

Message from the Executive Director

Photo by Rick Allen



Our Board president Kerry Triffin is generating a lot of enthusiasm about getting you, the members, more involved in this special community of ours. One of his themes urges members to get more *involved* and thereby get more *value* from

their membership. Here are a bunch of ways you can get involved in HomeHaven.

First off, you can go to your village's happy hours and coffees. Most are meeting outdoors now, so no need to worry about that nasty virus. Some villages are having potlucks and garden parties too. These are informal, friendly, and relaxed. It's nice to go someplace where you know you are welcome and belong. Contact your village leaders to find out more. Don't know your leaders? Call Kate, she'll tell you.

Have you thought about joining an interest group? There's Pins & Needles, Memoir Writing, Play Reading, and the Book Group. Dining al Fresco is open to all, but you do need to sign up early to get a spot. When we are again comfortable eating together indoors, Cooking in Different Languages, a monthly internationally themed potluck, will be back. There's some interest in starting up new groups, such as landscape painting, poetry, and social dancing. What are your interests? Do you want to start a new interest group? It's a great way to stay creative and socialize at the same time. It takes just a few people to get started, and then it catches on.

You can participate in HomeHaven-wide activities. We have a couple of trips in the works, including our wonderful Thimble Islands Cruise in August. There are walks and hikes if you want to get out and have good conversation along the way. We hope to bring back our in-person tours soon. Do you have a

particular place you'd like to go to with a HomeHaven group? The Activities Committee would welcome your help and ideas.

Then, too, you can volunteer to give a member a ride or do an errand or a simple chore for someone. Let Kate know if you'd like to help in that way. Or you might make a few phone calls a month to a member (or two) who doesn't get out much anymore. Peggy Atherton's been doing this for years and she says these conversations make her feel really good. She thinks she gets more out of it than the person she's calling. It's a small but powerful way to be part of our caring community. Call Rick Allen or Judith Colton, Visitor co-chairs, if you're interested.

Serving on a committee is another way to get involved. We have management committees and Board committees. Management committees work with me on operations: Activities, Health & Wellness,

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LIVING ASSISTANCE SERVICES

Message from the Executive Director *continued from page 1*

Household Services, IT, Membership, and Visitors. The Board works with three committees: Finance, Fund Development, and Governance. If you think you have something to offer in any of these areas, please contact me.

By the way, we're launching a recruitment drive in the fall. We'll need your help to reach people you know who might benefit from joining. Though our organization means a lot of different things to different people, I've written a succinct description of what it is (feel free to use it): A virtual village, an intentional community of older adults who come together to share resources, stay active and engaged, avoid isolation, enjoy themselves, and help each other out. Feel free to try it out with your friends and neighbors, keeping in mind the universal human need to be part of something bigger than ourselves. HomeHaven just might be it.

Have a wonderful summer!



Lauri J. Lowell

Welcome, New Members!

Judy and Arthur Katz
Amity Village



HomeHaven News

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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 three months, HomeHaven provided members with:

- 22 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
- 17 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 his memory be a blessing.

DREW MCDERMOTT

(December 27, 1949 - May 25, 2022)

Drew McDermott's interests ran broad and deep. The eldest of five children, whose father was an agricultural economist at Purdue University and whose mother was an editor, he knew early on that his questions rarely had simple answers; they required much thought and study. With his parents' encouragement, he became fascinated with history, philosophy, and science.

When he was 11, the family moved to a small town in Brazil, part of a USDA agricultural aid program. Drew quickly picked up Portuguese and went to public school, but he eventually educated himself via correspondence courses developed for self-motivated students. After returning to Indiana to finish high school, he got summer jobs at Purdue, both tagging wheat for a research project and working on the university computers. After receiving his B.S. and Ph.D. from the Massachusetts Institute of Technology, he joined the faculty at Yale in 1976. His work on artificial intelligence, cognitive science, planning, and philosophy contributed significantly to those fields. He wrote numerous papers, co-authored foundational textbooks, and wrote *Mind and Mechanism*, which tackled the problem of meaning and consciousness. On his retirement in 2018, his colleagues said: "You clarified the vagaries of planning and reasoning with hard logic, and you placed foggy questions of philosophy on crisp computational footings. In the end, by trying to understand how to make machines 'intelligent,' you helped all of us to better understand our own intelligence."

Drew had fun writing witty poetry, bad puns, and fanciful stories. Eventually, he decided to make a serious commitment to writing fiction and joined a writers' group. There he wrote and honed short stories and began his science fiction novel, which he finished shortly before his death. He loved the intellectual challenge and creativity of

that group, and they, in turn, appreciated him. As one member put it, "He dreamed up entire, complete, worlds with cultures and laws and technology and histories. They were so detailed, so well thought out. And in the middle of all that, he was funny!"



In addition to chess, music, and theater, Drew enjoyed the HomeHaven play readings before Covid limited all those events. Serious health problems often interfered with many of his activities but never halted them.

When Drew talked with people, even those he disagreed with, he listened carefully and with respect. As one of his students wrote, Drew had "an uncanny ability to find the weak link in a chain of reasoning." Yet he always did so with humor and generosity.

Drew will be deeply missed by his wife, Judy Nugent; his children, Kate and Tim; his stepchildren, Rebecca and Michael; his sister, Marcia; his brother, John; and his four grandchildren.

— Judy Nugent

***"That man is a success who has
lived well, laughed often,
and loved much."***

— Robert Louis Stevenson



*Scenes from the 2022 Annual Picnic
Edgerton Park, June 21*

Photos by Rick Allen



HEALTH MATTERS: Muscle Cramps, aka “Charley Horse”

by Pat Jackson Allen, APRN

A muscle cramp is a sudden and involuntary contraction of muscle, often in the leg or foot. This cramping, often referred to as a charley horse, can last for seconds or hours. While intensely uncomfortable, muscle cramps are rarely harmful.

This involuntary cramping of muscles often happens at night, interfering with sleep. While experience doesn't identify an immediate precursor, changing position may cause cramping. Once it has started, you can feel a firm, tender muscle mass at the site of the pain.

Unfortunately, muscle cramping becomes more common with age, as older people lose muscle mass. Remaining muscles can be overstressed more easily. Long periods of exercise or physical activity without hydration, particularly in hot weather, can lead to increased muscle cramping at night. Electrolyte balance of calcium, sodium, potassium, and magnesium is essential for normal contraction and relaxation of muscles: an imbalance of electrolytes may make the muscles prone to cramping. Diuretics used for

blood pressure management may alter the balance of electrolytes, making muscle cramping more common. It's not usually necessary to use supplements of these electrolytes to treat leg cramps, but a healthy diet of vegetables and fruit, especially bananas, helps avoid them. Statin medication to control cholesterol has also been associated with leg cramping in some individuals. Other medical conditions that occur more frequently as we age – such as inadequate blood supply to the legs due to arteriosclerosis, diabetes, thyroid disorder, or liver problems – have been associated with increased leg cramps.

Once the cramp has occurred, we need to stretch the muscle back into a non-flexed/contracted position. When cramping of the calf muscle occurs, it helps to stand on the affected foot to stretch the calf muscle, or to flex the foot so the toes point toward the ceiling. Be careful not to fall as you try to stand on the leg that is contracting, as the foot will not initially be flexible. If another muscle group cramps, try to stretch the muscle back to its full extension. For more prolonged or recurrent spasms, a warm heating pad or bath may relax the muscle and increase blood flow. And you can also take an anti-inflammatory medication such as Ibuprofen.

Prevention includes avoiding dehydration, especially while working or exercising. Remember to drink fluids regularly, especially during summer months. Don't overexert yourself and cause muscle strain or injury. Stretch before and after you exercise to prevent cramps. If you tend to get cramps at night, stretch your leg muscles and take a warm bath or shower before bed to try to relax the muscles. Shoes can also help to prevent cramping, especially of the calf muscle: low heeled shoes require the calf muscle to be fully extended; high heeled shoes, which encourage that muscle to be flexed, may increase cramping at night.

Muscle cramping causes discomfort but usually does not indicate serious illness. You should, however, notify your health care provider if the cramping starts after a change in medication, causes severe discomfort, is associated with swelling, redness or muscle weakness, occurs with walking or exercise indicating a possible circulation problem, or becomes frequent without a determined cause.

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

Sea Change by Cindy Crooker

Roiling from the remnants of the hurricane,
the towering waves break again and again.
They churn buried objects from the ocean floor
and fling them on the waiting shore:
from distant beaches, exotic shells
and sea glass swept in by the swells.
Driftwood and rubbery seaweed coils
are strewn on the sand like battle spoils.
So is a human being's life
buffeted and bruised by waves of strife.
Mercilessly we are tumbled about,
until fate's maelstrom spits us out.
We are wind blasted, water worn,
into a sparer, tougher form.
our rougher edges smoothed and rounded
after years of being pounded.
And if we survive, undemolished,
our characters emerge well-polished,
like a broken bottle's jagged mass
slowly transformed into sea glass.

Cindy Crooker is a member of East Rock Village.

IT COMMITTEE: “O Encyclopedia, Encyclopedia, wherefore art thou Encyclopedia?”

by John G. Sawyer

With all apologies to the Bard, the research we did as kids is a lost art. No more dusty encyclopedias, card catalogs, and library stacks. Research today boils down to knowing how to search the web.

People have commented on how encyclopedic my knowledge of all things digital appears to be. Au contraire: I merely know how to ask questions of the computer. There we have most of humankind's current knowledge at our fingertips. And, unlike research of old, the information returned is not static, but dynamic, changing even as the information itself changes. Still, how you ask the computer what you want to know is the key to enjoying these benefits.

The following tips for doing research on the internet are adapted from an article from “The Web Writer Spotlight,” at <https://webwriterspotlight.com/tips-to-nail-online-research>.

1. **Know what kind of research you want to do.** There are two basic types of research: soft and hard. Hard research deals with factual, scientific, objective topics that require statistics, numbers, and other such objective evidence. Soft research explores opinion-based topics, such as something trendy mentioned in the news. Soft research is, of course, easier to do than hard research.
2. **Make a list of keywords you will use in your search.** Think about the topic you are researching and come up with different ways of expressing the same idea in fewer than four or five words. For example, if you are trying to find out everything you can about NSA spying, **NSA spying** is an obvious keyword phrase you should start with. However, don't stop at that. Expand your keywords list to find additional pertinent information on the topic. For example, you could expand your keywords to include phrases like **Impact of NSA spying US** or **NSA spying Europe** and so on, depending on the information you seek. Just take some time to define clearly your primary keywords on paper or in your head.
3. **Enclose keywords in quotation marks.** Enter your primary keywords in Google, enclose them in quotation marks, and then hit search. Quotations allow you to refine your search

in Google and find the exact word or set of words (keywords) you are looking for.

4. **Use the minus sign (-).** The minus sign or a dash (-) is another way to filter unwanted words in search and refine your search results. For example, if you are searching for information about “jaguar, the animal,” typing **jaguar** into Google will return a huge number of web pages, many of which are about “Jaguar, the luxury speed car.” However, if you type **jaguar -car** into Google, the search engine will filter out pages about cars and bring up the pages you want about the animal. Efficient!

These four web-searching tips are probably the most frequently used and most useful. There are four more hints on successful web-searching; these and the conclusions will be listed in the next HH Newsletter. Stay tuned!

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

Hamden/North Haven Garden Party



Photos by Patty Langdon

June 7 was a perfect day for a party! Above, l-r: Hostess Lynda West, Lauri Lowell, Mira Binford, and Nira Silverman. Below, l-r: Judith Colton, Wayne Meeks, and Victor Bers.



HOUSEHOLD SERVICES COMMITTEE: A Little Bit About Asbestos

by Hal Spitzer and Steve King

The construction materials used to build older homes may contain asbestos. Homes built before 1980 may contain asbestos in cement, roof shingles, insulation around plumbing and heating pipes, ceiling and floor tiles, etc. There is no danger in having asbestos in these materials – as long as they are not disturbed. It is the release of asbestos particles that we can breathe that can cause health issues.

However, for renovations that may disturb asbestos insulation or flooring or ceiling materials – either to reconnect new plumbing to old lines, or replace old tiles with new ones – you will need to ensure that asbestos particles are not released into the air. Roof shingles and siding containing asbestos have the virtue of lasting nearly forever, but never cut them with a saw when adding a new window or skylight unless your contractor takes proper precautions.

If you are planning work that might disturb materials containing asbestos, you will need an asbestos testing company to test the materials for you. There are “do it yourself” kits, but we do not recommend them. It is extremely difficult to identify asbestos just by looking at it, so you need to send samples to a lab for testing. You’ll need professionals to do this testing; you can get names from the HomeHaven office.

There are three ways of handling the problems of asbestos in building materials. First and easiest: never disturb them. If you can see deterioration of insulation around pipes, you can contain it by either building an enclosure around the pipes or wrapping them in a protective material that keeps the asbestos contained. Let the professional recommend the best way of handling this.

The best way to handle asbestos is to remove it. To do this you’ll need a professional asbestos abatement company. One set of criteria applies if the problem only concerns plumbing connections, and the removal is limited to a small area. For larger projects, the abatement company will isolate the area, remove the asbestos, and allow entry to the area only when an air monitor tests the area and declares it particle free.

In all cases you will need not only an abatement company to do the removal, but also an air monitor company to test the air before, during, and after the removal. Sometimes an abatement company will provide both services, but more often than not, the air monitors will be independent of the removal.

Most of you will never need these services, but if you do, only hire professionals for asbestos inspections, testing, repairs, or removal. Unfortunately, these companies are often expensive so it is worth getting estimates from several of them.

Hal Spitzer chairs the Household Services Committee and is a member of Hamden Village. Steve King serves on the Household Services Committee and is also a member of Hamden Village.



Happy Birthday to HomeHaven members with a birthday in July

Al Atherton Reggie Belmont
Bill Brainard Phoebe Edwards
Ellen Estes Susan Feinberg
Polly Fiddler Cindy Glynn
Paul Hawkshaw Dorcas MacClintock
Libby Meyer Paula Resch
Rose Rudich Christa Sammons
Christina Schenker

or in August

Jan Attridge Anne Bell
Jeff Belmont Betty Berner
Victor Bers Susan Brisman
Carolyn Gould Judy Kidd
Charlie Kingsley Sharon Matthews
Charles McClendon Linda McCreless
Andrew McLaren Normand Methot
Leona Nalle Sheilah Rostow
John Sawyer Lynda West
Liz Wolf



Welcome and Farewell

by Lauri Lowell

Photo by Rick Allen

Our new editor, Jean Spencer

Jean Spencer, our new HH Newsletter editor, brings real experience to the job. She was an editor of the University of Michigan newspaper *The Michigan Daily* before her graduation from Michigan in 1961 with a degree in English with honors.

She moved to Westville in 2010 to be near her daughter, son-in-law, and grandchildren, who are now in their teens. For a while, she volunteered with the Agency on Aging's program "Choices," where she provided information to seniors who had questions about Medicare, Medicaid, and other benefits and resources. In retirement, she rediscovered painting. She also loves reading and movies.

Welcome, Jean!!

Thank you, Francie!

Thank you, Francie Irvine, on behalf of the entire HomeHaven community, for your two years of service as newsletter Editor. You brought your own fresh style to these pages, introducing new features, such as What We're Reading, and showcasing new poets and photographers. You profiled many of our newest members



Jean Spencer (l) and Francie Irvine at the annual picnic

and shared your own lovely nature photos. You stayed on top of all the HomeHaven goings-on to keep the newsletter current and useful for new and old members alike. We also thank you for finding Ellen Ryerson, our wonderful copyeditor, who worked with you behind the scenes.

Congratulations on your new role as Board Chair of Horizons at Foote. They are so fortunate to have you.

Contact Info for HomeHaven Village Leaders

AMITY VILLAGE (Bethany, Orange, Woodbridge)

Judy Moore judymoore@optonline.net Home: (203) 387-4582

Rick Allen rickallen@mac.com Cell: (203) 393-9503

DOWNTOWN VILLAGE (Downtown, Fair Haven)

Kem Edwards kemedwards@aya.yale.edu Home: (203)787-3634

Phoebe Edwards phoebeedw@aol.com Home: (203)787-3634

EAST ROCK VILLAGE

Kerry Snyder See website membership directory or contact HH office.

Karen Schneider karen.schneider@snet.net Home: (203) 498-2440

HAMDEN/NORTH HAVEN VILLAGE

Judith Colton judith.colton@yale.edu Home: (203) 407-1981

Carolyn Gould lcgould@snet.net Cell: (203) 494-0330

Patty Langdon plangdon2@comcast.net Home: (203) 624-3406

Annelies Sheehan morrissheehan@gmail.com

WESTVILLE VILLAGE

Susan Feinberg feinbergs@sbcglobal.net Home: (203) 389-2784

Celeste Markle c_markle@yahoo.com Home: (203) 397-0492

Village Gatherings

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

AMITY

Thursday, July 7 & August 4. 5pm

Virtual Happy Hour!

Join us on the first Thursday at 5pm.

Tuesday, July 26 & August 23. 3pm

Westville/Amity Coffee Hour. Postponed.

Until further notice we will not meet on the 4th Tuesday of every month.

DOWNTOWN

Saturday, July 23. 5:30pm

Zoom Cocktails!

Join us on Saturday for a great zoom gathering!
Check your email for the invite.

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

ERV

Saturday, July 2, 9, 16, 23, 30.

August 6, 13, 20, 27. 5pm

Virtual Happy Hour using Zoom!

Join us every Saturday!

Wednesday, July 13 & August 10. 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, July 28 & August 25. 4pm.

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

HAMDEN/ NORTH HAVEN

Tuesday, July 12 & August 9. 10:30am

Hamden/No Haven Coffee!

We are back at Best Video. See you then!

WESTVILLE

Thursday, July 7 & 21. August 4 & 18. 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, July 26 & August 23. 3pm

Westville/Amity Coffee Hour. Postponed.

Until further notice we will not meet on the
4th Tuesday of every month.

HH ONGOING EVENTS (members only)

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

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.

PLAY READING GROUP

On hiatus until September.

PINS AND NEEDLES

No meeting in July!

Monday, August 1 at 3pm.

We will meet at Jeannie Drury's. RSVP to
Jeannie at 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@snet.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 (kayewmaggart@gmail.com) for the
Zoom link. Jean Spencer will lead the discussion.

Dining al Fresco, June 14, Caffè Bravo



Clockwise from left: Bob Berner, Cecilia Berner, Pam
Stanton, Carol Nardini, John Sawyer, Kerry Snyder,
Wayne Meeks, Judith Colton



Events: July and August

The office will be closed on Monday, July 4.



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

Sat., July 9 & Sun., July 10; Sat. 23 & Sun. 24. 3pm.
"Grave Matters, Early Voices."

Orange Center Cemetery, Orange.

Our very own Trish O'Leary-Treat (Amity Village, Activities Committee) will show off her co-writing skills (with fellow Orange-ite, Pat Miller) in a "readers' theater" performance in honor of the town of Orange's 200th birthday. Inspired by *Spoon River Anthology*, their play brings to life inhabitants of the Orange Center Cemetery. The performance will take place in the oldest part of the cemetery on Orange Center Road. For Reservations, please call The Orange Players at (475) 227-7547. **All are welcome.**

Tuesday, July 12. 6pm.

Dining al Fresco at Luce.

2987 Whitney Ave, Hamden.

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, July 28. 10:30am.

Walk & Talk at Hammonasset Beach State Park. Madison, CT.

We are off to the beach! Meet at the Bath House entrance at 10:30am. There is a possibility of lunch together after. Details & directions are on the HH website calendar. Please RSVP to Peggy Atherton (203) 273-6118. **Members Only.**

Monday, August 1. 6-8pm.

Thimble Islands Sunset Cruise.

Stony Creek, Branford.

Enjoy your picnic dinner while watching the sun set beyond the Thimble Islands. \$25/person. BYOPicnic – there will be tables & chairs onboard. Please keep in mind that there is a cash bar, the upper deck is open-air, and the stairs are steep. Bring your layers and wear sturdy shoes. **Registration is required. Members Only.**

Wednesday, August 24. 7:30pm.

Elm Shakespeare presents *The Tempest*.

Edgerton Park.

Let's meet up to watch Elm Shakespeare take to the stage with all the drama and action you could hope for. Come early for a good spot and a chance to sit together! Carpooling is encouraged: it's fun and there is only street parking. **Members and Friends.**

June 6 Walk & Talk

HomeHaveners looked at the flowers and more on a walking tour of Grove Street Cemetery led by GSC board member Darlene Casella (right).



Photos by Rick Allen

HOMEHAVEN OFFICE

📞 203-776-7378 📞

info@homehavenvillages.org

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