



## At Home in Darien

Helping Darien seniors live independently, comfortably and with dignity in their own homes and the community as long as possible

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**Aging in Place+Gallivant**  
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# OUT AND ABOUT

SPRING 2012

VOLUME 4 ISSUE 1

## Greetings from the Executive Director



Dear Friends –

In planning an event on Home Safety for Seniors I recently spoke with one of our trusted vetted service providers about changes one can make around the home to keep one safe at home. Regardless of age, there are things we can do to make our home more

livable. Take a look inside at some ideas for your home, and call us for more information.

Aging in Place+Gallivant (AIP+G) plans all sorts of appealing programs, both social and educational. In order for us to keep you up-to-date on all the wonderful things happening around Darien, please send us your e-mail address so that we may send you our monthly e-mail communication.

Welcome to the newest members of our Board of Directors: Anne Ardery, Debby McLean, John Schmidt and Maureen Tyrrell. It is with sincere appreciation that I thank Kaye Barker, our outgoing Board President, for all the guidance and direction she has provided in shaping our organization into the great resource that it has become for Darien seniors, their families, and their friends.



We are very excited to spread the news about AIP+G and our services. Look for our **At Home in Darien** testimonials in the paper, such as the ones on this page featuring our Board member Charlie England, and our high school volunteer Kelly Kosnik.

Please take advantage of our free services, suggest us as a resource to a friend or loved one, consider helping us by volunteering, and support us with a tax-deductible gift.

We are here for you – give us a call!

All the best,

*Gina*

Gina Z. Blum, Executive Director, Aging in Place+Gallivant

## Can You Give a Hand?

Volunteering is a great way to give back to your community. Help our organization to help others in Darien.

- Consider being a Friendly Shopper or a Friendly Visitor. Go grocery shopping or visit a homebound senior on a weekly basis.
- How about helping with small chores around a senior's house?
- Would you drive and/or accompany a senior to a medical appointment?

There are a variety of ways to volunteer with **Aging in Place+Gallivant** that match your availability and abilities. Whether it's every once in a while, once a month, or every week, we'll find an enjoyable and rewarding experience for you!

Contact **Aging in Place+Gallivant** at **203-585-4094**.

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**Aging in Place+Gallivant provides the following services to all Darien residents age 60+:**

- **Transportation within Darien, Stamford, Norwalk and New Canaan.**
- **Telephone referral, advice and counsel.**
- **Volunteer services —**  
**Friendly Visitors, Shoppers, Helpers and Drivers along with seasonal services such as snow shoveling and leaf raking.**
- **Out and About newsletter.**
- **Monthly email blasts promoting events and services.**
- **Social and educational programs throughout the town.**
- **Referrals to discounted vetted service providers such as:**

**Appliance Repair**  
**Computer Services**  
**Electricians**  
**Hairdressers**  
**Handymen**  
**Landscapers**  
**Plumbers**  
**Repairmen**  
**Small Chores**  
**and more!**

**Call Aging in Place+Gallivant at 203-585-4094 for free information**



**When you need a ride within Darien, Stamford, Norwalk and New Canaan, call our friendly Gallivant dispatcher, Drivers Unlimited, directly at 203-655-2227**

24-hour advance notice and a voluntary contribution are appreciated

**Journaling: Telling it like it was, like it is, or as you'd like it to be**

*Abstracted by Peter F. Eder from web site articles*

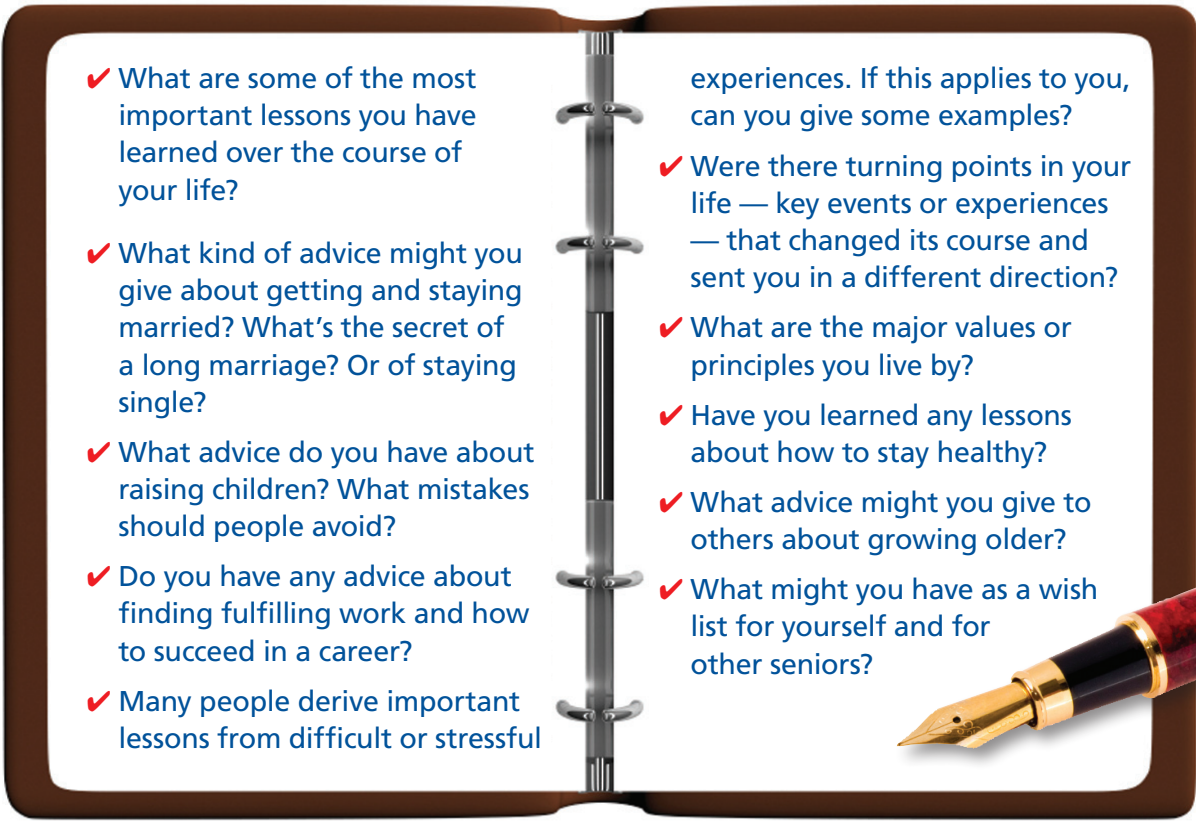
While journaling's presence can be traced to the beginnings of written history, it is in very recent times that its value as a form of medical and psychological therapy especially for seniors has been discovered.

As a form of thinking therapy, journaling can boost self-esteem and be a cathartic experience. Journaling is not limited to writing chronological stories about our lives, but can describe events and memories as they occur to us. It can also be a safe place to express great joy and let out feelings such as anger, frustration and grief. Perhaps of even greater importance, it can provide a valuable road map for those younger than us to help them anticipate, navigate and react to life's many changes.

Medical studies have also shown that expressing emotions in writing has numerous health benefits.

So, how to get started? Write down your thoughts, your feelings, your memories, your dreams and observations. If you can, record things every day or at least once a week. Journals can be written, keyed on the computer, audio or video taped, depending on your use of various media and the form of communication you enjoy most

Your journals can be private or they can be shared with others – family members, friends or care givers. Here is a list of suggested questions and idea generators, you might consider:



Journals can make great gifts: for milestone birthdays, anniversaries, Father's Day, Mother's Day, Grandparents Day, reunion events.

**Tips for Saving on Home Energy Costs**

**10 free and easy things you can do to bring down your home energy costs:**

1. Open curtains, blinds or shades on south facing windows in cold weather and let the sun warm your rooms. In summer, close window coverings on east and west facing windows to keep rooms cool.
2. Close the fireplace damper when the fireplace is not in use to prevent heated air from escaping up the chimney.
3. Unplug block-type electric chargers, such as phone, computer, and small appliance chargers, from the wall when not in use.
4. Clean the lint filter in your clothes dryer after every load and periodically clean the vent. Lint buildup in the filter can cause the dryer to run longer, wasting energy.
5. Turn ceiling fans on low and set blades to force warm air near the ceiling down in cold weather. Do the reverse in the summer, making the blades turn in the opposite direction so cooled air will be forced down.
6. Clean vents, registers, baseboard heaters, and radiators for maximum heating or cooling output and make sure they aren't blocked by curtains, furniture or carpeting.
7. Use heat generating appliances such as clothes dryers and ovens during the coolest time of day.
8. Turn off lights in unoccupied rooms and kitchen and bathroom ventilating fans after they have done their job.
9. Run clothes and dishwashers only when you have a full load.
10. Take showers instead of baths and set the hot water heater at 120 degrees. You'll use less water and reduce winter consumption and heating costs.

*Tips courtesy of AARP, 2012*

