



## 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**  
**P.O. Box 1242**  
**Darien, CT 06820**  
**Phone: 203-585-4094**  
**Transportation Dispatch:**  
**203-655-2227**  
**Director@AgingInPlaceGallivant.org**  
**www.AgingInPlaceGallivant.org**

# OUT AND ABOUT

SUMMER 2012

VOLUME 4 ISSUE 2

## Connections



Dear Friends –

**Aging in Place+Gallivant** is getting the word out about what we do. We offer Darien seniors the following important free services:

- **Gallivant transportation within Darien, Stamford, Norwalk and New Canaan, Monday through Friday 9:00am to 5:00pm** (see box on back page).

- **Volunteer drivers to other locations or at times when Gallivant is not in service.**
- **Volunteer services such as Friendly Visitors, Shoppers, and Helpers, and seasonal services such as snow shoveling and leaf raking.**
- **Monthly email communications promoting community events and services.**
- **This informational *Out and About* newsletter delivered to your home 3 times per year.**
- **Referrals to Vetted Service Providers** (see box to right for more information).
- **Social, educational and wellness programming.**
- **Referral and advice to connect you with the right resources.**

We don't duplicate the services of other organizations. We strive to harmonize them in order to make convenient referrals.

This issue of ***Out and About*** is dedicated to some of the many wonderful organizations that we partner with and utilize. You'll find a summary of the services each offers to seniors on the following pages. There are many more organizations that we can connect you with. Our reach extends beyond Darien's great public and private services to resources in neighboring towns, the county, the state, and to national programs.

Best of all, we are not a club or a membership organization – we are inclusive – once you reach 60, you are a member!

We hope that you will take advantage of our free services, or recommend us to a friend or loved one. Please also consider helping us by volunteering, and supporting 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

### What is a Vetted Service Provider?



Ever need something done around the home, but don't feel up to the job or don't have a friend or neighbor to make a good recommendation?

Call Aging in Place+Gallivant for referral to someone you can trust!

Our service providers are people you hire to do jobs around your home. Often we've negotiated a senior discount that you can take advantage of by mentioning we referred you to them.

We make sure the service provider is someone you can trust to be in your home and do a good job at a fair price. How do we do that? Our vetting process consists of the following:

- Service provider completes an application.
- Certificates of liability insurance and any State required licenses are reviewed.
- Licenses and complaint history are checked with the State Department of Consumer Protection.
- The State Judicial Branch is checked for any small claims history.
- References are contacted and the service provider is interviewed.

We have providers who can help with carpentry, computers, cleaning air ducts, dump runs, electrical needs, landscaping, gutters, plumbing, locks, masonry, chimney cleaning, moving, organizing, odd jobs, and more. Our list is continually updated and growing. If you have a good referral, please share it with us!



### At Home in Darien

**"Rick drives me to have my hair done—or wherever I need to go."**

Mary Townsend, Sedan Rider, with Rick Tymon, Gallivant Driver

"Rick is a great driver and a perfect gentleman, so friendly and respectful! I really do appreciate Aging in Place+Gallivant, especially Gallivant's new passenger sedan."

Call Gina Blum at **203.585.4094**

director@aginginplacegallivant.org

Aging in Place+Gallivant is nonprofit, tax-exempt, and supported by generous donations.

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U.S. Postage  
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Darien, CT

Aging In Place+Gallivant  
P.O. Box 1242  
Darien, CT 06820





Darien EMS Post 53

**Post 53** is Darien's all volunteer ambulance corps. Fully staffed and equipped ambulances are available 24 hours a day, 365 days a year. With our fully trained corps of volunteers, Stamford paramedics when necessary, and first responders the Darien police and fire departments, you can expect excellent pre-hospital medical care. Dialing 911 activates an emergency response. For a medical emergency, trained medical dispatchers will direct the Darien Police, Darien EMS and Stamford Paramedics, based on the nature of your call, to your address.

New this year, Post 53 is providing households with Medical Emergency Fact cards (MED cards) to have available when the ambulance arrives. This information, such as past medical history, medications, allergies, etc. can be very helpful in medical emergencies. If you have your MED card filled out you will be providing first responders accurate, timely information.

In addition, Post 53 offers free blood pressure screenings on Sundays at Post 53 headquarters from noon to 2:00pm. Post 53 also offers training and certification classes in first aid, CPR and AED use. Darien EMS Post 53 and its highly trained volunteers are proud to serve you, offering excellence in pre-hospital medical care.



Contact Information

203-655-8980 or  
911 for emergencies  
Zero Ledge Road  
Darien, CT 06820  
email: [info@post53.org](mailto:info@post53.org)  
[www.post53.org](http://www.post53.org)

The Community Fund of Darien

**The Community Fund of Darien** has helped our neighbors in need for over sixty years, working with volunteers, community leaders and agencies to improve the quality of life for all. The Community Fund provides grants to area non-profit organizations meeting human service needs, ranging from basic needs such as food, health, and shelter, to services for at-risk youth, elderly support, crisis intervention, and family strengthening. ElderHouse in Norwalk is one of our grant recipients; it provides day services for older adults to help them stay at home as they age. Through TCF's Human Services Planning Council, we help identify Darien's community needs and marshal resources to address them; Aging in Place began under the auspices of the HSPC! We are careful stewards of our donors' donations, and with the help of over fifty volunteers each year, review and evaluate grant applications from over thirty agencies.



Contact Information

203-655-8775  
701 Post Road, P.O. Box 926  
Darien, CT 06820  
email: [info@communityfunddarien.org](mailto:info@communityfunddarien.org)  
[www.communityfunddarien.org](http://www.communityfunddarien.org)

Darien Library

**The Darien Library** is ranked as one of the top ten public libraries in the country for its size. As our statistics show, the library is among the busiest in the state with over 1,300 people walking through the doors on an average day, 88% of the town's residents holding library cards, and the highest per capita circulation in Connecticut, with more than 28 items per Darien resident. The library collection includes 155,000 books and 300 newspaper and magazine subscriptions. Darien Library holds itself to the highest possible standard of customer service. We pride ourselves on providing a fulfilling and enriching experience to all who visit us either in person or on the web. We consider hospitality to be a core component in all we do and always look forward to seeing you at the library. As a Darien senior, you have a wide range of services and programs available including basic computer skill tutoring, Dial-A-Book for homebound seniors, and technology classes. The Library regularly hosts concerts, popular authors, guest lectures, classes, and hands-on workshops. Please visit us online or call.



Contact Information

203-655-1234  
1441 Post Road  
Darien, CT 06820  
email: [askus@darienlibrary.org](mailto:askus@darienlibrary.org)  
[www.darienlibrary.org](http://www.darienlibrary.org)

Family Centers

**More** than ever, people are leading active lives well into their "golden years." At the same time, many people over the age of 65 struggle with chronic illness and isolation issues. To meet the diverse needs of the aging community, Family Centers offers an array of services that encourage lifelong learning, socialization and support.

**Friendly Connections:** Friendly Connections offers an array of senior outreach services including workshops and support groups that enhance socialization and educational opportunities for adults living in lower Fairfield County. Home visitation, teleconference courses and groups, needs assessments and call-in services are also available for seniors who are homebound.

**Counseling and Support:** Family Centers provides a variety of individual, couples and group counseling services on topics ranging from wellness to isolation issues. Services are offered at Family Centers' offices, senior centers or residential facilities and are available by appointment.

**Onsite Supportive Services:** Family Centers' team of Resident Service Coordinators provides onsite supportive services to aging adults living in subsidized housing in lower Fairfield County.

**Senior Health Counseling Insurance Program (SHIP):** The SHIP Program helps older adults understand the complexities of their health care plans. Assistance is offered on Medicare Part D, Medigap and long-term care insurance.

Contact Information

203-324-3167  
60 Palmer's Hill Road  
Stamford, CT 06902  
email: [dspellman@familycenters.org](mailto:dspellman@familycenters.org)  
[www.familycenters.org](http://www.familycenters.org)



AGENCIES THAT  
HELP SENIORS IN  
OUR COMMUNITY



The Darien Community Association (DCA)

**The DCA** is a non-profit membership organization, with a mission to 'provide a broad array of educational, cultural, and social programs in an historic setting and enrich the community through philanthropy and outreach'.

We have many activities that may be of interest to seniors:

- Lectures with high profile speakers on art and current events
- Bridge and Mah Jongg classes
- Musical performances by the DCA Blue Notes singing group, Duo Piano Group, and others
- Exercise programs such as Morning Tune Up
- Lectures by gardening experts and authors
- Writers Workshop group discussions, where authors help each other with their current work.

In addition, we have a DCA Thrift Shop that sells gently used items, offering a low cost resource for the community. This busy shop is staffed by volunteers, and welcomes new helpers.

Proceeds from these activities, events and the DCA Thrift Shop are given in scholarships to Darien High School students for their college pursuits.

Members are always welcome at the DCA, to enjoy our historic Meadowlands property with its beautiful rooms, gorgeous formal garden and spacious grounds.

**Join us!** Contact us by phone or email or stop by the DCA.



Contact Information

203-655-9050  
274 Middlesex Road  
Darien, CT 06820  
email: [dca1923@gmail.com](mailto:dca1923@gmail.com)  
[www.dariendca.org](http://www.dariendca.org)

Person-to-Person

**Person-to-Person** is a volunteer-driven, community-supported agency dedicated to assisting our neighbors in need.



Person-to-Person

Services include the following:

- Food Pantry, providing 3 meals a day for 7 days for an individual or family;
- Clothing Center, providing a bag of free clothing for each member of a family once per month;
- Emergency Financial Assistance, providing assistance with rent, utility payments, and security deposits, as well as budget counseling and access to additional services;
- Holiday Programs, providing toys and books for children, and food baskets for families each year.

Person-to-Person offers a variety of volunteer opportunities as well. We maintain a warm, welcoming environment for volunteers and clients alike. Volunteer opportunities include positions in Reception, the Food Pantry, the Clothing Center, and on Scholarship teams.

We rely on our volunteers and donors to make our work possible. We accept donations of non-perishable food items, new or gently-used clothing, linens, and household items.

**For more information – to get help, to donate, or to get involved – please contact us.**

Contact Information

203-655-0048  
1864 Post Road  
Darien, CT 06820  
email: [info@p2pdarien.org](mailto:info@p2pdarien.org)  
[www.p2pdarien.org](http://www.p2pdarien.org)

Visiting Nurse & Hospice of Fairfield County

**For** over 100 years, **Visiting Nurse & Hospice of Fairfield County**, a licensed, community based, not-for-profit home health agency, has provided professional nursing, rehabilitation, hospice, social work, and health education to individuals and families in Fairfield County. The agency now serves the communities of Darien, Easton, Greenwich, New Canaan, Norwalk, Redding, Ridgefield, Southport, Stamford, Wilton, Weston, Westport, and Wilton. Home care and hospice services are available 24 hours a day, seven days a week in the home setting, hospital, or skilled nursing or assisted living facility.



The agency's mission is to provide clinically excellent, compassionate care to enhance the health, well-being, independence and dignity of our community residents. To that end, our skilled team of caregivers includes registered nurses, physical therapists, occupational therapists, speech therapists, social workers, spiritual counselors, home health aides, homemaker companions and hospice volunteers. While receiving our care, we arrange for any medical equipment and supplies that may be required for the patient's treatment or comfort.

Our agency also offers state-of-the art "home telehealth," a special technology which enables patients to engage with a registered nurse in real-time using an in-home telemonitoring system.

Contact Information

800-898-HOME or  
203-762-8958  
P.O. Box 489  
Wilton, CT 06897  
email: [info@visitingnurse.net](mailto:info@visitingnurse.net)  
[www.visitingnurse.net](http://www.visitingnurse.net)

Darien Senior Activities Center

**The** mission of **Darien Senior Activities Center** is to nurture the physical, intellectual and social well-being of the senior community beginning at age 55. We strive to provide a comprehensive and coordinated system of programs and services that enhance individual lives, promote well-being, dignity and independence through the aging process, and keep members connected and integrated into the community. We collaborate with other agencies and organizations who provide support programs and social services to seniors thereby enhancing the independence and wholesome lifestyle for seniors in Darien. Our diverse and innovative monthly activities include:

**Art Classes:** Water Color, Acrylic and Oil Painting, Stone Carving, Stain Glass and Sketching.

**Crafts:** Quilting, Knitting and Crocheting, Jewelry Making, Holiday Crafts.

**Language Learning:** French, Italian and Spanish.

**Exercise:** Pilates, Yoga, Ballet, Stretch Tone and Balance, Sittersize, Tai Chi, and Pickle Ball.

**Education Programs:** Historical Series, Short Story Discussion, Writing Classes, Current Events.

**Health Support:** Monthly Caregiver Education Support Group, Diabetes Support, Take Shape for Life, Blood Pressure Screening.

**Plus:** Entertainment, Theme Days and more...

Our monthly newsletter has a full and up to date calendar. Visit us Monday through Friday 9:00am to 3:00pm.

Contact Information

203-656-7455  
30 Edgerton Street  
Darien, CT 06820  
email: [eparis@darienct.gov](mailto:eparis@darienct.gov)  
[www.darienct.gov](http://www.darienct.gov)  
(under Parks and Recreation)





YWCA

**Y**WCA Darien/Norwalk offers senior women age 60 and over a discounted membership of \$35 per year to take advantage of our members-only activities. The membership year runs from July 1st through June 30th and women can join by visiting our website or our office.

Bodyworks with Suzanne McCollum is just one of the programs that seniors can enjoy at the YWCA. Suzanne offers a variety of workouts for all fitness levels including Step & Sculpt, Aerobic Combo, Interval Training, and Ball workouts. Her classes meet Wednesdays & Fridays from 8am-9am and members pay \$132 for 12 weeks of classes.

Another program that might be of interest is our Spring gardening classes, led by local landscape designer Sara McCool. Classes include Landscape Design and Practice, a 5-week class which includes a personal consultation as part of the class fee. Classes are available on either a weeknight or morning and members pay \$95 for the five 1.5 hour sessions. Sara also offers one-session classes of Perennial Garden and Outdoor Green Garden, each on a Saturday morning for \$20 for members. See our website for details under "Partner Classes for Adults".

Contact Information

203-655-2535  
49 Old Kings Highway North  
Darien, CT 06820  
email: [membership@ywcadariennorwalk.org](mailto:membership@ywcadariennorwalk.org)  
[www.ywcadariennorwalk.org](http://www.ywcadariennorwalk.org)

eliminating racism  
empowering women  
**ywca**  
darien/norwalk

AARP

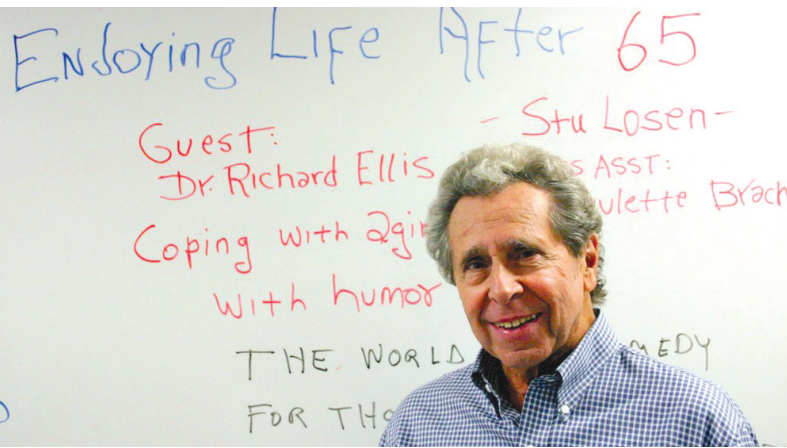
**T**he vast majority of older adults want to age in place, so they can continue to live in their own homes or communities. At **AARP**, we understand this desire and have worked at the national, state and local level on policies and actions that support the creation of "livable communities" - places where residents of all ages can remain independent and actively engaged in community life. By interacting with local organizations like **Aging in Place+Gallivant**, we are able to refine and intensify community support efforts.

Through our advocacy and community-service work, and in partnership with other organizations, AARP Connecticut fights for increased access to home and community-based services, and supports policies that honor an individual's choice to receive care in their home, rather than an institution. AARP has been instrumental in expanding and maintaining funding for the Connecticut Home Care Program for Elders, the Alzheimer's Respite Care program and the municipal Dial-a-Ride program. We also continue to fight to lower electric rates in Connecticut to save residents money on their utility bills. In local communities, AARP Driver Safety volunteers help older drivers stay safer, longer and AARP Foundation Tax-Aide volunteers provide free tax-assistance to older and low to moderate-income residents.

To learn more about AARP and the work we do to support aging in place organizations in Connecticut, please visit our website.

Contact Information

1-866-295-7279  
21 Oak Street #104  
Hartford, CT 06106  
email: [ctaarp@aarp.org](mailto:ctaarp@aarp.org)  
[www.AARP.org/ct](http://www.AARP.org/ct)



Lifetime Learners Institute

**L**ifetime Learners Institute (LLI) is an independent nonprofit institute for lifelong learning within Norwalk Community College. Our purpose is to offer non-credit, educational programs for area residents aged 50 or older. We offer over 40 courses each Spring and Fall, taught by LLI facilitators, as well as daily events during a five-week Winter Session. The volunteer run institute has almost 1000 members from all over Fairfield County.

Lifetime Learners Institute has announced the Fall 2012 schedule of classes, most starting the week of September 10th. Over 50 two-hour daytime classes include: History, Language, the Arts, Literature, Music, Health, Opera, Sports, Movie Clips, Mysteries, Books, Computers, Memoirs, Current Events, and more - something for everyone!

Detailed course catalogs are mailed to members. If you are interested in receiving a copy, you can request one be sent by mail, or stop by the College's West Campus room W120 any weekday before 1:00pm to obtain a copy and ask questions. You can also find the Course Catalog on the web site.

You can select up to two classes for each day, Monday through Thursday afternoons or Friday mornings. Also, on most Fridays there is a "Brown Bag Lunch & Learn" program that includes a noontime social hour with refreshments, followed by a guest presentation. These Friday afternoon programs are free to all LLI members, as is the use of the College's Fitness Center. Annual 12-month memberships are \$40.00. All courses cost only \$25.00 each for a 4 to 8 week class session. Join and enjoy learning, without stress or tests!

Contact Information

203-857-3330  
Norwalk Community College  
188 Richards Avenue  
West Campus, Room W120  
Norwalk, CT 06854  
email: [info@lifetimelearners.org](mailto:info@lifetimelearners.org)  
[www.lifetimelearners.org](http://www.lifetimelearners.org)



Need A Ride?



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

For service to other locations, at times when Gallivant is not in service, or when you need a person to pick you up from a medical appointment, call the **Aging in Place+Gallivant** office for a Friendly Volunteer Driver

**203-585-4094**