



EMPOWERED TO THRIVE

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

AT HOME IN GREENWICH makes life easier and more enjoyable for seniors who wish to age in their own homes.

We are a vibrant group where adults 50+ form new, lasting friendships, and have a reliable safety net from a trusted organization.



Membership grants you access to a full calendar of social and educational activities, and responsive service to handle your health, safety and home management needs. Get involved!

Join us as a member, a volunteer, or a member who volunteers!

NURTURE YOUR HOLIDAY EXPECTATIONS

- LISE JAMESON LCSW

I know someone who wishes she could sleep from November till January 2. Why? The holidays are a sad time for her. She misses her family members who have passed away and can't always get together with her kids. She feels left out and depleted. Some of us who have fewer social connections may not have people to celebrate with, making the holidays a sadder, quieter time despite the sparkle and merriment all around us. If the holidays are not necessarily sad for you, I seldom meet someone who doesn't feel the stress of preparation, expectations, costs or a jam-packed schedule. Even gathering with friends and family can feel like a mixed blessing; old frictions surface and don't even consider sharing your latest political opinion.

More people understand why the holidays create some hardship, especially this year. The pandemic continues to impact our lives causing sickness, loss, and isolation. We are still trying to make sense of it all. In 2020, many of us skipped the celebrations. Then in 2021, we limped back together in some limited fashion. Now in 2022, we are trying to dust off our social skills and acknowledge the spirit of the season, but we are out

of practice. As we get back into the swing of things, let's make sure to take care of ourselves this holiday season by:

1. Making a plan. Even the most introverted folks among us need to be seen and included. Schedule activities to provide some structure during an often-hectic time. Balance time spent with others with time reserved for yourself to prevent feeling overwhelmed.
2. Taking a walk. Walking, breathing in nature can lift your mood. If your mobility is limited, drive around a park or beach to soak in the views.
3. Saying hi to someone new. Linger in the store and share a greeting, kind word, or chit chat with a worker or customer. Small exchanges of social pleasantries give us a mental boost and can brighten someone else's day.
4. Checking in with yourself. Pay attention to how you feel and ask yourself what you need if stressed or sad. A phone call with a dear friend? Writing a card to someone you care about? Preparing a special meal for yourself? Attending a faith-based event for fellowship or music? Volunteering for a local organization? Make a

Cont. on Page 2

Nurture Your Holiday Expectations

From Page 1

list of things that make you smile and are nurturing to yourself that you can go to when needed. If you can't think of anything that may help: sit in a comfortable position, close your eyes, and simply breath in while counting to 4 and exhale while counting to 8. Repeat!

5. Slowing down! With great stimulation and expectations around us, we may forget names, details, or an event. Don't be hard on yourself or overthink this; this is not cognitive impairment – it's distraction. There is a lot going on and you cannot always absorb all the details. Combat this by staying present and eliminate multi-tasking. By taking your time you will be more aware (and decrease your risk of falling!)

The holiday season, especially during the pandemic, will continue to push all our emotional buttons. Despite stressful gatherings or having fewer people in our lives, we can have a holiday season of peace, rest, nourishment, and joy. Just remember to be gentle with yourself.

Wishing you wellness and happiness in the new year.

A SPECIAL THANKS TO OUR MANY VOLUNTEERS

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Memories of Mother

- Sally Ann Greenberg

My mother, Edith Marvin, the demure young woman pictured below, was a violinist. My father, Harold Fagan, played the cornet. They met in the small orchestra that accompanied silent movies at the Sherburne Opera House, in central New York State, near Colgate and Cornell.



They were married for 47 years, and I was the youngest of their three children.

After having a family, Mother played the piano instead of her violin. In her fifties, she had piano students and took lessons from a well-known pipe organist. She soon became a church organist and choir director. Discussing Bach preludes, my father liked to say, "She made that music walk around the room."

Mother also loved plants, which she treated as people. When I opened the cellar door and saw a plant sitting on the steps in darkness, she cautioned, as if I had other ideas, "That plant is down there for a rest." My trips with her to the local greenhouse

brought forth that dank, earthy smell I wish I could buy now in a bottle. Every spring and summer she filled our front porch boxes with flowers and vines.

Mother's greatest culinary hits: rolls, chicken and biscuits, scalloped corn, apple pie, and steamed pudding (molasses cake in a bundt pan) with a hot butter sauce. She canned vegetables from the garden and made pickles and chili sauce. We laughed when she said, "Eat now, you might get hungry later," before we went somewhere. Now I understand.

She had a way with people. Not only was she a people pleaser, but they were often pleased enough with her to be influenced. My father's cousin, William Kehoe, asked her to campaign for him for Town Supervisor. He had lost the first time. She called her friends on his behalf; he won.

My father's nephew, Donald, had recently opened a village shoe store that wasn't doing well. At Colgate, he had studied psychology. Now, he studied people's feet, maybe concluding, "Didn't buy those shoes at my store." Could my mother give him some help, come in on Saturday afternoons, at least, to greet customers? How could she refuse? Store visitors began whispering to her, "We want you to help us." She offered patience and the air of unconditional acceptance.

Three weeks after I had moved to the San Francisco Bay Area, my usually healthy father had

emergency exploratory surgery. I immediately went back home. There was nothing they could do, the doctor said. After Mother received the sad news of my father's death, her first words to me were generous despite grief: "Oh, how your father loved you."

To cheer her, I invited Mother to visit the Bay Area—Tiburon—that now seemed like a foreign country because no one knew my father. She loved her first plane ride, raved about the trees and plants. And she cried often. "It's just that your father and I used to talk things over...so much," she said. Yes, for 47 years.

On return visits to Sherburne, I felt happy that she'd made new and younger friends. One of them told me, "Your mother was with me after my son died ...and when she was with you, she was really with you."

I had loved my father dearly—he was "first reader" of my short stories, had introduced me to baseball, opera, and politics—but I hadn't cried the way I did when I lost Mother, five years later.

Mother helped others as if they were her purpose in life, because they were.

She made good things happen... and never asked for credit.

She made them look easy... though I realize now that, often, they weren't.

Some mothers can do that.

Lucky to the core are we who have one.



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FY '22 IN REVIEW!

148

home
visits

156

phone
consultations



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We apologize for any missed names



649

referrals to
screened providers

560

rides given
byvolunteers

224

social and
educational events

2435

check in
phone calls

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SO MUCH TO BE GRATEFUL FOR

We are grateful to Lori Contadino, long time At Home Board member and director of the Commission on Aging. During the worst part of the pandemic, her communication kept us informed of the latest developments, she secured face masks and Covid tests for us, and provided food provisions to our members in need. Thank you!



Lori Contadino

Thank you, Carol Ann Kelsey-Smith, volunteer driver and longtime massage therapist for At Home (203-625-7091) for making At Home members and staff face masks at the start of the pandemic!



Lise Jameson & Carol Ann Kelsey-Smith



Marylin Chou & Sue Kirker

Thank you to the Oral History Project at the Greenwich Library. "Local history as told by people who witnessed it." Connie Gibbs from the Project interviewed Executive Director Lise LaPointe Jameson. We discussed a nonprofit's struggles and successes during the pandemic.

If interested in reading the interview, transcripts can be found at the main library in the archive drawers over by the new library phone booths, but cannot leave the library. While you are there, read the transcript from Marylin Chou, Founder and the first President of At Home as she recounts the trials of getting a new nonprofit off the ground. Marylin was interviewed by At Home member Sue Seton who was volunteering for the library Project at the time.

Find more interview Topics list on the webpage. Go to the Greenwich Library website, click on Explore, then click on Oral History Project, then hover on the Collection heading for Topics.

CREATIVITY CORNER

2023 marks At Home’s 15th year in operation! The At Home in Greenwich model was inspired by an article in the New York Times in 2006, describing how a dozen civic-minded residents of Beacon Hill in Boston developed a program to enable them and others to "age in place." Several Greenwich residents agreed they, too, would prefer to remain in their own homes as they grew older, close to friends and favorite activities—if it were a safe, viable and practical choice. The tenacious and persistent Marilyn Chou, became the President and with a small, passionate group of volunteers, forged a path for At Home’s existence and viability.

Sonnet on the 15th

“Grow old along with me” was just a line
That worked as long as things at home were fine.
At Beacon Hill they knew the truth to be
A lot more complicated, don’t you see?
There’s changes both emotional and more
That make the aging process such a chore.
So, agencies were tapped to lend a hand
And Marilyn and all her happy band
Went door to door to build our own design
That strengthens lives today and helps define
The standard that, in Greenwich, can assure
The best that life can offer, that’s for sure.
We’ve thanks to give for every hour and year
Of dedicated work, that’s Crystal Clear.

– Long time Board member and At Home in Greenwich member Sam Deibler

YOUR LEGACY CAN LIVE ON THROUGH AT HOME IN GREENWICH

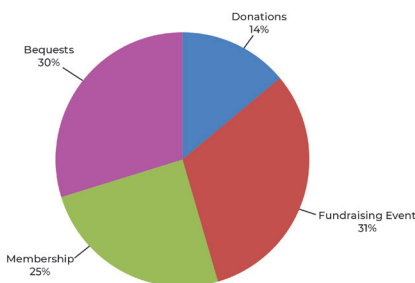
By supporting At Home in Greenwich with a legacy gift through your will, you will be helping to improve the health and vitality of the senior community. Think of the burden you can lift from others by ensuring that At Home continues to have:

- 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.

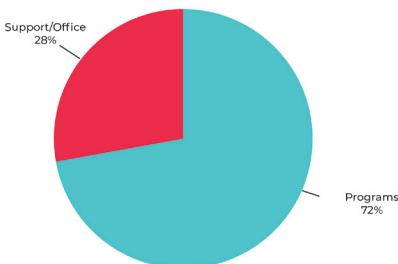
A heartfelt thank you to Jack Russell Smith for his generous bequest left to At Home.

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THE AT HOME IN GREENWICH MISSION & VISION

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

We aim to build a strong and supportive community in Greenwich of adults aging in place

TO LEARN MORE ABOUT AT HOME IN GREENWICH

Email: director@athomeingreenwich.org
Call: (203) 422-2342
Visit: www.athomeingreenwich.org

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

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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 cost:

- \$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
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