



At Home in Greenwich

20 Bridge Street
Greenwich, CT 06830

news

Winter/Spring 2008

AT HOME IN GREENWICH IS LAUNCHED!

The weather was sparkling cold and clear and the mood was festive as over 200 Greenwich residents came together on Saturday afternoon, January 26 to show their support for an idea whose time had come. As Stephen Jones, Medical Director of the Center for Healthy Aging at Greenwich Hospital, said in his welcoming remarks, “The launching of this initiative is a wave of the future, a concept so simple, yet profound, that promises to enhance the quality of life and health of our growing senior population.”

An impressive roster of movers and shakers in the Greenwich community followed Dr. Jones at the podium. First Selectman Peter Tesei hailed those assembled as “the greatest generation” coming together to form a community

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A SPECIAL THANK YOU

to Nancy Platt, an At Home in Greenwich founder and member of our Board of Directors for her creative stewardship of our Launch every step of the way from conception to actualization. Assisting her in so many ways were the following new members and volunteers:

Nancy Lynch, Louise Herz, Brook Calkin, Audrey Kahn, Elinor Appleton, Mary and Stuart Coan, Elizabeth Shippee, Polly Memhard, Jill Winningham, Elaine Seeds, Barbara Martin, Louise Stix, Sunny Brown, Leslie Burton Cofer, Martha Awdziejewicz, David and Gigi Ross, Kitty Wynkoop, and Andrea Mitchelson.

Thanks also to the First Presbyterian Church who lent us their magnificent Fellowship Hall, Reverend Susan Arner who offered the beautiful opening blessing, the Mary Alice and Thomas O’Malley Foundation, McArdele’s Garden Center for the cheerful violet plants that graced each table, photographer Judy Onthank, and our wonderful pianist, Dick Roberts.

Above, left: Stephen Jones, M.D. welcoming guests to the At Home in Greenwich launch.

Right: Mike Harris, Gloria Heath and June Biedler



Below: Sam Deibler

LAUNCH continued from page 1

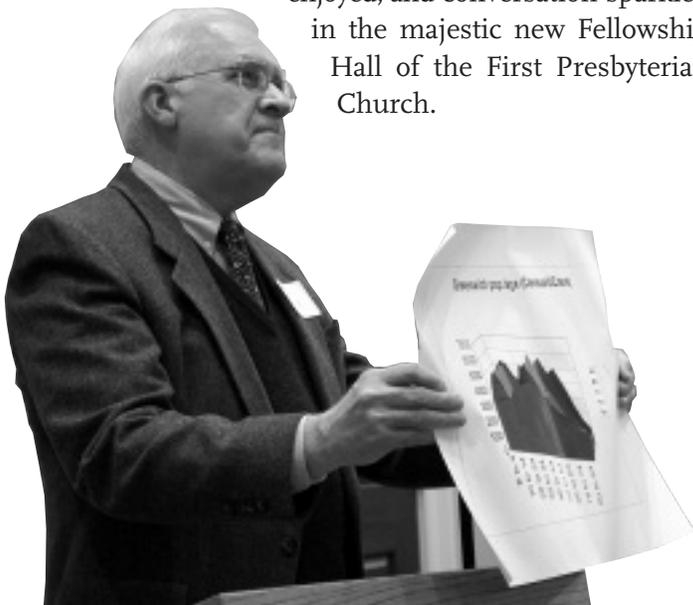
of independent seniors determined to live out their best years in the comfort of their own homes. Selectman Peter Crumbine and State Representatives Livvy Floren and Dolly Powers were also in attendance.

Bob Arnold, President of Family Centers, praised At Home in Greenwich as “the cornerstone of a new generation of programs,” one that promises to protect and extend the independence and dignity of all of us. Whatever our age now, “we all have a vested interest in seeing At Home in Greenwich succeed for our own futures,” he added.

Next, Sam Deibler, Director of the Commission on Aging, holding up a demographics chart, pointed out that the multiplying aging population is like “a tsunami ready to roll up on the beach.” He hailed At Home in Greenwich as “a godsend for the Greenwich community” for the foresight it has shown in taking on the challenge of dealing with this inevitability.

And, finally, the microphone was passed to Lise Jameson, LCSW, Executive Director of At Home in Greenwich. After welcoming the assembled crowd, Lise outlined the goals of AHIG: to create peace of mind for seniors who want to continue to live in their own homes, offering the confidence that basic needs will be met through a single phone call, and, that members will be part of a vibrant community with many opportunities for socializing.

Before and after these presentations, Dick Roberts added to the festivities with his delightful piano renditions of favorite golden oldies, delicious refreshments were enjoyed, and conversation sparked in the majestic new Fellowship Hall of the First Presbyterian Church.



At Home in Greenwich Board of Directors, left to right: Phyllis Herman, Lise Jameson, Gerry Mayfield, Nancy Platt, Marilyn Chou, Hugh Taggart, Morley Kahn, Betty Hauptman

Peace of Mind in Your Own Home Join At Home in Greenwich today and enjoy these benefits tomorrow...

- **Social & Cultural Events** Poetry discussions, music, dining out, interest groups, speakers, book clubs, theater and film, trips, current events
- **Exercise & Wellness** Walking group, nutrition and health talks, outdoor activities
- **Health Care** Home health referrals, meal delivery, prescription pick-up, accompany you to the doctor, grocery shopping
- **Chores** Handyman, cleaning, house & grounds maintenance, snow plowing, install grab bars, smoke detectors, CO2 or pump alarms, water your plants, pet care, help with bill paying, home repairs, errands
- **Transportation** Arrangements are now underway with TAG to take members on various group trips to such destinations as the White Plains Asian Market, Bronx Botanical Garden, and Westport Playhouse as well as individual dial-a-ride trips throughout Fairfield County
- **Problem Solving** Assess needs, orchestrate help, find answers to your questions
...and much more

photos by J. Onthank

Call today! 629.2822 x 3141

MEET OUR EXECUTIVE DIRECTOR



We are so fortunate to have Lise LaPointe Jameson, LCSW as Executive Director of At Home in Greenwich. "Her enthusiasm, experience and knowledge of Greenwich provide a valuable foundation for our organization," says Marilyn Chou, President and Founder of At Home in Greenwich. As a representative from Family Centers where she previously served as Program Manager, Lise contributed to planning sessions for At Home in Greenwich from the very beginning. One year later, the Board of Directors agreed that Lise was the optimal first choice for the leadership position of Executive Director.

Lise is a licensed Clinical Social Worker with over 20 years of experience, including specific expertise working with the elderly and their families in the Greenwich area. She is a graduate of Boston College and earned her master's degree in social work from Simmons College. Lise and her husband Noel are the parents of two delightful daughters, Nicole, 13, and Rene, 7.

In Lise's words: "I love the thought of easing a member's worry by saying quite simply: I can help you. Whether it be a suggestion, a direction, a resource or just the encouragement to move ahead, I am here to help members make the choices that are best for them. This opportunity excites, energizes and inspires me."

If you would like to schedule a visit with Lise at your home or in her office, give her a call at 629.2822 x3141. She is eager to meet with members one-on-one.

PROGRAM NOTES

*I thought I'd give my face a gift,
A nip, a tuck, a little lift;
But when I thought how long it took
To give my face its weathered look,
The years it took to crease this brow,
I thought I'd put it off for now.
I once was young. That tale's
been told.
But only lucky folk grow old.*

Mary Ann Hoberman, charter member of AHIG and author of this delightful verse, is leading an on-going poetry discussion for members in her home each month. The next session is scheduled for Friday, March 14 at 2:30 pm. Call her at 661.8495 to reserve your place.

OTHER ON-GOING PROGRAMS

Weekly: Walk & talk every Saturday, 10:30 at Greenwich Point. Check in with Avis Becklar (861.4115) for exact meeting place if you plan to join us.

Monthly: Our first Dining Out group will meet at Pasta Vera on Thursday, March 27 at 5:30. Call or email Audrey Kahn (661.2055, cuznaud@optonline.net) to reserve your place.

Health and/or Nutrition talks will be scheduled every month. Stephanie Paulmeno, M.S., R.N. will tell us *How to Get a Good Night's Sleep* on Thursday, March 20 at 12:30 at the Greenwich Library Meeting Room. Phyllis Herman will host a Nutrition Chat at the Cos Cob Library at 10 am on Tuesday, March 11.

ZIP CODE GET-TOGETHERS

You will be receiving an invitation to join other members of your zipcode at a pot-luck tea/coffee or brunch in another member's home this month and next. Upcoming hosts are Polly and Dick Memhard (06870, 06878, 06807), Mary & Stuart Coan (06830), Marilyn Chou (06830) and Marcia Coyle (06831). Please call Marilyn (863.9655) if you would like to host a future small gathering.

THE ART OF PLAYING BADLY!

By popular demand we are trying to gather a group who would like to make music together. Janice (Brook) Calkin (and her fiddle) have volunteered to organize the group. If you want to join the fun, contact her at 661.9297 or phylherman@yahoo.com.

The monthly Calendar of Events will be available for your perusal towards the end of the preceding month. It will be sent via email or snail mail to all members. Your suggestions and ideas for programs are always welcome. If you would like to join the Program Committee, contact Phyllis Herman (phylherman@yahoo.com or 661.0949).

VOLUNTEER OPPORTUNITIES

Can you assist someone in their home? Perform small handyman jobs? Give someone a ride? Water a traveler's plants? Feed the cat? Walk the dog? Recommend a good reliable plumber, gardener, electrician? Let's help each other! Please call Lise at the At Home in Greenwich office.

ADDITIONAL BENEFITS OF MEMBERSHIP

- **Lifeline** installation plus two free months of use (a \$200 savings) donated by Family and Children's Agency Lifeline Program. Can be worn as a bracelet or necklace (your choice); just press a button and help will be on the way. Subsequent monthly charge is \$50.
- **Free Home Survey** by a qualified contractor from our Preferred Vendor List. This no-obligation survey will note any maintenance, physical or structural problems in your home. An important focus will be on your safety, such as the need for hand rails, inadequate lighting, tripping hazards, etc. Call Lise at the At Home in Greenwich office to schedule an appointment.



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At Home in Greenwich Members Celebrate Chinese New Year with a nine-course banquet at Hunan Café in mid-February. The delicious dishes chosen by At Home in Greenwich President Marylin Chou were symbolic of longevity, prosperity, unending friendship and family unity. Marylin will be leading a tour of the Asian market in White Plains on April 3 with lunch to follow. Call her at 863.9655 by March 31 if you would like to attend.



Helen Ericson and Graham Whitehead



Shaw Stuart, Marylin Chou and Maria Ross

photos by L. Herz

At Home in Greenwich is a non-profit 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, 20 Bridge Street, Greenwich, CT 06830

Please send or call me with more information.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Please send information about making a contribution to At Home in Greenwich.

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Executive Director

Editor: Phyllis Herman