



February 2018

The Y's Women Newsletter

GENERAL MEETINGS

Open to members and their guests

Place: Temple Israel, Westport
10:45 am Coffee and Conversation
11:30 am Meeting and Speaker

We must enter through the doors from the upper parking lot. *There are a limited number of parking spaces in the upper lot; please leave them for those who have difficulty walking. Others please park in the lower lot and walk to the upper entrance.*

February 12

The Doctors Are in the House

(rescheduled from January 8)

Jill Denowitz, MD, Concierge Physicians of Westport

Nina Karol, MD, Concierge Physicians of Westport

Carol A. Fucigna, MD, Stamford Health Medicine OB/GYN, Wilton

T. J. Kleeman, MD, Coastal Orthopedics, Norwalk

Rhonda Klein, MD, MPH, Connecticut Dermatology Group, Norwalk

This very special physician panel will review each of their specialties, with a focus on treating 50-100 year old patients. They will cover which hospitals are best for specific conditions, exercise intensity and type, and end-of-life priorities. Topics will range from how our skin changes as we age to botox/fillers and the importance of reading and brain games. The



program will emphasize how to best live a strong, active, fulfilled life and end our days in the best possible ways that are available right now.

Join us for a fascinating and informative meeting with some of the best doctors Fairfield County has to offer!

February 26

Claudia Connor, JD: Connecticut Institute for Refugees and Immigrants



Claudia Connor, CEO of the Connecticut Institute for Refugees and Immigrants (CIRI), will discuss the populations served and programs delivered, including refugee resettlement, immigration legal services, and services for the survivors of human trafficking and torture.

She will also address the impact that changes in refugee admissions and immigration policy at the national level have on CIRI's clients.

In her nearly 30 years of experience in program management, advocacy, and legal and strategic leadership in the nonprofit sector, Claudia has spent time in the US, Africa, and Southeast Asia. Prior to joining CIRI in 2015, she served on the Strategic Foundation Partnerships team at Save the Children. Before that, she worked at the International Rescue Committee and was a consultant on issues such as child trafficking, child soldiers, women's rights, juvenile justice, and the impact of HIV/AIDS for UNICEF and the Carter Center, among other agencies.

(continued on page 2)

(continued from page 1)

Before moving overseas in 1998, Claudia was a senior trial attorney for the Legal Aid Society in New York. She has a BA in History from the University of North Carolina and a JD from Brooklyn Law School.

We are delighted to welcome Claudia for what should be a timely and enlightening talk.

LUNCHESES WITH SPEAKERS

We encourage a small group of members to have lunch with the speakers, at a Westport restaurant, following their presentation.

If you would like to join us, please contact Barb Stephen at dynamicro@optonline.net.

SATELLITE GROUPS

(Y's Women Members ONLY)

Book Group 2 will meet on Thursday, February 1 from 1:30 to 3:00 pm at Panera Bread, located in Westport at 1860 Post Road East (next to Home Goods). The book to be discussed is *The Marriage of Opposites* by Alice Hoffman, with the discussion led by Beverly Silverman. Please contact Arlene Bloom at bloomah@sbcglobal.net or 254-9096 to RSVP.

Book Group 3 will meet on Friday, February 9 at 10:30 am to discuss *A Gentleman in Moscow* by Amor Towles. We'll meet at Panera Bread located on the Post Road next to Home Goods. Our group warmly welcomes new members. If you're interested in joining or have any questions, please contact Doris Levinson at 227-3371.

The **Investment Group** will meet on Thursday, February 22 at the Senior Center from 9:30 am until noon. Anyone interested in joining this group should call Beverly Silverman at 256-0046.

The **Movie Club** will not meet in February. Our next meeting will be held on Wednesday, March 21 at 1:30 pm at Panera Bread, on Post Road East next to Home Goods. Movie selections will be decided by email voting. If you want to participate, please contact Judith Schomer at 557-0131 or Judith.schomer@gmail.com to be put on the email list.

Solos will celebrate Valentine's Day with a brunch on Sunday, February 11 at noon at Sedona Tap House, 515 West Avenue, Norwalk. This restaurant is on the ground floor of the new apartment complex located across the street from the Loehmann's Plaza. There should be ample parking and the prices are great – separate checks, \$5 Mimosas. Please contact Joan Weinstein to reserve your spot (46tannery@sbcglobal.net or 227-7304).

VOLUNTEER CORNER

Visiting Nurse and Hospice of Fairfield County needs volunteers to assist patients in many different capacities. The organization will provide training. Information can be found online at <https://www.visitingnurse.net/volunteer-programs>.

Newcomers Luncheon

- Hosted by Sheila Weiss and Barbara Morrow
- WHEN: February 12, after the meeting
- WHERE: **Sakura**, 680 Post Road East, Westport
- RSVP by February 7 to Barbara Morrow at 521-9874

All are welcome – new members, old members, and those who are thinking of joining.

Please continue to bring your gifts of non-perishable food to the first general meeting of each month. They are much appreciated by needy clients of the Mercy Learning Center in Bridgeport.

Carpool and Go!



On Tuesday, February 13, we'll have an 11:00 am guided tour of “**The Holy Name – Art of the Gesù: Bernini and his Age**” at **Fairfield University’s Bellarmine Gallery**. This landmark international loan exhibit from Rome’s Il Gesù Church brings together artistic masterpieces that have never before been seen in America plus paintings, sculptures, drawings, and prints from American museums (Metropolitan Museum, Art Institute of Chicago, Morgan Library, NY Public Library, Philadelphia Museum of Art) and private collections, such as the Robert Lehman Foundation. The highlight of this show is the bust of Cardinal Roberto Bellarmino created by the great Italian Baroque sculptor Gian Lorenzo Bernini. Following the tour, we'll have lunch at **Wafu**, 3671 Post Road, Southport.

We'll meet behind the Wells Fargo Bank at Trader Joe's parking lot at 10:15 am for a 10:30 departure. Please call Jill Meyer at 226-4310 or email her at jill@awayfortheday.net to reserve your place. Since the guided museum tour will cost

\$150, please mail a check for \$12.50 (assuming 12 people register for the trip), payable to Jill, to 40 Owenoke Park, Westport, CT 06880. The gas reimbursement for your driver will be \$2 in cash. Please indicate whether you can drive, as drivers are always needed and appreciated.

Directions:

Take I-95 to exit 22. At the end of the ramp, turn left onto Round Hill Road, right at the stop sign onto Barlow Road, and left into Fairfield University's campus. Follow Bellarmine Road north and turn left onto Fitzgerald Way to reach the museum's entrance.



TRIPS

Stay tuned for spring/summer travel plans!

