



# NEWSLETTER

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## BARTENDERS HEAR THE DAMNDEST THINGS - MANY TIMES ENLIGHTENING

A bartender was working behind the bar within earshot of two strangers, a woman and man, having a drink and making idle conversation. He heard the woman ask the guy, "Did you know that 'I am' is the shortest sentence in the English language?" The guy took a sip of his drink, thought a bit and answered, "No I didn't...did you know that 'I do' is the longest *sentence*?"

## ALWAYS BE CAREFUL WHAT YOU SAY TO YOUR KIDS ABOUT YOUR FRIENDS

A SMC member and his wife were hosting a dinner party for their friends, some of whom they hadn't seen for ages and everyone was encouraged to bring their children along as well. All during the dinner the wife's best friend's 4-year old daughter stared at her husband as he sat opposite her. The girl could hardly eat her food for staring. He checked his shirt for spots, felt his face for food, and patted his hair in place, but nothing stopped her from staring at him. He tried his best to ignore her, but finally it was too much for him. He asked her, "Young lady, why are you staring at me?" Everyone at the table had noticed her behavior, and the table went suddenly quiet, waiting for her response. The little girls said, "I'm just waiting to see how you drink like a fish."

## JANUARY SPEAKERS - (Meetings are at 10:00am in Morrill Hall, St. Marks Church)

January 8 Dr. Arthur Gottlieb is a local historian on subjects of political and military history. The Korean War will be the topic of his presentation. Initially described as a "Police Action" in reaction to the North's invasion of South Korea on June 25, 1950, the war was an undeclared military action, the first authorized by the United Nations. Often referred to as the "Forgotten War" this still unresolved conflict saw Seoul change hands no less than four times before the signing of the contentious armistice on July 27, 1953.

January 15 Stuart Gibson is an international museum and cultural policy expert with over 20 year experience working with cultural organizations and governments undergoing economic and political transition and post conflict development. The title of the talk is *Kurdistan - The Moving Piece in the ISIS Puzzle*. Mr. Gibson will discuss the Kurd's role in combating ISIS and it's relationship with the Baghdad, Iran, Syria, Turkey and US governments and its longstanding aspirations for independence.

January 22 John Keightley is VP of TechnoServe. For almost 50 years, they have been providing business solutions to poverty in partnership with enterprising men and women living on as little as one dollar a day. They provide training and markets to farmers and entrepreneurs that helps them grow their farms and businesses and improve the lives of their families and communities. He will explain how TechnoServe works, the difference it is making in 29 countries, and how the benefits it helps create are sustainable long after its work is done.

January 29 Paul Strassmann, former retired Xerox VP and fellow SMC member, will give an overview of the country's financial picture including such areas as the decreases in stock market returns and its over evaluation; effect of increased life expectancy; cost of medical care; insufficient retiree savings and social security; opportunities for improving savings; private equity investments; the federal debt and the declines in home values and of purchasing power. You don't want to miss this financial "Outlook for Retired Seniors" presentation.

## SMC YEARLY CLUB DUES ARE DUE IMMEDIATELY - Gentlemen, thank you for your 2016

club dues payment. However, there are still many members who have yet to pay. So as a reminder, please submit your \$50 payment at our next meeting in cash or check, or you can mail your check to SMCNC, c/o YMCA, 564 South Ave., NC, CT 06840. And, a special "Thank You" to those who have paid an extra amount over the \$50 to help balance our budget....we're almost there. If you want to pay by using your credit card or PAYPAL, please log onto the SMCNC website for further details.

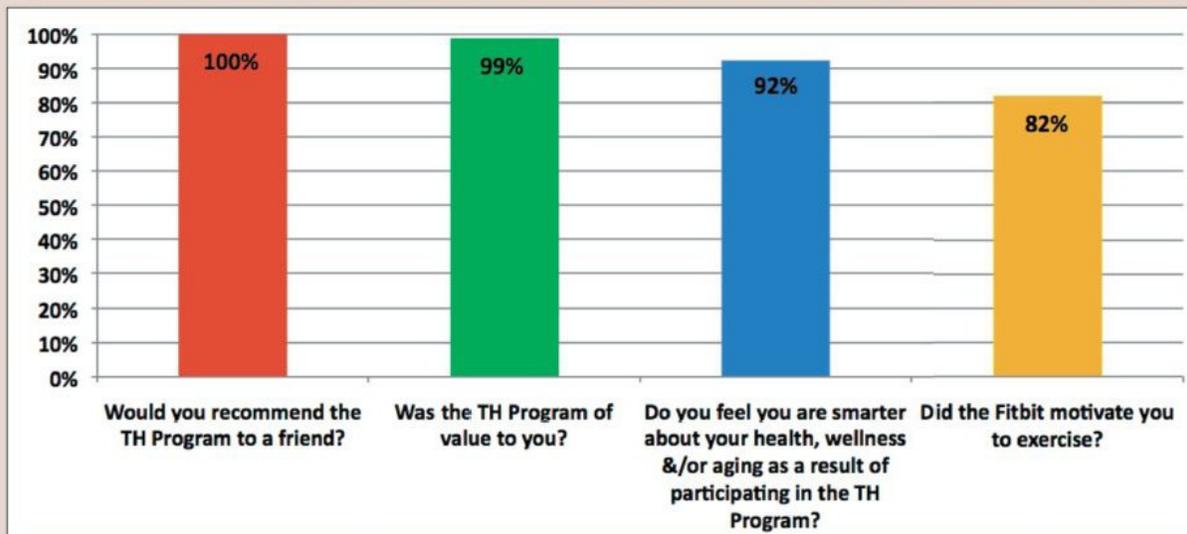


## New Canaan Seniors 65+

# There's nothing more important than your health & wellness.

The New Canaan Tele-Health Program is now in its third successful year. Join us in this innovative, first-in-the-nation program, to help you age in place, in your own home, using easy-to-use vital care technology with wellness education plus regular health assessments. Join your friends in making New Canaan *THE OPTIMAL LIVABLE COMMUNITY*.

### 2015 Senior Tele-Health Wellness Program Results



Based on the excellent program results, we are now expanding to 150 senior participants for 2016.

*The Best Part: All equipment & services are **FREE** to residents. Included are:*

- Blood Pressure & Pulse Monitor
- FITBIT to measure activity
- Digital scale
- Computerized Personal Health Dashboard
- Monthly Wellness Newsletter
- PLUS...Monthly Personal Tele-Nurse Wellness Check-Ins (via Facetime or Skype)

You need only an iPad or iPhone (or similar) and internet access. We provide the tech support & network software.

**Learn more on New Canaan Channel 79. We'll be on the weeks of December 6th and 13th. See program time listings on CH79.**

**For information or to join the program, contact the Town's Tele-Nurse: Bethany Zaro, RN, MPH at Health & Human Services Department Vine Cottage (next to Town Hall) 203-594-3093 or [bethany.zaro@newcanaanct.gov](mailto:bethany.zaro@newcanaanct.gov)**

The Seniors Tele-Health Wellness Program is a Public/ Private Partnership sponsored by The Town's Health & Human Services Commission. All equipment & software funding is 100% private investment. The Town provides the Tele-Nurse and IT network.

This ad sponsored by The Jeniam Foundation, also a lead funder of The Seniors Tele-Health Wellness Program for New Canaan.