

MESSAGE FROM THE EXECUTIVE DIRECTOR: Reflection



Fred O'Brien and I take turns writing here. Fred often looks outward, at the world and our place in it. I tend to look inward, at the individual and their interactions with their environment. As we age and our responsibilities change, we have more time for reflection, time to pause and ponder.

You might ask yourself, as in the Talking Heads song, *"How did I get here?"** *And now that I am here, what do I need at this point in my life? What makes sense to me? What matters most?*

I'm not suggesting you ask yourself these questions as an armchair exercise. I want you to reflect on how you might like to engage with the HomeHaven community. It is a 'take what you need and leave the rest' proposition: there is no expectation or requirement whatsoever; get involved as much or as little as you like. I am inviting you to enjoy a happy hour or poetry reading; a health or cultural presentation; a memoir or play-reading group. (*Many of the other options will have to wait until the pandemic has passed.*) I invite you to contact Kate Hay or me with questions about home health care or home maintenance resources. I invite you to talk to me someday about your long-term plans.

You might consider getting involved with your Village—ask your Village Leaders how you can help. Or volunteer for a committee, because we need a bit of your time and expertise: IT, Health & Wellness, Visitors, Household Services. It is good to spend time with other people at the same stage of life, and our committee members are a lively, interesting lot. If your strength is fundraising or finance, talk to board president Fred O'Brien. He will be glad to hear from you.

Let Kate know if you want to be an occasional volunteer driver and take someone to a doctor's appointment, or if you want to help us plan activities. We are open to trying new things and welcome your ideas.

I think of HomeHaven as the calm, clear eye of the storm, a place for meaningful connection in these unsettling times.

Lauri

Lauri J. Lowell

*Once in a Lifetime, 1980

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ANNUAL MEMBERSHIP MEETING

Sunday, October 25, 4 pm

Via Zoom

Details on page 10

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***Happy Birthday to members
who have birthdays in October***

Jean Adnopoz Mary Barnes
Betsy Barnston Norman Chonacky
Bitsie Clark Helen Cooper
Joseph Dobrowolski Gene Festa
Catherine Forrest Howard Garland
Karlee Gifford Pam Hartigan
Ursula Hindel Hanna Hyland
Maija Jansson Ernest Kohorn
Kaye Maggart Celeste Markle
Susan Matheson Fred O'Brien
Sara Ohly Phil Pierce
Maggie Powell Rebecca Raffaelli
Helen Robinson Morry Sheehan
Steve Victor

***Congratulations to
Alice Simon
on her 100th birthday!***



HomeHaven News

Francie Irvine, *Editor*
irvmcl@gmail.com

Published by HomeHaven, Inc.
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511
203.776.7378

info@homehavenvillages.org

Layout and design by PIROET

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.

PLEASE 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:

- 0 rides by volunteer drivers (suspended for the time being)
- *Unknown number* of home visits by volunteer visitors (members and village leaders have been in phone or socially distanced contact with most of the villagers)
- 5 computer assists and numerous Zoom assists by volunteer computer helpers
- 20 referrals to volunteers or vetted providers for household help

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

Look for monthly reports giving rolling three-month totals.

Memories of JOHN BEECHER BENNETT (1940-2020)

HomeHaven made the match between John Bennett and me in the autumn of 2018. The basic facts were that I wanted to read aloud to someone who was up for it, and John was up for it.

Another basis for the match might have been our common professional experience in academic administration. When we met, John was retired as the Provost Emeritus of Quinnipiac College. Not only had he met the daily challenges of encouraging the best intellectual experiences for faculty and students, he had written extensively and philosophically about how to make that happen. At my request, we actually began our project with me reading aloud to him from one of HIS books!

In 2018, John and Elizabeth Dryer, John's spectacular wife, had already been living for some years with John's progressive decline due to Multiple Systems Atrophy and dementia. Still, he delighted me from first to last. And I learned a lot from both of them. John and Elizabeth invited my husband Leon and me to a remarkably instructive and moving performance called "To Whom I May Concern," in which John and several other dementia patients read aloud from first-hand accounts of their experiences with the disease. It was John's last such performance, as speaking had become so difficult for him.

Nevertheless, John's attentiveness to and discernment of what we read always delighted me. For example, when we had to interrupt reading a short story at a suspenseful point, he offered his far-from-obvious prediction of what would happen next, and he was right. In the appendix of a memoir by a fugitive slave came a letter from the author and former slave to his former owner. The letter was a no-holds-barred, straight-shooting — but respectful — condemnation of slave ownership. John summed it up perfectly with one word: "courage."

I read to him for the last time — online because of the Covid pandemic — on August 13, 2020, two weeks before he died, on August 30. That morning, at our regular time, I began reading a *New Yorker* article that I thought John would enjoy, about Senator Joseph McCarthy (and President Trump's resemblance to him). We couldn't finish it in the scheduled hour, and Leon and I were about to leave for a month away. So I "came back" virtually in the afternoon, to finish it. When I did finish, John sent me off by blowing me kisses, with both hands.

Thank you, John. Thank you, Elizabeth. Thank you, HomeHaven.

— Ellen Ryerson

HOUSEHOLD SERVICES COMMITTEE TIPS

by Hal Spitzer

WANTED
HOMEHAVEN
HOUSEHOLD SERVICES
COMMITTEE VOLUNTEERS

*Read Hal's article to learn
about this wonderful opportunity
to help your neighbors.*

HOMEHAVEN HOUSEHOLD VOLUNTEERS

As mentioned in last month's report, the Household Committee would like to set up a group to become the "HomeHaven Household Volunteers." This group will help members with household chores that do not require a licensed contractor or handyman but are difficult for some to do. Such tasks could consist of changing light bulbs, replacing smoke detector batteries, and sliding storm windows up or down, depending upon the season, to name a few.

If you are interested, please call the office and give your name to Kate, and the Committee will get back to you. This is a wonderful opportunity to truly help a neighbor, an integral part of our mission from the time of our founding.

continued on page 4

COMPUTER CONNECTION: Me and My Scanner

by Christa Sammons

In these troubled times, I thought I'd share one of my best computing experiences. A couple of years ago I bought a scanner. Not to plug a particular brand or model, but it's an Epson Perfection V39. If memory serves, it cost around \$100. (Some printers can function as scanners, so check yours before purchasing anything.) I know that what I'm about to describe isn't everybody's cup of tea, but I'm an archivist at heart, and the scanner has brought me hours upon hours of happy activity.

The machine delivers the scans to the picture library on my computer, where I'm able to crop and edit them.

Household Services Committee *continued from page 3*

THE SEASONS: THEY ARE A'CHANGING

As summer turns to fall, here are some questions to think about, as they may require action on your part and are better done sooner than later:

- Are your storm doors and windows in good condition?
- Are your porches, steps, and railings secure and in good condition?
- Have you arranged for a furnace cleaning and inspection?
- Has your dryer vent and duct been cleaned to remove lint buildup?
- Have you scheduled a late fall gutter cleaning?
- Have you tested your smoke alarms and changed the batteries? You should have an alarm inside of each bedroom and an alarm within 15 feet of each bedroom door in the hallways.
- If your smoke and carbon monoxide (CO) detectors are not in one unit, make sure to test your CO detectors as well and replace them as needed.
- Have you contacted your snow removal person to confirm that you are on their list?
- Have you completed your outdoor projects?
- Have you put your outdoor furniture away?

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

Old faded photos, for instance, can be brought to life by heightening the contrast and color. I've used those old snapshots and studio portraits to illustrate the memoir I'm writing in conjunction with Harriet Bergmann's wonderful HomeHaven memoir-writing group. This was my initial reason for purchasing the scanner, but soon I began to scan old photographs systematically, going through albums, picking the best and most meaningful images, and filing them more-or-less by subject on my computer. Eventually I hope to give copies of these files to my children as a kind of pictorial family history. It's also fun to have readily available images to send in emails or post to Facebook. Occasionally I've used scanned snapshots to illustrate letters to my grandchildren: "See what Grandma looked like when she was your age? And that was her cat back then!"



One of my favorite scanned photographs: my paternal grandmother as a young woman.

Beyond photographs, I've scanned documents for security, for instance our medical insurance cards. I've scanned favorite recipes out of little-used cook books so I have them all in one place and don't have to remember which recipe is in which book and where that book is. I don't have a fax machine, but the scanner has served well as a substitute. (Faxing is so 80's anyway!)

Finally, I used all my photo files to create a slide show as a screen saver when my desktop computer is at rest. The computer picks photos randomly and sometimes arrays four or five in one screen, leading to amusing juxtapositions. Like consciousness itself, the computer generates an achronological sense of the life I have lived.

Christa Sammons, a member of East Rock Village, curated the German collection at Yale's Beinecke Library and serves on HomeHaven's Information Technology (IT) Task Force. Suggestions for topics are welcome and may be sent to Christa at christa.sammons@gmail.com.

HEALTH MATTERS: Stocking Your Cabinets for Fall/Winter

by Pat Jackson Allen

The following is a synopsis of an article that is full of advice for remaining healthy through the upcoming season and guidance on what to do if you should fall ill. HH members can log in to the HH website and access the complete article, and a grid for charting medication and temperature. In the Documents Section, click on the folder icon for Health and Wellness Resources.

Medicine Cabinet

- Remove all prescription medications that you no longer use; get refills for those you need for the upcoming months.
- Acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) are useful in reducing fever and body aches when you're ill. You should check with your health care provider, however, to see which is safer for you, given any underlying conditions you have, or other medications you use.
- Be aware that over-the-counter cough medications are not effective; honey lozenges, tea, or water are as effective. Keep fluid intake high to prevent dehydration.

Other articles with which to stock your medicine cabinet include a good thermometer, easy to use and read; alcohol-based hand sanitizer and sanitizing wipes; a bottle of rubbing alcohol. Optional articles include disposable surgical masks, a pulse oximeter, and disposable gloves.

Kitchen Cabinet

Remember that in the spring, many of us were surprised by the occasional difficulty in finding certain food items and household supplies. That might happen again if there's another coronavirus surge this fall. Now is a good

time, therefore, to restock nonperishable goods in case you're ill this winter.

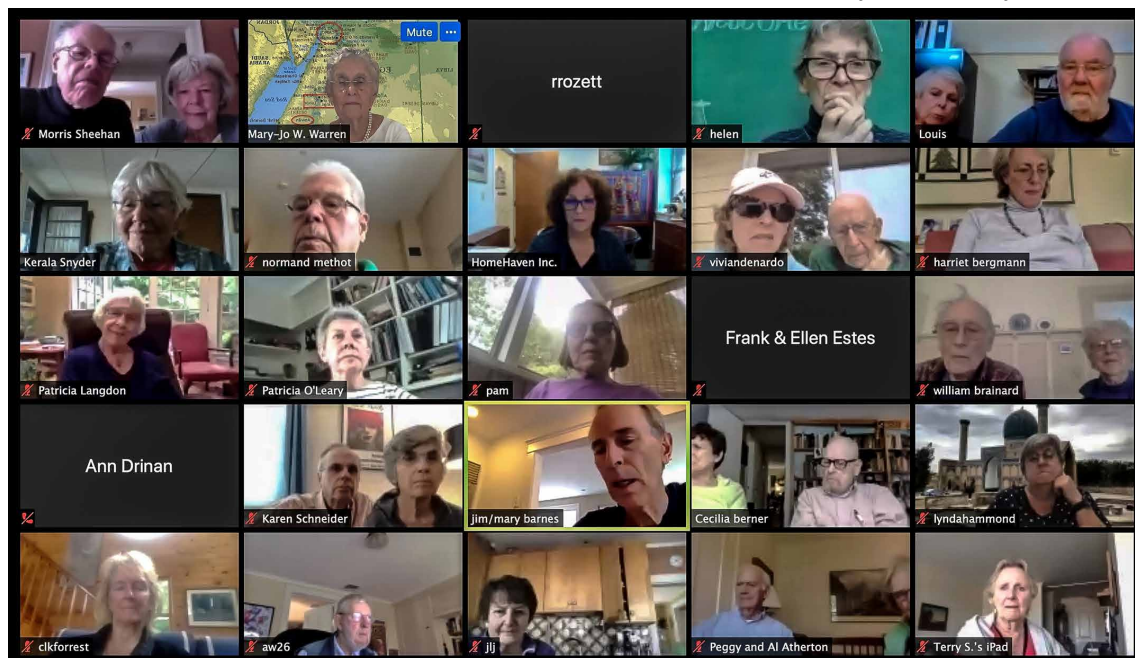
General emergency guidelines recommend that households have a supply of fluids, including water for drinking and cleaning, medications, and other health care supplies to last for a few days or longer.

- Have fluids to prevent dehydration from fever, diarrhea, or vomiting. Fluids with electrolytes and some sugar replace elements lost during illness. Soups, sports drinks, and juices help. Fluids with caffeine such as tea, coffee, and some sodas are not recommended; neither is alcohol.
- Store foods that are easy to prepare and that you like: soups, pasta, cereals, energy bars, and crackers. Buy them now to have on hand when you need them.

Finally, if you're not feeling well, let your health care provider, relatives, friends, and neighbors know so that they can check in with you, monitor your symptoms, and assist with shopping. This is the time to reach out to your Village or the Office for assistance!

Pat Jackson Allen APRN is a member of Amity Village and chair of HomeHaven's Health & Wellness Committee.

September 17: Louis Audette's and Jeanne Drury's Travelogue of Egyptian "Temples and Tombs"



PANDEMIC PASTIMES AND PURSUITS

More members share how they are keeping busy these days...

SUSAN E. FEINBERG

Susan Feinberg was born in Milwaukee, Wisconsin, and attended the University of Michigan, where she met her husband, Harvey. After marrying in 1962, they traveled to and lived in California, England, Holland, and Ghana as he pursued research for his Ph.D. Upon retiring from Hopkins in 2003, where Susan taught English for 30 years, she began a new chapter: the study of Italian which she is still pursuing. They have two sons, Victor and Paul, and five grandchildren.

Ruminations on a Haircut

With Apologies to Shakespeare

To cut, or not to cut—that is the question.
Whether 'tis nobler in the mind to suffer
The jeers and outbursts of obnoxious viewers,
Or to take charge against a trove of warnings,
And, by ignoring, end them. To dye, to cut—
To end—and by a cut to say we stop
The horror and the many painful looks
That we are getting—'tis a long desired
Moment to be cherished. To dye, to cut—
To cut, perchance to dream. Aye, there's the rub.
For in that dream, so vain, what grief may come
When we have cut off all this hair,
Must give us pause. There are reasons
That make bad hair days not so on'rus.
For who would bear the taunts and jeers of peers,
The tasteless jokes, the mean girls' nastiness,
The shock and horror at the mirror,
The need to block our image while on Zoom,
When we ourselves might change our very look,
With a sharp scissors? Why bear the glare
Of disapproving eyes from all we know,
But the dread of something worse than scorn:
The dire results that vanity may bring
Greet our eyes each day we read the news.
These make us rather bear those jeers we daily hear
Than open ourselves to others much more dire.
Thus conscience doth make cowards of us all,
And so our basic need to look our best
Is o'ershadowed with the pangs of guilt
If we do venture forth from home.
For now our dreams of contact with the world
Are rudely stopped. We lose the need to cut.

***“True terror is to wake up one morning
and discover that your high school class
is running the country.” - Kurt Vonnegut***

BOBBI MILLER

Bobbi Miller retired from Yale's Molecular Biophysics and Biochemistry Department where she worked in genetics research for many years. She has three children and seven grandchildren ranging in age from 26 to 9. One of her sons and her daughter are lawyers, and her other son is a speech pathologist. Her husband of 56 years passed away in February 2015.

Musing About Time

I have too much time.

I don't have enough time.

Time goes too fast.

Time goes too slow.

What to do with all this time?

When I would tell my grandmother I was bored she had one of two responses: *Gehe auf den Dachboden und grabe Locher in den Keller* (Go to the attic and dig holes in the basement) Or *Nur langweiligen Leuten wird langweilig* (Only boring people get bored). In other words, leave me alone and find something to do! Fortunately there was no TV or electronics, only books and friends and outdoor playing.

Here are a few things I am doing these days:

Sewing: Needlepoint, knitting

Reading: *Imperial Twilight* by Stephen R. Platt, *Little Fires Everywhere* by Celeste Ng, *River Town* by Peter Hessler, *A Little More Human* by Fiona Maazel (full disclosure: my niece)

Relearning: That instrument gathering dust: acoustic guitar. I am relearning all those hippie era songs I love: *City Of New Orleans*, *Forever Young*, *House Of The Rising Sun*, *Me And Bobby McGee*, *Times They Are A Changin'*, *Sounds Of Silence* I will happily share my growing list with all you ex-hippies!

R.G. BELL

The best education Dick Bell received was while in the US Navy! He practiced law in New Haven for 40 years and was involved in many community activities. He and his wife Annie have been married 62 years; they have both enjoyed the trout rivers of Montana and the salmon rivers of the Canadian Maritimes.

Eating Up Down Time

Because I like to write things, and to remain occupied during the down time of the COVID-19 event, I assigned myself the task of writing a history of the “Salmon-in-Schools” Program, SIS. This is an activity I ran for the Connecticut River Salmon Association,

continued on page 7

CRSA, for just over 20 years, beginning in 1996. CRSA is committed to the protection and propagation of wild Atlantic salmon, and it worked with the state of Connecticut to restore this magnificent species to the Connecticut River watershed, whence it was extirpated in the mid-19th century.

The restoration effort was a bold initiative, fostered by great environmental legislation such as the Wilderness Act, the Clean Air Act, and the Clean Water Act. These landmarks led to the passage of the Anadromous Fish Conservation Law. Years later, in 1992, the Atlantic Salmon Federation, an affiliate of the CRSA, introduced an education program directed at school children. Students would raise young salmon in the classroom and, at the appropriate growth stage, release them into designated wild streams. The governmental fisheries agencies would cooperate by providing eggs and counsel. In 1995-96, North Haven Middle School became the first Salmon-in-Schools program site, and I became chair of the CRSA Education Committee. The program grew rapidly, going from one school in 1996 to 52 participants five years later, and 77 by 2008.

The salmon's attractions are obvious: it is a beautiful creature that thrives in beautiful places. It is a powerful creature; an adult can jump 12 feet out of the water. It grows to maturity through six different life forms: egg, alevin, fry, parr, smolt and adult. It is an anadromous fish, meaning it matures in saltwater but returns to fresh water to spawn. "Saltwater" for the Atlantic salmon means the cold North Atlantic. The spawning cycle, for a Connecticut salmon, involves a 3,000-mile round trip across stretches of open ocean. We know how it finds its native river when it gets close, but we are not at all clear on how it navigates the open ocean, coming or going.

During the SIS program, salmon eggs came from the federal hatchery in Vermont to a hatchery in Connecticut, usually in December. We delivered 200 eggs per tank per school. Students were required to maintain a careful record of tank temperature, taken several times a day. This is because the pace of growth of an egg is a function of temperature: by controlling temperature, one can control growth. This led students to do both good science and good math, additional reasons why teachers found so much to study in the salmon, and the program so valuable. In April or early May, classes would go to designated stocking sites to release the "fry," sleek, torpedo-like minnows, into the water.

I wish I could say that the Connecticut River Atlantic salmon restoration effort, the largest in scope ever attempted, was a success. I cannot. It took seven years to get a single returning adult, but having returns was a minor triumph. They began very slowly and gradually increased. Then, overall, the figures started to decline, as in fact the North American population of wild salmon is declining. There is no easy answer as to why. All the data that can be brought to bear suggests that there are enough smolts — salmon at the stage when they set out to sea — going to sea to produce more overall numbers of adults, but there must be something wrong in or with the ocean that affects their survival rate.

As to whether the Salmon-in-Schools program was successful, I leave that to others. But we had thousands upon thousands of school children go through this program, and I like to think we steered some of them down the road of environmental stewardship.

[This piece has been considerably shortened; those interested in reading the full article should contact Dick Bell.]

September 12, 2020: East Rock Village Happy Hour



OUR “RESIDENT EXPERTS” SPEAK...

BARBARA BEITCH:

“Who Says We’re Not Sexual?”

Barbara is one of HH’s many “resident experts.” She was trained by students of Masters and Johnson. She has taught human sexuality to high school seniors and life seniors, to troubled youth, and to the incarcerated, as well as teaching at Hamden Hall for 34 years. She is a member of Hamden Village. Francie Irvine wrote this summary of Barbara’s presentation.

“Where were you when I was in fifth grade?” asked a participant at the end of Barbara Beitch’s September 10th presentation about sexuality in seniors. He was clearly remembering the confusing, giggly, scary “teaching” we all received in sex-ed classes of our middle and high school years. In clear, non-judgmental, and humor-filled words, Barbara shared her knowledge about how men and women of our age navigate intimate relationships of all kinds.

As we age, we all face the anxiety of loss: loss of physical strength and mental acuity and the loss of emotional comfort through the death of a partner and friends. Barbara’s message, however, was clear: though our bodies do change, we can remain “active, agile and upbeat” and celebrate that we remain sexual beings. “We all need touch, all through life,” Barbara asserted. Communication about what gives pleasure and what creates discomfort is essential, whether we’re with a long-time life partner or in a new relationship.

Barbara went into some detail about some of the issues that face seniors, including vaginal dryness, erectile dysfunction, and the impact of illness on our systems. But the through-line of her approach is that we are creative and inventive creatures, and that though aging can be difficult, it can also be liberating.

Welcome, New Members!

Amity: Marcelle Guth, Ellen & Bob Scalettar

Downtown: Laura & Victor Altshul,
Audrey Downey, Sarah Greenblatt

East Rock: Jan & Harry Attridge,
Judith & Steve August, Linda & Patrick McCreless,
Avril & Honor Winks

Hamden: Reggie & Jeffrey Belmont, Mira Binford,
Judith Calvert & Charles McClendon

Westville: Martha & Jim Brogan, Linda DiVicino,
Carol Nardini, Merle Waxman

PAMELA HARTIGAN

Phase III Vaccine Trials:

Making a Safe Coronavirus Vaccine

Pam Hartigan, PhD, is a retired statistician who worked on clinical trials at the VA. Pam designed, supervised, and analyzed multiple trials over her career. She is another HH “resident expert” and a member of Hamden Village. Pat Allen compiled and wrote this summary of Pam’s presentation.

On September 24th, via Zoom, Pam described how vaccine development progresses from preclinical research development through Phase I, II, and III clinical phases to approval by the Food and Drug Administration (FDA). The focus of her presentation was on the vaccine development and Phase III trials of the COVID-19 vaccine candidates underway at present.

Phase III trials require enrollment of large numbers of people to determine the efficacy and safety of the vaccine candidate. Moderna started Phase III testing in July and plans to enroll 30,000 participants. Pfizer and BioNTech initially planned to enroll an equal number of people, but in mid-September reported they planned to enroll 44,000 participants from an expanded variety of population subgroups. Johnson & Johnson announced on September 22, 2020 they would enroll over 60,000 people in their Phase III trials. There are no trials including children.

Trial participants are assigned at random to receive either the actual vaccine or a placebo. Most trials require two injections, one at the time of enrollment and a second injection four weeks later. Participants are closely monitored for side effects from the injection, for other symptoms, and for COVID-19 infection. They are tested periodically for the development of antibodies against COVID-19.

A Data Monitoring Board of independent expert physicians and statisticians will periodically examine the collected results of the ongoing studies. These experts do not know which participants have actually received the vaccine candidate and which have received the placebo. They monitor the results for any safety concerns and collect data to determine vaccine efficacy: are people who receive the vaccine substantially less likely to become infected with COVID-19 – or not? The Data Monitoring Board reviews the results with the FDA. If there is strong evidence that the vaccine is safe and efficacious the FDA can issue an Emergency Use Authorization and forward their recommendations to the Vaccine Advisory Committee.



Information About the Absentee Voting Process from VOTERCHOICECT:

Here are a few things to know about voting by absentee ballot in the November 3 general election. If you have any questions, contact your Town Clerk.

- The Secretary of the State was to mail absentee ballot applications to all active, registered voters September 8-11.
- If you didn't receive your application, you can download another one here. <https://portal.ct.gov/SOTS/Election-Services/Voter-Information/Absentee-Voting>
- Complete and return the application as soon as possible. You must complete a new application, even if you voted absentee in the primary. Include your telephone/email address on the application to make it easier for your Town Clerk to contact you should there be a problem with your application (or ballot).
- To avoid postal delays, we recommend returning your application using the Official Ballot Drop Box in your town. You can find the exact location here. <https://docs.google.com/spreadsheets/d/1RaPWYj5f8QvvinMouv09u8gCIvUhYNTdWFX-HqunyU/edit#g>
- Town Clerks will mail absentee ballots beginning October 2.
- Be sure to seal the ballot in the inner envelope, sign and date the inner envelope and include just one ballot per outer envelope. We again recommend completing your ballot as soon as possible, and returning it via your Town's Official Ballot Drop Box.

Help us help CT vote!

Thanks to Celeste Markle, Westville Village, for providing this helpful information.

ONGOING EVENTS

Due to the pandemic the following activities are temporarily suspended:

Cooking in Different Languages: monthly supper group with international theme

Dining Out Around the World: area restaurants with international theme

Conversations Around the Table in members' homes

The following activities continue via Zoom:

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, October 5, at 3:00pm

Meetings are currently being held via Zoom. 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 and be included in the group Zoom invitation please email Kathy Denardo at vivian.denardo@att.net.

PLAY READING GROUP

Tuesday October 20 and 27 at 7pm

***Saint Joan*, by G.B. Shaw**

Via Zoom. A bi-monthly gathering of literary souls for group reading of a play. Join as a reader or a member of the "audience." The play is available on the HH website. Group size limited to 15. Please register online or call the office. For more information, contact Bob Sandine at rdsandine@yahoo.com.

SATURDAY, OCTOBER 10

HOMEHAVEN'S DRIVE-THRU

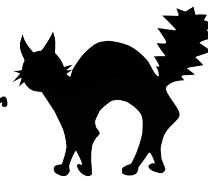
SHREDDING

9 AM-NOON

Details on page 10



Events: October



We're Still Zooming!

It's not quite the same as "being there," but it's a lot better than being home alone.

In Your Village

Please check your email or the HH calendar for details and updates on these gatherings via Zoom.

AMITY

Thursday, Oct 1, 15 & 29, 5pm

Virtual Happy Hours. Join us every other Thursday!

DOWNTOWN

Saturday, Oct. 3, 17 & 31, 5:30pm

Virtual Happy Hours. Join us every other Saturday!

EAST ROCK

Saturday, Oct. 3, 10, 17, 24 & 31, 5pm

Virtual Happy Hours. Join us every Saturday!

HAMDEN & NORTH HAVEN

Tuesday, Oct. 13, 10:30am

Virtual Coffee. Join us every second Tuesday!

WESTVILLE

Thursday, Oct. 8 & 22, 5:30pm

The NEW Virtual Happy Hour! We changed our Happy Hour day & time at the end of September and we are excited about this move to alternating Thursdays. See you then!

Saturday, Oct. 10, 9:00am-noon.

Drive-thru Shredding in the HH parking lot!

Keeping a social distance won't stop us from destroying private documents, so mark your calendar and keep your eyes on the HH Happenings for further details. \$5/bag and \$10/banker box. Able-bodied volunteers needed to unload bags and boxes. Please contact Kate at the office for more information. Open to the public: please share with friends and neighbors.

Wednesday, Oct. 14, 11:00am.

HH Poets & Writers presents: Trish O'Leary. Via Zoom.

Trish O'Leary (Amity) will share her recent fable *The Blue Hen*. Discussion will follow the reading. The Zoom link will go out the day before the presentation. **Please register by going to the HH calendar & clicking on the event; you must be logged in to register.**

Wednesday, Oct. 21, 4:00pm.

May Day at Yale, 1970: Recollections. The Trial of Bobby Seale and the Black Panthers.

A talk by Sam Chauncey. Via Zoom.

A talk and slideshow by Sam Chauncey, then Assistant to Yale President Kingman Brewster. Sam authored a book of the same title in 2015 and is a member of HH's Downtown Village. The Zoom link will go out the day before the presentation. **Please register by going to the HH calendar & clicking on the event; you must be logged in to register. MEMBERS ONLY.**

Sunday, Oct. 25, 4:00pm.

HH Annual Meeting. Via Zoom.

All the fun of an HH Annual Meeting, without the need to dress up or fight over the deviled eggs! The Zoom link and further details will be emailed prior to the event. **Please register by going to the HH calendar & clicking on the event; you must be logged in to register.**

HOMEHAVEN OFFICE

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203-397-7544


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


Visiting Angels
LIVING ASSISTANCE SERVICES
203-298-9700

Click on the logos to go to the websites.

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