

Message from the President: Emerging from the Cocoon of Our Own Ageism

Winter is over. Spring is here.
The sun's warmth splits
the chrysalis.
The butterfly slowly unfurls
its wings.
Time for us to emerge.
To open our wings and fly.

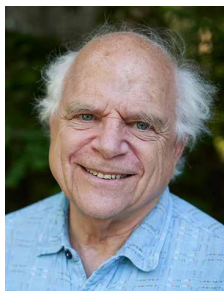


Photo by Rick Allen

into blaming my age and failing memory—quite mistakenly, as it turned out! Ageism again!

In literature, in movies, on TV shows and ads, old people appear as loners, behind the times, out of touch, and pretty much useless. It's easy to fall prey to that kind of thinking, allowing ageism to take over and become a self-fulfilling prophecy. We CAN make better choices, with more rewarding potential, about where we direct our attention and energy.

We are older, and there are challenges we might encounter that legitimately arouse fear and trepidation: Fear of serious illness or dying; fear of becoming a burden, or of a loved one becoming

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At our age, all manner of things enclose us, including some that are actually the product of our own internalized ageism.

We have been brought up to see the elderly as being set in their ways. "You can't teach an old dog new tricks." Not so! I could happily tell you a story about a 94-year-old who is visibly learning new tricks. And yet, when part of ME wants to avoid confronting my inadequacies when it comes to computers, I can find absolution in pointing to my cocoon and saying, "I'm too old to learn." Not so! Again, that's ageism.

Recently a young person pointed out that I had forgotten to repay a debt I had incurred. I immediately smote my forehead and apologized. I leapt blindly

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*It's time for the HH
Annual Picnic!*
(New Date!)

Thursday, June 15, 5-7pm

Edgerton Park Carriage House Garden

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Message from the President *continued from page 1*

more dependent on us than we can handle; fear of loneliness, loss of dignity, being unsafe.

A major boon in our advanced years is a wider and deeper perspective. So, what if we invite fear to be a friend? It seems to me, a fear is best dealt with by looking it in the eye, seeking knowledge and resources, talking and sharing the feelings with others, focusing on present realities first and foremost, and then choosing how much agency we want to allow our fears to have in the future.

In the process, we need to practice gratitude for the strengths and gifts we've been given that can help us cope, and we can look at fear as a partner encouraging us to move forward rather than retreat. Facing fear of dependence, fear of losing our independence, we can envision rewards accessible to us through development of interdependence.

And we are in the right place. HomeHaven, right?!



Kerry Triffin

Welcome, New Members!

Barbara Lassonde – Hamden

Cathy Parsons – Westville



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 month, HomeHaven provided members with:

- 11 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- 5 computer assists
- 8 referrals for household maintenance
- 3 referrals for home health services
- 7 office volunteers

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!!***

HEALTH MATTERS: Assessing Bone Health

by Philip Pierce, MD

Falls and their resultant fractures are a common cause of disability in older adults. That makes preventing falls of great importance to us. But preserving bone health and strength is also very important for mitigating the damage that falls can do.

Our bones are continually being built with a matrix of collagen and other minerals, including calcium, in a process called bone deposition. Generally, at about age 30, bone resorption, or demineralization, starts to occur, and by age 50 the bone resorption may have become greater than the bone deposition, and bone density may decrease.

Individuals vary in their rates of bone demineralization. Women are at greater risk because their bones are smaller than men's, and the decrease in estrogen with menopause reduces bone deposition. Multiple health conditions and medications can also increase bone demineralization, and a family history of osteoporosis-related fractures boosts the odds in both sexes.

Osteopenia and osteoporosis are the clinical terms applied to this gradual depletion of bone mineralization. The risk for fracture rises directly in relation to the degree of demineralization. In individuals with significant osteoporosis, a seemingly mild bump or trip may result in a fracture.

A first step in assessing bone health and developing a strategy for maximizing it is a clinical evaluation of bone density. The most commonly studied and used bone measurement test to screen for osteoporosis is the Central DXA (central dual-energy x-ray absorptiometry). It uses radiation to measure bone mineral density at the hip and lumbar spine.

The current United States Preventive Services Task Force (USPSTF) recommendations (edited) for osteoporosis screening are as follows:

- Women 65 and older, should be screened for osteoporosis with bone measurement testing.
- For men, the USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of screening for osteoporosis to prevent osteoporotic fractures.

At age 80 men generally have fracture risk similar to women at age 65. It appears reasonable, therefore,

to screen men for osteoporosis at 80, but insurance coverage (including Medicare) is more restrictive.

The USPSTF does not give specific recommendations on repeat screening, but it is general practice to repeat screening every two years.

Insurance payment for screening may vary, but Medicare Part B covers a bone mass measurement once every 24 months for women over 65 (more often if medically necessary) — at no cost to the patient when the doctor orders it. Coverage for men is more restrictive, i.e., one of the following conditions must be met:

- Your X-rays show possible osteoporosis, osteopenia, or vertebral fractures.
- You're taking prednisone or steroid-type drugs or are planning to begin this treatment.
- You've been diagnosed with primary hyperparathyroidism.
- You're being monitored to see if your osteoporosis drug therapy is working.

Why is osteoporosis screening important?

The modalities to manage bone health vary based on your screening results. For individuals with osteoporosis, medical intervention is recommended. Medical therapy aims to restore the balance of bone deposition against bone resorption. A discussion of the benefits versus risks of various treatment options is beyond the scope of this newsletter, but medical treatment for people with osteoporosis includes bisphosphonates, parathyroid hormone, raloxifene, and estrogen.

We can also reduce fracture risk with non-medical interventions, such as muscle strengthening, regular moderate intensity aerobic exercise, smoking cessation, and alcohol moderation. Other strong foundations for bone strength are adequate calcium intake – 1200 milligrams daily for women aged 50 or over and men age 70 or over – and adequate vitamin D to help with calcium absorption.

Talk to your health care provider to assure you are current in your bone health assessment and to determine if you have any health or medication risk factors increasing the possibility of osteoporosis.

Philip Pierce is a member of the Health & Wellness Committee and Amity Village.

HOUSEHOLD SERVICES COMMITTEE: Stair Lifts

by Harvey Feinberg

Many of us live in two-story houses. As we age, we may feel a need to install a lift to make going up and down those stairs easier. According to a Forbes magazine article (<https://www.forbes.com/health/healthy-aging/best-stair-lifts/>), “a stair lift uses a track that’s typically mounted on the wall along a stairway or on the tread of your staircase. A chair with a motorized gear or wheels at its base and a secure seat travels slowly up and down this track. Controls are mounted on the chair, though many stair lifts have remote controls as well.”

The magazine’s staff evaluated a number of stair lifts and the writers ultimately recommended five: Ameriguide, Handicare, Stannah, Harmar, and Bruno. The article considered “prices, stair lift types, safety features, customization options, warranties and accessibility nationwide.”

Installation is easiest and less expensive if the stairs are straight up from the first floor, perhaps \$2,000 to \$4,000. If there is a landing or a curve, the cost rises considerably, often to more than \$10,000.

If you are looking into a purchase, pay attention to the size of the motor, the warranty, and the features. In terms of size, a bigger motor will probably be better. Warranties are more difficult to compare because they vary in so many ways. For example,

the warranty can be as short as one year or for 10 years, or even for the lifetime of the lift, but with limitations. The Forbes article identifies a number of useful features, including armrests and footrests, foldable seats, seat belts, electronic sensors to detect items on the stairs, and speed controls. If the stair lift is operated by batteries, a battery charger that plugs into a standard outlet is essential.

In general, unfortunately, Medicare will probably not pay for a stair lift.

Finally, I spoke with a member of HomeHaven who enthusiastically recommended Acorn (<https://acorn-stairlifts.com/>). The member described a very professional installation and problem-free experience.

Harvey Feinberg is a member of the Household Services Committee and Westville Village and serves on the Board.

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consults over the phone or Zoom.

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An IT helper will call you back.



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

Bob Adnopoż Diane Ariker

Jim Barnes Bob Dannies

Kathy Denardo Irene Fiss

Randy Hoffman Bonnie Hole

Jane Jervis Barbara Lassonde

Adrienne Lewis Philip Rosenthal

Annelies Sheehan Manjula Shyam

Hal Spitzer Kerry Triffin

Virginia Wilkinson



WHAT ARE YOU READING?

Curated by Celeste Markle

From time to time we randomly ask our members to share what they are currently enjoying. Here are three recent responses.

Peggy Lawler, of Hamden Village, writes that she is reading *The Four Winds*, by Kristin Hannah. This is an historical novel about a family relationship during the Dust Bowl and the Great Depression. A powerful story, it recounts the hardships and perseverance of people of that era. Peggy was reading the book on a plane trip to Oregon and got talking to the woman next to her who had also read it. She encouraged Peggy to read *The Worst Hard Time*, by Timothy Egan, which chronicles the Dust Bowl era through memories and interviews of survivors. Peggy is reading that now and is blown away by the resilience of the folks who tell their stories.

Kem Edwards, of Downtown Village, is into early English history. He and Phoebe have been glued to Netflix's *The Last Kingdom*, and wondered if it was at all accurate about King Alfred of Wessex and his dream of a united England. Kem's most enduring memory of the period goes back to *A Child's History of the World*, and he remembered reading about "Aeltheired the Unready," who was a contender to the throne but not of admirable character. His widow, Aethelfried, is another story. As luck would have it, some years back Kem had bought a paperback, *Oxford*

History of Britain: Roman and Anglo-Saxon England, and has been refreshing his loose knowledge of the period. And yes, the show is "accurate." And, he says, we know what will happen next. Thanks to the old books in his library!

Jean Spencer of Westville writes that she is reading a book about a book, a terrible and true story! *Fallout*, by Leslie M. M. Blume, tells the story of how John Hersey's international bestseller, *Hiroshima*, managed to be researched, written, and published in 1946. *Hiroshima*, first printed as the entire contents of an issue of the *New Yorker*, pierced the U.S. government's coverup of the actual devastating effects on human beings of the first atomic bomb which was dropped on that city in 1945. Publication of the book brought about worldwide discussion and reassessment of the use of nuclear weapons. *Hiroshima* was a Book-of-the-Month Club selection and was in Jean's parent's bookcase but she never read it then. In high school she became a fan of John Hersey's when her Civics teacher recommended a later novel of his called *The Wall*, about a group of people living in the Warsaw ghetto toward the end of WWII. The Blume book is a recent pick of the HomeHaven book group.

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

Hamden Village Soup Sunday

Photos by Kaye Maggart



L-r: Roger Ibbotson and Patty Langdon; Barbara Fiddler and Bob Sandine; Patty Langdon, Judith Colton and Sharon Matthews

Live Music for HomeHaven Members

by Fred O'Brien

The recent pandemic was awful in both the obvious ways and some less obvious. Among the less noticeable but still unfortunate effects of the fear of infection was the complete (though thankfully temporary) shutdown of the music business.

I am a part-time musician and I had 35 jobs booked for the year on March 1, 2020. They were all canceled by April 1st. My wife, a fulltime performer, endured the loss of over a hundred engagements in 2020.

But, despite the best efforts of the virus, we made it through and, thanks to social distancing and the benefits of medical science, escaped COVID infection (so far). In the larger society, the live music business (i.e., people making music with actual instruments in the same space as the audience) has slowly revived in greater New Haven. Though the types of music and venues are perhaps not aimed at the HomeHaven demographic, a little experimentation is never a bad idea. (My personal tastes run to rock and roll and jazz, but I receive emails regarding classical performances, thanks to Yale Music School.) But whether one is adventurous or simply sated with Netflix, these are some of the local places to hear and see live performances of popular, Americana-style, jazz, and classical music.

1. YALE SCHOOL of MUSIC (<https://music.yale.edu/concert-series>): The concerts and recitals at Sprague Hall on College Street are the best bargain in town. Many are free to the public and those with a tariff are almost always worth the money. We recently saw a phenomenal jazz concert featuring an ensemble led by Jesse Hameen, a Yale factotum and first-call jazz luminary. We've attended concerts by Ron Carter, Regina Carter, Russell Malone and many great Yale faculty.
2. FIREHOUSE 12 (<http://firehouse12.com/aboutthevenue>): This is actually a renovated firehouse at 45 Crown Street in the 9th Square. The music there is on the avant-garde tip of jazz generally, but the tiny concert room is a chapel of exploration and the performers are trailblazing and highly skilled. We attended a show by Bill Frisell, a guitar polymath who knocks down boundaries and builds majestic moods. Highly recommended for those with a taste for something fresh.

3. CAFÉ NINE (<http://www.cafenine.com>): Around the corner from Firehouse 12 stands a New Haven institution. Known as "the musicians' living room," Cafe Nine was founded by my friend Mike Reichbart and has continued to present live music every night and many afternoons, along with food and beverages, for over 30 years. Management has changed over the past year but the ethos (music first, everything else later) has remained constant. Check out the "Loretta Lynn Tribute" on June 4, or the Jazz Jam session on June 13.
4. For those who might venture out upon the highways and head north, many are aware of the Yale Chamber series up in Norfolk, CT, up near the MA border. There is also a venue worthy of your attention in Norfolk, the Infinity Music Hall (<https://www.infinityhall.com>) 20 Greenwoods Rd W, Norfolk 06058. A wide variety of American music, from Yacht Lobsters (July 29) to Robert Cray (Aug. 25).
5. Finally, the adventurous among us may want to consider the Rhythm & Roots Festival at Ninigret Park in Charlestown, RI, from Sep. 1-3. This is a mélange (or perhaps a horde) of roots music performers including the legendary Trombone Shorty and many other New Orleans and folk-blues-jazz-roots acts (<https://rhythmandroots.com/>).

HomeHaven would love to hear from you regarding your experiences at any of these venues and any others you might wish to recommend (or warn about!) to our members.

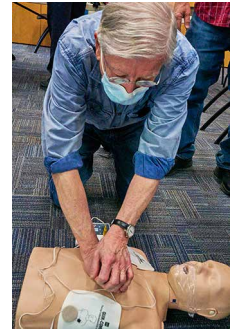
Fred O'Brien is a former President of HomeHaven, serves on the Governance, Fund Development, and Membership Committees, and is a member of the Board. He is a member of Amity Village.

**A huge
THANK YOU
to everyone who contributed
during The Great Give!**

HomeHaveners Practice CPR!



Left to right: Pat Allen opening the training. Demonstrating correct CPR technique to Celeste Markle, Nan Ross, Pam Stanton, Judy Katz, and Harvey Feinberg. One of three Yale Health EMS trainers with Harvey Feinberg and Celeste Markle.



Left to right: Bernard Zuckerman practicing CPR with AED attached with lead trainer, Joseph DeAngelis. Helen Cooper practicing hands-only CPR. Pam Stanton with proper technique. Fred O'Brien practicing hands-only CPR with attached AED.



Left to right: Pat Allen coaching Jack Lawson on proper placement of AED pads, with Elaine Lawson looking on. Judy Moore practicing CPR with helpful hands of Sheilah Rostow; Mitchell Newcomer of Yale New Haven Health, Center for EMS, overseeing proper technique. Kate Hay activating the AED! Below: Sheilah Rostow, Yale EMS trainer Melinda Ford, Liz Orsini, Judy Moore, and Judy Hickey.

Twenty-five people, including HH members and staff and community members, took part in a CPR and AED course at the Woodbridge and Miller libraries, organized by Pat Allen, chair of HomeHaven's Health & Wellness Committee. While not a certification course, it was developed by the Yale New Haven Hospital EMS program and the Red Cross with the goal of increasing the number of people in the New Haven area who know how to initiate CPR (cardio-pulmonary resuscitation) and use an AED (automated external defibrillator). The course teaches "hands only" CPR, which uses chest compressions to pump blood from the heart to vital organs and the brain, as well as how to use an AED. The trainers explained that these emergency skills may be critical to a person's survival prior to the arrival of EMS. A great learning experience for all who participated!



HH ONGOING ACTIVITIES & INTEREST GROUPS (members only)

BOOK GROUP

Fourth Monday of the month at 7pm

The Book Group will not meet in June. The book for July: TBA. Contact Mary-Jo for more information. warrenmaryjo1635@gmail.com. All genres welcome!

COOKING/DINING GROUPS

Cooking in Different Languages: Paris

Monday, June 19. 6-8pm

CiDL is a cooking group that picks a country/region on which to base a delicious home-cooked meal. **Registration is required by June 9.** The limit of 12 is set by the size of the host's dining table, but if it is full, PLEASE sign up for the wait list, because if there are sufficient numbers, we will form a second group. For further details and registration, please go to the HomeHaven **Please register through the Events Calendar.**

Dining Out Around the World: Cumin India

Tuesday, June 27 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 June 26. Space is limited to 12. Please register through the Events Calendar.**

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.

PHILOSOPHY GROUP

Monday, June 26. 10am

Philosophy and Life's Most Persistent Questions

What questions are you drawn to pondering at your age? This group is full for now but if you are interested in joining, please contact Kerry Triffin (203-215-7326 or fhww@hotmail.com).

PINS AND NEEDLES

Monday, June 9. 3pm

The June meeting is at Judith Calvert's home. RSVP to Judith at Judith.calvert@gmail.com or 203-494-1290. 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. You must be fully vaccinated to attend.

PLAY READING GROUP

Tuesdays, June 6 & 20. 7pm

Translations by Brian Friel

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

May Wine Gathering in East Rock Village



On May 11, 32 members of East Rock Village celebrated their annual May Wine gathering in Kerry Snyder's lovely garden. This popular event is based on a German tradition which Kerry discovered during her academic travels. It takes place in springtime when Sweet Woodruff is in bloom.



Photos by Kerry Snyder

Hamden/North Haven Coffee

Margaret Mann and Christina Schenker at the Hamden/North Haven Coffee at Best Video on April 11.

Photos by Patty Langdon



Philip Rosenthal and Annelies Sheehan compare numbers.

Intrepid Walkers



A small crowd attended the May 7 event at Grove Street Cemetery. The only two attendees, Peggy Atherton and Patty Langdon, took photos of each other on that beautiful day.

VILLAGE GATHERINGS

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

AMITY

**Thursday, June 1. 5pm
Virtual Happy Hour!**

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

**Saturday, June 3. 3pm
Village Garden Party!**

Come to Helen Cooper's house for what promises to be a lovely afternoon. Contact Rick Allen for details: (203) 915-8600.

**Wednesday, June 21. 10am
Coffee at the Grove!**

The Café Rebelde coffee truck will be parked at The Grove, behind the Woodbridge Library. We meet on the third Wednesday of every month at 10am.

DOWNTOWN

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

ERV

**Saturday, June 3, 10, 17, 24. 5pm
Virtual Happy Hour using Zoom!**

Join us every Saturday!

**Wednesday, June 14. 10am
ERV Coffee Hour!**

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

**Thursday, June 22. 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, June 13. 10:30am
Hamden/North Haven Coffee!**

We meet at Best Video. See you then!

WESTVILLE

**Thursday, June 22. 5:30pm
Westvillain Gathering, TBA.**



Events: June



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

Sunday, June 4. 1:30pm

Rushnyky: Sacred Ukrainian Textiles

Blessed Michael McGivney Pilgrimage Center

The Hamden Village invites all Villagers to join them on June 4 to explore this special exhibit at the Blessed Michael McGivney Pilgrimage Center (formerly the KofC Museum, 1 State St.). "The word *rushnyk* derives from *ruka*, "hand," and while it can refer to an ordinary towel, the ceremonial *rushnyk* is distinct in its ornamentation and its importance. They are believed to offer protection to family, home, and village." Meet in the exhibit. **Members Only.**

Thursday, June 8. 10am

Marsh Botanical Garden Tour

Join Pat & Rick Allen for a self-guided tour of the outdoor plants at Marsh Botanical. Registration is required. **Members Only.**

Thursday, June 15. 5-7pm

HH Annual Picnic

Carriage House Garden, Edgerton Park

Summer is almost here and it's time for our Annual Picnic! Bring a potluck dish to serve 8. Drinks and paper goods provided. Carpooling is encouraged! **Members and Family Welcome!**

Westville Village Soup Supper

Photos by Celeste Markle



Westvillains gathered for a Soup Supper at Celeste Markle's house on Thursday, April 27.

Wednesday, June 28. 12:00pm

***How We Might Live with Anxiety*
with Dr. Deborah Fried**

Dr. Fried will discuss how ubiquitous anxiety is, and how we can ameliorate it. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

HOMEHAVEN OFFICE

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info@homehavenvillages.org

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