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on your travel wish list



above: Stefanie Cruz and Carolyn Decker package up "Cake to Go" for At Home members
above right: A picnic at Tod's Point
right: Lise LaPointe Jameson, At Home executive director
far right: Marilyn Chou, Sandy Herman and Donna Moffly hit the New York Historical Society for the Ruth Bader Ginsburg exhibit



SOCIAL NETWORK

A unique nonprofit **OFFERS OUR SENIORS SUPPORT AND MEANINGFUL ENGAGEMENT**

BY VALERIE FOSTER

Lise LaPointe Jamison has a hard time believing it's been seventeen years since At Home in Greenwich—back then just a kernel of an idea—began to take shape. "I'm really happy and have to admit that I am shocked this is our fifteenth year," says Lise, executive director of the nonprofit that takes a holistic approach to aging in place. "We offer peace of mind for those who want to continue to live in their own homes, providing a safety net, enrichment activities and social events for our members."

The concept for At Home was inspired by a 2006 article in *The New York Times* describing a Boston program that enabled residents of Beacon Hill to age in place. Not wanting to duplicate any services already available in Greenwich, At Home was designed to link to

CONTRIBUTED



Tim and Phyllis Alexander discuss their world tour with At Home members

existing services while filling in gaps to help seniors remain independent. Today, the membership age ranges from fifty to 101, with annual rates of \$500 for individuals, \$650 per household.

Over the past fifteen years, At Home in Greenwich has served 517 members. Today, there are 180 members, many of whom have been with At Home since it began.

Andy Kirkman, a retired Greenwich High School Spanish teacher, was an original member and is so thankful to have this organization in town. “Everyone is so friendly, helpful, and a lot of fun to be with,” she says. “They have a long list of people who can help you with everything—plumbers, electricians, handymen.”

Andy uses her teaching skills in the twice-a-month Spanish conversation group she leads. She also joins the lunch bunch and often participates in day trips.

Dick and Polly Franck joined about seven years ago. Like Andy, they are also volunteers, Dick drives members to doctors’ appointments, and Polly serves on the programming committee.

“When you retire, you lose contacts,” Dick says. “We had many friends when our kids were growing up, but many you lose. This group sounded like a good idea, and it has turned out to be that.”

The At Home staff also calls each member every other week, to check in and simply ask how things are going. “Some of our conversations are short, others long, depending on the needs of the member,” Lise says. She also points out that as a licensed social worker, she is always available to listen to a member’s concerns and is able to get them the help they may need. “We really are their safety net and support network. If something goes wrong that they didn’t anticipate, we are always there to help.”

She explains that the organization also offers peace of mind to family members. For example, if a son or daughter can’t get in touch with a parent, they know they can call At Home. “Our membership is awesome, a pleasure to work with and help,” Lise adds. “We become a lifeline, offering valuable services for those Greenwich residents who want to remain in their homes.”

“The programs are so varied. I think there is probably something that would interest anyone.”
 —ANDY KIRKMAN



Member Activities

- WEEKLY LUNCH BUNCH**
- DINE-AROUND DINNERS**
- BOOK CLUB**
- MAHJONG**
- WEEKLY TALKS**
Including topics such as “America Underwater and Sinking” and “Heart, Health and Arrhythmias”
- READING ALOUD SESSIONS**
- POETRY READINGS**
- COFFEE GET-TOGETHERS**
- DAY TRIPS**
- RETIRED MEN’S ASSOCIATION**
(part of At Home in Greenwich) holds weekly Walkie Talkies, ninety-minute leisurely walks around town and discussion groups that are also available virtually.



At Home Annual Fundraiser

**FRIDAY, SEPT. 29,
6:30 to 9:30 p.m.
at the Delamar**

The mix-and-mingle event will include music and dancing harborside, with proceeds benefitting the programs and services the nonprofit provides.

For more information on the event or membership, call 203-422-2342.



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