

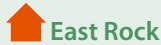
HomeHaven News



Amity



Downtown



East Rock



Hamden



North Haven



Westville

homehavenvillages.org

203.776.7378

MAY 2022



A 36-hour, online-giving event May 4-5 to support local nonprofits

HomeHaven *is participating in ...*

An online giving event

8 am May 4 - 8 pm May 5

at www.TheGreatGive.org

The Great Give is Greater New Haven's premier charitable giving event, a **36-hour online** fundraising challenge to support local nonprofits. HomeHaven has participated for several years, and we are gratified that it has become a substantial and important part of our annual fundraising. Donating is easy! Just go to www.TheGreatGive.org (or directly to our giving page HH@GG22), have your credit card ready, and read the instructions.

There are Rules. Of course, there are always rules! You may only donate online and only from **8am Wed. May 4 through 8pm Thurs. May 5**. Please choose HomeHaven to receive your donations!

To make this more exciting, incentives and prizes are being offered for various time slots and categories of charitable recipients.

Targeted Times to Give. We hope to win one of the prizes being offered to induce donations during specific time periods. We are concentrating our efforts on three specific times:

- Day 1 *Early Bird* prize, 8:00am-9:00am, Wednesday, May 4.
- Day 2 *Early Bird* prize, 8:00am-9:00am, Thursday, May 5.
- Day 2 *Last Call Happy Hour* prize, 5:00pm-7:00pm, Thursday, May 5.

Please donate during these 3 time slots! We can win up to \$2,000, but it all depends on the *number of unique individual donors* we get during these specified times. Individual donors can only be counted once within any time period, but you can give and be counted during successive targeted time periods. The minimum gift size is \$5 (there is no maximum!), so please *spread the total*

amount you want to donate over the three times we are targeting. Paraphrasing the old political joke on voting, we urge you to "Give early and often!"

A \$3,500 Match. To support organizations that serve the elder community, Griswold Home Care has generously created a matching gift pool from which HomeHaven is eligible to receive up to \$3,500! How much we receive, however, depends on **how many individuals** donate to HomeHaven during these 36 hours compared to the number of donors giving to the other charities eligible to participate in the Griswold Home Care match. So, we need your help in getting our number of donors up as high as possible.

Family and Friends. We hope you will enlist your friends, children, grandchildren, and others to join you in making individual gifts! These gifts – whether large or small – will help us to take full advantage of Griswold Home Care's generosity and increase our chances of winning a targeted time prize. Please share The Great Give link with as many people as you can and ask them to donate as little as \$5 or as much as they choose. Every gift counts!

The Leader Board. If competition turns you on, you may follow the progress of The Great Give online, moment by moment. Just log on to www.TheGreatGive.org and look for the link to the Leader Board. There you can see how we are doing and share the excitement of our success. You will see that all of your gifts, large and small, truly make a difference.

Thank you in advance for your participation!

– Frank Estes, HH Fund Development Chair and ERV member



Delivered with heart.

Generous support for HomeHaven provided by:



CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

Virginia and David Schneider gave
in memory of
Dick Snyder



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

Judy August Jean Blue
Ellen Brainard Leslie Brisman
Josie Broude Paul Buchkovitz
Carol Cheney Jeanne Drury
Ann Drinan Andy Fiddler
Howard Goldstein Susan Hawkshaw
Carol Hay Joseph LaPalombara
Bobbi Miller Liz Orsini
Kim Rakusin Jim Sinclair
Frans Wackers Marjan Wackers
Brian West



HomeHaven News

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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

***"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:

- 17 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- 6 computer assists and numerous Zoom assists by volunteer computer helpers
- 11 referrals for household maintenance, information, and nursing services

Note: Members often call a service provider more than once or share names of providers with other members. You can help us keep accurate records by always letting the office know each time you use a provider originally recommended by HomeHaven. ***Thanks so much!!***

Look for monthly reports giving rolling three-month totals.

HOUSEHOLD SERVICES COMMITTEE: SPRING IS HERE!!..... Are we READY?

by Hal Spitzer

It is time for us to prepare for the change in season and all the wonderful times we will spend in the great outdoors – even if those “great outdoors” consist largely of our front, side, and back yards!

Before we go outside, let's look at the house itself,

Do you need to:

- Have a central air conditioning system serviced and/or window units installed? (Make sure that the filters are cleaned. If the window units stay in place all year round, make sure that they are properly supported and weather-tight.)
- Repair and/or replace storm windows or simply remove them until the fall?
- Change storm glass to screens? (Even if they are built into the same frame, you may need help making the switch.)

April 20 Walk & Talk at Savin Rock in West Haven



Photo by Peggy Atherton

Left to right: Nan Bartow, Karen Schneider, Rick Allen, Pat Allen, Allan Atherton, Helen Robinson

- Have windows, doors, and locks repaired so that they operate properly and easily?
- Clean out dryer ducts? (This should be done yearly, whether or not the need is obvious.)

Once outside, follow this checklist:

- Clean gutters and windows.
- Check your outdoor furniture. Does it need repair or cleaning? Do you need help moving it outdoors?
- Now is the time to power wash decks, patios, and walkways – and maybe the entire house or garage.
- Look overhead into the trees. Are there broken or hanging branches that should be removed?
- Get yard work and fertilizing underway. Clean out the debris from last year and work on the garden.

If you plan on doing a lot of the yard work and gardening yourself, we offer a few hints and warnings:

- Don't overdo. Take frequent breaks. The work will get done, even if it takes longer.
- Keep hydrated and protect yourself from the sun with a hat and/or sun lotion with a high SPF.
- Make sure to use the proper tools for the task at hand.
- Use a garden kneeler, especially one with side rails to help in getting up and down. The foam pad of the kneeler may be enough, but actual knee pads also help.

We have listed all these items in previous Newsletter articles, but we hope that this yearly reminder is helpful now, when we feel reinvigorated by the energy that spring and summer bring. Our service providers can help you with any of the above projects. Please call Kate in the Office for referrals. Of course, please follow safe procedures with any workers you may allow onto your property or into your house.

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

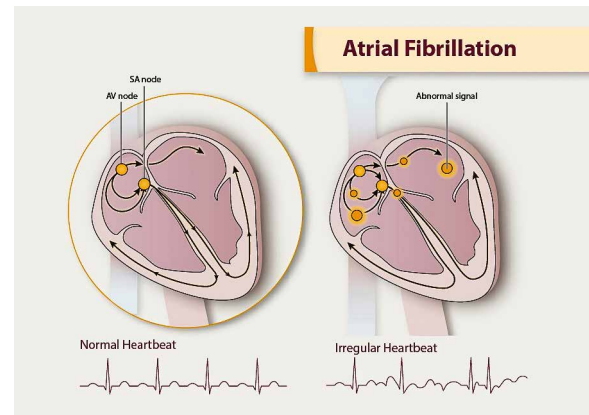
HEALTH MATTERS: Atrial Fibrillation

by Pat Jackson Allen, APRN

Atrial fibrillation is the most common heart arrhythmia found in adults, and its incidence increases with age. An electrical impulse from the atrioventricular node (AV node) initiates the normal rhythm of the heart. Located in the right upper chamber of the heart, the right atrium, it then travels down to the sinoatrial node (SA node). The SA node sends an impulse to the lower chambers of the heart, the right and left ventricles, causing them to contract. The right ventricle pumps blood into the lungs; the left ventricle pumps blood into the body. These electrical impulses synchronize the emptying and filling of each chamber, so that blood is effectively oxygenated in the lungs and pumped to the body.

In atrial fibrillation, the electrical impulse generated in the AV node does not function properly, causing the atrium to quiver instead of emptying completely. When the electrical impulse to the SA node is disrupted, the ventricles do not effectively pump blood. This usually results in the heart rate becoming fast and irregular. People experiencing atrial fibrillation often feel their hearts racing or fluttering, with the resting heart rate 100-175 beats per minute instead of the normal resting adult rate of 60 to 100 beats per minute. Even though the heart is beating faster than normal, it circulates blood less effectively, so the person often feels tired, may have chest pain, lightheadedness, shortness of breath, and weakness. Some adults with atrial fibrillation do not experience symptoms, and their arrhythmia is only intermittent, making diagnosis difficult.

It is important to analyze any heart rhythm irregularity carefully, to determine the type of dysrhythmia and see if there is any other heart disease present. Previous heart valve problems, coronary artery disease or a history of a heart attack or coronary surgery, poorly controlled blood pressure, thyroid disease, obesity, other chronic health conditions such as diabetes, chronic kidney disease, or lung disease increase the risk of atrial fibrillation and other cardiac arrhythmias. But because atrial fibrillation can be intermittent and asymptomatic, the United States Preventive Services Task Force (USPSTF) concluded in January 2022 that there was adequate evidence that atrial fibrillation screening with continuous-monitoring devices, such as a Holter monitor, would identify atrial fibrillation more effectively than standard care screening with a single electrocardiogram.



https://www.cdc.gov/heartdisease/atrial_fibrillation.htm

The primary concern with atrial fibrillation is that the ineffective emptying of the atrium may lead to the formation of blood clots. If a clot forms in the left atrium and passes into the left ventricle, it can travel to the brain and cause a stroke. People with atrial fibrillation are five times more likely to have a stroke than the general age-matched population. This risk increases as the person gets older. For this reason, people who develop atrial fibrillation, even if they do not have any symptoms associated with the arrhythmia, will commonly be followed by a cardiologist and may be prescribed a blood thinner (anticoagulant) to prevent clot formation. Also in 2022, the USPSTF found evidence that a small to moderate increased risk of bleeding followed treatment with anticoagulant therapy to reduce the incidence of strokes. You and your prescribing physician need to discuss the increased risk of bleeding weighed against the increased risk of strokes associated with atrial fibrillation.

Medications to try to control the heart's rhythm and reduce the heart rate treat atrial fibrillation. If these medications are ineffective or not well tolerated, cardiologists may try "electrical cardiac conversion," an attempt to re-boot the electrical rhythm of the heart. If these methods of management are not successful, a physician may recommend an ablation procedure. An ablation attempts to destroy the ineffective electrical impulses. By threading catheters up the large vein in the leg into the upper chambers of the heart, the process kills selected cells to block the abnormal impulses causing the atrial fibrillation. This enables the heart to pump blood more effectively.

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

IT COMMITTEE: “Viruses and Worms and Ransomware, Oh MY!!!”

by John G. Sawyer

This is the second article in this series, and thanks to the suggestion of an editor, the title borrows from L. Frank Baum’s Tin Man’s worry about “Lions and Tigers and Bears, Oh My.” Viruses, worms and ransomware constitute “malware.” Let’s look at how to avoid getting any of them in the first place.

Recapping the previous article: according to the website statcounter/GlobalStats, as of February 2022 76% of computers were running some version of Windows, 16% were running some version of MacOS, and the rest were running something else. Given the distribution of operating systems, you can see why the “bad guys” who create malware originally designed most of it for Windows computers. That continues today. Not that Macs don’t need protection, too, but as they are a much smaller part of the overall population of computers, they get much less attention.

Your first, and best, line of defense against “bad guys” is to keep your computer’s operating system up to date. For both Windows and Mac users, this can be done automatically.

For Windows users:

1. Go to the Start button, then Settings->Update & Security->Windows Update.
2. Click on “Check for Updates” if you want to check right then for updates.
3. Select “Advanced Options” and then, under “Choose how updates are installed:”, select “Automatic” (recommended).

For Mac users:

1. Choose Apple Menu->System Preferences->Software Update.

2. Then select “Automatically keep my Mac up to date.”

Following these steps will give both Windows and Mac users the best protection that Microsoft and Apple provide for their computers; it is perfectly adequate for most computer users.

(By the way, the same advice about keeping the OS up to date applies to Apple hand-held [iPhone, iPad] devices as well. You can find what operating system your Mac is using by going to the apple up in the far left corner and clicking on “About this Mac.” The name of the operating system is right next to the name of the computer: macOS Monterey, for example. The version number is right underneath that, in smaller print: version 12.2.1.)

Final comments about updating:

1. Minor updates should be applied when available. Examples of this are:
 - a. For Windows, quality updates (e.g., 2022-03, 2022-04).
 - b. For Mac, updates such as from 12.0.0 to 12.0.1.
 - c. For handheld devices, updates from 15.0.0 to 15.1.0.
2. Major upgrades are a different issue (Windows 10 to 11, MacOS from 10.14 (Mojave) to 10.15 (Catalina), or from 10.15 (Catalina) to 11 (Big Sur). Apple will tell you by email when a new operating system is available.
 - a. ALWAYS wait a month before upgrading—you want to make sure all the bugs are out.
 - b. After the month, do an internet search on the new version (e.g, Windows 11, Big Sur) and look for the most recent postings to see if the release is stable.
 - c. If there are few problems reported, then upgrade. If not, go back to 2.a above.

In the next issue, we will talk about “Internet Security” software: who should use it, why they should use it, and some recommendations. We will also discuss how to check if you have accumulated any unwanted visitors (viruses, etc.) on your computer, and how to get rid of them.

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

Help Wanted

Be the first to get all the HH news by becoming the HomeHaven Newsletter editor!

The job involves editing the articles submitted by the various committee chairs as well as the monthly articles by our ED or Board President. The editor also curates photos of HH events. A wonderful “editor’s editor” assists in the initial drafts; she is willing to continue in that role.

Articles are due mid-month; the days before the first of the month publication are busy.

For more information, contact Lauri Lowell or Francie Irvine.

Members Visiting Members

by Rick Allen and Judith Colton

We all know that HomeHaven is a community, but it's a community that can keep going only if we each take part in helping one another. A basic step toward doing that is visiting each other.

That means that all HomeHaven members are visitors: you don't need to be an official member of the Visitors Committee to participate.

Visiting can take many forms; there are many ways of connecting with someone. You could have a face-to-face visit at somebody's home, or you might invite someone to your home. You could "visit" by calling someone and having a friendly chat. You can visit via FaceTime or Zoom. You can even visit back and forth via email. There are many ways of keeping connected with each other.

Here's how Rick Allen visits:

"When I'm out and about running errands around town, I will often knock on a HomeHaven member's door and just say "hello!" I might bring a small gift, like a fresh bagel or a flower picked out of our garden, or just a smile, as my entrée to a visit. Or not. Sometimes the chat lasts only 10 minutes face-to-face at the door, and that's fine. I just want people to know I was thinking of them. But often, I'm invited inside or into the backyard for a sit-down visit, which may last for well over an hour or so.

I ask them how they are doing and then I just listen. I might ask more questions related to the conversation but then I'll just listen and listen. Yes, silence can be golden... but so can a nice chat be.

When visiting, just be yourself. We all want to be heard... and to be listened to. Many people who are alone would enjoy your company."

Here's how Judith Colton visits:

"I'm less spontaneous than Rick. I feel more comfortable going to someone's house if I'm invited, so I call or email in advance. In fact, I call and email a lot, and visit sometimes. I try to keep in close touch, by whatever means, with people who are alone or who are not well. Hamden/North Haven is a very large village, and even with our core team, Patty Langdon and I, as co-leaders, don't have the time to knock on all doors. But we share concerns and information whenever we hear about a member, and we go into action in different ways. Patty loves to make soup, so she delivers soup all around town. Others offer to drive locally, to shop, and to do errands.

As Rick says, there are many ways to "visit!" Pick one that feels right for you and help HomeHaven flourish!"



Photo by Rick Allen

Helen Robinson visiting with new member Nan Bartow

Judith Colton and Rick Allen are co-leaders of the HomeHaven Visitors Committee.



Photo by Rick Allen

Normand Methot and Dick Bell enjoying a good chat

Welcome, New Members!

Anne Curtis — East Rock Village

Nan Bartow — Westville Village



Village Gatherings

Contact your Village Leader for up-to-date info.

AMITY

Thursday, May 5. 5pm

Virtual Happy Hour!

Join us on the first Thursday of the month @5pm.

Tuesday, May 24. 3pm

Westville/Amity Coffee Hour.

We are meeting in person at Manjares (382 West Rock Ave in Westville). Until further notice we will meet on the 4th Tuesday of every month.

DOWNTOWN

Saturday, May 28.

DTV Cocktails are in-person!

We will gather at Sarah Greenblatt's home. Check the HH calendar or contact your Village Leader for time & address.

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

ERV

Saturday, May 7, 14, 21, 28. 5pm

Virtual Happy Hour using Zoom!

Join us every Saturday!

Wednesday, May 11. 10am

ERV Coffee Hour!

Join us for an in-person gathering on Kerry Snyder's back deck. Treats to share are always welcome. Contact Kerry or Karen to RSVP.

Thursday, May 26. 4pm.

Happy Hour @East Rock Brewery is back!

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

HAMDEN/ NORTH HAVEN

Tuesday, May 10. 10:30am

Hamden/No Haven Coffee!

We are back at Best Video. See you then!

WESTVILLE

Thursday, May 12 & 26. 5:00pm.

Westvillain BYOPotluck!

Check with Susan or Celeste because if the weather is good, we'll meet at Celeste's backyard! Pack some victuals &/or wine for sharing. Join us every other Thursday!

Tuesday, May 24. 3pm

Westville/Amity Coffee Hour.

We are meeting in person at Manjares (382 West Rock Ave in Westville). Until further notice we will meet on the 4th Tuesday of every month.

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.

PLAY READING GROUP

Tuesdays, May 10 & 24. 7pm. Play Reading: *Under Milk Wood* by Dylan Thomas.

Play Reading is staying on Zoom (for now). Join a dedicated group of readers of all kinds of plays: comedy, tragedy, classic, modern, American, international... Please register on the HH events calendar. When registering, you will be asked to choose between "reader" (the limit for that is 12) or "audience." The Zoom invitation goes out the day before. **Registration is required.**

PINS AND NEEDLES

Monday, May 2 at 3:00 pm.

The May meeting is at Kathy Denardo's home. RSVP to Kathy at Vivian.denardo@snet.net or 203-687-8835. Bring a project and enjoy good company and lively discussion. New members are always welcome at these monthly gatherings. If you would like to join the group, please contact Kathy Denardo at Vivian.denardo@snet.net or 203-687-8835. **You must be fully vaccinated and boosted to attend.**

BOOK GROUP

Monday evenings, 7pm, every 5 weeks.

May 16 will be our last meeting until September.

All genres welcome! Please contact Peggy Atherton at peggyatherton@yahoo.com or 203-273-6118 for the current title and meeting time.

New Life

by Bob Gifford

There once was a spermatozoa
That entered an egg in my mother.
When my mom grew and grew,
after nine months I knew
This intrusion produced my new brother.

Bob Gifford, MD is HomeHaven's doctor of doggerel and a member of ERV.



Events: May



The office will be closed on Monday, May 30 in observance of Memorial Day.

When events are on Zoom, the Zoom link will go out to members prior to the event and will be in the HH calendar listing.

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

**Wednesday, May 4, 8am thru Thursday, May 5, 8pm.
The GreatGive 2022 is here!!**

We are excited for this 36-hour online giving event through the CFGNH. Pass the HH link (<https://www.thegreatgive.org/organizations/homehaven>) to family & friends so they can show their love for you by donating to HH! The more donors we get, the better our chance to win great prizes. Check out HomeHaven's GG22 page here: HH@GG22

Saturday, May 14. 10am.

Tree Talk in Grove Street Cemetery.

David Barvenik, an arborist, leads a walking tour of the trees in Grove Street Cemetery. Join him in exploring the tree-cape of a familiar landscape to see it with new eyes. **Members Only.**

Wednesday, May 18. 1pm. On Zoom!

Poets & Writers presents Cindy Crooker.

Cindy is a member of East Rock Village and a poet. In this session of P&W, Harriet Bergmann will read several of Cindy's poems and Cindy will discuss her work and what inspires her. **Members Only.**

Check out the HH Happenings every Friday!

Tuesday, May 24. 11am. On Zoom!

Charitable Gift Annuities: A discussion with Ellen and Frank Estes and the CFGNH.

A discussion with Ellen and Frank Estes, along with Liana Garcia from the CFGNH, about Charitable Gift Annuities: why they were right for Ellen and Frank, and ways to create a legacy gift. **Members Only.**

SAVE THE DATE

HomeHaven's Annual

Summer Picnic

Tuesday, June 21, 5-7 PM

HOMEHAVEN OFFICE

👉 203-776-7378 👈

info@homehavenvillages.org

Hamden/North Haven Walk Crossing the Mill River



Photo by Kathy DeNardo

Left to right: Patty Langdon, Eric Denardo, Carolyn Gould and prospective member Ellen Woodward

Generous support for HomeHaven provided by:

Whitneyville Food Center: 203-248-4471

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