

Message from the Executive Director: HOMEHAVEN IS WHAT YOU MAKE IT!



In the early days, the founders of East Rock Village started with basic services and activities – rides to the doctor, home safety inspections, vetted contractors home health services, and walking groups. Over time, more people joined and more services and activities were

added. With each new member came new talent, expertise, and interests. The community and the organization grew together.

Today, most of our cultural and educational programs are led by members. (The one notable exception is Health & Wellness, where we bring in experts.) All our social and recreational activities are conceived and hosted by members. Every interest group has a point person, a member who coordinates that activity.

We have 10-plus committees that run our organization, all chaired and populated by members. Take a look at the HH Events Calendar on the website – there’s a lot going on each month. With only two staff, (and a third coming on part-time this month, see page 5) you can be sure that the staff doesn’t make it all happen: *YOU DO!*

New interest groups are popping up. There’s no limit to how many we can have, or what they’re about. All it takes is a point person, and a few interested members.

Check out the Interests tab on the Menu of our website – you’ll see “Activities and Interest Groups.”

Some of the Interests already have an ongoing group that meets regularly, such as Walk & Talk, Pins & Needles, Book Group, Play Reading, Cooking in Different Languages, Dining Out Around the World, and Memoir Writing. They are all open to new participants. Most of the Interests don’t have a group yet, and are just waiting for someone to come along and pull it together. Kerry Triffin just started a new philosophy group – ask him how he did it. He’ll be happy to tell you.

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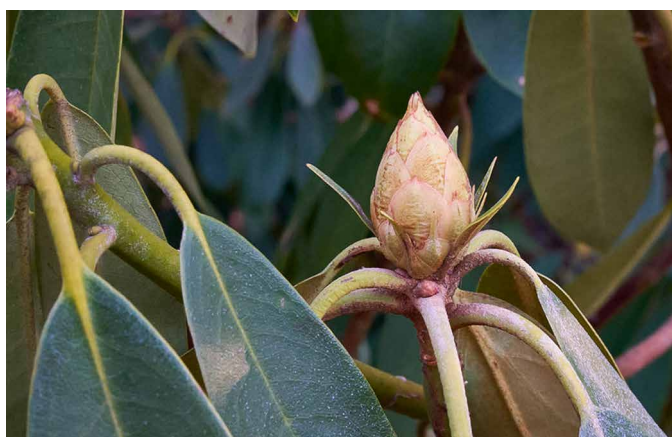


Photo by Rick Allen

Rhododendron

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Message from the Executive Director *continued from page 1*

Coming Up: An Advanced Care Planning series is coming up in April and May. Sign up now! See the notice on page 7.

Also coming up in April is Mud Follies! This is one of HomeHaven's four big yearly community-wide events, back after a 3-year Covid-induced hiatus! If you have some talent – and even if you don't – contact Kate (see page 5). The show is April 12, so there's still time!

Finally, I know it's been a weirdly warm winter, but the real spring is coming later this month, so watch out for the crocuses, if they haven't sprung up already!

Hoping to see you soon!

Lauri

Lauri J. Lowell



Crocuses

Photo by Rick Allen

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:

- 2 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- 3 computer assists
- 5 referrals for household maintenance
- 0 referrals for home health services
- 1 information request

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!!***



HomeHaven News

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IN MEMORIAM

May their memories be a blessing

JOEL P. SILVERMAN

November 11, 1938 - February 2, 2023



which he did his residency at Manhattan Eye and Ear, specializing in ophthalmology. He worked for the public health service in Maryland and

Raised in New York City and a resident of North Haven, Connecticut for the past 52 years, Joel Silverman passed away on February 2. Joel graduated from Columbia University and NYU Medical School, after

Alaska before starting his own private practice in New Haven, Connecticut.

A man of many passions, he took great pleasure in jazz, classical music, and poetry. He is survived by his wife of 59 years, Nira, children Miryam (Paul), Sharon (Gary), and Sherri, and grandchildren Beckett, Yair and Ben. He passed away peacefully at home surrounded by his devoted wife and daughters. He will be greatly missed by his family and many friends who loved him.

CONSTANCE B. LAPALOMBARA

December 13, 1935 – February 14, 2023



Fuller, predeceased her.

Constance earned a BA in Political Science from Manhattanville College in 1957 and worked for the CIA in Washington, DC, in the early 1960s. She later worked for The Russian Institute at Columbia University, where she became assistant administrator, a position she held until 1970. Constance showed a talent for painting at a very young age, but it wasn't until later in life that she decided to pursue this as a career. In the early 1970s, she studied with William Bailey

Constance Beezer LaPalombara, 87, died February 14, at The Whitney Center, Hamden, CT. Born to Frances Escobar Beezer and Charles Ada Beezer, she grew up on Long Island and attended high school at the Sacred Heart Academy. Her one brother, Lawrence

and Andrew Forge, among others, at the Yale School of Art, and in 1980 she enrolled in the MFA painting program at The Tyler School of Art and Architecture at Temple University in Philadelphia, PA. Constance spent the first year of her graduate program in Rome, Italy, a country she later returned to on an annual basis to paint in the countryside of Umbria and Tuscany. She completed her studies in Philadelphia and graduated with an MFA in painting in 1982.

Working primarily in oils, Constance was a landscape and still-life painter who painted from direct observation. Her landscapes mainly focused on urban New Haven and coastal Maine. She spent considerable time painting in Italy, which was an important influence in her work. Light and color are the heart of her work, and in her paintings, she portrays a sense of place that speaks beyond the physicality of the paint. Among her favorite painters who influenced her work are Edward Hopper, John Baptiste Corot, and Giorgio Morandi. Constance's paintings were featured in one-woman and group exhibitions in New York, Connecticut, Maine, and Rome, Italy.

continued on page 4

IN MEMORIAM: LAPALOMBARA *continued from page 3*

Her paintings are in public collections in many places, including New Haven Paint and Clay Club Permanent Collection, New Britain Museum of American Art, Enichem USA, New Haven Public Library, Smilow Cancer Center, Yale-New Haven Hospital, Wachovia Bank, New Haven, Banca Commerciale Italiana, New York, NY, and Italiana Gas Industriale, Milan, Italy.

Since the 1970s, Constance divided her year between Connecticut and Maine, where she spent her summers from the 1970s until last year. She loved the beauty and serenity of Down East Maine, where she painted stunning landscapes, swam in the ocean, walked and kayaked with friends and family, and took away more than her fair share of first-place titles in singles and doubles tennis competitions at The Causeway Club of Southwest Harbor.

Constance is survived by her husband of 51 years and the love of her life, Joseph "Gufo" LaPalombara; her three stepchildren Richard LaPalombara (Carol Ann Phelps), David LaPalombara (Robin Webb), and Susan LaPalombara (Marc Frohman); her four treasured granddaughters Paia LaPalombara (Lee Schott), Alicia LaPalombara (Zachary Ciccone), Zoe LaPalombara (Michael Poznansky), and Hannah LaPalombara; and her three great-grandchildren Rowan and Lane Schott, and Solomon LaPalombara Ciccone. She was a petite woman who filled any space with strength, personality, intelligence, and humor. She will be missed terribly by her loving family and friends but will remain with us in memory and the beautiful paintings she left behind.

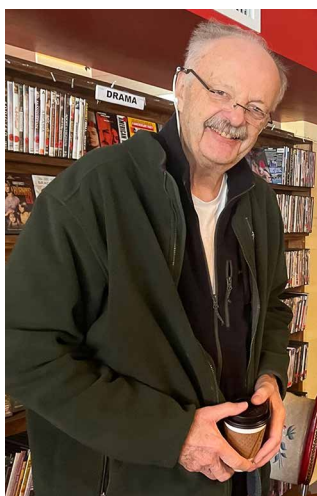
CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

Judy Naden gave
in gratitude to Jim Barnes

Pat and Rick Allen,
Anonymous,
Reggie and Jeff Belmont,
Victor and Susan Bers,
Constance Clement,
Jim and Mike Fowler,
Joseph Gordon and Mark Bauer,
Suzanne Meeks and
Russell Vandenbroucke,
Judy Naden, and
Nan Ross all gave
in memory of Wayne Meeks

Susan Bers and
Judy Naden gave
in memory of Helen Robinson

Hamden and North Haven Villagers Met for Coffee on February 14



Photos by Patty Langdon

Left to right: Ron Rozett, Annelies Sheehan, Fred Ziegler, Barbara Fiddler, and Susan Bers

MEET OUR NEW MEMBERSHIP ASSOCIATE, ABBY KLEIN

I'm delighted to announce that we've just hired Abigail Klein to fill the position of Membership Associate! Abby, a native New Havener, has recently moved back to our area with her husband, after spending close to a decade in France where she earned a masters in International Development and honed her skills in a variety of professional venues.

Abby's responsibilities will include helping members engage in the life of our community, as well as helping new members get started. She will be instrumental in carrying out our fall promotion campaign, working closely with the Membership Committee and Village Leaders. Abby will be attending committee meetings, Village social hours, and activities in order to get to know HomeHaven and all of you, and for you to get to know her. Her start date is March 6, so please look for her at your March events and give her a warm welcome!

Kate and I are excited to have her join us in serving our wonderful community. A big thank you to ERV member Linda Klein for introducing us to her warm and accomplished daughter!

– Lauri Lowell, Executive Director

Photo by Christopher Crone



Abby and her puppy, Mia

Casting Call



**The resurrected Mud Follies
will light the skies**

on Wednesday, April 12th 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?

Call Kate at the Office to reserve a spot on the bill. 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!**

– Louis Audette

HEALTH MATTERS: Thoughts on Grief

by Linda McCreless, LCSW

In Western culture we don't like to think about grief. However, eventually, grief finds all of us, often at unexpected times and in unexpected places. Grief isn't just about death: it's about loss, a universal part of human experience. It can be a response to loss of a job, of independence, of physical or mental capacities, of a relationship, and even loss of aspects of one's own identity.

Grief is as unique as each individual; there is no right or wrong way to grieve, and despite popular beliefs about how long grief should last (e.g., that one should be back to normal functioning after six months or a year), there is no timeline for an individual's experience of grief. It is perhaps the messiness of grief that makes us uncomfortable and leads us toward attempts to better understand and even control our experience.

Many theories purport to describe what occurs when a person is grieving. The most prominent theory of the stages of grief, Elisabeth Kübler Ross's five stages of grieving, describes a series of emotions, including denial, anger, bargaining, depression, and acceptance. A sixth stage, finding meaning in the loss, has recently been added by David Kessler in his book, *Finding Meaning: The Sixth Stage of Grief*.

Kübler Ross developed her theory in 1969 to describe how terminally ill individuals understand their impending mortality, later expanded to describe the experience of individuals whose loved ones died. The theory led to the cultural compartmentalization of grief, which has sometimes been described as an American way of sterilizing the grief process. Notwithstanding that grieving persons often experience the emotions that Kübler Ross identified, grief is not a linear process. The stages do not occur in any particular order; they often recur more than once, and they do not actually lead to a final resolution of the grief, which must be processed and reprocessed throughout the life span.

Grief can be triggered when it is least expected - by a place, a time of year, or even a smell or a sight that reminds one of a profound loss. Even many years later, when cognitive awareness of the grief and loss may have receded for long periods, the body seems to hold awareness of it, such as when an adult is surprised by the reemergence of feelings and memories that surrounded a painful childhood experience.

Grief doesn't only mean sadness, but can elicit a range of emotions from anger and irritability to shock, guilt, relief, yearning, and loneliness. Individuals sometimes feel guilt over feeling numb or even relieved, following the death of a loved one. At such times major changes must take place in one's life and within oneself, and all feelings are valid in going through that process.

Perhaps the most effective way of managing grief is to seek the help of a support system. Rarely, if ever, are we healed in isolation, and being alone in one's grief can actually compound it. Grieving can feel like being alone in a solitary cell without a window, and for healing to occur it is important to reach out to supportive others who can be empathic and can help the survivor to feel seen, heard, and understood. Healing needs to be an act of community, with communication and conversation about the lost loved one which help us to find meaning in the loss. Through connection with others we find an antidote to the pain of grief.

Linda McCreless is a member of the Health & Wellness Committee and a member of East Rock Village.



Happy Birthday to HomeHaven members with a birthday in March

Peggy Atherton Barbara Beitch
Dick Bell Harriet Bergmann
Linda Burt Gloria Cohen
Judith Colton Kem Edwards
Barbara Fiddler Steven Fraade
Beth Glynn Traugott Lawler
Leon Plantinga Marc Rubenstein
Jean Spencer Fred Ziegler



ADVANCED CARE PLANNING: 4-Part Series with Becca Allen, MSW

Starts April 13 – Register Now!

Thursdays 4/13, 4/27, 5/11, 5/25 from 1:00-2:30pm

We ask you to commit to all 4 dates — the synergy of the group requires it.

Mitchell Library, 37 Harrison St., New Haven (Westville)

This is an opportunity to do your Living Will and Health Care Proxy in an engaging and supportive group led by Becca Allen, social worker and End of Life Doula. Becca will guide you in discovering your own perspective and preferences. You will be working with the documents recommended by YNHH.

- **Limited to 12 participants;** each will get personal assistance, as needed.
- **Strictly confidential** among members of the group.
- **No charge.**
- **HH members only.**

Here is what past participants had to say:

“Becca is a wonderful facilitator full of relevant information to guide this process. But I think it’s her empathy and openness that allowed the group to cohere in a short time over a difficult subject.”

“Becca is a marvel! Who could imagine 12 strangers brought together and within an hour and a half — opening up to one another about that most fraught subject — dying. But by some magic she made it happen.”

FOR MORE INFORMATION OR TO REGISTER

email Lauri: Lowell@homehavenvillages.org

or call the HomeHaven office at (203) 776-7378

ERVers Tour the Yale British Art Center



Photos by Mary-Jo Warren

HomeHaven member Andrew McLaren, YBAC Docent, led members of East Rock Village on a visit to the special Moore-Brandt Exhibit at the Yale British Art Center on February 17.

HOUSEHOLD SERVICES COMMITTEE: Mold in your Home

by Steven King

Take the first step: learn what mold looks like, and then search for it in your home. It is green-blue, yellow, black like water paint dripped or splashed on a surface and usually looking gross. (See Google – “images of mold”.) You would commonly find it in the refrigerator, on door seals, on the walls and curtains of bathroom showers, and on drywall due to leaks. Any area that has been wet for more than 24 hours is suspect — carpets, sheetrock or insulation, water pipes and leaks in the roof. You can smell some molds.

You can clean mold off non-porous surfaces yourself with a weak solution of bleach and water. When doing so, protect yourself by wearing rubber gloves. Leave severe mold issues to a professional.

Allergy and irritation are the most common symptoms of mold exposure. They turn up as nasal and sinus congestion; eye irritation, such as itchy, red, watery eyes; wheezing and difficulty breathing; and skin irritation such as a rash.

You cannot eliminate all mold spores from a home, but being aware of them is key. Ventilate your home well and always use ventilation fans in bathrooms and kitchens. Fix roof leaks and wet basements and leaking pipes. Air conditioners and dehumidifiers

can help keep the humidity level below 50%. A digital hygrometer (humidity meter) is an inexpensive helper in tracking your home’s humidity.

A few more tips: avoid carpeting in kitchens, bathrooms, and basements. Dry floor mats regularly. If your leaky basement contributes to flooding in heavy rains or melting snow, help is available from companies that put in perimeter drains and sump pumps to get the water out quickly. Always make sure clothes dryers are vented to the outside, as nothing could be more likely to fill your home with moisture than leaving them unvented. In that connection, make sure to have the dryer duct cleaned out annually. Do not hang wet clothes to dry indoors.

Mold testing is not required by any regulatory agency. There are no state or federal standards for mold in homes, and testing can be more expensive than simply cleaning and repairing the water problems that allow mold to grow.

Taking good care of your home is a good way of taking care of yourselves.

Steven King is a member of the Household Services Committee and a member of Hamden Village.

VOLUNTEERS NEEDED!

What can YOU do?

Drive someone to the doctor?

Fill in at the HH office?

Rake leaves? Change a lightbulb?

Call the Office

203-776-7378

**to discuss volunteer
opportunities.**

Let us know what you can do.

It’s good for us. It’s good for you.

It’s a New Year for Taxes, Too

by Frank Estes

... and time once again to plan for managing the Required Minimum Distributions from your retirement IRAs.

Remember, a gift to HomeHaven by way of a Qualified Charitable Distribution can be of help in the process. For details, see the November 2022 HH Newsletter, or give me a call.

Frank Estes, Chair
Fund Development Committee
(203) 393-3159
estesfw@hotmail.com

I Can Relate to That

by Harriet Bergmann

An article in the *New York Times* on what makes a good life cites the Harvard Study of Adult Development, begun over 80 years ago, that recommends developing strong relationships as the single most effective way to make a happy life. You can see instantly where this is going (and dismiss it as advertising hype if you want), but HomeHaven is the perfect locus for accomplishing both a widening and a strengthening of relationships.

HomeHaven started with a group of people who already had a relationship, albeit a fairly ordinary one: we were neighbors. That was where the Village movement began, after all. But as HomeHaven gained more and more members, I met people I never could have met any other way. When I suggested a memoir writing group, seven people came; I knew only one of them. Now, seven years later, I can't tell you how well I've come to know the ones who remain, and the ones who have since joined.

I've lived in New Haven for 20 years; my husband Hans was born and grew up here. I knew some people,

of course, and indeed our best friends, John and Carol Hay, had lived here for quite a while before we came. We made work friends, and neighborhood friends, but it wasn't until we read about the Village idea that it occurred to us and to those neighbors that we could ask, through HomeHaven, "Could you walk my dog this afternoon?" or "Could you give me a ride to the auto shop?" or "Do you know anything about why my iPad is acting up?" Before HomeHaven, such requests might have felt like embarrassing "impositions" on the neighbors.

HomeHaven has made it possible to do the asking in a way that removes all that worry about imposing. We all give and take in the ways we can, and this makes new relationships form and old ones widen and deepen.

And all of that means that Harvard is right: relationships DO make for a good life!

Harriet Bergmann is a member of East Rock Village and runs HH's memoir writing groups.

Book of Job Study Group

by Jean W Spencer

In March, Susan Feinberg, one of the Village Leaders of Westville, will lead a study group on the *Book of Job*, one of the most — if not *the* most — controversial book in the Bible. It directly and unambiguously attacks the concept of Divine Justice, which avers that the righteous prosper and the wicked suffer. As Susan warns potential participants, "*The Book of Job*" can be dangerous to your mental health. It challenges everything a person wants to believe. As Rabbi Harold Kushner wrote, "If you read it honestly, you will not be the same person when you finish that you were when you began."

After more than a thousand years of scholarship, this story continues to pose deep philosophical questions: What is piety? Why bother to be good if God allows the good to be destroyed and the wicked to flourish? Why does God need to test his most devoted followers? What is the nature of God? The aim of this discussion group is to try to understand the *Book of Job* and then, individually, come to terms with it.

Readings for each session will be assigned in advance so that all participants are "on the same page." All readings will come from the *Book of Job* itself, except for one chapter in *Deuteronomy*. You may use whichever translation of the Bible you prefer, as long as it is the full version and not a "simplified" or children's version.

The study group will meet at the Mitchell Library, 37 Harrison Street, New Haven, for three sessions on three consecutive Tuesdays: March 14, March 21, and March 28, from 2:30–4:00. Each session will focus on discussion. That means that participants owe it to each other to come prepared. Susan requests that you sign up only if you can attend all three sessions.

To sign up, please contact Susan directly either by phone at (203) 389-2784 or by email at feinbergs@sbcglobal.net. This study group is for HH Members only and will be limited to 12 participants.

Jean W. Spencer is Editor of the HH News and a member of Westville Village.

WHAT ARE YOU READING?

Curated by Celeste Markle

Vic Altshul of Downtown Village writes that he has just read *Lessons*, by Ian McEwan, “a deucedly clever spinner of tales, of which he tells many. These come around and interact with one another in fresh and surprising ways. I have reason to suspect that he is as impressed by his cleverness as I am, but he’s so good that he gets away with the pyrotechnics. At the same time his characters are deeply and poignantly rendered. As an admirer of his earlier novels, particularly *Atonement* and *Saturday*, I was prepared to look favorably on this one. He did not disappoint me.”

John Wilkinson, also of Downtown Village, drifts toward a more classical track. He says that for the past two decades he’s been re-reading and re-re-reading valued literature from his youth: Homer, Vergil, the Hebrew Bible, Dante, Shakespeare, Milton, Proust, Tolstoy, Austen, Dickinson, Joyce, and much more. Cervantes was delayed, to give John time to learn

more about 17th century Spain to appreciate Quixote more fully. He says that the effort was well worth it for the truly great adventure into the worlds of illusion and reality and their interaction, the noble quest of a man, not mad, but possessed.

Carol Nardini of Westville Village is reading *People of the Book* by Geraldine Brooks. Based on a true story, it is about a rare book expert who is commissioned to conserve the famed Sarajevo Haggadah, a beautifully illuminated Hebrew manuscript created in 15th century Spain. The novel touches upon tracing the creation of this writing to modern times. If you enjoy historical fiction and delving into the intrigues of fine art forgers and ultra-nationalist fanatics, then this book is for you. The novel, written by a Pulitzer Prize author, was on the *NYTimes* Bestsellers list. It’s a page turner.

Celeste Markle is a Village Leader, a member of Westville Village, and serves as Secretary of the HH Board.

Westvillains Dine Out

Photo by Susan Feinberg



Members of Westville Village met at local restaurant Carmine’s for a dine-out gathering on February 16.

NEED HELP
with your cell phone or
other electronic device?



**The HomeHaven IT Helpers
are here for you!**

**We make home visits and provide
consults over the phone or Zoom.**

To start the process, call the Office.

203-776-7378

An IT helper will call you back.

HH ONGOING EVENTS (members only)

BOOK GROUP

Fourth Monday of the month. 7pm.

The next Book Group is March 27 at 7pm on Zoom. The book for March has not yet been chosen. Contact Mary-Jo warrenmaryjo1635@gmail.com for the book selection and the Zoom invite. All genres welcome!

COOKING/DINING GROUPS

**Cooking in Different Languages: Portuguese
Monday, March 20. 6-8pm**

CiDL is a cooking group that picks a country/region on which to base a delicious meal. Each month a different cuisine is chosen, members suggest what they would like to prepare, and a host coordinates the menu to make sure all courses are covered. **Registration is required by March 10. Space is limited to 12.**

**DINING OUT AROUND THE WORLD:
TBA**

Tuesday, March 28. 6pm

A monthly dinner group that meets at a different local restaurant that offers international cuisine. The next restaurant is chosen by the diners. **Registration is required by March 21. Space is limited to 10.**

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.

PINS AND NEEDLES

Monday, March 6. 3pm

The March meeting is at Kathy Denardo's home. RSVP to Kathy at Vivian.denardo@att.net or 203-687-8835. 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. You must be fully vaccinated to attend.

PLAY READING GROUP

Tuesdays, March 7 & 21. 7pm

Ah, Wilderness by Eugene O'Neill

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 to those registered.

BORN ON THE VERGE OF SPRING

by Cindy Crooker

How fortunate to be born on the verge of spring,
when winter's thaw reveals the first living thing.
Dots of color, like periscopes, poke through the snow,
searching for signs winter's ready to go.

March is the surprising month; the unexpected
resurgence of life, the blooms resurrected,
and then, buried again or flattened by sleet,
as spring's early advance is turned into retreat.

The other seasons are not as dramatic;
their extreme heat or cold makes them seem static:
The slow decay of fall's disintegration,
the smooth white sheet of winter's hibernation,
and summer's ceaseless days of sun and seashoring
could strike a New Englander as a bit boring.

March is the month when our wills are tested,
for nature's forces would see us bested.
Like journeying pilgrims, we slog through the mud,
frail human creatures of mere flesh and blood.
Yet life's about struggle, and those born in spring
Are well seasoned and can weather most anything.

Cindy Crooker is a member of East Rock Village.

*Monday, March 20
is the first day of Spring!*



Events: March



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

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

Wednesday, March 22, 10am

Foot Health and Wellness with Dr. Neal Zomback

The Health & Wellness Committee welcomes Neal Zomback (DPM) is a podiatrist practicing in New Haven for over 30 years. Dr. Zomback will discuss foot and shoe anatomy, basic foot care and common foot disorders. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

Friday, March 24, 1pm

What's Going On with Gender? A Conversation about the Diversity of Gender Identity

A special HH program with **Dr. Lisa Marcus**, a Clinical Psychologist in New Haven. Dr Marcus will lead this important discussion. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

Sunday, March 12

Spring Ahead for

Daylight Savings Time!

HOMEHAVEN OFFICE

☎ 203-776-7378 ☎

info@homehavenvillages.org

Generous support for HomeHaven provided by:

Whitneyville Food Center: 203-248-4471

Thrive
AT HOME
WITH WHITNEY CENTER
www.thriveathome.org
203-848-2626

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(203) 298-9700

www.visitingangels.com/woodbridge

Click on the logos to go to the websites.

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Village Gatherings

AMITY

Thursday, March 2. 5pm

Virtual Happy Hour!

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

DOWNTOWN

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

ERV

Saturday, March 4, 11, 18, 25. 5pm

Virtual Happy Hour using Zoom!

Join us every Saturday!

Wednesday, March 8. 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 23. 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 14. 10:30am

Hamden/No Haven Coffee!

We meet at Best Video. See you then!

WESTVILLE

Thursday, March 2. 6pm

Soup Supper @Celeste's.

The soup is provided; you bring an offering that serves 6 and wine. RSVP to Susan Feinberg for an accurate headcount.

Thursday, March 16. 6pm

Neighborhood Dining @Solun.

We are trying some of the great restaurants in our neighborhood! Solun is a tapas restaurant located at 245 Amity Road. RSVP by 3/13 to Susan Feinberg for an accurate headcount.

Thursday, March 30. 6pm

Soup Supper @TBA's.

The soup is provided; you bring an offering that serves 6 and wine. RSVP by 3/27 to Susan Feinberg for an accurate headcount.