



Message from the Executive Director: How Can I Help? HomeHaven's Unsung Heroes

Winter brings short days and long nights. For some, it means ski weekends; for others, jaunts to Manhattan for theater or opera. Many travel to warm islands or the West Coast. Retirement brings so many options when one is able-bodied and strong.



HomeHaveners are people choosing to age at home, most living well into their 80s and 90s. Our members are a self-selecting group, valuing their independence and individuality perhaps more than the average American retiree. This is all well and good when one can get around as one always has. But over time, infirmity happens, illness takes its toll.

Snowy streets and icy sidewalks can make venturing outside treacherous for someone whose footing is no longer sure. And that means increased social isolation, especially if you're living alone.

It can mean doing without fresh groceries, so that your diet becomes limited to what you can keep in the cupboard. Forgetfulness, once an annoyance, may become a serious hindrance to wellness if you fill a prescription late, or not at all.

Without conversation and interaction with others, our mood can falter; we become more solitary and sedentary. A downward dip can become a downward spiral.

Is this a disturbing picture? Perhaps, but it describes the daily life of some of our village members.

If you are fortunate enough to have adult children or other family nearby, perhaps they will intervene, doing errands, offering companionship, encouraging activity. Friends, too, can be helpful, but they may be too far away.

What does HomeHaven do in a situation like this? Someone visits and asks, "How can I help?" Such a simple question, yet it opens up a world of possibilities. What do visitors do? They chat, they read books or poetry aloud, they go for walks, they run an errand, they play games. They are there, caring and observing. If they notice something of concern, they may ask a question or two. If they think additional help is needed, they may touch base with a Village Leader or the office to see what more can be done.

Do you have it in your heart to be a visitor? Please let us know if you'd like to offer your companionship to a vulnerable member.

It's been a long cold winter. Take heart. Spring is just around the corner! And with it, Mud Follies! Hope to see you there.

Lauri

Lauri J. Lowell

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Click on the logos to go to the websites.

HomeHaven Helps

by Jane Jervis

ESMERELDA

Like many early participants in East Rock Village and HomeHaven, Esmerelda (*not her real name!*) was captivated by the *New York Times* article about Beacon Hill Village. She lived in the suburbs, but soon moved to a socially active neighborhood downtown and joined East Rock Village. She was not seeking social outlets, but she has enjoyed connecting and sharing insights with other people in the same stage of life.

Esmerelda is proud to witness people her age doing positive things for others and building group inter-reliance. She enjoys opportunities to help others that HomeHaven offers — walking with frail neighbors, editing publications, and helping people declutter their homes — knowing that she might need their help some day. She has taken advantage of HH's vetting services and has recommended new service providers for vetting. Having a plumber endorsed by HomeHaven makes her feel safe and comfortable.

Above all, Esmerelda sees HomeHaven as a brave idea that encourages bravery in its members, providing a platform to support them and help them find personal affirmation in helping others. She sees it as an important contribution to the nation-wide efforts to create new ways of caring for an aging population. And she is proud of HomeHaven's generosity and broadmindedness in sharing its experience and wisdom with others.

If you would like to be interviewed for this feature, please contact Jane at hjervis@gmail.com.

HomeHaven News

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Our Mission Statement

HomeHaven's mission is to support its members' desire to remain in their own homes as they grow older. To help them remain active, independent and useful, we offer social and educational activities and volunteer opportunities. As needed, we offer volunteer services, companionship, and referrals for professional services.

PLEASE JOIN US!

For information, call the
HomeHaven office at 203.776.7378
or stop in at
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511.

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

- Mohandas Gandhi

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 40 rides by volunteer drivers
- 17 home visits by volunteer visitors
- 8 computer assists by volunteer computer helpers
- 16 referrals to volunteers or vetted providers for household help

Note: Members often call a service provider more than once without informing the office. You can help us keep records by always letting us know each time you use a provider we recommended. ***It's important!!***

Look for monthly reports giving rolling three-month totals.

Volunteer Voices in the Community: Harvey Feinberg

Interview by Kaye Maggart: This is part of a series about HomeHaven members who volunteer in the community for organizations that would welcome additional help.

KM When did you first join the Board of the New Haven Museum—formerly known as the New Haven Colony Historical Society?

HF I was elected to the Board five years ago. I had been a Professor of History at Southern Connecticut State University for more than 30 years, so being selected for the Board made sense.

KM Are you on any special committees of the Board?

HF I am on the Finance and Audit Committee—and the Library Committee because the Whitney Library at the Museum has been a special interest of mine.

KM In what way?

HF Last year I worked on a bibliography project. I wanted to learn more about the collections and I noticed they had no index of their historical materials about New Haven's black community in the early 1800s—letters, papers about early churches, schools, and vital statistics about black citizens. So I investigated the Library's collection and compiled a bibliography of their materials.

KM Is that bibliography available for others to use?

HF The title is *Black New Haven Residents During the 19th Century: Resources located in the Whitney Library, New Haven Museum and Historical Society*.

KM I understand that you have volunteered for other groups in the community as well as for the Museum. Can you elaborate?

HF I have worked with three other groups. First was the City of New Haven, where I was on the Commission on Equal Opportunities for nine years. We enforced equal employment goals – specifically for women and minorities who were seeking work on school construction projects. Second is the United Way, where for several years I helped evaluate grant proposals for programs dealing with emergency food and shelter. And third is a wonderful organization called WIKS-USA which raises funds for orphans and other vulnerable children to attend a pre-K-8 school in western Kenya. I am on that Board, too, and I am pleased to say the school has grown and now serves over 350 Kenyan students.



Harvey Feinberg and Donna Wardle in front of a painting by Anna Held Audette

KM That's a lot of volunteer activity! But one more question about the New Haven Museum: are there other volunteer opportunities besides helping in the Library?

HF Yes, people can help in many areas. For example, Sophie Powell—another HomeHaven member—works at the Museum reception desk every week. The Volunteer Coordinator says she wishes she had ten more Sophie Powells. She also needs volunteers in the Museum shop, for membership work, and for special events.

KM Whom can HomeHaven members contact in order to volunteer at the New Haven Museum?

HF The best way is to call Donna Wardle, the Volunteer Coordinator, at 203-562-4183, ext. 119 or check the [Museum website](#). Or they can always talk to Sophie Powell or to me.

Note to HomeHaven members: *If you volunteer for a community organization that is looking for help and would like to explain its work to others in a "Volunteer Voices" interview, please contact Kaye Maggart at kwileymaggart@comcast.net or call the office for other contact information.*

HEALTH MATTERS: Exercise and Healthy Aging

by Ronald T. Rozett, M.D., M.P.H

We have known for decades from the results of multiple population studies that regular exercise improves health and contributes to longevity and quality of life at every age. This is certainly true for older people, who lose muscle mass as a normal part of aging. This loss adversely affects strength and balance. The good news is that physical activity and exercise generally reverse at least some muscle loss with consequent improvement in function.

Regular exercise, three to four times a week in the absence of any serious medical conditions that make exercise impossible or dangerous, reduces the risk of disease, disability, and death, while improving strength and mobility. It is also helpful as part of a strategy to manage depression. Conversely, low levels of physical activity are significantly related to higher death rates from all causes. It is advisable that you talk to your doctor about health and safety issues before undertaking a new, strenuous exercise routine.

Exactly what type of exercise is recommended for us as we age? And how often and how intensely should we exercise?

There are four basic types of exercise and each type is important in managing the aging process. An exercise program should include each type if possible.

1. **Endurance or aerobic activities** are characterized by an increase in breathing rate and heart rate. Examples include brisk walking, jogging, swimming, and cycling (either outdoor or stationary). In bad weather repetitive stair climbing for 5 to 10 minutes several times a day is a useful option. Start with a comfortable level of exercise and gradually increase intensity and frequency over a period of 4 to 8 weeks. The consensus of experts is that 2½ hours of moderately intense endurance exercise weekly spread out over at least 3 days is desirable. That, however, is not set in stone. Even short periods of endurance exercise especially during bad weather are better than none.
2. **Strength exercises** make your muscles stronger, as you would expect. This category includes light weight-lifting, using resistance bands, and using exercise equipment like Nautilus machines (or

other types of resistance equipment) typically found in gyms. Strength exercises should be done 2 to 3 times a week for 15 to 20 minutes, but not on consecutive days. More than that can cause injuries to muscles, tendons, or ligaments.

3. **Balance exercises** require no equipment and can be done regularly and safely in your own home. These include standing on one foot, heel-to-toe walking, and tai chi and yoga. Many examples can be found on the Internet. Balance exercises should be done 3 to 7 times a week.
4. **Flexibility exercises** focus on muscle stretching to improve movement needed for daily activities and to prepare your body for aerobic exercises. Pilates combines elements of strength and flexibility exercises.

For most people who have not engaged in regular exercise, brisk walking is the easiest and most convenient form of endurance / regular exercise, but in our climate that may be a problem when it snows, when surfaces are slippery, or during hot, humid weather. Indoor mall walking or treadmill walking at a gym or at home is a practical alternative. So is repetitive stair climbing at home. During periods of intense heat, outdoor aerobic exercise should be performed in the early morning or after dark.

For more detailed information on this subject a good resource is the [NIH website Go4Life](#).

Find what is reasonable for your age, health status, and energy level. Then **DO IT!**

Dr. Rozett, a member of Hamden Village, is Chair of Home Haven's Health Committee. A graduate of Harvard Medical School and School of Public Health, he was on the Yale School of Medicine's Internal Medicine faculty before going to the Community Health Care Plan (CHCP) as a primary care internist, geriatrician, and for nine years Medical Director. He then pursued his interest in management of chronic disease and disability and continued in administration at Gaylord Hospital. He is currently on the Board of Directors of Whitney Center.



NEWS FROM OUR VILLAGES:

East Rock by Mary Barnes

Caffe Bravo was the locale for 14 members of East Rock Village who gathered for a delicious lunch, conversation, and catching up with old and new friends. It seems to be our regular luncheon place as the food is excellent, the staff is very accommodating, and the location is convenient!

Downtown by Phoebe Edwards

Seven members of Downtown Village attended the latest supper gathering, this month at the Midpoint Restaurant on Crown Street. The restaurant, featuring Turkish food, is recently under new management and well worth an evening out. We recommend it to others.

Westville by Susan Feinberg

Twelve “Westvillains” plus a few “foreigners” are currently involved in an intense study of the Bible as Literature under the leadership of Susan Feinberg. Her aim is to introduce the participants to the incredible beauty and richness of the Bible as a work of literature and to give them the tools they need to continue to explore this incredible text independently.

Amity by Peter Wells

Twenty Villagers attended the January 24th Village meeting to discuss services and future events. On February 9th, a dozen of us gathered for lunch at Grimaldi's restaurant.

Below: Amity Villagers at their January meeting.



Hamden by Patty Langdon

Twenty Hamden Villagers braved the chilly weather of late January to gather for a “Soup Sunday” at Patty Langdon's house. With two soups and accompanying breads, salads, and desserts, members sat around the fire, enjoying the warmth and each other.



Above: Hamden Villagers enjoying a “Soup Sunday”

COMPUTER CONNECTION: What's a Browser?

by Christa Sammons

Last month we went over some basic computer terms—booting up, operating system, browser, website, search engine. Of these, the hardest to understand is probably browser. People often don't know what a browser is or does, sometimes confusing browser with search engine. This is easy to do, especially since Google offers both a browser (Google Chrome) and a search engine (the familiar Google search screen). If you use both, they may look like one and the same thing.

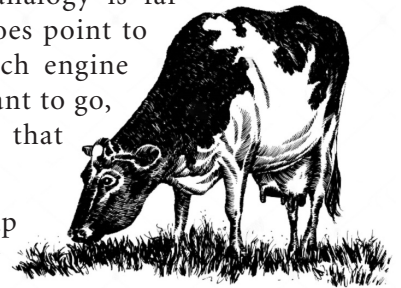
Browsers and search engines are, however, entirely different. The browser enables the computer to access websites, i.e. locations on the Internet with

distinctive addresses or URLs (the letters stand for Uniform Resource Locator). The browser interprets the code that makes up the website, turning long strings of numbers, letters, and punctuation marks into the images, text, sound, and animation that we see when we access a website. Popular browsers are Apple Safari, Microsoft Edge, Mozilla Firefox, and the aforementioned Google Chrome. Going further back, there were Netscape and Internet Explorer. The first one I remember was Mosaic, the earliest browser to support images.

The search engine, on the other hand, functions as an index to the Internet. It hunts through millions of websites to find those most relevant to the search terms you've entered, then arrays the findings on a result screen. When you click on one of the results, you're telling the browser to take you to the website you've selected. If you knew the address, or URL, of every website you wished to visit, you wouldn't need a search engine at all. You could simply type the URL into the address box at the top of the browser's screen and press enter. But think how inconvenient that would be—remembering and typing all those URLs! And think how limiting. The search engine lets us explore vast worlds of information.

There are various analogies in circulation to try to explain the difference between browser and search engine. One compares your car to your computer. The roads are the browser. Your GPS system is the search engine. This analogy is far from perfect, but it does point to the fact that the search engine tells you where you want to go, while it's the browser that takes you there.

I just looked up “browser” in my trusty Webster's *Universal Unabridged Dictionary*, 2nd edition, first copyrighted in 1955. There's only one definition: “any animal that browses or feeds on green vegetation.” How the world has changed. No wonder it's confusing.



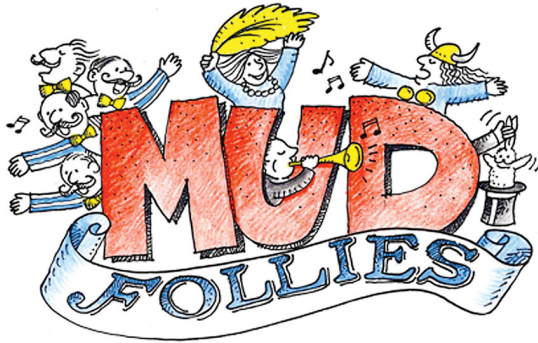
Happy Birthday to HomeHaven members with a birthday in March

Walter Ariker Peggy Atherton
Dick Bell Harriet Bergmann
Emily Bett Anna Bresnick
Gloria Cohen Judith Colton
Sue Davis Kem Edwards
Jean Graustein James Greenfield
Joyce Greenfield John Hay
Hanne Howard Traugott Lawler
Nancy Lewis Loretta Lipka
Jim Maggart Edwin Piper
Leon Plantinga Marc Rubenstein
Stanley Saxe Bea Smirnoff
Gerald Topitzer Patricia Topitzer
Louise Westover



Christa Sammons is a member of HomeHaven's Information Technology (IT) Task Force. Suggestions for subjects are welcome and may be sent to Christa at christa.sammons@gmail.com.

2018 Casting Call!



HomeHaven's sixth annual variety show!

The hall is booked for March 22nd and our devoted audience is assured. Now we need to plumb our splendid well of talent.

Get out your ballet slippers, find the mallets for your marimba, practice chandelier-shaking projection, gather colleagues for a tableau vivant, or train your small dog to perform the Kazotsky kick dance.

Let us help you polish your 11 minute act. Contact the office (203) 776-7378 or Louis Audette at 24everit@concentric.net for timing run-throughs, thoughtful criticism and a spot on the program.

Introducing New Members

HomeHaven is delighted to welcome the following members who joined us last month.

Joan & Steve King ~ Hamden

Carol Cheney ~ Hamden



Bach's Birthday by Kerry Snyder

Johann Sebastian Bach will be 333 years old on March 21, and he is still going strong! Join the day's celebration by attending performances of his music at United Church on the Green anytime between 3:00 and 8:00 pm, as part of a movement called "Bach in the Subways." East Rock Villager Kerry Snyder has helped bring the event to New Haven and will perform on the organ at 3:30 pm.

It all began in 2010 when cellist Dale Henderson decided to perform Bach's cello suites in New York City subway stations. His initiative grew into a world-wide movement; just take a look [at the map at the website](#). Click on the arrow in the All Cities window to see where performances will take place this year. Then click on New Haven to see the program for our concert. Please come: we need listeners! It won't cost you a cent, you don't need to sign up, and no one will try to sell you CDs.

LAUGHTER: The Best Medicine Socratic Method?

A classics professor goes to a tailor with a pair of trousers that needs mending.

"Euripides?" the tailor asks?

"Yes," the professor replies. "Eumenides?"

Village Verse ROBOCALLS

Phones are ringing off the hooks.
Each call a wanton venal scam,
Designed to loot our pocketbooks,
Lured in to yet another flam.

Computers sire each robocall.
Technology run amuck.
The FTC has dropped the ball
And consumers now are stuck.

Three billion calls in thirty days
Now desecrate our space!
I'm certain that there must be ways,
This nuisance to erase.

— Bob Gifford, Doctor of Doggerel
East Rock Village

RESPONSIBLE DOWNSIZING: Help Make Gardens Grow

by Elaine Piraino-Holevoet

Spring will arrive in just a few days, and soon it will be time for preparing gardens for planting. If you are a gardener, you know that good tools make this work easier. You also know that good tools are expensive.

Having enough tools on hand is a challenge for two local non-profits: New Haven Farms and the New Haven Land Trust. If you find yourself with more garden tools than you can currently use, both organizations would be very happy to accept your donations.

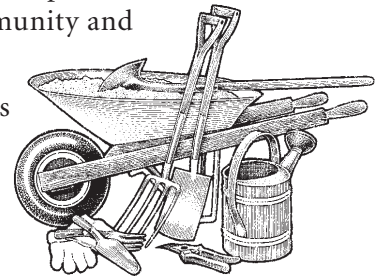
[New Haven Farms](#) “transforms vacant, urban spaces into small organic farms in New Haven’s under-resourced neighborhoods.” New Haven Farms currently has gardens at [ten sites](#).

Its signature program, the Farm-Based Wellness Program, is a partnership between New Haven Farms and Fair Haven Community Health Center, Cornell Scott-Hill Health Center, and Yale Primary Care. Healthcare providers from these institutions refer low-income adult patients with diet-related chronic-disease risk factors to the program. During the summer growing season, these patients and their families come to the Phoenix Press Farm and Hill Farm for weekly age-appropriate Spanish/English cooking demonstrations, nutrition classes, and gardening lessons. Participants also take home shares of fresh vegetables and fruits grown by New Haven Farms, along with culturally relevant recipes for improving their health.

Farm Director Jacqueline Maisonpierre stated that the tools New Haven Farms most needs are: leaf rakes, flat rakes, hoes, pitchforks, and small hand tools (such as trowels, hand rakes). The best way to make a donation is to call the office 203-997-6152 to coordinate a delivery directly to the Phoenix Press farm site at 15 James Street. It might be possible to arrange pick-up of a large quantity of items.

The mission of the [New Haven Land Trust](#) is to “engage people in stewardship and cultivation of the land for a healthier community and environment.”

Perhaps best known for its work in maintaining six preserves comprising almost 80 acres, it also provides land, technical assistance, and supplies for nearly 50 community vegetable gardens.



The New Haven Land Trust works with neighborhood residents, tenant associations, block watches, social service agencies, schools, youth groups, and the elderly, all over the city. You can view a map of the gardens [here](#) or in list form [here](#). According to their website, “Greening our urban areas puts vacant lots to productive use. Community gardening provides neighbors with exercise, stress relief, a sense of well-being, and opportunities for family time and learning new skills. Best of all, neighbors enjoy delicious homegrown bounty.”

Bradley Fleming, Community Garden Manager, reported: “We can always use: rakes, shovels, hoes, trowels, new gloves, and wheelbarrows.” He added, “We’ll also take donations of any gardening reference books. I am going to build some of those little give-one-take-one mailbox-style sidewalk libraries to put in front of a few gardens.”

He requested that donors bring the items to the Land Trust office at 817 Grand Ave., Suite 101, New Haven, CT 06511. The office number is 203-562-6655. They won’t be able to offer pick-up.

Good luck with your downsizing! If you have comments or suggestions for future columns, please let the editors know.

Elaine Piraino-Holevoet is the designer of HomeHaven News and the author of the blog [ontheroadtogreenness](#).

LINKING UP

Links to items of interest recommended by newsletter readers. We welcome your comments about these links and your suggestions for others.

New studies at Yale show that a positive attitude toward aging can reduce the risk of dementia among older adults. Read it [here](#).



REMEMBER to
Spring Ahead on March 11

NEW BEADING GROUP!

Make a necklace out of glass, acrylic, stone, and wooden beads, all supplies provided, with veteran beader Vivian Lowell and helper Roberta Friedman. Friday, March 9, at 10:30 am at the home of ERVillage member Kerry Snyder. Registration required, limited to 10 participants. Please call the Office to sign up.

Lest We Forget by Harriet Bergmann

Many of us lived through World War II, some of us untouched, though not unaffected, and some of us in the midst of horrible turmoil. It is important to record the memories we have of those times. If you are interested in writing about your memories and experiences, I'd like to help. Your writing project could proceed in a number of ways.

You might want to write down memories for the sake of children and grandchildren, or simply to get your thoughts straight in your own mind. You might want to be more public about your writing, sharing it in a small group with others who had similar (or different) experiences. You might want to write just for yourself, perhaps with one-on-one editing help.

If you have ideas about what you'd like to do, or how I might be useful to you, please let me know: hfb83@gmail.com.

Note: Harriet, a member of East Rock Village, leads HomeHaven's memoir writing groups.

*If there comes a little thaw,
Still the air is chill and raw,
Here and there a patch of snow,
Dirtier than the ground below,
Dribbles down a marshy flood;
Ankle-deep you stick in mud
In the meadows while you sing,
"This is Spring."*

— Christopher Pearce Cranch, *A Spring Growl*



ONGOING GROUP MEETINGS

COOKING IN DIFFERENT LANGUAGES:

Alsatian

Monday, March 19, 6:30 pm

Sign up deadline is **Friday, March 9**.

Newcomers are always welcome—it's a great way to get to know other HomeHaveners. Since it is essential to have an accurate count of attendees in the early days of planning, please be sure to **RSVP** to Celeste Markle by the deadline at c_markle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. Please also call Celeste for any other information.

MEMOIR WRITING GROUPS

The groups meet on the second and fourth Mondays of the month for an hour and a half. For more information or if you wish to attend a meeting to see how it works, please contact Harriet Bergmann at 203-776-0703 or hfb83@gmail.com.

PINS AND NEEDLES

Monday, March 26, 3:00 pm, at the home of Gretchen Kingsley, 420 Humphrey Street. Please call or email Gretchen at 203-752-1950 or gma322@gmail.com by **Friday, March 23** whether or not you plan to attend this regular fourth Monday of the month meeting. Bring whatever project you are working on and enjoy good company and refreshments. New members are always welcome. For more information, please call or email Jeanne Drury at 203-281-3227 or JeanneDrury@aol.com.

HELP WANTED!

HomeHaven needs a volunteer **Web Editor** to keep our website current! The **Editor** writes or revises text, selects fresh photos, and works with our tech-savvy **Web Administrator**, who makes the actual changes on the site, to keep us up-to-date. To volunteer or learn more, please call the office: 203-776-7378.



Events: March



Wednesday, March 21, 3:00- 8:00 pm

“Bach in the Subways”

Kerala Snyder, Organ Recital, 3:30 pm

United Church on the Green

Johann Sebastian Bach will be 333 years old on March 21! You are invited to help celebrate his birthday by attending performances of his music during the hours above. It's part of a movement called “Bach in the Subways.” East Rock Villager Kerry Snyder has helped bring this celebration to New Haven and will perform on the organ at 3:30 pm. *(For more, see story on p. 7.)*

Thursday, March 22, 7:00 pm

Mud Follies

Whitneyville Cultural Commons

1253 Whitney Avenue, Hamden

It's that time again when we learn how many extraordinary performers we have in our midst. From poetry to standup, to singing, to playing an instrument, you'll be surprised at the talent of our members. Come enjoy the entertainment, the light refreshments, and the opportunity to see your HomeHaven friends and meet new ones.

The Commons is two miles north of the HomeHaven office (291 Whitney Avenue), just past the intersection of Whitney & Putnam. The Commons is on the right, with parking behind the building and overflow across the street.

Wednesday, March 28, 2:00 pm

Talk by James Sinclair, Music Director of Orchestra New England

“Mixed Marriage: The Hidden Love Affair between Popular and Classical Music.”

Whitney Center Cultural Arts Center,

200 Leeder Hill Drive, Hamden

Vernacular and cultivated music can seem like opposites, but they sometimes come together to good effect. We will inspect examples from Beethoven, Tony Bennett, Borodin, Neil Diamond, Ravel, Billy Joel, Stravinsky, Puff Daddy, and many others.

A HomeHaver, Jim has been Director of Orchestra New England since its inception in 1974 and is known for his versatility in delivering superb performances in a variety of styles—from Baroque to pop literature—as well as his engaging speaking style.

There is plenty of visitors' parking at the Center. For directions please call the HomeHaven office.

Art by Constance LaPalombara

On Site, an exhibit of works by artist and HomeHaven member Constance LaPalombara, will be on display from March 5 to April 29 at the New Haven Lawn Club. Hours: 9 to 5



Winter, oil on linen

Opening reception:

Tuesday, March 13, 5-7 pm

Rotunda Gallery, New Haven Lawn Club

193 Whitney Ave, New Haven

PLEASE RSVP!

There's always a reason for this request: space or tickets may be limited; transportation or food service may be needed; and keeping track of members' interests helps us plan future events. So please sign up when we ask you to. And please know that the Activities Committee is always open to your comments and suggestions!

HOMEHAVEN OFFICE

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hhkateh@gmail.com