

HomeHaven News

Amity

Downtown

East Rock

Hamden/North Haven

Westville

homehavenvillages.org

203.776.7378

MARCH 2024

Message from the Executive Director: Please Let Us Know

Photo by Rick Allen



How can we help if we don't know?

HomeHaven is set up to help you, the members. We tell you all the ways we can help when you first join, but over time that information fades away. It's easy to think of HH as just a social organization, but it's much more than that. In fact, the Founders didn't focus very much on social activities; they were interested in figuring out ways for a group of neighbors to *help each other* live in their own homes and apartments for as long as possible.

My focus here will be types of **volunteer** help we can provide, particularly visiting. (Keep in mind we can refer you to professional help for your home or health, as well as planning for the future.)

IT (Information Technology) – please see Ann Dallavalle's article in this issue detailing all the kinds of tech help you can get from HomeHaven volunteers.

Rides – If you need a ride, contact Kate in the Office as soon as possible. She will put out a call to our volunteer drivers and very likely someone will come through for you.

Handyperson help – Is there a task you need to get done at home that requires some help? Call Kate and ask for a volunteer.

Friendly visits and calls – There are many situations where members would benefit from a visit or call from

continued on page 2



Save the Date!

THE great Give
MAY 1-2, 2024

A 36-hour, online-giving event to support local nonprofits



IN THIS ISSUE:

IT Committee	page 3
Health Matters	pages 4- 5
Household Services	page 6
Rick Cleans His Closet.....	page 7
Upcoming Events	pages 8 & 11
Poetry	page 8
Village Gatherings	pages 9 & 10
Ongoing Activities & Groups	page 11
March Events.....	page 12

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Message from the Executive Director, *continued from page 1*

a friendly volunteer: If you're homebound for a period of time due to illness, accident or surgery; if you've suffered a recent loss of a spouse or other family member; if you're in the hospital or a rehab facility for a period of time; if you're a caregiver and you're not able to get out very often; or any other reason why you're just not socializing as much as you used to.

How do we know who would benefit from a visit?

Members of the Visitors Committee are always keeping their eyes out for who could use some companionship. The Village Leaders also have a pretty good idea of how everyone is managing. The memoir groups and other interest groups, as well as the coffees, happy hours, and dinners, are all ways that members keep in touch with each other. They may notice if you're absent from a group you usually attend.

It's also up to you. How can we help if we don't know how you're doing?

If you find yourself in the hospital or have a procedure scheduled, please let us know. If you've had an accident or you are ill, let us know. Every village has at least one or two people (some have many more) who have offered to reach out. If you've got some concern, big or small, and you're not sure if HH can help, call and talk to one of us in the Office. We are here to help.

If you're interested in helping with friendly visiting, please contact Rick Allen or Judith Colton, co-chairs of the Visitors Committee, or call me in the Office. Thanks so much.

Lauri
Lauri J. Lowell

Tuesday, March 19
is the first day of Spring!

HomeHaven News

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Thanks to Ellen Ryerson for her ongoing editing assistance.

HomeHaven's Mission Statement

We help our members remain active, independent, and productive as they grow older in the comfort of their homes and communities. We provide social and educational activities, companionship, volunteer opportunities and services, and referrals to qualified professionals.

JOIN US!

For information, call the
HomeHaven office at 203.776.7378
or email us at
info@homehavenvillages.org

"The best way to find yourself, is to lose yourself in the service of others."

- Mohandas Gandhi

AT YOUR SERVICE!

In the past month, HomeHaven provided members with:

- 5 rides by volunteer drivers
- Numerous phone and in person visits by volunteer visitors and Village Leaders
- 4 computer assists
- 8 referrals for household maintenance
- 3 information consultations

Note: Members often call a service provider more than once or share names of providers with other members. You can help us keep accurate records by always letting the office know each time you use a provider originally recommended by HomeHaven. ***Thanks so much!!***

IT COMMITTEE: What We Can Do For You

by Ann Dallavalle

Befuddled by the latest gizmo that attaches to the computer? Worried that your smart TV is smarter than you? Whether you're a newbie to HomeHaven (that's me) or a seasoned member, perhaps you have wondered if the Information Technology (IT) Committee might be able to help you with your technology-related issues. The short answer is YES! Read on for the engrossing details.

WHO: We are your fellow HH members, unafraid to admit we are nourishing our inner geek by helping others with their gadgets. Few of us are trained professionals; most of us have learned our IT skills from fixing our own equipment and solving our own online issues. Luckily, many of the techniques we've learned easily translate between Macs and PCs. The committee is looking for IT helpers who are comfortable with others and not afraid to try solving a technical glitch. If you share these tendencies, please give your name to the HH office as a person available to assist with tech issues. We value our volunteers!

WHAT: We assist people having trouble with almost anything that plugs in and beeps, dings, or talks. We are an excellent choice for a first call; many problems have an "easy fix." *Disclaimer:* We're good, but we know when something is beyond our skill set. We'll always be honest and admit when it is "time to call a PAID person"; the office can provide referrals.

WHERE: We assist remotely via Zoom or in person, in your home or in another neutral space. The library is a great option where we can find private "study rooms" to meet and troubleshoot.

HOW: Call Kate in the office and let her know your technology needs. She will send an email to the IT volunteers to check our availability. The more details you give to Kate, the better the chance of finding a



good match to solve the issue. While you can call an HH member directly, we'd very much appreciate if you would call Kate first. This helps the office track the number of people we serve. Why does it matter? When we apply for grants or other funding, we can provide proof that our HH model works. Volunteer hours in service to our neighbors are one of the most important numbers we collect.

BEFORE WE MEET: If meeting in your home, clear a space where two can work side-by-side at your computer or at a table; we teach as we help. Have your passwords ready. Have your devices plugged in and/or charged. Allow 1-2 hours for our visit. If we can't solve the issue in that time frame, it might be beyond our skills.

ODDS AND ENDS: All our services are free. We assist with Macs and PCs. We DON'T do taxes or other professional work. We DO help with downloads and uploads, Zoom, email (esp. attachments), Microsoft Office/Word, jammed printers, scanner setup, and setting up online accounts, e.g., MyChart or utilities. We DON'T have your passwords, and some are very difficult to retrieve. If we can't help, your next step might be to call your local library (they offer Digital Navigators), or a paid professional. Remember, the HH office can help direct you to other alternatives.

BONUS TIP: You, too, can be a tech guru. If your friends are flummoxed by a device, suggest a very common solution: Restart the device. It often works and you will immediately join the ranks of "IT guys/gals."

REMEMBER: We're not nerds; we are superheroes to the "technologically challenged"! Call the office with your request; let us be your superhero too!

CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

Marge Funk gave
in honor of Rick Allen.

Ken and Jane Meeks gave
in honor of Judith Colton.

Ann Dallavalle is a member of the IT Committee and the Hamden/North Haven Village.

HEALTH MATTERS: Stroke and Transient Ischemic Attack (TIA)

by Pat Jackson Allen, RN

Strokes are a leading cause of death in the United States and a major cause of serious disability in adults. Certain risk factors cannot be controlled: strokes increase with age, women have a higher life-time risk of strokes than men, and heredity and race may increase the risk, especially if close blood relatives have had a stroke. But there are many health risk factors that can be modified or controlled to decrease the risk of stroke: elevated blood pressure, smoking, diabetes, atrial fibrillation or other heart disease, physical inactivity and obesity, excessive alcohol use, sleep apnea, and illegal drug use.

Strokes cause brain tissue to die by interrupting the flow of oxygen-rich blood to brain cells. Eighty-seven percent of strokes are ischemic strokes due to a blood clot or plaque buildup blocking blood from reaching brain cells. The remaining 13% are due to arterial bleeding in the brain which also disrupts the flow of oxygen to brain cells.

Transient ischemic attacks (TIA) are often referred to as “mini-strokes” because the blockage is temporary, may even go undetected, and symptoms often resolve in a matter of minutes. But TIAs are a serious warning sign for a more significant stroke and require diagnostic evaluation to determine the cause, quick medical intervention to prevent brain damage, and implementation of health strategies to lower the potential for additional TIAs or stroke.

Signs of a stroke or TIA may be subtle, but a quick assessment for the following symptoms — by yourself in front of a mirror or by another person — can help

determine the need for further evaluation: 1) Sudden numbness or weakness in the face, arm, or leg; 2) Sudden confusion, trouble speaking or understanding speech; 3) Sudden trouble seeing in one or both eyes; 4) Sudden trouble walking, dizziness, loss of balance/coordination, or unexplained fall; or 5) Sudden severe headache with no known cause. These symptoms have been summarized with the moniker F.A.S.T.:

F—Face Drooping. Does one side of the face droop when you smile?

A—Arm Weakness. If you raise both arms does one arm drift downward due to weakness?

S—Speech Difficulty. Can you repeat a simple sentence? Is your speech slurred or garbled?

T—Time to call 9-1-1. If you show any of these signs, call 9-1-1 immediately for further evaluation.

Time is critical. Evaluation and treatment for a stroke is initiated in the ambulance under the direction of emergency medical staff. Upon arrival at the hospital, computer tomography (CT) or magnetic resonance imaging (MRI) can determine if the symptoms are due to a clot blocking blood flow to a portion of the brain, or a bleeding episode. New medications to break up a clot, called thrombolytics, such as alteplase, are given to reestablish blood flow to the brain. If given within 3-4.5 hours of onset of stroke symptoms, they greatly increase the chances of a full recovery and reduce subsequent disability. For people whose care was delayed or whose clot is large, mechanical clot removal (thrombectomy) may be considered.

It is imperative to try to determine the cause of a stroke or TIA to prevent additional strokes and target risk factors for treatment. Previously undetected hypertension, elevated cholesterol, atrial fibrillation or cardiac condition such as a minor congenital heart abnormality, increase the risk of blood clots causing strokes and if identified may be corrected or modulated. Medications to carefully limit blood clotting (anticoagulant and antiplatelet agents) are often indicated after a stroke or TIA, but the risks and benefits of treatment with these agents must be carefully discussed with your health care provider.

Do not ignore the signs of a possible stroke or TIA. Seek medical evaluation immediately. Call 9-1-1 for emergency evaluation and transport to the hospital if necessary.

Pat Jackson Allen is chair of the Health & Wellness Committee and a member of Amity Village.

Volunteer Opportunity: Newsletter Editor

This is a very gratifying volunteer opportunity! You collect the articles and work with our copyeditor and poetry editor and professional graphic designer. You're the first to see photos from HH events and Kate's listing of upcoming activities. There's some writing and editing, but mostly it's a coordination job. If you are good at organizing material and you're interested, please contact Lauri at lowell@homehavenvillages.org or 203 776-7378.

HEALTH MATTERS: How I Learned About Stroke

by Susan Bers

Last fall I had a stroke – seemingly out of the blue. I was in good health and had none of the risk factors for a stroke that I knew about, such as high cholesterol, hypertension, diabetes, or heart disease. My weight was in a healthy range; I exercised regularly, ate well, used very little alcohol, and never smoked.

I woke up early one morning having trouble controlling my right arm and hand. It crossed my mind that I may have had a stroke, but I quickly dismissed that thought – my arm just fell asleep and would be fine if I waited and rested. But the symptoms remained. After some hesitation, I got a ride to Acute Care at my doctor's office and within ten minutes I was in an ambulance, feeling shocked to be on my way to the Emergency Department at Yale New Haven Hospital for a stroke evaluation.

At the hospital I was wheeled into a small room with about 10 doctors and nurses who quickly administered an electrocardiogram (EKG), started an IV, and began asking rapidly fired questions – What's your name? Where are you? What day is it? How old are you? (I am 79.) Do you have a family history of strokes? (My father had a stroke.) They then asked me to perform routine neurological screening tests – I had difficulty touching their finger with my finger, then touching my nose, then touching their finger again on my right side, not on the left. I was asked to drink a cup of water because sometimes a stroke will affect the ability to swallow.

Soon I was having a CT scan of my head and neck to determine if I'd had the kind of stroke that is caused by a ruptured blood vessel in the brain (a hemorrhagic stroke, sometimes called a bleed) or a stroke caused by a blood clot going from an artery to the brain (an ischemic stroke). I was told I was lucky – I didn't have a bleed, and I didn't have a large blood clot. But I needed an MRI (magnetic resonance imaging) to determine whether a smaller clot and smaller blood vessels were involved or what else might have caused the symptoms. I was admitted to the hospital for further testing and observation.

On the second day, the MRI showed evidence of a small stroke on the left side of my brain, corresponding to my right arm. I felt frightened of what this meant for my future health, yet I was again told that I was lucky – that because I was otherwise healthy, the stroke was small and the recovery of my right arm function was proceeding rapidly. But it still wasn't clear what caused the stroke, most likely a blood clot travelling from my heart to my brain. Still in the hospital on day 3, I had a cardiac ultrasound – it showed no significant signs of heart abnormalities. With no further indications of stroke and my right arm and hand function rapidly returning to normal, I was able to leave the hospital on day 4 wearing a heart monitor to capture any heart abnormalities and on blood thinners to reduce clotting. I had follow-up appointments with neurology, internal medicine, physical therapy (PT), and occupational therapy (OT). The stroke was called cryptogenic – the cause was unknown.

I am doing well. My right arm and hand function are back to normal. I feel more tired than before, so I continue with PT to regain strength and energy. Since the cause of the stroke is still unknown, my heart will continue to be monitored for irregular heartbeats. Feelings of shock and fear have receded, now joined by gratitude for the quick response, skill, and kindness of the staff who took care of me. The most important thing I learned from this experience is that if you think you may have had, or are having, a stroke, have someone immediately drive you to the emergency room, or call an ambulance. Even if you're unsure you are having a stroke, the Stroke Center at Yale wants to see you as soon as possible, preferably within hours of the first symptom to initiate treatment. I also learned that the incidence of stroke increases with age regardless of your general health, and a family history of stroke increases your risk.

Susan Bers is a member of the Health & Wellness Committee and Hamden/North Haven Village.

HOUSEHOLD SERVICES COMMITTEE:

Loans and Grants Available for Home Repairs

by Sharon Matthews

Most of the articles that the Household Services Committee members have written for you have been intended to make you aware of what kinds of improvements you need to make to have your homes and apartments safer to live in. This month's article is intended to show you different opportunities for financing the cost of these renovations.

State and Government

From the following website <https://www.cga.ct.gov/2015/rpt/2015-R-0097.htm>: “The state and federal governments administer several home repair and rehabilitation programs available to homeowners. Eligibility criteria (e.g., income limits, eligible geographic locations) vary among programs. For example, (1) the federal Department of Veterans Affairs (VA) offers two home renovation programs for veterans with certain service-connected disabilities and (2) the state Department of Economic and Community Development (DECD) offers a program open only to owners of historic homes. The state and federal governments also provide funding to municipalities, businesses, and nonprofit organizations offering home repair and rehabilitation services to homeowners.”

Ex: [https://www.hud.gov/sites/dfiles/SFH/documents/MO_FS_203\(k\)_Consumer.pdf](https://www.hud.gov/sites/dfiles/SFH/documents/MO_FS_203(k)_Consumer.pdf)

Habitat for Humanity

From the Habitat website <https://www.habitat.org/our-work/aging-in-place> :

“Through our Aging in Place program, Habitat helps older adults age at home and in communities of their choice. Our local Habitat affiliates collaborate with human services organizations to evaluate individual needs and provide critical home repairs, modifications

and community services specific to each homeowner's lifestyle to preserve their home and their independence.”

The following is from the **Daily Caring** website <https://dailycaring.com/7-sources-of-home-repair-assistance-for-seniors/> — see if any of them apply to you and your home:

1. Area Agency on Aging

Contact the county's [Area Agency on Aging](#) to find out about home modification and repair funds provided by the Older Americans Act.

2. Home energy update assistance programs

The [Low-Income Home Energy Assistance Program](#) (LIHEAP) helps low-income households pay for heating and cooling energy costs, energy crisis assistance, weatherization, and energy-related home repairs.

The [Weatherization Assistance Program](#) (WAP) gives financial assistance to update homes so they'll be more energy efficient and weatherized.

3. Rebuilding Together

[not available in New Haven County]

[Rebuilding Together](#) is a national nonprofit organization that helps with repairs and home modifications to promote health, safety, and independence.

4. U.S. Department of Agriculture

[very low income]

The [Section 504 Home Repair program](#) provides grants to elderly very-low-income homeowners to fix health and safety hazards.

5. Medicare and Medicaid

[Medicare and Medicaid](#) won't pay for home modifications, but they will pay for durable medical equipment [with a doctor's prescription](#). That could include a bath transfer bench, [toilet safety frame](#), hospital bed, [walker](#), [wheelchair](#), and more.

6. Reduced fee contractor services

Some contractors are willing to do home modifications for seniors at a reduced fee or on a sliding scale, depending on their income.

7. Insurance

Some long-term care insurance policies cover some home modifications.

NEED HELP
with your cell phone
or other electronic device?
The HomeHaven IT Helpers
are here for you!

To start the process, call the Office.

203-776-7378

An IT helper will call you back.

Sharon Matthews is a member of the Household Services Committee and a member of Hamden Village.

Cleaning Out My Closet

by Rick Allen



Clockwise from top left: Closet before, piles on the floor and the bed



Closet photos by Rick Allen

Rick's newly organized closet

Early in January, I needed to clean out my closet. I would start the new year energized and de-junked!

I wanted to sort out everything, but I definitely did not want to draw this out over multiple days. Once I cleared the day and committed myself, I took a deep breath and dove in!

I quickly took things off the closet shelves and tossed them on our bed! I then pulled hangers loaded with shirts, pants and a tux...and piled them on the bed. I took ties and PJs off the door hooks and put them on the growing pile.

Shoes next...out of the closet and piled next to our bed.

I emptied everything out...quickly. I did not look at anything...I just made piles everywhere. In just 15 minutes I had an empty closet...and chaos all around me!

Hmmm, now I was committed...we needed to sleep in our bed tonight!! Pat looked at the piles and had her doubts.

The closet was dirty and dusty! Cob webs...yuk! So I cleaned, wiped down, and vacuumed everything top to bottom.

Whew, time for a quick break!

I would take a category of belongings, like shoes, shirts, ties or work clothes. I would sort through those and toss aside items I have not worn in a year or so, no longer want, or did not fit.



Favorite ties

I started an "off to Goodwill" pile on the floor. I quickly accumulated a large pile of unused, unneeded, unwanted clothing and shoes.

Shirts I would quickly sort into dress shirts, casual shirts, work shirts. I would then hang them by group in the closet. Nice and neat all facing the same direction! Pants, next. Same procedure. (Yes, I can be a bit compulsive!)

Jackets and suits, next. Sweaters folded and onto shelves. The shoes I use and want, I put back in the closet on the floor. Belts on hooks. Ties sorted and hung on the tie rack. I used

to have 20 or more ties! I am down to my favorite six, often neglected ties. Times have changed.

Hmmm...everything looking good...actually, very good! Best of all we have our bed back!!

But now...the clean up. I gathered the shoes, belts, clothes that I no longer wear, do not like, don't fit or do not want, and put them in the back of our SUV and took them off to Goodwill in the late afternoon. Gone!

Yes this took a good part of my day. But I did get it all done in one day! Done, done, done!

A few lessons, thoughts and observations:

If you have intended on cleaning out your closet, bureau, garage, or basement, then you might consider these steps:

- Schedule just one day for your task.
- Empty out the entire space...promptly!
- Put similar things together.
- Clean, wipe down everything...including cob webs!
- Sort: group your clothes, tools, etc. by types and kinds
- Put groups of things back in their place
- Add items to Goodwill, giveaway, and garbage piles.
- Dispose and distribute appropriately. Clean up!
- Congratulate yourself for a job well done!

Questions? Please feel free to contact me. And if this has helped, I especially want to hear from you! rickallen@mac.com

Rick Allen poses for a photo before heading off to Goodwill. He is co-Leader of Amity Village, co-Chair of Visitors, and serves as Vice President of the HH Board.



Photo by Pat Allen

Mud Follies 2024 Casting Call



**Mud Follies returns
on Thursday, April 25th at 7 pm.**

Inspired by the long standing celebration of the end of Mud Season, HomeHaven's version offers Poems, Songs, Drama, Humor, Tableaus and Ensemble Recitals!

We'll be performing at the Unitarian Society, 700 Hartford Turnpike in Hamden.

**Open your costume trunk!
Rosin your bow! Do you like to write
and perform skits? Can you tap
dance? Are you a poet? Do you sing?
How about a Barber Shop Quartet?
Doo Wop? Do you play an instrument?
How about an amusing small dog act?**

Please contact MC extraordinaire Louis Audette at laudette58@gmail.com to audition. We'll provide details — places, times, rehearsal plans and set you up with other performers looking for talented partners to work up the acts.

Push back the winter blues and get creative. Show off your stuff and amaze your friends with your hidden talents!

**Stop hibernating — get out
of the cabin — greet the Spring!**

You May Expect Great Things by Kerry Triffin

There was a time when I didn't love you.
That was before we met.

There was a time when I didn't love you
as much as I do today.
That was yesterday.

There will be a time when I will love you
more than I do today.
That will be tomorrow.

And whatever tomorrow brings,
I will always choose you.
All of me will always choose all of you.

Grow old with me: the best may be yet to come.

Kerry Triffin is a member of Amity Village and serves as Board President and on several HomeHaven committees.

If you are writing poems and would like to be published, please email them in a Word Doc to HomeHaven's poetry editor, Cindy Crooker, at cynthia.crooker@gmail.com.



***Happy Birthday to HomeHaven
members with a birthday in March***

Peggy Atherton Dick Bell
Harriet Bergmann Linda Burt
Gloria Cohen Judith Colton
Kem Edwards Barbara Fiddler
Terry Flagg Steven Fraade
Beth Glynn Bob Horwitz
Judy Katz Traugott Lawler
Leon Plantinga Marc Rubenstein
Judy Sirota Rosenthal Jean Spencer



VILLAGE GATHERINGS

*If you are planning to attend a Village Gathering,
please contact your Village Leader for up-to-date information.*

AMITY

Thursday, March 7. 1:30pm
**Tour of Yale Cushing Brain Center
& Yale Medical Library.**

We will have a guided tour of this fascinating collection. Space is limited. RSVP to Rick at rickallen@mac.com

Thursday, March 7. 5pm
Virtual Happy Hour!

Join us once a month on the first Thursday @5pm.

Wednesday, March 13. 10am
Tour of The Wurtele Study at Yale.

We will have a guided tour of this state-of-the-art research facility with over 42,000 objects. Space is limited. RSVP to Rick at rickallen@mac.com

Sunday, March 17. 1:12pm
Soup Sunday!

It will be at Pat & Rick Allen's home. Bring a snack, or dessert to share and bring your own bowl. RSVP to Rick at rickallen@mac.com

Wednesday, March 20. 2pm
Movie Screening

A movie screening and discussion of a film TBA at Diane Dolan's home. Space is limited to 12. RSVP Diane at rdcoup@yahoo.com

DOWNTOWN

Open invite

ERV invites us to join any of their happy hours/ coffee meets. See below.

ERV

Saturdays, March 2, 9, 16, 23, 30. 5pm
Virtual Happy Hour!

A virtual Village Happy Hour using Zoom. Join us every Saturday!

Wednesday, March 13. 10am
ERV Coffee Hour!

We are going to the Neighborhood Café. (947A State St., near Marjolaine) Contact Kerry or Karen for more info.

Thursday, March 28. 4pm
Happy Hour @East Rock Brewery!

We are meeting at the brewery (285 Nicoll St). Contact Kerry or Karen for more info. All are welcome!

HAMDEN/ NORTH HAVEN

Tuesday, March 12. 10:30am
Hamden/No Haven Coffee!

We meet at Best Video. See you there!

WESTVILLE

Thursday, March 7. 5:30pm
Westvillain Soup Supper! Location: TBA.

Stay tuned to HH Happenings and emails from Susan for details! We are asking for volunteers to host this event. [Contact Susan if you are interested!] Please RSVP to Susan Feinberg by Monday, 3/4 for what to bring and for an accurate headcount. feinbergs@sbcglobal.net

Thursday, March 21. 6pm
Neighborhood Dining @TBA.

Stay tuned to HH Happenings and emails from Susan for details! RSVP by 3/18 for an accurate headcount. feinbergs@sbcglobal.net



Photo by Lauri Lowell

HomeHaveners Were Out and About in February, In All Kinds of Weather!

Villagers from Westville and Amity Gathered for Meals and Conversations

Photo by Susan Feinberg



Westvillain Soup Supper on February 8 at the Feinbergs. L-R: Carol Nardini, Kerry Triffin, Liz Orsini, Linda DiVicino, Cecilia Berner, Sue Eisner (hidden), Bob Berner, and Harvey Feinberg.

Twenty members of Amity Village gathered for a delicious dinner at Paolo Ristorante in Woodbridge on February 27. The weather outside was cold and wet, but inside it was warm and cozy!



Amity Village photos by Rick Allen

Above, L-R: Gail Brekke, Liz Orsini, Libby Meyer, Liz Wolf, Pat Miller, Diane Dolan, Allan Smits.



At right: Pam Stanton and John Sawyer; Pat Allen, Judy Moore, Kerry Triffin, Art Katz, and Trish O'Leary Treat.



At left, L-R: Pat Miller, Diane Dolan, Allan Smits, Helen Cooper, Gail Brekke, and Liz Orsini.



East Rock Villagers Enjoyed a Musical Evening at Kerry Snyder's

ERV photos by Karen Schneider



Front: Lauri Lowell, Mary-Jo Warren. Back L to R: Paul Hawkshaw, Helena Estes, Bill Brainard, Louis Audette, Ellie Brainard, Jeanne Drury, Steve Victor, Linda Klein.



L to R: Linda McCreless, Pat McCreless, John Hare, and host Kerry Snyder.

HH ONGOING ACTIVITIES & INTEREST GROUPS (members only)

BOOK GROUP

Fourth Monday of the month at 7pm

Our next meeting will be Monday, March 4 at 5pm. Note the temporary time change! The book for March: *The Other Side of Prospect* by Nicholas Dawidoff. Contact Mary-Jo for more information. warrenma.yjo1635@gmail.com. All genres welcome!

COOKING/DINING GROUPS

**Cooking in Different Languages. Theme: Sicily
Monday, March 18. 6-8pm**

CinDL is a group of home cooks who get a chance to make and share food from cuisines of other countries and regions. Each guest contributes a dish. The March theme is Sicily. **Registration opens March 1. Please register by 3/11.**

Dining Out. Location: Taste of China

Wednesday, March 27. 6-8pm

Dining Out is a monthly dinner group that meets (on the fourth Wednesday of the month) at a different local restaurant that offers international cuisine. The next restaurant is chosen by the diners. **Registration opens March 1. Please register by 3/22.**

MEMOIR WRITING GROUPS

The groups meet every second and fourth Monday or Tuesday of the month for an hour and a half. We're Zooming these days, and it's working beautifully. For more information, please email Harriet Bergmann at hfb183@gmail.com.

MEN'S GROUP

Wednesday, March 27. 2pm

Location: rotates among the group members.

This group is full but if you are interested, please email Rick Allen rickallen@mac.com or Jim Barnes at jim.marybarnes@gmail.com.

PHILOSOPHY GROUP

Monday, March 25. 12pm

Philosophy and Life's Most Persistent Questions

This group is full for now but if you are interested in joining, please contact Kerry Triffin (203-215-7326 or fhww@hotmail.com).

PINS AND NEEDLES

Monday, March 18. 3pm

Location: rotates among the group members.

The March meeting is at Mary Barnes' home. RSVP to Mary at mfnjharnes@gmail.com. New members are always welcome. If you would like to join the group, please contact Kathy Denardo at Vivian.denardo@att.net or 203-687-8835.

PLAY READING GROUP

Tuesdays, March 12 & 26. 7pm

Philadelphia, Here I Come, by Brian Friel

There is a limit of 12 readers. **Registration is required.** Please register as a Reader or an Audience. The Zoom link will go out prior to the program. **Please register through the Events Calendar.**

Un après-midi très français!



Photos by Abby Klein

The newly formed French conversation group met to discuss logistics at the home of Christina Schenker. Left to right: Dudley Andrew, Pat Wiener, Libby Meyer, Judith Colton, Christina Schenker, Kaye Maggart, Margaret Mann, Patrick Robert. For more information about the French group, please contact Abby at klein@homehavenvillages.org



Events: March



All HHers attending in-person events should be fully vaccinated!

Monday, March 4. 2pm

Effective Strategies to Communicate with People with Dementia, with Maria Tomasetti

We will explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages and get tips to better communicate with people living with the disease. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members and Guests.**

Thursday, March 21. 11am

Manage Your Arthritis By Learning to Move Differently, with David Sofer, DPT

Dr. David Sofer, practicing physical therapist, will show us ways of moving to help ease arthritis pain. *Make sure you have a firm chair (without wheels is best) nearby so you can participate in the lesson.* A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

Remember to Spring Ahead

on Sunday, March 10

when Daylight Savings Time begins!

Advanced Care Planning Series with Becca Allen, LCSW

This is a 4-session workshop series to do your Living Will and Health Care Proxy in a supportive, confidential group setting with Becca Allen, social worker and End of Life Doula.

Four Thursdays, 1-2:30pm

March 14 & 28

April 11

May 2

Location: Mitchell Library, Westville.

Please commit to attending all 4 sessions. Limited to 12 participants. Free of charge. Members only.

Contact Lauri: lowell@homehavenvillages.org or call 203 776-7378 to register.

Wednesday, March 27. 2pm

Seminar: Kerala Snyder on Bach's St. John Passion

This seminar discusses the context and musical styles of the St. John Passion in preparation for a performance at St. Peter's Lutheran Church in NYC on Good Friday, March 29. **Space is limited. Registration is Required.** This is the first of a 2-part mini-course on Bach. (Part II: Bach's B-minor Mass on April 25.) Participants are expected to attend both seminars and at least one of the performances. Registrants will be asked to read John's account of the crucifixion and listen to a recording of Bach's setting of the passion story beforehand. Materials will be emailed to registrants in advance. The seminar will be held at Kerala's home. Please register through the HH website calendar. **Members Only.**

[**Bach Bonus: Kerala will participate in the international celebration of Bach's birthday — Bach in the Subways.** *The New Haven celebration is March 22 & 23 at United Church on the Green. Kerala will be playing the organ on March 22, between 7 and 9pm.* <https://bachinthesubways.org/new-haven/>]

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