

FOUNDERS

FORUM

SPONSORED BY



Ridgefield Crossings

A Benchmark Senior Living Community

FEBRUARY 2017

A Message from Grace:

This February, we hope you'll come in from the cold for a variety of helpful seminars and many fun things to do. As you know, all of these special events are possible because of your donations and the support of sponsors such as Ridgefield Crossings (sponsoring this newsletter), Oasis Senior Advisors (sponsoring the Tea), and Rehab by RVNA (advertising its services). Of course, advertising and sponsorships are just part of fundraising. For the majority of our support, we rely on **you**. That's why I hope you will respond as generously as you can when you receive our appeal letter later this month. It's the best Valentine you could give to both Founders Hall and your many fellow members. Remember, when showing your love, even a small gesture speaks volumes.

HIGHLIGHTS

- FEB. 1 Billiards Tournament
- 2 Billiards Tournament
O.W.L.S
RVNA Blood Pressure Screen
- 3 TRAVELOGUE: China
- 9 Book Discussion
- 10 BEACH PARTY TEA *sponsored by
Oasis Senior Advisors*
- 15 TRIP: Eagle Watch River Cruise
- 17 Seminar: Choosing a Caregiver
- 24 SEMINAR: Your Must-Have
Documents
- 28 Nutrition Workshop

SEMINARS

CHOOSING A CAREGIVER

Friday, Feb. 17, 1pm

Whether it's for a spouse, parent or other loved one, choosing a caregiver can be daunting. Heather McGhie, Director of HomeCare by RVNA, will discuss different types of in-home care and the various ways that it can be provided. She'll also explain how Medicare covers various home-care expenses, and give you tips for selecting the right caregiver for your situation.



YOUR MUST-HAVE DOCUMENTS

Friday, Feb. 24, 1pm

A trio of professionals will review the essential documents that each of us should have in place before a medical crisis hits, and will also explain some changes to Social Security rules that occurred in 2016. Medical social worker Leslie Tewes will discuss living wills, health care proxies and 'do not resuscitate' orders. Attorney Pam Banks will review estate management including powers-of-attorney and basic trusts. Investment advisor Chris Cepenon will address social security changes and optimizing your retirement income.



Founders Hall is a Donor-Supported Education and Recreation Center for Individuals Age 60 and Older

193 Danbury Road, Ridgefield, CT 06877 • 203.431.7000 • www.founders-hall.org • Facebook: Founders Hall Ridgefield
M/W/F: 8:30 am - 4:30 pm Tu/Th: 8:30 am - 8:30 pm


SPECIAL EVENTS



TRAVELOGUE CHINA: THEN AND NOW Friday, Feb. 3, 1 pm

In 1979, before China opened its borders to tourism, Doug and Kathy Coombs (then living in Taiwan) took a three-week excursion throughout China with an ex-patriate couple, one of whom grew up there as a diplomat's daughter, the other who worked there before the 1949 Communist revolution. They will narrate that 'trip of a life-time' and show comparative photos so you can see how China has changed. Don't miss this insightful, informative journey.

BILLIARDS SINGLES TOURNAMENT

Wed., Feb. 1 & Thurs., Feb. 2
10am, \$8/\$10nr 

Take a 'break' from the cold. Entry fee includes lunch on Wednesday and winner's trophy. Please sign up at the front desk.



It's always sunny at Founders Hall! Break out your sunglasses, hats and Hawaiian shirts for a tropical good time!

*Reggae
Dancing
Games with Prizes
Tiki Bar and Treats*



Book Discussion

Thurs., Feb. 9, 3pm

My Antonia

by Willa Cather



*facilitated by Mary Rindfleisch of the
Ridgefield Library*

SOME REMINDERS...

When wintry weather forces Ridgefield public schools to close, Founders Hall will close as well. If schools are delayed, Founders Hall will open at its regular time. For weather-related closings, check our website, Facebook page, WFSB (channel 3) and WTNH (channel 8).



Please, please, please keep all food and drinks (including covered cups) in the dining room. Spills and stains are taking their toll on our beautiful building.



Please bring clean athletic shoes for your fitness classes and leave your outerwear shoes outside of the fitness room. Tracked in dirt, sand and salt interfere with class movements and are irritants to those who exercise on the floor.



Thank you for your understanding and cooperation.

NUTRITION WORKSHOP

Tuesdays: Feb. 28, March 7, April 4,
2:45 pm



Do you have a favorite recipe that no longer suits your current health status? If so, here's your chance for a nutritional make-over!

A WCSU student intern is teaming up with an RVNA dietician to create a cookbook of healthier versions of favorite recipes and needs your help:

- Come to the sessions to learn about diet and nutrition as they relate to chronic diseases.
- Submit a recipe for consideration.
- If your recipe is included in the cookbook, it could become a featured dish at a free RVNA luncheon for all participants.
- As a participant, you will receive a free copy of the cookbook.

For more information, contact Barbara Newland, Director of Community Health & Wellness at RVNA (bnewland@ridgefieldvna.org), or Doreen Frey at (ventodo@aol.com).

February at the Movies

fri **The Hollars** **3pm**
3 After learning about his mother's illness, an aspiring graphic novelist leaves New York City behind and heads to his hometown, where he must contend with his dysfunctional family, an old rivalry and a persistent ex-girlfriend.
2016, Sharlto Copley, Charlie Day, Richard Jenkins, PG-13, 88 mins.

mon **Ben-Hur** **2pm**
6 Judah Ben-Hur, a prince falsely accused of treason by his adopted brother, an officer in the Roman army, returns to his homeland after years at sea to seek revenge, but finds redemption.
2016, Jack Huston, Toby Kebbell, PG-13, 125 mins.

mon **Meet the Patels** **2pm**
13 An Indian-American man who is about to turn 30 gets help from his parents and extended family to start looking for a wife in the traditional Indian way.
2014, Ravi Patel, Geeta Patel, PG, 88 mins.

fri **Ithaca** **3 pm**
17 With his older brother off to war, fourteen-year-old telegram messenger Homer Macauley comes of age in the summer of 1942.
2015, Tom Hanks, Meg Ryan, PG, 96 mins.

mon **Fathers & Daughters** **2 pm**
20 A Pulitzer-winning writer grapples with being a widower and father after a mental breakdown, while, 27 years later, his grown daughter struggles to forge her own connections.
2015, Russell Crowe, Amanda Seyfried, R, 116 mins.

fri **A Hologram for the King** **3 pm**
24 A failed American sales rep looks to recoup his losses by traveling to Saudi Arabia and selling his company's product to a wealthy monarch.
2016, Tom Hanks, Alexander Black, R, 97 mins.

mon **The Cardinal** **2pm**
27 A young Catholic priest from Boston confronts bigotry, Naziism, and his own personal conflicts as he rises to the office of Cardinal.
1963, Tom Tyron, Jon Huston, 170 mins.

Join Us!

Bingo	Fridays*	1 - 3 pm
Chess	Mondays	1:30 - 4:30 pm
Gardeners	Third Friday	1 - 2:30 pm
Mah Jongg	Thursdays	10am - 12 pm
Mexican Train Dominoes	Wednesdays	2:30 - 4:30 pm
Needlework	Thursdays	12 - 1:45 pm
Pinochle	Thursdays	2:30 - 4:30 pm
Quilting	Tuesdays	2 - 4 pm
Rughooking	Wednesdays	1:30 - 4 pm
Scrabble	Thursdays	1 - 3 pm
Walking	Mon./Wed.	8:20 am
Woodcarving	Mondays	1:30 - 4 pm

**except Feb. 10*

New Members

(as of Jan. 15)

Arthur Anderson

Maria Bailas

Carla Beeney

Davina Carr

Martin Cohen

Cathy Harriton

Collette Huidekoper

Peter Marra

Maureen McGraw

John Roche

Patricia Roche

Welcome!

MARK THIS MILESTONE!

This month, instructor Toni McKeen will mark **5,000 hours of teaching** at Founders Hall. That's quite a milestone. Whether she is teaching how to track down a long-lost relative, how to Photoshop a picture, or where to find the tastiest gelato in Italy, Toni is among the best of the best! Be sure to congratulate and thank her for all she does here.



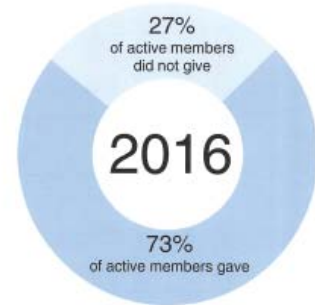
DEVELOPMENT

2016 GIVING

As the chart shows, almost three-quarters of our active members donated to Founders Hall in 2016. Maybe this year we can do even better! The new calendar year is the start of a new giving year. We hope you will all respond as generously as you can when you receive our appeal letter this month.

For those of you who gave in 2016, thank you. Your donation allows us to offer terrific programming with no membership fee and nominal class fees. You make Founders Hall a reality for over 3,600 of your fellow members and we truly appreciate your support. We will proudly include your name in our 2016 annual report, which will be out later this spring.

If you have any ideas as to how we can increase member participation or raise additional funds for Founders Hall, please let Cindy Nesbitt know. Her door is always open.



"It's not how much we give but how much love we put into giving."

~Mother Teresa

REHAB BY RVNA

hands·on care...

Our therapists work with you one-on-one to ensure you get the most out of each session. So whether you need physical therapy, occupational therapy, or speech therapy, they will help you return to the things you love.

REHAB by
rVna
PHYSICAL, OCCUPATIONAL
& SPEECH THERAPY

27 Governor Street | Ridgefield, Connecticut
ridgefieldvna.org | 203.438.RVNA (7862)

Rehab by RVNA is a subsidiary of RVNA

Founders Hall, a 501(c)3 public charity incorporated under the name Founders Hall Foundation, Inc., was established by the Couri and Goldstone families. The Foundation has an agreement with the town of Ridgefield to lease the land and run Founders Hall through 2022, with the option for future extensions. With continued support from generous people like you, the Foundation will run Founders Hall for generations to come.

DONORS

Thank you to all our donors *from December 10th to January 11th*

Kay Ables	Sandy and George Corday	Howard and Gail Henner
Susan and William Adamsen	Mary Lou and Joe Costa	David and Lori Herman
Richard and Dale Ahearn	Mary M. Costa	Jan and Sid Hershey
Dot and Jack Alexander	John and Elaine Couri	Carol and Frank Hillenbrand
Janice Almond	Christina and Frederick Cowles	Mrs. Ruth I. Holzthum
Jeffrey Altman	Emmanuel and Kerry Crabbe	Henry and Claire Huidekoper
David and Phyllis Amerling	Mr. and Mrs. Christopher Crowl	Frank and Barbara Iannotti
Carol Ancona	Robert and Sue De Falco	Mary Ann Iwinski
Mike and Bobbie Anderson	Anton and Ann Deiters	Pamela and William Jaeger
Anonymous	Susan Donnell	Ann D. Jevne
Stephen Antkiw	Anita and Nick Donofrio	Barbara J. Jones
Susan Ault	Judge Joseph and Aileen Egan	Cathy and Kevin Jones
Holly and Prem Bajaj	Nancy and Jim Eichman	William Josiger and Janet Keyes
Dr. and Mrs. Kenneth L. Barber	Mr. and Mrs. Robert Ellis	Bob and Millie Joyce
Maureen and Geoffrey Bartlett	Ann B. Erskine	Judith Maxen Katz
Lori and Armand Bassi	Fairfield County Bank	Gail Keene
Arthur and Ellen Becker	Angelina and Vincent Falotico	Allen Kelley
David and Andrea Beebe	John and Ann Faraguna	Jill and Sid Kelley
John and Lori Berisford	Clotilde Farrell	Claire Kelmer
The Blunt and Nickel Family Foundation	Lee and Brenda Finkel	Richard E. Kent
Marie and Charles Bordenkircher	Eleanor (Elie) Finkelstein	George and Carol King
Randy and Geoff Boytos	Mort Fischer	Deborah Kinnaird
Bernadette Brennan	Mr. and Mrs. John Fischetti	Richard and Alberta Kinne
George Brooks	Ann E. Fitzgerald	Herb and Judy Klinger
Kevin and Mary Beth Burke	Elizabeth Fitzgerald	Jane Knox
Gail A. Busch	Jack and Elaine Flannery	Mr. and Mrs. A. Kokalari
Robert and Linda Camera	Isabel and Michael Forbes	Grace Kulwin
David and Martha Campbell	Hope Franz	Susan and Kevin Lally
Nadine Cancell and Craig Curry	Cheryl Freeman	Susan Landolt
Virginia Canfield	Resa and Charles Fremed	Bill Lang
Barbara Capo	Laura Fried	Laurel Ridge Health Care Center
Paris Caporale	Beverly and Allan Gabel	Marie Libonati
Wende Caporale-Greene	Karen and Ira Gerard	Ellen Lipton
Marvin and Yvette Carp	DeeDee and Michael Giersch	Dorothy Lockwood
Georgia Carrington	Marie Gladstone	Christine and Phillip Lodewick
Anita Cassella	Eileen Gleba	Denis and Mary Ellen Loncto
Dominick and Keryn Cerbone	Gil and Joyce Gleit	Jill and Bruce Maguire
Jim Christiano	Liz and Steven Goldstone	David and Kathryn Maher
Sally and Martin Cohen	R. Michael Grace	Andrea Maiorano
Colonial Cleaners	Ruth Grad	Maria Maley
Gary and Deirdre Condon	Barclay and Sally Griffiths	Vincent and Marilyn Maneri
Ingrid Connolly	Arlene Hallett	Janet and Salvatore Mannuccia
Eileen and Joe Connors	Carolyn A. Hansen	Lisi and Neil Marcus
Kathy and Doug Coombs	Geoff and Bonnie Harrington	Anne T. Martin
	Fran Head	Karen and Bob McDonald

Donors from December 10th to January 11th (cont'd)

Catherine Michetti
Jackie Millan
Dean and Theresa Miller
Victor Mimeault
Anne P. Mitchell
Caroline Molyneux
Bob and Kathy Moriarty
Geraldine Morrell
Raymond and Helen Morse
Ron and Sandy Mosiello
Anita G. Moss
Joellen and Robert Murphy
Jean Nethercott
Marsha and George Nichols
John and Elaine Noonan
Ursula Olsen
Carmen Owens
Emilya Padlowski
Louis and Marsha Panzer
Stephanie Parke
Bart and Bonnie Pattie
Iris and Richard Paul
Herb Pearson
Mr. and Mrs. Nicholas S. Perna
Phyllis Perron
Candace Plechavicius
Bernice and Joseph Pontelandolfo
Kathleen Preli

Peggy F. Presson
Mrs. F. F. Randolph, Jr.
Marguerite and Wayne Reynolds
Ridgefield Crossings
Ridgefield Drive Ur Car Service
Kent and Margaret Rohrer
Renate E. Ross
Ronnie Ross
Rhodie and Herb Rudolph
Alice Hayes and Frank Ruth
Linda Saks
Tom and Cathy Savoca
Judy and Joe Schneider
Shirley Schneiderman
Anne and Roger Scott
Natalie Serfilippi
Ben and Darla Shaw
Steve and Myrna Shomstein
Keitha Kinne and Daniela Sikora
Manny Silva
Sheila and Irving Silverman
Jane and Philip Sine
Earl and Marian Sloan
Ed and Grace Smith
Joann L. Spence
Harold Spratt
Bob and Sandy Staples
Evan and Ethel Stark

Bob Stauffer
Rob and Judy Strom
Marie Sugar
Joann Sullivan
The Swerdlow Downs Family
Harral S. and Patricia F. Tenney
Gisela Trimarchi
David and Celeste Ulmer
Josina van der Maas
Marilyn Van Raalte
Bert and Cynthia Veilleux
John Vignoli
Hank and Peggy Vosswinkel
Alice Wang
Marianne Wattley
Carol and Ross Weale
Mark and Grace Weber
Michael Weiss
Peter C. Welch, M.D.
Wells Fargo Bank
Julie Welsch
Joan and Michael Wexelbaum
Pat Wiley
Stephen Winter and Eva Chan
Victoria and David Yolen
Amy Zhang

FOUNDERS CIRCLE



Do you want to ensure that the next generation has the same access to life-long learning as you do? Then become part of our legacy society by leaving a bequest to Founders Hall in your will. That non-binding gift costs you nothing now, but it will proclaim your values and impact lives for years to come. For more information on legacy giving, please see Cindy Nesbitt.

ANONYMOUS
JOAN ANTKIW*
STEPHEN ANTKIW
ROSE M. ANTONUCCI*
THERESA BACH
LEE V. BLUM
JOAN BUBERT
JIM CHRISTIANO
JEANNE COOK
ELAINE COURI
JOHN COURI

JACK DANIELS*
LIZ GOLDSTONE
STEVEN GOLDSTONE
MARYANN GRIERSON
PETER GRIERSON
EMELIE HOWARD
CLAUDIA KELLY
JAMES KELLY
ALINE LAWRENCE*
DOLORES MACNEILL
MARGARET McEACHERN

BEVERLY OSGOOD
BILL OSGOOD
JOANNE PATRICK
JOHN PATRICK
CAROL M. PERINE
CANDACE PLECHAVICIUS
MARY LAURA PRITCHARD
TOM PRITCHARD
BARBARA SCHNEIDER*
HELENE TAYLOR
ALAYNE VLACHOS

*in loving memory