At Home in Greenwich: A Mother and Daughter’s Perspective
by N.W.

“We’ve put more effort into helping folks reach old age than into helping them enjoy it.”
- Frank A. Clark (1911-1991)

Although this comment was made more than a generation ago, sadly, it is still relevant today. That is why organizations like At Home in Greenwich are so critical in helping people find purpose, connection and enjoyment in their later years.

As an adult daughter of an At Home member, Sarah, I thought it would be valuable to share both my and my mother’s perspective of this life-enhancing organization.

My experience of At Home through my mother’s involvement these past several years has only been positive. When my father passed away 12 years ago, my sisters and I were concerned about her. It’s not that she wasn’t independent, it was because she and my father had not made many connections in town, having preferred world travel and socializing with friends in NYC over joining local clubs, committees or a religious organization. My mother declared at the time that she was not going to downsize and move, wanting instead to stay in her family home of 30 years for as long as possible. Knowing that “aging in place” was an emerging trend from the graduate work I had done a few years earlier, I was very supportive of the concept. However, I also knew that the success of such a concept entailed having a strong local network that an elder could rely on for “holistic” support in order to age safely and vibrantly in their community. I wasn’t confident that my mother had such a network. That is… until At Home came along!

“In a friend of a friend told me about At Home in Greenwich and so I called and signed up right away because I had been widowed for almost a year,” recalls my mom. “Most of our friends were in New York City. I would go in and see them, but then when their husbands retired, they moved away to someplace.

“I am so grateful that At Home in Greenwich has enriched my mother’s life so fully.

Continued on Page 2

Summer, 2019
Planning elective surgery? Do two things before your surgery date:

1. Discuss pre-surgery rehab with your doctor. This way you undergo the operation with strengthened muscles, increased flexibility and greater balance.

2. Schedule a visit from At Home. We will optimize your home surroundings to support your success post-surgery. Think grab bars, banister repair, rubber backing to rugs, light bulb replacement, food preparation and more!

Speaking of surgery:
If your loved one is in pain, hold his/her hand. Your brain waves will synchronize and pain will decrease.
(Researchers at University of Colorado, Boulder published in Proceedings of the National Academy of Sciences).

Trust yourself and your ability to deal with problems.
Research shows most older adults retain a lifetime of experiences and have developed positive coping skills to combat negative situations and bounce back.

### Did You Know?

**At Home in Greenwich:**
A Mother and Daughter’s Perspective

Continued from front cover

At Home not only provided an instant community of friends for my mother, it also offered stimulating activities that engaged her love of history and travel. “When I joined, it was the breadth of activities that interested me,” she says. “First it was the lectures - there was a huge variety of subjects. My favorite one was the History of Colonial Greenwich given by the book’s author. Then it was the trips that were arranged to museums, plays and musical events. My favorite excursion was a full day bus trip to Brooklyn on two separate occasions, covering different areas. It was fascinating seeing the ethnic diversity and the history and growth of Brooklyn that I knew very little about. It was more like a different country from the New York [Manhattan] I knew.”

Soon my mother’s calendar was filled to the brim with At Home events, committee meetings and culinary delights! “I joined the Program Committee after a year or so which any member is encouraged to join,” she explains. “One of the program events that is always a lot of fun is given by a husband and wife who are both members and excellent photographers. They travel to different locations a couple of times a year with a professional photography group and then they present a slide show to us with a commentary about their experiences. Following the presentation, a luncheon highlighting the food from the area they visited is cooked and served by At Home members. I started helping with the cooking for these events and that later led to offering cooking classes in my home for fellow members. Those times were always full of good conversations and laughter,” she recalls fondly.

In addition to my mother’s passions for travel, food and culture, she has always found great enjoyment in decorating and party planning. Therefore, when there was talk about starting an annual fundraising event for At Home, my mother immediately joined the decorating committee, finding the experience to be another consistently gratifying creative outlet. “It’s been a lot of fun and a great way to get to know a whole new group of people!” she expresses enthusiastically. My husband and I have attended this event a few times as her guests, and while we like the festive atmosphere, we particularly enjoy seeing her “in her element,” embracing a renewed sense of purpose and connection.

Serving as a board member (until last year) was the culmination of my mother’s involvement with At Home. “Being on the board gave me yet another perspective of the organization,” she reflects. “I had never been part of the overseeing of an organization - it is much more technical. That rounded out the whole picture of At Home for me.”

Now that my mother’s mobility has become much more challenging, the opportunity to take advantage of some of the other services that At Home offers has come to the forefront. Lise Jameson, At Home’s Executive Director and licensed social worker, has compiled a coveted

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A Special Thanks to Our Many Volunteers

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The At Home in Greenwich Vision

A community of seniors who feel safe and comfortable in their homes, enjoy the many benefits of lasting friendships and engaging social activities, and have a reliable place to turn when they need help or have questions.
A special thanks to our Legacy Circle Donors

Doris M. Ohlsen
Carla Wallach
Sarah Whittemore
Jack Smith & Ann Sethness
Bernice Nadel
Horace and Ruth Walton
Marylin Chou

When you support At Home in Greenwich with a legacy gift made through your will, you enable future generations to enjoy the peace of mind and sense of community from At Home in Greenwich…

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2018 in review!

168 home visits
127 phone consultations
The programs, activities, counseling, and support that At Home in Greenwich is able to provide couldn’t be done without the kind support that our volunteers and donors graciously provide.

If you are interested in volunteering, donating, or would like help for yourself or a loved one, give us a call today at (203) 422-2342.

You can also visit our website athomeingreenwich.org for more information.

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We apologize for any missed names

505 referrals to screened providers
215 rides given by volunteers
270 social and educational events
Come Join Us! Purchase your tickets at www.athome2019.givesmart.com

The At Home In Greenwich Board & Advisory Council

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At Home in Greenwich Delivers for Town Residents!

Many of you may be aware of the initiative that Greenwich, under the leadership of the Greenwich Commission on Aging, has embarked upon in concert with AARP to designate Greenwich as the first town in Connecticut to be an “Age Friendly Community”. With almost half of Greenwich residents over the age of 45 (46%), ensuring the town offers features and amenities for residents to remain in Greenwich as they age is critical.

This AARP driven initiative focuses on 8 key areas:

• Outdoor Spaces and Buildings
• Transportation
• Housing
• Social Participation
• Respect and Social Inclusion
• Civic Participation and Employment
• Communication and Information
• Community and Health Services

In addition, Greenwich has added “Dementia Friendliness” as an additional domain within the study and plan development to create an educated and welcoming environment for our neighbors who may be struggling with cognitive impairment.

As part of the information gathering phase, the Greenwich Commission on Aging sent a survey to residents of Greenwich aged 45+ with 1805 responses (many of you may have had the opportunity to complete this survey) to help guide what residents feel are important features and amenities within the town to allow them to remain in the community and age in place. Of the top 20 “town amenities resident report are ‘very important’”, Social Participation was most frequently cited (41%), followed by Transportation (24%) and Outdoor Spaces and Buildings (15%).

We are proud to share that At Home in Greenwich addresses many of the top desires in the domain of Social Participation and Transportation!

Members receive the benefit of:

“Opportunities for physical fitness”: weekly walks around town with the Retired Men’s Association.

“Range of volunteer activities”: we offer many including program planning, marketing opportunities, finance oversight, volunteer driving, Call-a-Friend, Visit-a-Friend, office work, committee involvement and many more!

“Continuing education classes”: our members enjoy many educational classes throughout the year. Past topics have included: Advance care Planning with Sam Deibler, member of At Home and Lori Contadino, Director of the Commission on Aging Talking to your Doctor with Allison Ostroff, MD Understanding the Choice and Cost of Assisted Living with Oasis Senior Advisors Brain Boost - Three Keys to Keep your Brain Healthy with Amy Burckhard, Director of Memory Care at Sterling Home Care

“Variety of cultural activities for diverse populations” and “Social clubs such as books, gardening, crafts or hobbies”: we offer a full program calendar of social & cultural events each month that includes events such as Spanish conversation, play reading, dinners, lunches, concerts, movie group, book club. Anyone can join the committee to help plan activities they are interested in as well.

“Accessible and reliable, public transportation”: we offer our members safe travel when needed for doctor appointments.

“Activities involving young and older people”: come to our benefit at the Delamar on September 20th and you will experience intergenerational fun!

We are committed to our neighbors and to each other to continue to live exciting and enriching lives. Come join us! If you are a member but haven’t participated in many events before, come on out! If you are not a member, what are you waiting for?!

A New Board President Announcement

Continued from front cover

and PEO (Philanthropic Educational Organization). This past Greenwich-focused experience PLUS being a member of At Home in Greenwich for the past two years, gives her such great perspective to help lead us into our second decade of At Home in Greenwich! And in her spare time… Betsy greatly enjoys visiting her daughter in Cape Cod. Thank you, Betsy for your future direction and guidance!

We would also like to take the opportunity to thank our outgoing President, Michelle Beltrano for the past three years of incredible leadership. Michelle approached her role with such passion for At Home in Greenwich and its’ members. Her enthusiasm and drive to continue to build a strong, sustainable organization helped set the stage for what we know will be an exciting time ahead. Prior to accepting the role of President, Michelle served on the Board of Directors for three years. We are thrilled that Michelle continues to help lead the organization as a Board member and wish her all the best as she focuses on her Trust & Estate, Elder Law and Special Needs law practice (Beltrano Law) and raising her two beautiful children.

Volunteers making Valentine’s Day cards for members!

AT HOME IN GREENWICH is a vital non-profit organization that was formed to HELP SENIORS in our community STAY IN THEIR HOMES safely and optimize their quality of life. It is managed by a dedicated staff, powered by donors and volunteers and is often described as a “safety net”.

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The At Home In Greenwich Mission
To enable Greenwich seniors to confidently age in place by providing stimulating social and educational programs and assistance with matters of health and safety.

To learn more about At Home in Greenwich
Email: director@athomeingreenwich.org
Call: (203) 422-2342

Join Today!
At Home in Greenwich is a welcoming, supportive community. Newcomers are never strangers for long, and the social network created here gives members the confidence to enjoy life at home.

Membership cost:
• $500 for individuals
• $650 per household

Financial aid available to those who qualify.

What’s included:
• Monthly calendar of social and cultural activities
• Free home safety assessment
• Bad weather phone check-in
• Meaningful volunteer opportunities
• List of 100+ vetted service vendors
• As-needed confidential consultations with a licensed social worker

To join or learn more:
• Call (203) 422-2342
• Email director@athomeingreenwich.org
• Visit www.athomeingreenwich.org

For tickets visit www.athome2019.givesmart.com