

Dear Friends –

Exciting news! **At Home In Darien** is celebrating a milestone in 2019. We have been providing important services to seniors and their families in our community for 10 years! We look forward to celebrating and hope you will join us — please see the details below.

We are so grateful for your support. We couldn't have become the organization we are today without your help. The free services that we provide — whether it's transportation, referrals to vetted service providers, friendly volunteers, home safety evaluations, or a list of monthly events around town — all help seniors stay connected and living independently in their own homes.

The dedication and commitment of the Board of Directors of **At Home In Darien** has greatly contributed to our success. I welcome new

members, Amy Harned and James Metzger, and appreciate their pledge to help fulfill our mission. I am also grateful to outgoing board member, and one of our founding members, Kaye Barker, for her vision, guidance, and all that she has done to help make our organization such a valuable resource for the Darien community.

As always, we are here to help you! Give us a call at 203.655.2227

All the best,



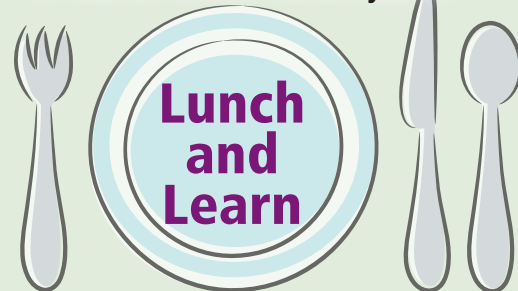
Gina Z. Blum
Executive Director of
At Home In Darien

Gina@AtHomeInDarien.org

Like us on Facebook 



At Home In Darien
in partnership with Darien Senior Program
at Mather Center invites you to



**Healthy Living For
Your Brain and Body**
An educational program by the
Alzheimer's Association

For centuries we've known that the health of the brain and the body are connected. But now, science has shown how certain lifestyle choices may help keep your brain and body healthy as you age. Join us to hear more about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Learn some hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Presented by Shanon Jordan,
Southwestern Regional Director,
Alzheimer's Association, CT Chapter.

Tuesday, April 30th, 2019
Lunch will be served at noon,
program to follow at 12:30 p.m.

Mather Center
2 Renshaw Road, Darien

**Free program and lunch for all Darien
Seniors**

RSVP by April 23rd



203.655.2227

or
info@AtHomeInDarien.org

2019 Board of Directors



Newly elected **At Home In Darien** Board members Amy Harned, President Susan Bhirud, and James Metzger.

Susan Bhirud, President
Olive Hauser, Vice President
John Hess, Vice President
Tamsin Sickinger, Vice President

Robin Woods, Vice President
Alison Wright, Vice President
Anne Burleigh, Secretary
Bill Ball, Treasurer

Diane Barston
John Bartlett
Peggy Brown
Peter Carnes
Amy Harned
Lisa Hughes
John Keating
Anne McGuire
James Metzger
Pat van den Broek

Mallory Arents, Ex officio
Beth Paris, Ex officio
Ali Ramsteck, Ex officio
Gina Z. Blum,
Executive Director

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**AT HOME
IN DARIEN**
CONNECTING SENIORS TO COMMUNITY
2 Renshaw Road
Darien, CT 06820

Save the Date!

At Home In Darien
is Celebrating 10 Years of
providing meaningful services
to seniors.

Please join us on
Friday, May 10th at
The Country Club of Darien,
from 7-9pm.

A special anniversary fundraiser
to honor individuals who have
contributed to the success of
At Home In Darien.

We will also host a town-wide
celebration in September.

What is Dementia?

Excerpted from the At Home In Darien monthly blog which can be found on our website

Dementia is the loss of cognitive functioning (remembering, thinking and reasoning) and skills severe enough to interfere with daily life. It's a general term that describes a group of symptoms associated with a decline in memory or mental ability including Alzheimer's disease. There are many other conditions that can cause symptoms of dementia. While dementia is more common as people age, it is not a normal part of aging.

Signs and symptoms of dementia appear when brain cells are damaged, lose connections with other brain cells, and die. Symptoms of dementia can vary greatly and include issues with memory, communication and language skills, visual perception, problem solving, self-management, and the ability to focus and pay attention. Some people with dementia cannot control their emotions and their personalities may change.

While some factors that increase the risk for dementia (such as age and genetics) cannot be changed, there is research that shows there are things we can do to reduce our risks.

- Protect your brain by improving your cardiovascular health. Damage to blood vessels anywhere in your body can damage blood vessels in your brain,

depriving brain cells of vital food and oxygen. Don't smoke, maintain a healthy weight, and keep your blood pressure, cholesterol and blood sugar within recommended limits.

- Exercise regularly. Research shows that increasing blood and oxygen flow to the brain benefits brain cells.
- Eat a diet that includes relatively little red meat and emphasizes whole grains, fruits and vegetables, fish and shellfish, nuts, olive oil and other healthy fats. To keep your brain healthy, you have to keep your heart healthy.

If you or a loved one are experiencing memory difficulties or other changes in cognitive skills, see a doctor as soon as possible to determine the cause. If symptoms indicate dementia, early diagnosis allows a person to benefit from treatments and may be an opportunity to volunteer for clinical trials or studies. It can also allow time to plan for the future.

For more information, the Alzheimer's Association is a trusted resource for information, education, referral and support. Call the 24/7 Helpline at 800.272.3900, or find information online at <https://www.alz.org/alzheimers-dementia>

Caregiving? If you are a caretaker, it is important to know you are not alone. Darien Senior Programs offers a Caregiver Support Group, led by Beth Paris, which meets on the third Wednesday of the month from 1:00pm to 2:30pm. Please call 203.656.7490 for details.

What can you do? Become a Dementia Friend!

Being a Dementia Friend simply means learning more about dementia, putting yourself in the shoes of someone living with the condition, and helping in small ways. Small gestures, such as spreading the word about Dementia Friends, or visiting someone living with the illness, can help make your community Dementia Friendly.

What is a Dementia Friends Champion?

A Dementia Friends Champion is a volunteer who encourages others to make a positive difference to people living with dementia in their community. Champions share information about the personal impact of dementia and offer suggestions on how others in their community can help.

Gina Blum and Annie McGuire are Dementia Friends Champions. They invite you to attend a session which is free and open to the public. Gina and Annie are also willing to train small groups. Please contact **At Home In Darien** for more information.

Dementia Friends Information Sessions

Dementia Friends Information Sessions are run by trained volunteer Dementia Friends Champions, such as Gina and Annie. Anyone can be a Dementia Friend! Each Information Session lasts about one hour and will teach you how to make Darien a dementia friendly community.



At Home In Darien Board members (front row) Mallory Arents, Annie Burleigh, Tamsin Sickinger, (back row) Susan Bhirud, Kaye Barker, Alison Wright, Peggy Brown, John Bartlett and Peter Carnes, are Dementia Friends.



Gina Blum, **At Home In Darien** Executive Director, and Annie McGuire, Board member.

Attend a Dementia Friends Session!

Tuesday, March 26th at 7:00pm
Darien Library
1441 Post Road

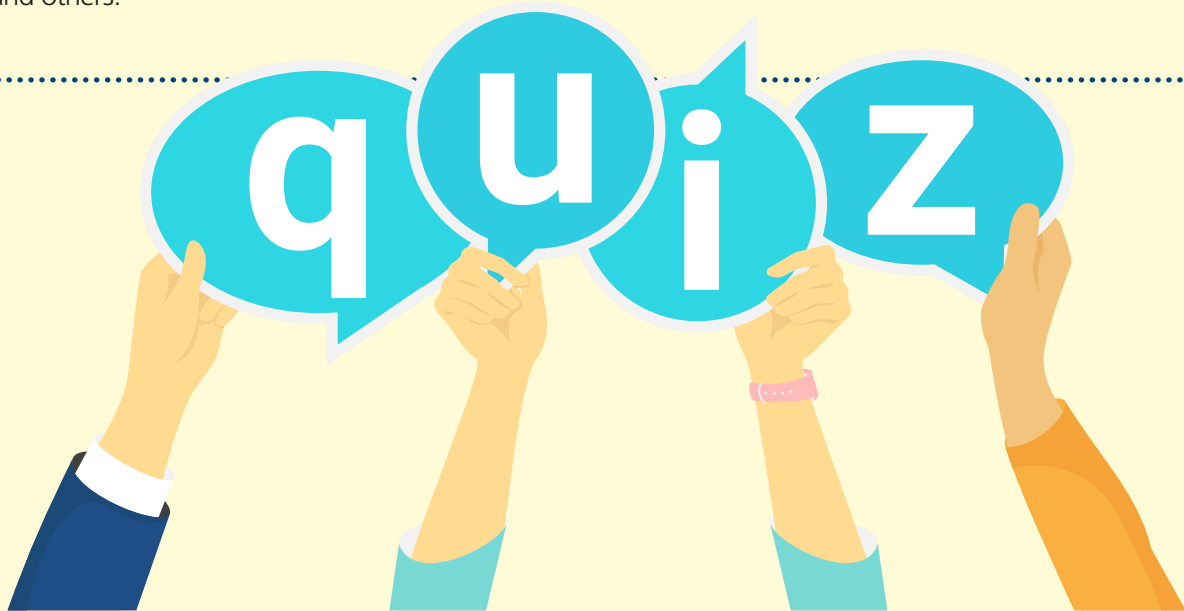
Monday, April 8th at 12:30pm
Senior Program at Mather Center
2 Renshaw Road

Please RSVP
by calling
At Home In Darien at
203.655.2226
or email
info@AtHomeInDarien.org

FACTS ON AGING

The **At Home In Darien** Annual Meeting was held at the Darien Library in December and was attended by more than 70 people. Dr. Michael Ego, University of Connecticut Professor of Human Development & Family Studies, was the featured guest speaker. He discussed the importance of aging-in-place organizations effecting inter-generational communities. Dr. Ego discussed the misinformation and misconceptions about aging — physiological social, cultural, and others.

Attendees took a 'Facts on Aging' quiz to highlight ageism, a form of stereotyping, prejudice and discrimination against people based on their age. Part of the quiz is reprinted below with answers on the back page. The remainder of the quiz and explanations of the answers can be found on the **At Home In Darien** website, [www.At Home In Darien.org](http://www.AtHomeInDarien.org) under the Events tab, Special Events, or by stopping by our office at 2 Renshaw Road.



- T F** 1. The majority of old people (past 65 years) have Alzheimer's disease.
- T F** 2. As people grow older, their intelligence declines significantly.
- T F** 3. It is very difficult for older adults to learn new things.
- T F** 4. Personality changes with age.
- T F** 5. Memory loss is a normal part of aging.
- T F** 6. As adults grow older, reaction time increases.
- T F** 7. Clinical depression occurs more frequently in older than younger people.
- T F** 8. Older adults are at risk for HIV/AIDS.
- T F** 9. Alcoholism and alcohol abuse are significantly greater problems in the adult population over age 65 than that under age 65.
- T F** 10. Older adults have more trouble sleeping than younger adults do.
- T F** 11. Older adults have the highest suicide rate of any age group.
- T F** 12. High blood pressure increases with age.
- T F** 13. Older people perspire less, so they are more likely to suffer from hyperthermia.
- T F** 14. All women develop osteoporosis as they age.
- T F** 15. A person's height tends to decline in old age.
- T F** 16. Physical strength declines in old age.
- T F** 17. Most old people lose interest in and capacity for sexual relations.
- T F** 18. Bladder capacity decreases with age, which leads to frequent urination.
- T F** 19. Kidney function is not affected by age.
- T F** 20. Increased problems with constipation represent a normal change as people get older.
- T F** 21. All five senses tend to decline with age.
- T F** 22. As people live longer, they face fewer acute conditions and more chronic health conditions.
- T F** 23. Retirement is often detrimental to health. i.e., people frequently seem to become ill or die soon after retirement.
- T F** 24. Older adults are less anxious about death than are younger and middle aged persons
- T F** 25. People 65 years of age and older currently make up about 20% of the U.S. population.

The authors of the 2015 version grant permission for anyone to use the Facts on Aging Quiz for educational purposes as long as credit is given using the following citation: Breytspraak, L. & Badura, L. (2015). Facts on Aging Quiz (revised; based on Palmore (1977; 1981)). Retrieved from <http://info.umkc.edu/aging/quiz/>. Contact information for first author: breytspraakl@umkc.edu



At Home In Darien
provides the following
free services to all
Darien residents age 60+:



Transportation within Darien,
Stamford, Norwalk and New
Canaan, Monday - Friday 9 a.m.
to 4 p.m.

Half-Price Taxi Voucher Program



Telephone referral, advice and
counsel.



Communication and Programs —
Out & About newsletter.

Monthly calendar of events.

Membership Cards that provide
discounts with local businesses.

Home safety evaluations.

Social and educational programs.



Handy Services —

Volunteers including Friendly
Visitors, Shoppers, Helpers,
Callers, and Drivers along with
seasonal services such as snow
shoveling of public sidewalks
and leaf raking.

Referrals to discounted vetted
property and home maintenance
services.

Thanks for your Support!

At Home In Darien is supported by
hundreds of people from all over the
town. Are you one of them?

We depend on your support to
continue to serve Darien's senior
citizens. We are a private,
tax-exempt, non-profit 501(c) 3
organization.

Please send a generous gift today to:

At Home In Darien
2 Renshaw Road, Darien, CT 06820

**Don't forget to remember us in
your will or trust!**

FACTS ON AGING ANSWERS: Questions on inside page

1. False
2. False
3. False
4. False
5. True
6. True
7. False
8. True
9. False
10. True
11. False
12. True and False
13. True
14. False
15. True
16. True
17. False
18. True
19. False
20. False
21. True
22. True
23. False
24. True
25. False

The remainder of the quiz, and full explanations
of the answers, can be viewed by visiting the
[At Home In Darien](http://www.AtHomeInDarien.org) website.



Kaye Barker, Anne McGuire, Gina Blum and Robin Woods of **At Home In Darien** experienced an inside view of dementia. Darien home care agency Right at Home hosted the group to Dementia Live™, so they could experience the challenges and struggles of a person living with dementia.

Using specialized gear within a safe, experiential setting, Dementia Live™ provides participants a real-life simulation of what it feels like to live with dementia. Participants gain awareness and understanding of the constant struggles (24/7) affecting persons with dementia. Greater understanding can lead to greater sensitivity.

Thank you!



We would like to express our heartfelt gratitude to the St. Thomas More Youth Group of Darien, Church of Latter Day Saints Youth Darien Ward, Darien YMCA Adventure Guides and Princesses, the St. Luke's of Darien's Confirmands, Darien United Methodist Church and the Community Council from Darien High School, for spending over 400 combined hours raking, bagging and hauling numerous piles of leaves from the homes of 23 Darien seniors.