'll publish the results next time.

How we would like to be seen and other fascinating and timely topics—from "When it just isn't clutter anymore," "Ask an elder attorney" and "Words for seniors facing loss" to a rundown on Obama's Caregiver Initiative are all addressed at nytimes.com/newoldage and new subjects are being aired every week.

Another website worth clicking onto is www.nihseniorhealth.gov. Sponsored by the National Institutes of Health, it features up-to-date health and wellness information for older adults in a very user-friendly format. One even has the option of hearing the text read aloud.

And, for those of you who are not yet computer-savvy, consider one of the SeniorNet classes offered at the Senior Center for a small fee. For more information call Sig Ahl at 203.862.6734. Let's not be left behind!

Barbara Martin and Elinor Appleton atop a friendly elephant in Thailand.

Did You Know?

Often there are wonderful opportunities and offerings in our own backyard that we're not aware of. Here are a few to consider:

Taxi Discount Program

Fifty percent discount taxi vouchers are available at the Senior Center through the Commission on Aging and the generosity of the Greenwich Taxi Co. Ten dollars will buy you \$20 worth of taxi rides. The vouchers apply only to trips taken within the town of Greenwich, i.e. not to the Stamford RR station or Westchester Airport.

Bargain Meals at Greenwich Hospital Cafeteria

Just \$5.50 will buy you a tasty entrée and vegetables for an eat-in or take-out lunch or dinner. You can round out your meal with salad, yogurt, dessert and/or fruit at a small additional cost. Lunch hours are Monday-Friday, 11:30–2:30 pm; dinner is available 3:30–9:00 pm; Saturday & Sunday, 12 noon–2 pm. Take the elevator up from the parking lot to the hospital lobby; then go down one flight to the Cafeteria. Pick up a Senior Lunch Bunch ID card on your first visit, and you're all set!

Connecticut Farm Fresh Express

Locally grown, mostly organic, fresh vegetables, fruit, dairy products, meats, poultry, baked goods, and more delivered weekly to your door year-round. No membership fees, no minimum order. Sound too good to be true? Call: 860.917.7627, www.ctffe@me.com.

The Greenwich YMCA is offering a 10% membership discount to At Home members.