At Home Celebrates its 5th Anniversary

On a gorgeous spring day, At Home in Greenwich held its annual meeting and celebrated its fifth birthday with members of the current Board, Advisory Council and 60 enthusiastic members. As she looked out over tables bedecked with colorful pots of pansies, President Marylin Chou welcomed four new board members to the fold. They are:

- **Sam Diebler** recently retired as Director of the Commission on Aging. Sam brings us his deep wealth of knowledge and experience about the aging population and relevant governmental policy.
- **Diane Jennings** brings us her knowledge of marketing and development. She currently has her own design business and is an expert on horticulture, deeply involved with local garden clubs as well as the NY Botanical Garden. Diane will also chair At Home’s annual fundraising (and fun-raising!) Cabaret in September.
- **Reverend Maxwell Grant** is the senior minister at the Second Congregational Church. His background includes education, pastoral care, and governance issues.
- **Joseph Fahys** is a retired insurance executive, active in the Greenwich community as a member of the RTM and as a senior health insurance counselor.

We are proud to welcome these four multi-talented citizens of Greenwich to our Board and look forward to their help in advancing the mission of At Home in Greenwich.

Independence and Peace of Mind

At Home in Greenwich, a private, nonprofit, nonsectarian organization, provides Greenwich residents access to support services, social connections, events and information to enable them to live their lives to the fullest in their own homes as they grow older. Help is just a phone call away.

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

At Home in Greenwich provides a multitude of programs and services cost effectively. Members can choose from a menu of services: some are included in the annual membership fee and others are often provided at reduced rates.
At Home in Greenwich conducts a yearly survey to check in with members for their invaluable feedback: Are we fulfilling our mission? How might we improve? Over half the members responded, some with detailed feedback and suggestions about how we might grow in the months ahead.

Eighty nine percent of the respondents commented on At Home’s social calendar and activities, rating them good to very good. At Home members especially loved the museum visits, restaurant dinearounds, and the opportunity to take day trips with arranged transportation with other interested members.

Over 93 percent of the members who responded find our vendor referrals good to very good. Members are relieved they do not need to find a reliable service on their own, but can call At Home which has already researched, checked references, and gathered insurance and licensure information. Members know once a referral is given, At Home checks back to ensure the job was done satisfactorily, the price was right and the member was satisfied.

At Home in Greenwich promotes a sense of community within the membership, encouraging friendships, volunteerism and mutual support. Over 80 percent of the respondents feel At Home is developing a “small town” feel, and, to make that even stronger, members suggested more small gatherings and phone calls within the membership.

Executive Director Lise Jameson is a clinical social worker who is available for consultations, family discussions, safety evaluations of the home, as well as referrals to home care agencies. Lise will then monitor any services she recommends. Over 94 percent of the members responding to the survey believed they had benefited from this.

“I have yet to be disappointed; every interaction has in fact exceeded my expectation for useful information, support and physical assistance.” —Martha S. Vida

Wrote another member: “You really look after us! That storm preparation info was unexpected and very helpful.”

The Board of At Home wants to know if the services we provide meet the memberships’ needs. Nearly 86 percent responding to this survey gave an enthusiastic “yes!”

“At Home is a low cost insurance policy for guidance if a health care crisis/crash occurs.”

“I am sure in the future I will be using more of the clinical help—but for now the referral list and social activities are first rate!” :-)

“We’re content” —Emerson & Louisa Stone

“We love you guys.” —Mike & Kay Langan

We love you too! Call us!
Remember: “Help is just a phone call away.”

Below left: Sally Thebaud, Mary Delany, Ellen Holch, Kay Langan
Below center: Morley Kahn
Below right: Sally and John Kuck

Photos by L. Herz
Letter from the Executive Director

One of the most valuable things we offer At Home members is the opportunity to make new connections, forge new friendships and enjoy events and activities with a lively and stimulating group of people.

Has your circle of friends dwindled to a semicircle or maybe even a comma? If so, you are not alone. I often hear that one of the main challenges of growing older is losing family and friends to illness, moves or death. Contending with isolation can be discouraging, especially if you have caregiving responsibilities as well. We all know that maintaining connections is an important part of good health and a positive outlook. But how do we put all these pieces together—especially if we’re under stress?

At Home’s mission is to make socializing easy and comfortable. We encourage members to get to know one another. Our busy Program Committee puts their heads together each month to create a calendar that tries to cover all the bases: museums, theater, lectures, friendly bridge games, movies, poetry discussions, cooking classes and, of course, the most popular of all, dining out. If we’ve overlooked some activity, please let us know. Or, better still, join the Program Committee! We generally meet on the last Friday morning of the month.

You will find that our members are dynamic and interesting people with a lifetime of fascinating experiences to share. Our goal is to make it possible for all our members, those very mobile and those less so, to remain socially active. Transportation is usually provided.

Take a look at the current At Home Program Highlights and sign up for some fun today! —Lise Jameson

Annual Appeal

It’s not too late to contribute to At Home’s Annual Appeal. With an operating budget of $160,000 yearly (think of rent, insurance, printing, phone, and salary costs) only 40 percent is covered by membership dues. No money comes from the town, the state or the government. We fundraise 60 percent to meet our financial obligations. Please give generously. Thank you.

Don’t Miss the Next Zip Code Pot Luck Party

Get to know your At Home neighbors. Discover shared interests and perhaps provide mutual support in bad weather. Wine and cheese parties are scheduled for May 9 (06830) and May 15 (06878) along with a pool party in June. You will receive an invitation for your zip code gathering in the mail.

Did you know?

Misplace your calendar? Find it on our web-site www.athomeingreenwich.org.

Get taxi vouchers from the Commission on Aging, 299 Greenwich Avenue available Monday through Friday 9am to 2pm. Purchase a $10 coupon book for $5.

Greenwich Library recently updated their Assistive Technology services designed for persons with disabilities. This technology will enable those with low vision to read a wide variety of printed materials including books, documents, mail, newspapers and magazines. If you are interested in the services the library offers, call Ed Morrissey, Reference Librarian at 203.622.7918 and call the At Home office to arrange for a ride.
For the past six years, Becky Jasperson has traveled to the Women’s Federal prison in Danbury as part of Prisoner Visitation and Support, a national group of individuals who provide a listening ear for inmates. Recently Becky also journeyed to Tanzania with Christ Church to survey a school they built and to meet the teacher. Becky personally contributes funds to supply resources to build schools and support teachers.

When you are visiting Nathaniel Witherell, look for Joan Murphy and her terrier—poodle rescue dog, Jack, bringing smiles to the faces of residents.

The Greenwich Library Oral History Project, sponsored by the Friends of the Greenwich Library, has collected more than 850 interviews recalling the history of Greenwich since the 1890s. Included is an interview with At Home’s President Marylin Chou and also the 137th published book The Greenwich Symphony—53 Years of Superb Performances with an interview with Elizabeth Shippee, and mentions of Irene Martin and Louise Hoffman.

At Home knitting group, headed by coordinator Mary Babcock and chief crochetier Ele O’Brien continues to supply beautiful layettes to Person to Person for first time mothers.

The At Home office has a secret weapon in the form of Alta Denny. She enjoys collating, labeling, sealing, and stamping our monthly newsletters and recently completed an 800 person mailing. You are terrific Mrs. D!

Congratulations to our own At Home Board member Lori Contadino who was selected to become the Director of the Commission on Aging after the retirement of (At Home Board member and member) Sam Deibler. We are happy for you both!

Meet Christine Beechner

Christine, who has been a member of the Board of Directors of At Home in Greenwich for less than a year, has already contributed so much. She helped to redesign the members’ survey and create a spreadsheet for recording and calculating the results. She is also working on plans to increase our productivity and expand our services. Christine was also on the Advance Planning panel we sponsored in 2011.

These varied and impressive contributions match up with Christine’s professional life. As a nurse, she worked first in a small community hospital, then Buffalo General Hospital, followed by Mt. Kisco Hospital. Now, at Greenwich Hospital, where she is a Vice President of Patient Relations, her job is to enhance the relationship between staff and patients. Christine runs a two-day orientation, mandatory for all new staff, in which she emphasizes the importance of always being empathetic and understanding with patients and their families, an approach which has been shown to help speed recovery.

At Greenwich Hospital she started out as a per diem nurse in ambulatory surgery and recovery room, and then taught nurses before advancing to her present position.

We are thrilled to have Christine on board!
Ele O’Brien, with help from Mary Babcock finishes beautiful blankets for first-time moms distributed by Person to Person.

Dorothy and Gerry Mayfield

Carol Stafford presents a check to Marylin Chou from the Old Greenwich Lions club

More Fun with At Home...

Kathleen Clements and Leoncio and Alicia Flores

Jonathan and Ann DuBois

Lori Contadino, Jack Sousa and Dr. Allison Ostroff

Kathleen Clements and Peggi de la Cruz

Sue Millard
Please consider a bequest in your will or trust agreement for At Home in Greenwich Inc. For further information, contact Lise Jameson at 203.422.2342 or lisejameson@athomeingreenwich.org. We look forward to hearing from you.

For more information about At Home in Greenwich programs, for a calendar of events, to join the organization or to make a donation, please go to www.athomeingreenwich.org.

Or Clip & mail to:
At Home in Greenwich, 139 East Putnam Avenue, Greenwich, CT 06830

Please □ send or □ call me with more information.

Name

Address

City State Zip

Phone Email

☐ I want to make a contribution to At Home in Greenwich. My check is enclosed. (We thank you!)