

## Message from the President: A Poem of Mine and an Idea About HomeHaven

*Who is it that calls us  
to each other?  
Each other,  
There is so much that might  
sway us away.*

*What is it that draws us  
together?  
To be a part,  
Rather than apart.*

*When is it that we find ourselves beckoned  
forward ... forward ...?  
As each of us facing ourself  
Finds we are facing each other.*

*Where can one find such common ground?  
It lies here:  
In accepting without exceptions.*

*How is it that you take me as I am?  
I take you as you are.  
So it is.*

*No greater gift can we give each other  
Than the give and take that is  
Our love.*

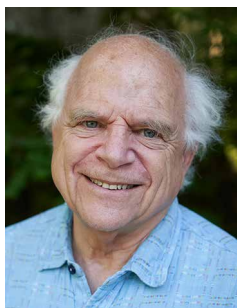


Photo by Rick Allen

up of a lot of remarkably interesting, lovely people. It excites me to tell others about the group. If you have only dipped your toes in, I assure you the water is fine! I encourage you to make the plunge! Volunteer, and see if you like the water. And if you do? If it turns out to be a treat for you, encourage other members to get involved and volunteer!

Also, if you see HH contributing positively to your life, think of other people you know who might want to give membership a try — someone at the gym, someone at the coffee shop, someone in the grocery store aisle, someone down your block. We all know that there is strength in numbers, so successfully recruiting others might well be a win-win-win: you feel good pointing someone else in a good direction, the person you steered to HH benefits, and that's good for all of us HHers, you included.

**P.S.** If you have children who grew up in this area, their friends have parents approximately our age who might like to hear about HomeHaven and how it has helped you.

*Kerry*

Kerry Triffin

I wrote this love poem to my wife, Liz Orsini. Recently, along with other HomeHaven poets and poetry lovers, I read it as part of a presentation for Poetry Month.

Revisiting the poem in that context, I noticed that its basic statement has a wider application, with relevance for HomeHaven. I believe that personal connections and relationships are central to what we offer, and the reciprocal nature of giving and receiving volunteer services brings us face to face with our deepest selves, and with other members, which enriches our lives.

During my first two years as a member of HomeHaven, I barely dipped my toes in the water. Then, a few months ago, I did a deeper dive, and it has proven to be a real treat for me. HomeHaven is a group made

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Generous support for HomeHaven provided by:

## CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

Linda Burt and Sarah Greenblatt gave  
*in memory of*  
Lauri's mother, Vivian Lowell



### ***Happy Birthday to HomeHaven members with a birthday in June***

Diane Ariker   Jim Barnes  
Bob Dannies   Kathy Denardo  
Martha Dobrowolski   Irene Fiss  
Bonnie Hole   Jane Jervis  
Adrienne Lewis   Annelies Sheehan  
Hal Spitzer   Kerry Triffin  
Virginia Wilkinson



## HomeHaven News

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*Thanks to Ellen Ryerson for her ongoing help, and  
welcome to Jean Spencer, our next editor.*

## 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](mailto: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 three months, HomeHaven provided members with:

- 25 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- 4 computer assists and numerous Zoom assists by volunteer computer helpers
- 18 referrals for household maintenance, information, and nursing services

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!!***

*Look for monthly reports giving rolling three-month totals.*

## IN MEMORIAM

*May their memories be a blessing.*

### SAM PETERSON (1934 - 2022)

Sam Peterson was born in Iowa in 1934, the youngest of three children. A year or two after his mother died when he was nine, the family moved to Harlingen, Texas. He went to Dartmouth, majoring in English, then taught English for several years at Robert College, Istanbul, keeping in touch with students and friends from there for the rest of his life. As a graduate student at The Institute of Fine Arts at NYU, he focused on Islamic art and architecture in the Middle East, living and studying in Cairo for several years.



In the early 1960s, he roomed with Nick Ohly while they worked at the archeological excavation on the Greek island of Samothrace for two seasons. They became lifelong friends. At the end of both seasons, they traveled across Turkey, first to Syria and Lebanon, then to Iran so Sam could study Iranian architecture for his PhD dissertation. During a third summer, they led a group of New York teenagers to Peru to explore Machu Picchu.

Sam was an usher in Nick's and my wedding in 1968, and years later was godfather to our first son, Derek. We visited him when he taught in Egypt, and later in Arizona. Once he and Martha moved

to Connecticut in the 1980s, they celebrated holidays and family events with us. After Nick's sudden death in 2007, Derek and his wife Michel asked him to be honorary grandfather to their two children. Sam took "grandfatherhood" seriously, with loving visits, gifts, letters, and emails.

Sam loved to travel, to visit and host friends from Sweden, Egypt, or Istanbul, and visit childhood friends and family in Texas and Iowa. Friends describe how intently he listened, how curious he was, how he asked questions, how he focused both visually and verbally, often with a sense of humor, and how he kept in touch.

His devotion to art museums, especially the Wadsworth Atheneum, and artists whose work he supported kept him busy, even as health issues restricted Martha's and Sam's travels. Despite setbacks, falls, times in the hospital, and dialysis, he kept on keeping on. Even during COVID, he would appear happily masked at the door with a jar of pickled lemons or honey from his beehives. During my latest visit, Martha and I sat in the kitchen smiling as Sam, bruised by a recent fall, but focused and cheerful, had a good time making scones and something special for supper, all while telling stories. We remember Sam as a kind, curious host and a grateful, reciprocating guest, sharing his tastes and experiences at the table.

– Sara Ohly

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### ALICE E. SIMON (1920 – 2022)

HomeHaven members have remembered Alice Simon fondly in the last few days, as news of her death came to the HomeHaven community. She died peacefully at her home at Hamden Hills in early March, with her family around her.



Though we don't have much information about her younger life, we do know that she worked as a secretary in the Yale German Department. "She was always so jolly and upbeat, making a notable contrast to the other secretary, who tended to be serious and reserved, even

sometimes a little dour." Back then, Alice drove around in a VW bus!

She was an interesting, positive, and engaged woman, who demonstrated great fortitude at her husband's funeral. She was amazingly strong, a joy to visit, to do errands for, and to bring to the morning coffees, which she enjoyed enormously.

Even as she approached 100, that happy spirit always seemed to be with her. She was such a jolly lady, and while over the years she got a lot smaller, her bright spirit never failed.

She is survived by her three children: Kim Simon, Peter Simon, and Heidi Bartlett.

*Christa Sammons, Patty Langdon, and Judith Colton contributed their memories of Alice.*



# Advance Care Planning Group Starting Now!

by Lauri Lowell, Executive Director

*Are you stuck trying to write your Living Will? Don't know whom to ask to be your Health Care proxy? Are you avoiding having The Conversation with your grown kids?*

You are not alone. Many people have difficulty doing their advance directives. It's hard to think about the end of life, especially one's own! But it's important to take the time to **think** about your preferences and to have the **conversations** with family and choose your health care proxy now when you are clear headed and well.

Remember that it will be very stressful for your loved ones to make decisions on your behalf during a health crisis if they don't know what you want. Doing your advance care planning now can make an enormous difference in what happens at the end of your life, for all concerned.

HomeHaven is hosting a four-session group to be led by End-of-Life Doula Becca Allen, MSW. The wisdom of the other participants in the group, along with Becca's professional knowledge, will support you in getting your advance care planning done now. Becca ran a similar group in Amity Village and a participant in that group noted, "I wouldn't have done this on my own. I knew I was part of something larger."

Many people have executed a living will with their attorney, however that document is rarely clear about the actual medical decisions that will need to be made. HomeHaven strongly urges our members to execute the documents discussed by Dr. Leo Cooney last year that are used by YNH and can be uploaded into MyChart. These documents are available on the HH website and will be used in the group. [Log onto the website. Click the Documents tab in the Menu, then click on "Adv. Care Planning/Directives." They are the top two documents.]

Since space is limited to 12, and the group starts June 2, please contact the office as soon as possible if you want to participate. If we do not have at least 6 people for the group, we will reschedule for the fall.

If you do sign up, please understand that we expect you to commit to all four sessions, as group members will be counting on each other for support, input, and feedback. So, it is important that everyone be there.

The dates are four Thursdays, June 2, June 16, June 30, July 14, 10-11:30am at the Mitchell Library in Westville, 37 Harrison St., New Haven.

For more information, contact Lauri at [Lowell@homehavenvillages.org](mailto:Lowell@homehavenvillages.org) or call her at 203 776-7378.

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## Truth

by Bob Gifford

What has beset our wonderful land?  
Democracy stripped of its roots.  
Lies have gained a sad upper hand,  
Provoking malicious disputes.

The media spews conspiracies vile,  
And many believe them as truth,  
Creating beliefs that are volatile,  
Directing one's vote at the booth.

Facts are essential for living in peace.  
Even Jesus seemed to agree.  
His formula for urging conflict to cease:  
"The Truth will set you free."

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*Bob Gifford, MD is HomeHaven's doctor of doggerel and a member of ERV.*

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## Walk & Talk, May 14 at Lighthouse Point



Photo by Peggy Atherton

Left to right: Helen Robinson, Al Atherton, Mary-Jo Warren

# HEALTH MATTERS: Dry Itchy Skin

by Pat Jackson Allen, APRN

As we age, structural and physiologic changes occur in our skin. The thin superficial outer layer of skin, our epidermis, becomes more permeable, resulting in less moisture retention in the skin. The epidermis becomes more fragile and heals more slowly. Decades of exposure to the sun, chemicals found in the environment, and dry heat used to warm our homes in the winter further damage and dry this outer layer of skin.

The dermis, our second layer of skin, begins to thin, becomes less elastic and loses collagen, which results in the skin's wrinkling. The sebaceous and sweat glands originate in the dermis; as we get older, they decrease production of sebum, a lipid-rich substance that keeps the skin and hair lubricated. The decreased secretion of sebum and perspiration results in our skin being drier, often with flaking superficial cells and itching, called pruritis.

Common chronic conditions such as hypothyroidism and diabetes can also increase the skin's dryness, and some medications may have dryness or itching as a side effect. Previous skin conditions such as allergic dermatitis, eczema, psoriasis, or seborrhea may become more chronic and difficult to manage as our skin ages, especially in winter. Scratching areas of dry skin can irritate these underlying conditions, causing recurrent flares.

We can reduce dry, flaky, itchy skin with some changes in skin care and our environment. You may have noticed that your hair and scalp don't need washing as often as they did when you were younger.

The decrease in sebum production and sweat means that we can bathe less frequently. Shorter showers or baths three to four times per week instead of every day will help, bathing with warm, not hot water, and with minimal use of mild soap. Limiting our hands' contact with chemicals, cleaners, and even sanitizing compounds is important, as they may have repeated exposure to these substances and become dry and cracked. Laundry detergent or fabric softeners may cause skin irritation, so using fragrance-free, hypoallergenic products may reduce the itching associated with dry skin. Turning down the heat in your home or increasing the ambient humidity by adding a humidifier can reduce the skin-drying effect of typical winter heating systems.

Application of lotions, creams, or ointments may help to moisten the skin. Lotions and creams are the easiest to apply but they contain the most water or alcohol and are therefore the least effective in trapping moisture in the skin. Ointments are viscous, petroleum-based compounds; they are superior to creams and lotion in their ability to trap moisture in the skin or increase absorption of medications applied to the skin. Take care to avoid skin sensitizers, such as lanolin, aloe vera, and parabens, a family of related chemicals that are commonly used in cosmetics as preservatives, as these compounds may cause an allergic skin reaction.

Bath or shower oils offer a superficial application of oils to the skin but are thought to be minimally effective in treating dry and itchy skin. Furthermore, they are considered a fall hazard because they increase the slipperiness of the bath or shower floor. Applying moisturizing compounds at night when you are already in bed may reduce the risk of falls from lotions on feet or hands.

If these interventions don't relieve the dryness and itchiness of the skin, or if underlying chronic skin conditions flare, consult with your health care provider. Hydrocortisone creams are often used to treat skin conditions, but in older people with thin epidermis, they must be used sparingly and with caution. Systemic medications to reduce itching, such as over-the-counter antihistamines, may result in sleepiness, confusion or balance problems, so take them with caution.

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

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## Westville Art Walk, May 14



*Susan Feinberg and Carol Nardini at their HomeHaven booth*



# IT COMMITTEE: “Viruses and Worms and Ransomware, Oh MY!!!”

by John G. Sawyer

This is the third and final article in this series, and it addresses what to do when you think your computer has been infected with “malware” — any or all of the items in the title above.

1. As our previous article said, the best offense is a good defense. Keep your software up-to-date! All virus and malware detection software contains a table of virus signatures. These signatures tell their software how to identify each virus/malware. According to one estimate, 560,000 new pieces of malware are created daily, and there are over *one billion* malware programs in active existence. The signatures of these new malware programs need to be updated in your computer’s anti-virus software every time an update file is released by the vendor.
2. If you believe your computer is infected, STOP whatever you are doing. Immediately update your anti-virus and anti-malware software and run a full scan of your computer. This step should identify and quarantine any malicious stuff found through the scan.
3. DO NOT REPLY to any messages that pop up on your computer screen telling you that

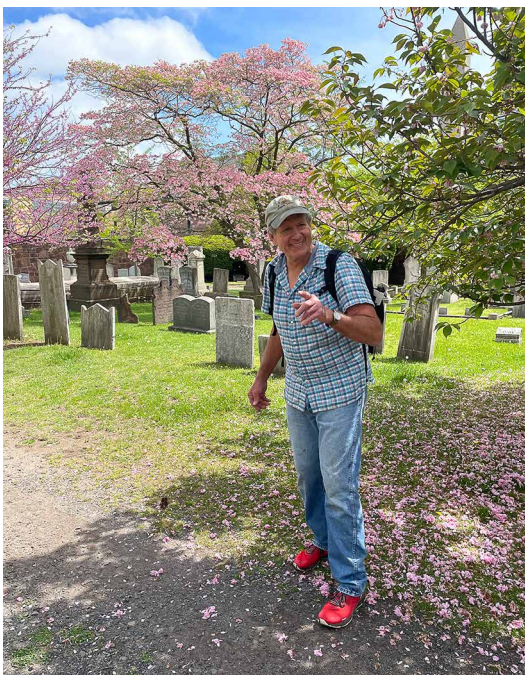
your computer is infected and recommending that you contact an external website. These are almost always SPAM of some kind. For example, a good friend of mine called me one day in a panic. It seems that he **had** replied to one of these messages, and his computer was now locked and the spammer wanted several thousand dollars to release the computer. As he had no backup, he had to buy a new computer, which cost less than the spammer wanted to unlock his existing computer.

So, there you have it. If you have been reading these articles, you now know how to identify viruses/malware; how to protect yourself from them; and how to get rid of them, if necessary. There are a lot of good “Internet Security Suite” software packages available at moderate cost. To see PC Magazine’s pick of the best internet security suites for the PC, go to <https://www.pcmag.com/picks/the-best-security-suites>. For the list of MAC security suites, go to <https://www.pcmag.com/picks/the-best-mac-antivirus-protection>.

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*John Sawyer chairs the IT Committee and is a member of Westville and Amity Villages.*

## Walk at Grove Street Cemetery with Arborist David Barbenik, May 14



Photos by Patty Langdon

At left: David Barbenik. Above, left to right: Louis Audette, Jeanne Drury, Karen Schneider, John Schneider, David Barbenik

## Village Gatherings

*Please contact your Village Leader  
for up-to-date information.*

*All HHers attending in-person events  
should be fully vaccinated and boosted.*

### AMITY

**Thursday, June 2. 5pm**

**Virtual Happy Hour!**

Join us on the first Thursday at 5pm.

**Tuesday, June 28. 3pm**

**Westville/Amity Coffee Hour. Postponed.**

We are NOT meeting in person at Manjares.  
We will NOT meet on the 4th Tuesday of every  
month until further notice.

### DOWNTOWN

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

### ERV

**Saturday, June 4, 11, 18, 25. 5pm**

**Virtual Happy Hour using Zoom!**

Join us every Saturday!

**Wednesday, June 8. 10am**

**ERV Coffee Hour!**

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

**Thursday, June 23. 4pm.**

**Happy Hour at East Rock Brewery is back!**

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

### HAMDEN/ NORTH HAVEN

**Tuesday, June 14. 10:30am**

**Hamden/No Haven Coffee!**

We are back at Best Video. See you then!

### WESTVILLE

**Thursday, June 9 & 23. 5:00pm.**

**Westvillain BYOPotluck!**

Check with Susan or Celeste because if the  
weather is good, we'll meet at a Villain's  
backyard! Pack some victuals &/or wine for  
sharing. Join us every other Thursday!

**Tuesday, June 28. 3pm**

**Westville/Amity Coffee Hour. Postponed.**

We are NOT meeting in person at Manjares.  
We will NOT meet on the 4th Tuesday of every  
month until further notice.

## HH ONGOING EVENTS (members only)

### MEMOIR WRITING GROUPS

The groups meet every second and fourth  
Monday of the month for an hour and a half.  
We're Zooming these days, and it's working  
beautifully. For more information or if you  
would like to attend a meeting to see how  
it works, please email Harriet Bergmann at  
[hfb183@gmail.com](mailto:hfb183@gmail.com).

### PLAY READING GROUP

**Tuesday, June 14. 7pm.**

**Play Reading: *The Tempest* by William  
Shakespeare. One night only!** This is an abridged  
version by the Globe Theater. There is a limit  
of 12 readers. **Registration is required through  
the HH calendar.** Please register as a Reader or  
Audience. The Zoom link will go out prior to  
the program to those registered. **This is the last  
session until September.**

### PINS AND NEEDLES

**Monday, June 6 at 3:00 pm.**

The June meeting is at Jeannie Drury's  
home. RSVP to Jeannie at [JeanneDrury@aol.com](mailto:JeanneDrury@aol.com)  
or 203-281-3227. Bring a project and enjoy good  
company and lively discussion. New members  
are always welcome at these monthly gatherings.  
If you would like to join the group, please contact  
Kathy Denardo at [Vivian.denardo@att.net](mailto:Vivian.denardo@att.net) or  
203-687-8835. **You must be fully vaccinated and  
boosted to attend.**

### BOOK GROUP

**Monday, July 11 at 7pm.**

**Meeting once over the summer.** Please contact  
Kaye Maggart at [kayewmaggart@gmail.com](mailto:kayewmaggart@gmail.com) for the  
Zoom link; Jean Spencer will lead the discussion.

## ERV Coffee, May 11



Photo by Karen Schneider

Left to right: Cindy Crooker, Peggy Atherton, Beth Glynn,  
Cindy Glynn, Kerry Snyder, Jeanne Kerr, John Schneider





## Events: June



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

**Thursdays, June 2, 16, 30. July 14. 10-11:30am.**

**Advanced Care Planning Series.**

**Mitchell Library, Westville.**

Becca Allen, End of Life Doula, leads this 4-part series to assist HHers in completing their Advanced Care Plans. Space is limited to 12. **Registration Required. Members Only.** (Unavailable in June? Contact the Office.)

**Thursday, June 9. 11am. On Zoom!**

**Hearing Loss and Hearing Aids with Dr. Erika Nair.**

Erika L. Nair, Au.D., CCC-A, will provide a brief overview of the auditory system, amplification, and how to maximize access in complicated listening environments. There will be time for Q&A during the program. A Zoom link will go out prior to the presentation. **Members Only.**

**Friday, June 10. 10:30-11:30.**

**Walk & Talk in Grove Street Cemetery.**

We are going to check out the flowers on this walking tour with GSC board member, Darlene Casella. Meet at the front gate at 10:30am. There is a possibility of lunch together after. Please RSVP to Peggy Atherton (203) 273-6118. **Members Only.**

**Saturday, June 11. 7pm.**

**New Haven Symphony Orchestra on the NH Green.**

Join HHers on the NH Green during Arts & Ideas to hear (& see) the NHSO do what they do best! Featuring Harold Blackwell, Albert R. Lee, and Brian Stokes Mitchell. Registration (through the HH website) is encouraged so we can sit together!

**Tuesday, June 14. 6pm.**

**Dining al Fresco at L'Orcio.**

**806 State Street, New Haven.**

Dining al Fresco is an ad-hoc dining group that will meet monthly as long as it is warm enough to dine outside. The only criterion for the selection of a restaurant is that it has a pleasant outdoor dining area. Those who attend the dinner will select the date and restaurant for the following month. Space is limited so please check the website for available seats. **Registration is required. Members Only.**

**Thursday, June 16. 1pm. On Zoom!**

**Travelers' Tales: Traveling Solo around Europe with Kerry Snyder.**

In this tale Kerry will recount the high points of her recent trip to London, Padua, Cremona, and Rome. She will conclude with some tips about traveling solo in your eighties and entertain questions afterwards. A Zoom link will go out prior to the presentation. **Members Only.**

**Tuesday, June 21. 5-7pm.**

**HH Annual Picnic!**

**Carriage House & Garden, Edgerton Park.**

Shake off those blankets as it's picnic time! Just kidding! We'll have tables & chairs. Come to beautiful Edgerton Park for friends and food. Bring your own meal and an appetizer or dessert to share (8 servings). Beverages will be provided. **Members Only.**

**Thursday, June 23. 1pm. On Zoom!**

**Medicare: Past, Present and Future Challenges with Dr. Howard Forman.**

Howard Forman, MD, MBA will discuss the development of Medicare and its possible future. A Zoom link will go out prior to the presentation. **Members Only.**

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