



EMPOWERED TO THRIVE

Building a strong and supportive community in Greenwich of adults aging in place.

**CREATING A  
FAMILY MEMOIR  
AT HOME**

- SALLY FAGAN GREENBERG

Marie Dalton has the sunny personality and enthusiasm of someone you'd want to be your nurse helping you to get well. That's her calling; she is an R.N. with a Master's degree



in Integrative Health and Healing. She recently celebrated her thirty-fifth year with Greenwich Hospital.

She's also a loving, dutiful daughter. For the past twenty years, since Marie's father died, her mother (Nellie) has spent a week or two each month with her in Greenwich, where Nellie also receives her medical care.

Continued on Page 5

**PIVOT, PURPOSE, AND PLAYFULNESS:  
AT HOME'S PANDEMIC STORY**  
- LISE JAMESON

We all have stories. Where were you on that fateful day September 11, 2001? Do you remember watching President Kennedy's funeral procession on television? I recently read a member's memories of the bombing of Pearl Harbor when the Japanese planes flew so close to the ground that she could see the pilots' faces. These events are indelible in our minds and chances are we have told these stories many times over the years. It's not surprising that we find ourselves recounting our own pandemic story.

In March of 2020, the COVID Virus was recognized as having created a pandemic of cases around the world. Deaths and hospitalizations were mounting. So much was unknown. Fear of COVID was almost palpable.

Yet, in retrospect I felt heartened by the great resilience among At Home members. The explanation was simple: you don't live 80 or 90 years without having experiences both joyful and heartbreaking. Leaning on past experiences paved the way forward. We moved

ahead by accepting the reality of a pandemic. We adjusted to the new reality of masks, social distancing, and grocery deliveries. At Home distributed masks. We learned how to operate Zoom calls for meetings and figured out a way to grocery shop safely.

We celebrated the breakthrough and promise of vaccines. At Home arranged for the membership to secure a place in the vaccine queue thanks to board members Heidi Nolte and Mary Lou Carraher, and found transportation for members who needed it. (Yay to our wonderful volunteer drivers.)

---

Accepting change and making necessary adjustments along the way support healthy aging.

---

We turned to an expert, Dr. Stephanie Paulmeno, At Home Member and Advisory Council Member, for the latest COVID information via teleconferencing. She apprised us of safety measures and the most current information available on the course of the pandemic spread.

Continued on Page 2

# Did You Know?

## SAVE MONEY AND THE PLANET

Wheel It Forward is a lending library of durable medical equipment (think walkers, wheelchairs etc.). Borrow equipment when you need it and return it when you have no more need. Donate your lightly used DME to benefit others, and the environment.

([www.wheelitforwardusa.org](http://www.wheelitforwardusa.org))

## IS ELECTIVE SURGERY PART OF YOUR FUTURE PLAN?

Besides pre-habilitation- core strengthening for better health outcomes after surgery, review your home environment to pave the way for optimal healing! Small changes can promote healthier living. Call At Home for your free home safety review. Wondering about the best rehabilitation centers in the area? What Medicare will and won't provide? Medicare benefits available as you transition home from the hospital or rehab? Need the name of quality home care agencies? At Home has all this information to meet your needs.

## CAN'T DRIVE ANY LONGER?

Schedule time with At Home's licensed clinical social worker to review all your transportation options.

## PIVOT, PURPOSE, AND PLAYFULNESS: AT HOME'S PANDEMIC STORY

From Page 1

On the heels of purpose, generosity arrived. Support came from so many directions: a fleet of Board, staff and volunteers called each member every week to check in, share news, and identify any issues the staff needed to trouble shoot. Donors, members, and the community offered financial support to keep the lights on during this uncertain time.

Altruism, volunteering, and generosity act as mood regulators; they are the best medication for anxiety. Focusing on others helps us feel more in control and is lifesaving at a time when the world feels out of control—as it did at the start of the COVID pandemic.

A favorite outcome of the pandemic was playfulness. Because we were not able to get together as a group, we invented something called "The Great Cookie Dash." The membership remained at home and waited for the delivery of delicious homemade cookies—thank you Carolyn Decker and Osborn Home Care's Laurie Pensiero— by

dedicated Board and volunteers. Then we advertised "Cake to Go" and the membership drove through the parking lot to pick up yummy slices of cake carefully packaged. Here's a shout out to the volunteers who delivered to members who had difficulty driving.

When summer arrived and we could meet more safely outdoors, we gathered under a big tent for "At Home a la Carte," eating monster size sandwiches from a food truck while it rained and thundered! The drive-byes continued with delivery of four rounds of Covid tests and masks to the membership. The weekly check-in calls resumed and still continue for half the membership. Small changes in our everyday functioning gave us big rewards.

Congratulations! We survived, we pivoted with grace, and we learned some things along the way:

*"We are braver than we believe, stronger than we seem and smarter than we think."*  
- Winnie the Pooh

## RECONSIDERATION

Mary Ann Hoberman

I thought I'd give my face a gift -  
A nip, a tuck, a little lift,  
But then I thought how long it took  
To give my face its weathered look,  
The years it took to crease this brow;  
And so I put it off for now.

*I once was young. That tale's been told.  
But only lucky folk grow old.*

## FAILING THE CLOCK TEST

Barbara Martin

At the end of my annual physical my doctor handed me a blank sheet of paper and said, "Draw a clock showing the time at 2:40."

The clock test! I remembered my niece Nan telling me my sister Mary had failed the clock test and had been diagnosed with dementia. I looked at the blank page and panicked. It had been a long time since I had looked at a watch with hands relying instead on my digital watch for telling time.

I failed the test. My numbers from 6 and the bottom of the circle to 12 at the top were scrunched together with one hand on the wrong number. The whole thing was a mess. My doctor looked at the drawing and arranged for me to have an MRI of my brain and made an appointment at the Center for Healthy Aging at the Greenwich Hospital.



The next two weeks waiting for the appointments were agonizing. Did forgetting to take groceries out of the car, misplacing my cell phone, not remembering a name mean I was losing it? Every little mental misstep was a cause for worry.

The MRI happened first. The results showed normal brain function, no Alzheimer's. Next came the visit to the Center for Healthy Aging for a battery of tests one of which was the sacrosanct clock test. I had studied the grandfather clock hanging on my living room wall and was prepared. This time I aced it.

I passed the other memory tests as well so, for now anyway, the dementia worries are behind me. I can go on to other old age-related problems. ■

If you want to share your creations with the At Home community, email [director@athomeingreenwich.org](mailto:director@athomeingreenwich.org), or tag us on Facebook or Instagram with your work

## THANK YOU TO OUR TERRIFIC VOLUNTEERS

Stuart Adelberg  
Phyllis Alexander  
Timothy Alexander  
Annie Amato  
Bob Arnold  
Michelle Beltrano, Esq.  
Roseann Sarica  
Benedict  
Marv Berenblum  
Stephanie Borges  
Margot Brady  
Daniel Broderick  
Elly Bruynes  
Clelia Burke  
Nanny Cannon  
Mary Lou Carraher  
Ginnie Cheney  
Marylin Chou  
Lori Contadino  
Betty Courtney  
Carolyn Decker  
Sam Deibler  
Julie DiRaimondo  
Anne Driscoll  
Madeleine Duerst  
Ann Edwards  
Polly Franck  
Richard Franck  
Janie Galbreath  
Bill Grad  
Laura Grad  
Sally Ann Greenberg  
Mike Harris  
Sally Harris  
Lucinda Harriss  
Heidi Helmer  
Mary Ann Hoberman  
Stephen Horton  
Lori Jackson  
Diane Jennings  
Gretchen Johnson  
Mary Jones  
Peter Junius  
Audrey Kahn  
Melinda Kearns  
Carol Ann Kelsey-Smith, CMT

Andy Kirkman  
Suzy Kjorlien  
Beth Krumeich  
Jen Kruper  
Will Kruper  
Lin Lavery  
Caroline Lee  
Mamie Lee  
Annette Lester  
Helen Maher  
Barbara Martin  
Gene Martine  
Heidi Jessup Maund  
Gerry Mayfield  
Joan Meyer  
Millary Morton  
Susan Ness  
Heidi Nolte  
Jackie Ostrander  
Dr. Allison Ostroff  
Lee Paine  
Betsy Parker  
Stephanie Paulmeno  
Kathryn Payne  
Syl Pecora  
Imelda Petery  
Dara Pinkert  
Philip Pinkert  
Diana Plunkett  
Irene Ponce  
Mary Powers  
David Rabin  
Pam Reimers  
Melinda Relyea  
Mimi Relyea  
Joy Rendahl  
Diana Revson  
Elaine Seeds  
Joel Seligmann  
Martha O. Shoemaker  
Tricia Solari  
Shelley Sun  
Sunny Taylor  
Christina Vanderlip  
Claire Werner  
Mark Zimmerman





## MEMBER SPOTLIGHT

### FEATURING MIKE HARRIS: *Now You Can Take My Picture*



*"Fantastic! Amazing! Impressive! I love it, I love the images and your stories! I love how you got to really know and respect your subjects, and they became your friends."*

*Cole Thompson, photographer*

*"So well done, it is a truly beautiful rendition of the depth of your work, and a concise and exquisitely crafted edit."*

*Magdalena Solé, photographer*

*Now You Can Take My Picture* brings to life the travels and photography of Mike Harris. What makes this book different is Mike's stories where he describes what attracted him to take selected photographs and why these photographs have special meaning for him. He takes the viewer along on the journey.



For more information or to place your order (\$60/book), contact Mike at [wilmotharris@me.com](mailto:wilmotharris@me.com)

## FLASHBACK

Can you Identify these couples from At Home in Greenwich membership? Answers on Page 7



Couple 1 ▲



Couple 2 ▲



Couple 3 ▼

Couple 4 ▼





# CREATING A FAMILY MEMOIR

## From Page 1

About six years ago, both Marie and Nellie joined At Home in Greenwich to learn advice about aging in place. After the pandemic began, Nellie sold her home in Queens and moved to live with Marie, full time.

As Nellie turned 90, Marie realized, more than ever, the importance of preserving family stories and pictures. Others in the nursing profession had stressed to her the value of shared family stories as heirlooms.

At Home Director Lise Jameson recommended that Marie contact me, also an At Home member, to help her create a Dalton Family Memoir. Lise knew I had had a career as a writer/editor, and had written other memoirs. My photo editor, Joel Seligmann, was an At Home member and a professional photographer.

Memory still intact, Nellie told me of growing up in the Tipperary County town of Carrick in Ireland. She walked miles to school, where she was a good student in math. That would be valuable in the future, but Marie laughed that her first job clerking in a local grocery store paid all of “five shillings a week!”



*Tipperary Countryside*

When Nellie was 22, she received a life-changing opportunity: to live with her mother’s sister in America. Her aunt lived in Queens, central to the New York City area.

Nellie soon boarded the majestic HRM Mauritania for the passage to New York City. It was her mother’s “journey of faith,” Marie noted, as the right decision to leave parents and brothers and sisters in Ireland for opportunities in America. But letters took seven weeks, and no phone service existed.

Nellie explored the subway system, met relatives, and made new friends. In only weeks, her math skills had won her a job as bookkeeper for an insurance company.

In the custom of the early 1950’s, Nellie went with friends to an Irish dance hall on Saturday nights. After a handsome stranger asked her to dance, she learned that he, Patrick, was also from Tipperary. They dated for a while, Nellie reported with a smile, and then he “popped the question” for marriage.

Mary Ellen (Nellie) Rockett and Patrick Joseph Dalton had a splendid formal wedding with 75 people at St. Brendan’s in the Bronx. Their wedding reception featured Irish music and toasts. Both families in Ireland sent telegrams.

Patrick, who had become a subway conductor in NYC, moved with Nellie and their four children to the home they bought in Howard Beach, Queens.

A star hurling athlete in Ireland, Patrick had joined the hurling team for the Tipperary Association of NYC when he first came to America. Years later, the Association honored him with its “Man of the Year” award, in

recognition of his outstanding athletic ability, work ethic and devotion to family.



*Cobh Harbor*

Marie quietly told me that she had donated a kidney to her sister in the early 1990’s. Humble and low key, she eventually agreed that it could be mentioned in the memoir because she knew her parents had been happy and proud of their close family.

While we prepared the memoir, Joel and I had submitted all writing and pictures to Marie and Nellie for their approval. When Nellie saw the first printed copy of the book, with its thick pages and lovely color, she said she might cry. Though Nellie could read it herself, Marie read it aloud to her, a sweet gesture, as she showed her the pictures.

We celebrated the arrival of the many books Marie had ordered with coffee and cake in our dining room.

After a while, I played “When Irish Eyes Are Smiling” on the keyboard and Joel played along with his recorder.

Nellie beamed and said she certainly recognized that song. ■

# THE AT HOME IN GREENWICH BOARD & ADVISORY COUNCIL

## Board of Directors

Timothy Alexander  
Michelle Beltrano, Esq.  
Marv Berenblum  
Mary Lou Carraher  
Marylin Chou, President Emerita  
Lori Contadino  
Samuel Deibler  
Bill Grad  
Diane Jennings  
Elizabeth Krumeich  
Jennifer Kruper  
Susan Ness  
Heidi Nolte  
Betsy Parker  
Mary Powers  
Joy Rendahl  
Mark Zimmerman

## Advisory Council

Stuart Adelberg  
Robert Arnold  
Roseann Sarica Benedict  
Daniel Broderick  
Mike Harris  
Heidi Helmer  
Lori Jackson

Suzy Kjorlien  
Lin Lavery  
Helen Maher  
Gerry Mayfield  
Allison Ostroff, MD  
Stephanie Paulmeno, DNP  
David Rabin

## Staff

Lise LaPointe Jameson, LCSW,  
*Executive Director*  
Stefanie Cruz,  
*Assistant to the Director*

## Newsletter Production

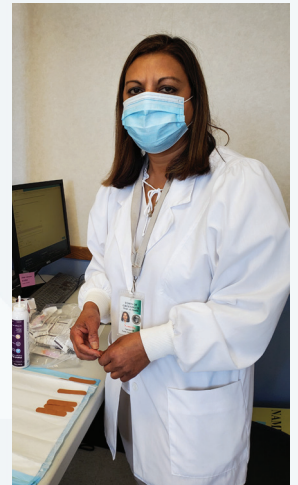
Joel Seligmann, *Photo Editor*  
Sally Ann Greenberg, *Assistant Editor*  
Southernmost Digital, *Layout*



## A WARM THANK YOU

Thanks to **Namrita Gill, RN**,  
Greenwich Department of  
Health.

She and her colleagues  
visit members at home  
and assist with medication  
schedules and communicate  
with doctors regarding  
prescriptions. The department  
also conducted vaccine clinics  
at town hall.



## Flashback

1. Marv & Susan Berenblum
2. Gene & Rusty Moye
3. Gerry & Dorothy Mayfield
4. Bruce & Martha Marquand





## A 14TH ANNIVERSARY PARTY

Thanks to everyone that came out for our 14th anniversary party and annual meeting. It was wonderful seeing so many familiar faces and getting together in person. We look forward to many more get-togethers in the coming months.



## YOUR LEGACY CAN LIVE ON THROUGH AT HOME IN GREENWICH

By supporting At Home in Greenwich with a legacy gift through your will, you will be helping to improve the health and vitality of the senior community. Think of the burden you can lift from others by ensuring that At Home continues to have:

- the ongoing services of a social worker
- screened, reliable referrals
- varied social and cultural activities
- financial assistance for those who qualify

There are many ways to make a bequest such as through your will, trust, insurance policy, stocks, bonds, retirement plan, or a simple codicil to your will. Your financial advisor or attorney can best advise you.

## IN MEMORIAM

Elinor Appleton 5/2021  
 Selma Binder-Rovin 6/2021  
 Alta Denny 3/2021  
 Katie Edlin 3/2022  
 Dick Ford 1/2021  
 Lib Green 4/2021  
 Kate Humphrey 2/2022  
 John James 2/2021  
 Bon Jaspersen 6/2021  
 Gail Knutsen 12/2021  
 Harry LeBien 9/2021  
 Alice Melly 2/2022  
 Bruce Marquand 11/2021  
 Pat Riggs 10/2021  
 Bill Saltsman 7/2021  
 Melinda Suthers 2/2022  
 Roy Simpson 12/2021  
 Ruth Taracka 2/2022  
 Sarah VorderBruegge 2/2022  
 Fred Zieba 1/2021



*We remember Patricia Reaves with heartfelt appreciation for her generous bequest left to At Home.*



139 East Putnam Avenue  
Suite 220  
Greenwich, CT 06830

Non-Profit Presort  
U.S. Postage  
PAID  
Permit #106  
Fairfield, CT

Lise Jameson, LCSW  
Executive Director

(203) 422-2342  
www.athomeingreenwich.org

## THE AT HOME IN GREENWICH MISSION

Support a diverse community of aging adults living at home by providing trusted resources and services, enrichment opportunities and social connections.

### TO LEARN MORE ABOUT AT HOME IN GREENWICH

Email: [director@athomeingreenwich.org](mailto:director@athomeingreenwich.org)  
Call: (203) 422-2342  
Visit: [www.athomeingreenwich.org](http://www.athomeingreenwich.org)

For tips, info, and to view pics from our events, follow us:

 [facebook.com/athomeingreenwichCT](https://www.facebook.com/athomeingreenwichCT)

 [@athomeingreenwich](https://www.instagram.com/athomeingreenwich)

Count your age by **friends**, not years.  
Count your life by **smiles**, not tears.

- John Lennon

## Join Today!

At Home 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 Costs per year:

- \$500 for individuals
- \$650 for households

Financial aid available to those who qualify.

### What's included:

- Monthly calendar of social and cultural activities
- Free home safety assessment
- Transportation to medical appointments
- Weekly check ins
- Meaningful volunteer opportunities
- List of 100 plus screened service vendors
- As needed consultations with a licensed social worker

### To join or learn more:

- Call (203) 422-2342
- Email [director@athomeingreenwich.org](mailto:director@athomeingreenwich.org)
- Visit [www.athomeingreenwich.org](http://www.athomeingreenwich.org)