



## Message from the Executive Director: Reopening HomeHaven!

What a joy to see a steady stream of HomeHaveners coming down the path in Edgerton Park on a gorgeous June afternoon. The mood was festive after 16 long months apart – it was a happy reunion!

As a community we came through the pandemic stronger than ever. How is that possible, given the forced seclusion? So many planned events were canceled, and the usual impromptu gatherings never happened.

The obvious response is the shift to Zoom – for happy hours, committee meetings, presentations. But the real answer is so much more than that.

You, our members, reached out to each other more than ever during the shutdown perhaps *because* you were not able to get together physically. Our Village Leaders and Visitors Committee forgot no one, not one single person. Month after month, they made the phone calls and hosted happy hours and coffees. A stalwart few even braved the cold to chat outside or wave through windows. A huge thank you to our Leaders and Visitors! As the pandemic stretched on, they kept at it, making opportunities for you to stay connected, encouraging you to reach out and stay in touch. Thank you all for doing just that, for showing up, even when you may have felt discouraged.

From my view at the hub, the resilience of our community is impressive! I have talked before about its strength, but I learned something more from the pandemic. Being part of a community, belonging to something larger than ourselves, buffers the stress and misery of isolation, because we are not in fact *socially* isolated. We may be separated physically, but we are deeply connected through our hearts and minds. That is the secret to our success during five long seasons of separation.



Photo by Rick Allen

Something else I noticed is that the pandemic served to distill our experience to its most essential element: caring for and looking after one another. From my vantage point, I was privileged to hear of the many kindnesses, large and small, that you showed each other over these past many months. The pandemic happened to coincide with the tenth anniversary of HomeHaven's founding. As Jane Jervis said at a recent campaign meeting, we should be proud that, ten years in, we have proved to be the caring community the founders had in mind. You are all responsible for that and can all be immensely proud.

May we continue to go from strength to strength.

With affection and respect,

*Lauri*

Lauri J. Lowell

### IN THIS ISSUE:

In Memoriam .....	pages 3 & 4
Annual Picnic.....	page 5
Health Matters .....	page 6
Household Services .....	page 7
Emergency Preparedness .....	page 7
Charitable Giving Using Stock.....	page 8
Garden Parties.....	page 9
IT: iPhone Photography .....	page 10
Welcome.....	page 11
Summer Events .....	pages 12 & 13

Generous support for HomeHaven provided by:



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

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

### ***or in August***

Anne Bell Jeff Belmont  
Betty Berner Victor Bers  
Susan Brisman Carolyn Gould  
George Jafferis Judy Kidd  
Charlie Kingsley Sharon Matthews  
Linda McCreless Andrew McLaren  
Normand Methot Leona Nalle  
Sam Peterson Sheilah Rostow  
John Sawyer Bob Scalettar  
Lynda West Liz Wolf

## **HomeHaven News**

Francie Irvine, *Editor*  
[irvmcl@gmail.com](mailto:irvmcl@gmail.com)

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

[info@homehavenvillages.org](mailto:info@homehavenvillages.org)

Layout and design by PIROET

*Thanks to Ellen Ryerson for her help in editing and proofreading this edition.*

## **HomeHaven's Mission Statement**

We help our members remain active, independent, and productive as they grow older in the comfort of their homes and communities. We provide social and educational activities, companionship, volunteer opportunities and services, and referrals to qualified professionals.

### **JOIN US!**

For information, call the  
HomeHaven office at 203.776.7378  
or email us at  
[info@homehavenvillages.org](mailto:info@homehavenvillages.org)

***"The best way to find yourself, is to lose yourself in the service of others."***

- Mohandas Gandhi

## **... AT YOUR SERVICE!**

In the past three months, HomeHaven provided members with:

- 2 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- Many computer assists and numerous Zoom assists by volunteer computer helpers
- 23 referrals for household maintenance, information, and home health 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 her memory be a blessing.*

### LOIS SACKRIDER (1924 - 2021)

Lois Sackrider was my idea of the perfect HomeHavener. She had lived in her home, on Ridge Road in Hamden, for many decades and had no intention of growing old anywhere but there. She joined HH at the outset; she knew the founders and other active early participants at United Church on the Green and saw right away how she and HomeHaven fit together. She had been widowed much earlier, and for many years her brother, the late Edwin Piper, called “Ban,” also a HH member, lived with and depended on her.

Lois and Ban were my neighbors, and I came to know them early on. Ban looked on with warmth as Lois and I formed a special and loving friendship. We talked about everything over many long, animated conversations. Lois’s life was all about music: she played the piano as well as the organ, and she’d been a grade school music teacher both in Washington, D.C. and in the New Haven public school system. She told me about her stay in Hungary, where she learned the Kodály method that she followed in her teaching. This consisted of a set of interactive skills focused on singing, rhythm, and memory rather than on learning to play instruments.

Lois taught HH member Normand Methot’s son Chris when Chris was very young and, some 45 years later, described him to me as though she’d seen him that day. She also described works of art in great detail. I found this fascinating, because Lois suffered from macular degeneration; her

daughter Ann told me that, earlier on, she and her mother often went to MoMA to study just one or two paintings on each visit. Lois retained the love both of learning and of life well into her 97<sup>th</sup> year.



The picture shows HH member Ellen Ryerson helping Lois to de-clutter her Hamden home – going over papers, books, and sheet music that Lois could no longer read, and a remarkable collection of linens – with Ban looking on. Ellen joins me in paying tribute to Lois as a delightful – if (appropriately) stubborn – partner in de-cluttering. Lois certainly knew her own mind, and a lovely mind it was.

– Judith Colton, with Ellen Ryerson

## CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

*Belle Greenberg in honor of Kate Hay*

## IN MEMORIAM

*May her memory be a blessing.*

### MARILYN ZUCKERMAN (1930 - 2021)

It is with great sadness that I report the passing of my devoted wife of 70 years, Marilyn.

We met in 10th grade. She was quiet, poised, extremely intelligent and confident. Somehow, we ended up in all the same extracurricular activities because we shared so many of the same interests. I escorted her at her Sweet Sixteen celebration, and we were together from then on.

Marilyn received both her BA and MA degrees from Brooklyn College. She taught math, first at Stuyvesant High School in Manhattan and then at Washington University in St. Louis. Marilyn was my devoted and faithful partner as I pursued my medical degree. In each phase of my medical education, she graciously gave up her own position to move with me wherever I next travelled. When we moved to New Haven and while I was at Yale, Marilyn began teaching at North Haven High School, only ending that part of her career to become a stay-at-home mother for our two children, Deborah and Arthur, although this role didn't fulfill all of her dreams.

In 1963, Betty Friedan's influential book, *The Feminine Mystique*, gave Marilyn permission to return to the classroom. She began at Day Prospect Hill School in New Haven, where she formed close bonds with her colleagues, many of which lasted until her death. When Day Prospect merged with Hopkins, Marilyn became a long-term member of the Hopkins community, both as a faculty member in the Mathematics Department and then as chair of the school's Financial Aid Committee, a position



she held until her retirement in 1999. Marilyn had the respect of all who knew her at Hopkins, and one colleague described her as “thoughtful, meticulous, and thoroughly logical,” traits she embodied in all aspects of her life.

Our affair as a couple lasted 75 years, and throughout we shared an immense and ongoing love of classical music and opera, a love kept alive by attending performances at both the Yale School of Music and the Metropolitan Opera. We shared the joy of viewing art, traveling,

and keeping company with our children, grandchildren, and great-grandchildren. Always a lady, wearing a proper skirt and purse, Marilyn only reluctantly wore sneakers late in her life when she recognized that getting around comfortably was more important than fashionable footwear.

Marilyn passed away of heart failure in my arms at home in Woodbridge the morning of Saturday, May 15, 2021. In addition to me, she is survived by our two children Deborah (David Gendelman) Zuckerman and Arthur (Connie Kastelman) Zuckerman, our five grandchildren – Isaac, Hannah and Jacob Gendelman and Jared Zuckerman and Sarah (Zuckerman) Lee – and two great-grandchildren, Lulu and Cady Lee, Sarah's and her husband Eugene's children.

Marilyn was the love and joy of my life.

I am grateful for the warm support and condolences of the HomeHaven community.

– Bernard Zuckerman





## 2021 Annual Picnic

The HomeHaven Annual Picnic at Edgerton Park on June 17 celebrated HH's tenth anniversary, but more than that, celebrated the joy of reconnecting with friends, old and new. A bright June sky was the backdrop for hugs, conversations – in person – and the pleasure of sitting at tables with friends. And there was cake!

Photos by Rick Allen





# HEALTH MATTERS:

## Heat-Related Dehydration and Heat Exhaustion

by Pat Jackson Allen, APRN

As the weather warms and we spend more time outdoors, we need to recognize the symptoms of dehydration and heat exhaustion.

Dehydration occurs when our bodies contain too little water to adequately support our bodily functions. Some dehydration occurs under normal conditions when we sweat, breathe, and produce urine and stool. Dehydration can also occur during illness, through significant fever, vomiting, and diarrhea. But we may not recognize the risk of dehydration during hot and humid days, when we are outside gardening, socializing with friends, or doing errands.

Older adults have increased risks for dehydration. As we age, the percentage of water maintained in our bodies decreases from approximately 60% to 50% of our body weight. This means older adults have less fluid to lose *before* dehydration occurs.

Also, as our kidneys age, they are less able to concentrate urine, so we lose more water through urination. To make matters worse, the normal thirst response that alerts us to drink more fluids weakens with age. Impaired mobility or cognition may prevent older adults from accessing fluids or seeking a cooler environment when the weather gets hot and humid. In addition, many older adults limit fluid intake before leaving home to reduce the need to find a bathroom or for fear of incontinence. And finally, many older people have chronic health conditions – such as diabetes, kidney dysfunction, hypertension, and congestive heart failure – that alter the body's

fluid balance or require medications that alter the daily amount of urine excreted.

The symptoms of dehydration vary and may be hard to distinguish from those of other conditions. Many of us confuse thirst with hunger, eating rather than drinking water. Dry mouth/thirstiness should alert us to drink fluids, but it may not be as dramatic a need in older adults as it is in younger people. Less voiding and dark, amber-colored urine suggest a need for more fluids. Fatigue, headache, dizziness, light-headedness, cramping, confusion, or irritability may all be signs of dehydration. On a hot, humid day, these signs and symptoms require fluid intake and an immediate move into a shady or air-conditioned environment. If you do not escape the heat, dehydration may become more severe, resulting in heat exhaustion or life-threatening heat stroke. Rapid heart rate, increased body temperature, increased respiratory rate, disorientation, and loss of consciousness require speedy medical attention.

Recognize and take preventive action against heat-related dehydration. Monitor the temperature and heat index in your area. ([Heat Index Tools](#), [US Heat Index Map](#).) If the heat index is high, limit strenuous activities and time outdoors. Gardening can wait until a cooler day! Dress appropriately for hot weather in light-weight clothes and a hat that shades your head. Drink plenty of fluids and bring fluids with you if you leave home so you can continue to rehydrate. Generally, you should aim to drink enough water so that you need to urinate every two to four hours.

Sports drinks may help because they contain simple sugars needed for energy and they replace electrolytes that are lost with sweating. Don't use them, however, as a substitute for plain water. Limit your consumption of caffeinated liquids and alcohol since both act as diuretics and increase urine output. If you feel tired, lie down and rest in a cool place. Shower or sponge off with cool water, if necessary, to increase evaporation and heat loss.

Enjoy warm summer days but keep hydrated!

---

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

---

*HomeHaveners' thanks go to Rick Allen, whose wonderful photos have captured wonderful moments: parties, quiet conversations, walks, the natural world.... He is so often behind the lens that we're happy to see him "pictured" for a change, thanks to Nan Ross.*



# HOUSEHOLD SERVICES COMMITTEE:

## Home Safety Inspections Resume

by Hal Spitzer

Beginning this month, Bruce Lawler, HomeHaven's certified Aging-in-Place Specialist, will resume our popular "home safety assessment" program. All HomeHaven members are eligible for this assessment as a benefit of membership.

The assessment consists of a safety inspection of your home, both inside and outside, including any maintenance concerns that he notices. He follows the site inspection with a written document suggesting ways to improve the safety of your home and to make your home life more comfortable. Bruce brings over 35 years of experience with aging-in-place issues to all his inspections. Although he is the president of a company, Lawler & Sons, that specializes in home modifications, he is not on our list of contractors to do the actual

work, thus avoiding any potential conflict of interest. He is careful to note that he is making suggestions only. You make the decision whether to put them in place.

Bruce is currently scheduling appointments with any member who has not already had a home assessment. To set up an appointment, please contact Kate at our HomeHaven office (203-776-7378), and she will arrange for Bruce to call you and set up the home visit. These assessments come with your HomeHaven membership and are a wonderful opportunity to find out if your home is working for you, and if not, how you can make it safer and more user-friendly.

---

*Hal Spitzer is chair of the Household Services Committee and is a member of Hamden Village.*

---

## Emergency Preparedness

by Pat Jackson Allen, APRN

David Burich, Clinical Education Specialist in Emergency Safety for the Yale Health System, spoke to HomeHaven on June 10, 2021. He urged advance planning for emergencies that may occur at home or in our community. Common emergencies include acute personal medical needs and community health issues such as a pandemic, weather emergencies such as hurricanes, tornadoes, excessive heat, or floods in the warmer months, or blizzards or ice storms in the colder months. Any of these weather systems may result in utility disruptions affecting our access to electricity, water, sewer, telephone, internet, and transportation. Mr. Burich recommended that we store food, water,

and necessary medications in an easily accessible place in our home so that we can "shelter-in-place" at home for three days in an emergency or "grab and go" supplies if required to evacuate.

HomeHaveners can access an extensive list of suggested emergency necessities in the Documents section on the HomeHaven website. Members need to sign in to download them. You should assemble an emergency kit containing flashlights, batteries, a cell phone battery pack, first aid kit, a battery-powered radio, and a whistle, to store at home.

<https://www.youtube.com/watch?v=SByTKf2rrlg> provides excellent suggestions for coping with various emergencies. Everyone should complete an updated medical information sheet to take with you or hand to emergency personnel that lists all health care providers you see, your medical conditions, medications, and emergency contacts. You can also access this form on the HomeHaven website. You could share the form with family or close friends who may be contacted on your behalf.

This highly informative presentation was recorded and is available along with a list of recommended websites and YouTube clips regarding emergency preparedness for older adults.

### WEBSITE HELP NEEDED!

HH is looking for a volunteer to help maintain the HomeHaven website. Experience with web design is a plus and enough technical skill to make the changes is a must. You would be working closely with Kate, Lauri, and some members of the IT Task Force.

If you are interested, please contact Kate at 203-776-7378 or [hkhateh@gmail.com](mailto:hkhateh@gmail.com).

# Using Stock to Make Charitable Gifts

by Frank Estes

Most of us simply write a check or use a credit card when giving to the various charities we support. There are, however, other ways to make gifts that benefit us as well as the charities.

The simplest and most common of these is to give “appreciated securities” rather than cash. Although the receipt of such securities is certainly “appreciated” by the charity, that is not the reason for the term. It simply refers to stock and other marketable investments whose “current value” exceeds what you paid for it, your “basis.” If you sold them, you would have to pay a “capital gains tax” on the amount the current value exceeds your basis. If, however, you give those shares to a favorite charity, you avoid paying any capital gains tax and receive a federal income tax deduction for the full value of the shares on the date of donation. The charity gets – and thanks you for – the full value of the shares and, since it is a tax-exempt organization, it does not have to pay any tax when it sells the asset.

Let’s take an example: Suppose that you want to make a gift to a favorite charity – perhaps HomeHaven – of \$500. You could simply write a check in that amount. But what if you own 100 shares of stock in XYZ Corporation that you bought several years ago for \$10 per share that now trades on the New York Stock Exchange for \$20 per share? If, instead of using cash, you make that \$500 gift by transferring 25 shares of XYZ to the charity, everyone benefits except the IRS. The charity is happy to receive a generous gift. You are happy because you have helped the charity,

gotten a \$500 income tax deduction, and will not have to pay a capital gains tax on those 25 shares.

I hear you say, though, “I really like XYZ stock, and I want to keep owning 100 shares of it.” The answer to that is easy: just use the \$500 of cash you would otherwise have given the charity to buy another 25 shares of XYZ. You will then again have your 100 shares, but your basis in the new 25 shares will be \$20 per share rather than \$10. This means you will have a lower capital gains tax to pay if you eventually sell the stock.

Making charitable gifts with appreciated securities is relatively simple. In order to receive an income tax deduction for the full current value of the shares, you must have owned them for more than one year. To get the information needed to transfer the securities to the charity and the mechanics for doing it, contact the charity directly. For HomeHaven members, that means calling Lauri or Kate at (203) 776-7378.

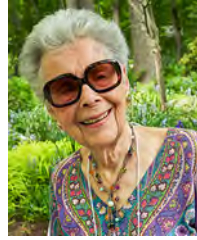
This approach to charitable giving provides financially efficient and tax-wise gifts. Use this tool when planning your annual giving, particularly when creating and fulfilling commitments to capital campaign appeals. As one of many tools for planning your philanthropy, it serves both you and the charities you care about. We will explore other tools in future newsletters.

---

*Frank Estes is the chair of the Fund Development Committee and a member of Amity Village.*







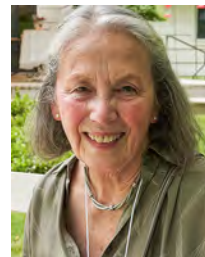
## Smiles Abound at Village Garden Parties

Brian and Lynda West were hosts to a well-attended Hamden Village garden party on a glorious afternoon.

And 25 Amity Village members joined in on the fun at a Saturday gathering at Helen Cooper's.

It was so good to see each other in-person. Smiles were everywhere!

Group photos by Kaye Maggart and Patty Langdon; portraits by Rick Allen





# IT: iPhone Photography, Part 1

by John G. Sawyer

This article discusses the process of taking a photo with an iPhone and then editing and sending it to friends through messaging or email. For the purposes of this article, the *model* of iPhone you use does not matter, nor does the version of iOS (operating system) you have – although your iOS version should *always* be up to date. Please note that what I say about the iPhone also applies to the iPad. *(This article will tell you nothing about taking pictures on an Android-powered phone because of this writer's complete ignorance of all matters Android.)*

So, what do you need to do iPhone photography? At minimum, you need an iPhone with an up-to-date operating system (iOS). Although the iPhone itself will allow you to edit your pictures, you may also want to manage your iPhone photos on a computer (either Mac or Windows). The best tool to use in getting your iPhone photos to your computer is Apple's iCloud service. I prefer to edit on my large desktop monitor.

---

## May Walk and Talk



Walk and Talkers on May 29th at Hamden entrance to Farmington Trail. Left to right: Karen Schneider, Carolyn Gould, Mary-Jo Warren and Jean Spencer. Five of us walked towards Maine for 20 minutes and returned for hot coffee and a warm fire at Carolyn Gould's house. Missing from the group shot is Peggy Atherton, who took the photo.

Using the *Photos* app on your phone, however, you can edit your photos, and email, text message, or print them *right from your phone!* Go to your iPhone's Photos app and open it. You should see a screen of the last several photos you have taken. If you tap on one of the photos, it will appear full screen on your device. If you tap *Edit*, shown in blue on the upper-right corner of your screen, you enter the Edit mode, where you can perform a great number of edits to the picture right on your phone. To see more on this, go to <https://apple.co/3wYMG2X>, which will give you a full tutorial on the editing features available in the iPhone's software. Why would you want to do this? Perhaps you are going to Message or Email your photos directly from your iPhone, and you need to fix one or more before sending them.

What kind of fixes might you want to make? Some of the most likely reasons you may want to edit your iPhone pictures are to:

1. Brighten
2. Darken
3. Straighten
4. Crop (edit out things not wanted)

Remember how, prior to digital photography, we sent our exposed film to a photo lab for processing? The lab's processing equipment performed most of these functions automatically – unbeknownst to us! That's why most of the pictures coming back from the lab looked SO GREAT!

To send your pictures to someone directly from your phone, go to the *Photos* app, and tap on the picture you want to send. At the bottom left-hand corner of the screen, there is a blue icon that looks like a box with an arrow pointing straight up. If you tap on that icon, you will see a variety of ways you can send the picture to someone else. The number of options you see depends on what Apps you have installed on your phone. The most common will be *Messages* or *Email*.

The companion article about getting pictures from your iPhone to your computer and then printed will be in the next edition of the HH Newsletter.

---

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

# WELCOME

*The past year has prevented us from getting to know new members, so the next several issues of this newsletter will include “profiles” of new members of HomeHaven’s villages.*

**TERRY FLAGG**, by Patty Langdon

I’ve known and admired Terry Flagg for years; she married the twin of my next-door neighbor, and we share many friends.

Terry was an Army brat, born in San Antonio, Texas. She moved every year until she was 10, when her father retired from the Corps of Engineers. She lived in Englewood, New Jersey, until going to Wheaton College, where her major in Art History informed many of her life choices. After college, Terry moved to NYC and worked for the Rockefeller Foundation. She married Tom Flagg when she was 24 and worked for the Dean of the Journalism School at Columbia, while her husband did graduate work in architecture at the university. They went on to have three children, a son and two daughters. When the kids were young, Terry ran a crafts gallery in Bethel, CT, part of The Bethel Art Gallery on the top floor of an old opera house. She also volunteered in the art department of the Danbury library which evolved into a paid position. There, she learned computer graphics and co-curated eight art shows annually. One day a brochure came across her desk from the NY Botanical Garden offering landscape design courses. It was as if a light bulb had turned on: Terry immediately signed up for the certificate program in landscape design. She received advanced certificates in landscape and horticultural design after several years of night and weekend study and quickly found work with two local Design/Build firms. She loved the work and decided to go out on her own, forming *Roots + Wings Landscape Design*, occasionally collaborating with Tom on various projects.

Terry loved the stories that her clients told her as they worked together, and she decided to become a life coach as well. She had many fascinating experiences during this time, working from her phone and coaching people from all walks of life. She liked making a difference doing pro bono work for *One to One: Women Coaching Women*; each coach was paired with an individual client, who had to be clean, sober, and motivated.

Soon after celebrating their 50 years of marriage, Tom developed MDS, a rare form of blood cancer. After his death, Terry decided that her house was too big, the property too large, and rural life too remote; urban life appealed to her after years in Redding, CT. Inspired by friends who had retired to New Haven, she thought she’d try that – and the rest is history.

She serves on the board at the Mark Twain Library in Redding and at 100 York, where she did the entire landscape design for the building and made many new friends. She has loved being part of HomeHaven and takes advantage of much that New Haven has to offer. She audits Yale courses, enjoys the art museums, subscribes to Long Wharf and the Yale Rep, attends concerts, takes walks, and explores the environment. She took the Yale “Happiness Course” well before the entire world knew about it; every day is an adventure for her. Her married children have provided five wonderful grandchildren, and this close-knit family is the joy of her life.

*Patty Langdon is co-leader of Hamden Village and Vice President of the HH board.*

**KAREN RUTH BAAR**, by Ellen Ryerson

Karen Ruth Baar moved to Wooster Square from Woodbridge’s woodsy ’burbs about 12 years ago. She “loves it,” she says, though she has only attended one or two Wooster Square “SOUP!” events, one of the highlights of the ’hood. And now, having been attracted to HomeHaven – by its very concept, by the positive reports of a friend who is a member, and by the lectures and programs she has herself enjoyed – she has joined the Downtown Village and has this further anchor in New Haven.

Karen’s professional life story has two strong themes: its goal, improvements in social justice, and its means of getting there, writing and managing grant projects. Karen has secured grants and managed programs for the Connecticut Fund for the Environment/Save the Sound, Planned Parenthood of Connecticut and other nonprofits. Most recently and continuing into her “retirement,” she has been a grant consultant for the Headstrong Project, which provides free mental health treatment for post-9/11 veterans.

As a candidate for her BA at NYU, Karen pursued an interest in literature. But in at least one way, her high school education seems to have played a more formative role in her professional life. It was back then that she began to master writing under the tutelage of Alfred Weiss, a high school teacher and her answer to the question “Who taught you to write?” The theme of social activism began to make itself evident in her college years and her graduate education, which led to a Master’s in Public Health at Yale, with a focus on health education.

*continued on page 12*



*Welcome continued from page 11*

Karen was born and grew up in northern New Jersey, in a Jewish but not religious family. However, the theme of pursuing social justice has, in her adulthood, drawn her into active membership in Congregation Mishkan Israel in Hamden. She has served as a member of its Board of Directors, chair of its Social Action Committee, and lay coordinator of Abraham's Tent, an interfaith community project that helps house homeless men and women during the winter months. Most recently, she has been working with four other women to present a well-attended six-part series on racism.

Karen lives within easy walking distance of the Wooster Square farmers' market, another reason for her to stay put and enjoy Downtown Village!

*Ellen Ryerson is a member of Downtown Village.*

### **LIZ ORSINI and KERRY TRIFFIN,**

by Andrew McLaren

For the first half of our conversation, Liz and Kerry talked only about their children (Molly, 40, and Emily, 38) and four grandchildren: "The most wonderful thing in my life," said Kerry. "It's tempting to take credit for them being so wonderful, but that goes to them," said Liz. Then, reluctantly, they agreed to talk about themselves.

Liz grew up in Hartford, went to the University of Connecticut, and embraced the "alternative (i.e., hippie) community," which meant living communally, starting an eating club for a dollar a meal, and meeting Kerry, son of a Yale professor, through the New Haven Food Co-op. She, helped by Kerry and others, opened *Down To Earth*, a vegetarian restaurant that profited from her strong background in both marketing and nutrition.

In his turn, Kerry embraced what he calls "seat-of-the-pants entrepreneurship" by starting Watercomfort Waterbeds and, a few years later, Fair Haven Woodworks – creating hundreds of inexpensive knotty pine bookcases for Yale students. This led to Fairhaven Furniture, through which master woodworkers offer unique pieces. The store is a local treasure. Liz joined Kerry there after ten years and added gifts and accessories to its offerings. The two have always worked together, accepting and encouraging each other, and running with their individual strengths – a good recipe for a successful business, not to mention marriage. The store was like a third child and remains in the family after Liz and Kerry retired.

They joined HomeHaven just before the pandemic; it did not slow them down. Liz recently broke her

## **HH ONGOING EVENTS**

### **Members Only**

#### **MEMOIR WRITING GROUPS**

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

#### **PINS AND NEEDLES**

**(on hiatus until October)**

**Monday, Oct. 4 3:00pm. In-person!**

Bring a project and enjoy good company and lively discussion. New members are always welcome at these monthly gatherings. Please look for news of the October location in late September. If you would like to join the group, please call Kathy Denardo at (203) 687-8835. You must be fully vaccinated to attend.

#### **PLAY READING GROUP**

**Play Reading (on hiatus for the Summer)**

Please look for news of the September play in late August.

#### **Book Group.**

**Monday evenings, 7pm, every 5 weeks.**

All genres welcome! Please contact Peggy Atherton ([peggyatherton@yahoo.com](mailto:peggyatherton@yahoo.com) or 203-273-6118) for the current title & meeting time.

wrist badly, incapacitating her for a while. Both she and Kerry were totally unfazed. He responded by taking up cooking with the same cheerful intensity he brings to everything else in life, and she invested extra time in painting, a great and continuing love, and volunteer activities. Kerry also works for the Bethany Land Trust and sorts out the mysteries of life while hiking in the woods.

Both exude an intense joy and love of life. I asked about travel: always a possibility, they replied, but for now we just like to go to Vermont and Miami Beach. You guessed it! That's where their children and grandchildren are.

*Andrew McLaren is a member of ERV and serves on the HH board.*



# Events: July and August

*The office will be closed on Monday, July 5.*



## JULY

### TBA. Wine & Cheese Tasting

**Presented by Bon Appetit & Mt. Carmel Wines.**

Join us for a special treat from the experts at Bon Appetit & Mt Carmel Wines as they pair some delicious cheese with several summer wines.

**Cost:** Approximately \$45/person.

**Tuesday, July 29, 9am**

### Nature Walk

Join friends and a guide from the West River Watershed Coalition to walk on newly established trails in Edgewood Park. Register online or by contacting the office. Please dress for the temp outside and remember a hat, **water**, sunscreen, & bug spray. Parking/meeting directions to follow.

## AUGUST

### TBA. Thimble Islands Sunset Cruise.

Look for an email announcement mid-July for date & details. There could be a seat limit & probably BYOP.

**Guided Nature Walk: Destination and date will come to you in an email. Stay tuned!**

**Aug. 13-15.**

**Elm Shakespeare Company's**

**1<sup>st</sup> Youth Shakespeare Festival.**

**Edgerton Park. Pericles.**

Look for an email announcement mid-July for date & details.

**Generous support for HomeHaven provided by:**

Whitneyville Food Center: 203-248-4471



*Click on the logos to go to the websites.*

*A sponsorship placement does not represent endorsement of a business by HomeHaven.*

***Remember to check out the HH Happenings on Fridays for all the latest on HH gatherings, presentations, and general goings on.***

## July/August Village Gatherings

### AMITY

**Thursday, July 8, 22. Aug. 5, 19. 5pm**

**Virtual Happy Hour!**

Join us every other Thursday!

### DOWNTOWN

**Virtual Happy Hours (on hiatus)** BUT we will be gathering in-person over the summer so watch your email & HH Happenings for the latest on when & where.

### EAST ROCK

**Saturday, July 3, 10, 17, 24, 31.**

**Aug. 7, 14, 21, 28. 5pm**

**Virtual Happy Hour!**

Join us every Saturday!

**Wednesday, July 14. Aug. 11. 10am.**

**Coffee @The Neighborhood Café, 947 State St.**  
All fully vaccinated HHers are welcome to join.

**Thursday, July 22. Aug. 26. 4pm.**

**Happy Hour @East Rock Brewery,**  
**285 Nicoll St.**

All fully vaccinated HHers are welcome to join.

### HAMDEN/NORTH HAVEN

**Tuesday, July 13. Aug. 10. 10:30am**

**In-person Coffee @Best Video,**  
**1842 Whitney Ave.**

See you then!

### WESTVILLE

**Thursday, July 1, 15, 29. Aug. 12, 26. 5:00pm**

**Live Happy Hour!**

Meeting in-person @Celeste's house. Join us every other Thursday!

**HOMEHAVEN OFFICE**

**☎ 203-776-7378 ☎**

**info@homehavenvillages.org**