



Message from the President



Louis at Outer Space

Since we began in 2010 as East Rock Village, HomeHaven has been growing and improving. The “hub” now supports six full-fledged semi-autonomous Villages — Amity (Orange, Woodbridge and Bethany), Westville, Downtown /Wooster Square, East Rock, Hamden, and North

Haven — each with its own name and neighborhood characteristics. We all share the goal of helping our members *remain active participants in the life of the community, living their lives to the fullest as they grow older in the comfort of their own homes.*

Throughout greater New Haven we’re making strides toward realizing our objectives, but the larger national picture grows increasingly daunting. By 2030, one fifth of Americans will be 65 or older. Every day for the next 20 years, 10,000 more Americans will turn 65. While the life expectancy of most 65-year-olds is at least two more decades, the average saving for post-retirement amounts to 23 months! And that prediction is heavily weighted towards homeowners with real equity; renters are even more vulnerable.

The nation is unprepared for the impending crush of boomers, but we believe the growth of villages such as HomeHaven will be an essential part of the national strategy for addressing this major demographic shift. Assisted living and continuing care facilities are already planning to offer “at home” programs, and HomeHaven is working actively with several in the region to determine how our volunteer-based capabilities might mesh with their fee-for-service offerings.

An important reason we changed to a hub and spoke organizational model is that we know that neighborhoods value their own identities. We’ve learned that leadership almost always *already* exists in defined communities, and the most effective way to introduce the village concept is to engage existing leadership. By supporting its associated villages with their particular affinities, HomeHaven can be sure their leaders have access to the kind of engagement, services, and activities their constituents prefer, and aging in place will be an essential part of the response to the greater national issue.

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The key to making aging in place work is to maintain close engagement with our members so we can recognize when they begin to need help. We can then help them plan for the assistance they need to forestall the need for institutional management. The more our villages make living at home safe and enjoyable, the more the quality of life can be sustained, money can be saved, and the need for institutionalization can be averted or delayed.



Louis Audette, President

Introducing New Members

*HomeHaven is delighted
to welcome the following members
who joined us last month.*

Elizabeth Barnston ~ Hamden

Pravin Bhatt ~ Hamden

Matty Dagradi ~ Westville



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Why is it important?

How can you help?

by Bitsie Clark

HomeHaven operates on a very modest budget of \$168,524 a year, 70% of which comes from membership fees. The rest we must raise ourselves through grants, corporate sponsorships, and fundraising activities. Give Greater is a nationwide program to encourage philanthropy that has been adopted by the Community Foundation of Greater New Haven. Almost all of the nonprofit organizations in the area participate in this once-a-year, online fundraising event.

During the 36-hour period from **8:00 am on Tuesday, May 5, through 8:00 pm on Wednesday, May 6**, people are encouraged to go to this website (www.thegreatgive.org) and give to their favorite nonprofit organizations. In addition, the Community Foundation and other corporate givers provide substantial prize money to participating organizations for such achievements as the most money raised, the most new donors, or challenges such as the most donors giving between 11:00 pm and 12 midnight on May 5. Last year HomeHaven won a \$2,500 prize for the most donors giving to a health organization.

It is an exciting event because we can keep track of how we're doing by watching the Give Greater website's leader board to see how much money and how many donors are giving to each organization every minute of the day. People can give any amount. Many gifts are a modest \$25 or \$50, but with a large number of donors, these add up. In 2013 we raised \$6,200 and in 2014 we raised \$6,879 and received, in addition, the \$2,500 prize. Each year we have had 99 donors giving on line. This year we would love to have 120. We hope you will all help to make this year's Give Greater a success by donating and by encouraging your friends and family to participate. Last year we noticed donations coming in overnight from California and were delighted to realize the gifts were from members' children on the West Coast. This year, with your help, we hope to reach our goal of 120 donors and perhaps win another prize that will support our work, enabling us to remain at home as we grow older. **(For more, see Events, p. 8.)**

MEMBER PROFILE: Patty Langdon

by Jane Jervis

Patty Langdon welcomed me to the house where she has lived for nearly 40 years, at the foot of Mill Rock in Hamden, near the New Haven border. Surrounded by large trees, it seems to grow out of the steep cliff that towers over the neighborhood. Inside I was surrounded by beauty, order, and comfort. And as we talked over coffee about her life, it was clear that the personality of this intelligent, gracious, self-possessed woman is strongly imprinted on her home. Serene colors with vivid accents, an eclectic mix of priceless antique and sleekly modern furniture, a small collection of tiny covered porcelain boxes, artfully arranged paintings by local artists – the effect is both stimulating and restful. Patty says she would enjoy helping others with home décor; judging from her home, she'd be terrific at it.

Patty grew up in semi-rural Sandy Hook CT. Her father was a writer, always at home, and she was home-schooled until fifth grade (to which she attributes her shyness). Her maternal great-grandfather was the renowned Norwegian violinist and composer, Ole Bull. When Patty was a child, her mother inherited his island home outside of Bergen, Norway, and kept it up until it was given to the Norwegian Historical Society for the Preservation of Historic Monuments in 1980. Patty and her family spent many summers there, once for six months in 1947. The house had no electricity until the 1950's, but had a staff of servants, and the island was full of exotic flora and fauna. It was a magical place. The house is now a museum.

From fifth through ninth grades she went to Sandy Hook public schools, then to Abbott Academy for grades 10-12, and to Smith College, majoring in English. She has always loved reading, storytelling, and especially myths, a childhood favorite. She dropped out of Smith at the end of her junior year to get married. Her husband was in the ROTC and they went to Fort Sill, OK, where she met Bitsie Clark, also there with her husband. After that she returned to Smith to graduate, and her husband did graduate work at Amherst and Yale. They traveled to Cal Tech and Vassar before returning to Yale, where her husband worked in the Provost's office. While their two sons were still attending Foote School, Patty divorced her husband and, with joint custody, continued to live nearby. He went on to become president of Colgate University and then president of the Natural History Museum in NY, developing Alzheimer's in his 60's. He died in 2011.



Patty has a large extended family and two well-loved sons, Campbell, a business man in Manhattan and George, a teacher in Cambridge. She has five grandchildren, two in their twenties and three under ten.

Patty calls herself independent and adaptive, and she has used her considerable gifts to many ends. When her children were still small, she worked in the alumni office at Vassar, later at an antique store, in marketing for a shopping center, and as an administrator in the Pathology department at the Yale Medical School. When she retired from Yale she started an antique business with two nieces-in-law, but after seven years and a bad economy, Patty dissolved the business. She misses it.

Community Theater engaged her for some 25 years, starting when her kids were still in grammar school. Acting, producing, and directing performances staged throughout the area, she came to know a number of people whom she has rediscovered in HomeHaven. She attended East Rock Village's kick-off event in Edgerton Park in 2010, not because she felt she needed their services but because of friends. She signed up to volunteer, but no one ever called her. (Shame on us!) But since she joined officially last year, she's been reconnecting with old friends and making new ones. She is co-chair with Judith Colton of the growing Hamden neighborhood, a participant in Cooking in Other Languages, an interviewer in the national villages survey, and a part of the re-energized strategic planning task force.

Editors' note: *In the April/May newsletter of 2011, we introduced our readers to Nissa Simon (right), an East Rock resident who writes about health-related topics for national magazines. She has delivered her Health Matters column to us faithfully, promptly, and in perfect prose for nearly every newsletter since. We have learned about nutrition, ticks, vaccines,*



housemaid's knee — you name it — in her clear and engaging voice. Over the coming months, Nissa will be taking a well-deserved break. This will be her last regular column for a while but, with her permission, we plan to reprint some of her earlier pieces — still timely, useful, and important reminders to us all that “health matters.”

HEALTH MATTERS

How Light Can Affect Your Health, by Nissa Simon

People used to spend their evenings listening to the radio, playing chess, reading, or nodding off in front of a fire. Then they went to bed and slept. But these days, television, smartphones, computer screens, energy-efficient lighting, and digital alarm clocks that register each passing minute in glowing numbers all play a role in throwing the body's biological clock out of whack. The blue wavelengths of light emitted from these electronic displays interfere with the production of melatonin, a hormone that helps regulate sleep and wake cycles. Even low levels of blue light can disrupt the body's 24-hour biological clock, or circadian rhythm. In effect, blue light tells the brain that it's morning, whether it's midnight or noon.

Losing a good night's sleep is only one problem associated with blue light. Out-of-phase circadian rhythm may also be a health hazard. Researchers have found that blue light seems to play a role in various cancers, diabetes, heart disease, and depression. A Harvard study showed a possible connection to obesity. Researchers put volunteers on a schedule that gradually shifted the timing of their circadian rhythms. Their blood sugar levels increased, placing them in a prediabetic stage, and their levels of leptin, a hormone connected to feeling satisfied after a meal, went down.

Exposure to blue light isn't always damaging, however; it depends on the time of day. Blue light during daylight hours boosts alertness and diminishes fatigue. Researchers found that people exposed to daytime blue light were less sleepy and had faster reaction times in performance tests. Another study showed that daytime exposure to blue light may have effects similar to caffeine. An intriguing study from

Northwestern Medicine concluded that bright light in the morning may reduce appetite and help control weight, independent of physical activity, caloric intake, age, or season.

Here's what you can do to stack the odds of a good night's sleep in your favor:

- Turn off your television, computer, tablet, or smartphone at least an hour or two before you go to bed and read an old-fashioned, page-turning book instead.
- Look for electric clocks, electric toothbrushes, and other small bathroom appliances that use red light, which has the least power to interfere with circadian rhythm.
- If you get up frequently during the night, set a path of low-illumination red nightlights to guide your way instead of turning on overhead or wall lights.
- If you have to use electronic devices late into the night, seek out a pair of amber-tinted glasses or goggles that block blue wavelength light.
- Try to get outside for 30 to 60 minutes during the day to help maintain a healthy circadian rhythm. And if you want to shed a few pounds, it may help to step out and close your front door behind you early in the morning.

**Give Greater. Give Longer.
Remember HomeHaven in your Will.**

**An Important service for HomeHaven
members, friends and neighbors:**

A THREE-HOUR PROFESSIONAL

SHREDDING EVENT

Dispose of personal papers securely & efficiently

WHEN: Saturday, May 16, 9 am-12 noon

WHERE: The HomeHaven office parking
lot behind 291 Whitney Ave.

HOW: Pack papers in paper grocery bags
or cardboard file boxes

FEES: \$5.00/bag; \$10.00/box

*For help transporting papers,
call the office (203-776-7378).*

(For more details, see Events, p. 8.)

Staying Strong & on Your Feet: A Talk on Fall Prevention

Physical therapist Bill Chapin of Chapin & Havlicek Physical Therapy will discuss the important topic of fall prevention on **Thursday, May 7, at 1:30 pm at Bethesda Lutheran Church, Muhlenberg Room, 305 St. Ronan St.** Bill's clinical interests are in the management of spinal and extremity pain and dysfunction, through posture correction, exercise, and education. He has worked extensively with a neurologic patient population, focusing on mobility and disability prevention. With a high percentage of Medicare-aged clients, posture and fall prevention are essential elements of his practice.

A 1972 graduate of UConn's School of Physical Therapy, Bill worked at YHH as a staff therapist, supervisor, and then assistant director until 1979. He left New Haven for a year to be the director of physical therapy at the Easter Seals Rehabilitation Center in Bridgeport, then returned to oversee what became Temple Physical Therapy. In 1996, he and Fred Havlicek opened their own practice, which serves the greater New Haven and eastern shoreline areas.

(For details on parking and access, see Events, p. 8)

"Getting Friendly with Your iPhone"

There are those who are addicted to their iPhones and those who wish they would just go away. The IT (Information Technology) Task Force is planning a small group session for HH members to discuss our relationships with our iPhones and improve basic skills. We will also go over some of the more entertaining possibilities offered by these now not-so-new mini-computers/cameras/maps/alarm clocks/scanners/recorders and so on, which we carry around in our pockets. (No worries, not ALL of those options need to be used!)

The meeting will be held on Tuesday, May 12, at 2:00 pm, at Jane Lederer's house. The group is limited to eight, but if there is enough interest, we will run a second group.

If you would like to attend, please call the office to sign up. We'll send out an email asking which model iPhone you have and how you use it. We'll also ask you what you would most like to learn while in the group.



Drawing by Jane Lederer



***"Gardening is a matter of
your enthusiasm holding up
until your back gets used to it."***

— Unknown

HOME MATTERS: Confused by Cheap Power Offers?

Lately many of you have been bombarded with offers from competing power providers. How do you decide what to do or whom to trust? Here's some help.

In May 1998 Connecticut adopted legislation (Public Act 98-28) to promote competition in the generation of electricity. The act required the state's two electric companies (UI and Eversource/CL&P) to distribute electricity provided by any power generator licensed in Connecticut. As a result of this deregulation of the generation market, consumers now have a great many options about where to buy power, but it continues to be delivered by their electric company (UI for nearly all New Haven area consumers), which also continues to send electric bills and handle power outages. Your electric company also continues to sell power itself and is the default supplier of electricity if you do not choose one of the licensed generators. Only Eversource or UI can terminate your service.

If you choose one of the licensed power generators, the only difference you will notice on your bill is that

the "Generation Service Charge" will reflect the rate charged by that supplier. The other charges on your bill are regulated by the state and are unaffected by your choice. Although the cost of power generation is likely to be less than half the total power bill, the cost savings from using one of the low cost suppliers can be quite substantial. Currently the cost per kilowatt hour (kwh) ranges from less than 7 to over 15 cents. The cost per kwh from UI is currently 13.3108 cents.

Contracts for power are either "variable" rate (terms of three months or less) or "fixed" rate (terms of four to as long as 36 months). Unless you want to continuously monitor the price you are paying, do not choose a variable plan. Variable plans can increase by as much as 25% when the contract runs out and do not require the supplier to provide notice that it is about to expire. Fixed contracts must provide notification before the expiration date and a description of your options when it expires. Although you may always switch back to your electric company's default plan on 72 hours notice, many contracts, particularly the longer term, charge a cancellation fee of as much as \$50. Some have an enrollment fee. You can switch to another licensed power provider but that takes one or two months to take effect.

While all plans must meet state-mandated renewable energy standards, there are many suppliers who provide "green" policies offering electricity that exceeds the Connecticut standard.

It's easy to find comparative lists of power suppliers on the internet and to enroll or change your provider online. One of most informative sites, with detailed information about the power generation market, its regulation, potential suppliers, and answers to FAQs is: www.energizect.com Click the tab "Choose Your Electric Supplier" for general information.

Two other sites providing options are: www.chooseenergy.com and www.electricityrates.com



Happy Birthday to HomeHaven members with a birthday in May

Aboud Bashy Lora-Lee Bell
Ellen Brainard Leslie Brisman
Josie Broude Sam Chauncey
Sandra DeRose Joseph Dolan
Jeanne Drury Mae Festa
Anne-Marie Foltz Arlene Goldblatt
Carol Hay Joseph LaPalombara
Peggy MacMullen Sophie Powell
Kim Rakusin James Sinclair
Mimi Sommer Ada Susman
Roberta Thornton

TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please let us know how things turned out.

203-776-7378

Laughter, The Best Tonic: Be Careful Who You Try to Book

One morning the husband returns after several hours of fishing and decides to take a nap. Although not familiar with the lake, the wife decides to take the boat out. She motors out a short distance, anchors, and reads her book.

Along comes a game warden in his boat. He pulls up alongside the woman and says, "Good morning, Ma'am. What are you doing?"

"Reading a book," she replies (thinking, "Isn't that obvious?").

"You're in a Restricted Fishing Area," he informs her.

"I'm sorry, officer, but I'm not fishing. I'm reading."

"Yes, but you have all the equipment. For all I know you could start at any moment. I'll have to take you in and write you up."

"If you do that, I'll have to charge you with sexual assault," says the woman

"But I haven't even touched you," says the game warden.

"That's true, but you have all the equipment. For all I know you could start at any moment."

"Have a nice day ma'am," the game warden says — and leaves.

MORAL: Never argue with a woman who reads. It's likely she can also think.

Ongoing Group Meetings

PINS AND NEEDLES

Monday, May 11, 3:00 pm at the home of Jeanne Drury. Please call or email Jeanne at 203-281-3227 or jeannedrury@aol.com for further information or to let her know that you plan to attend. Meet for sewing, mending, handwork of any kind, wide ranging conversations and refreshments. New members always welcome.

Monday, May 25, Memorial Day—no meeting.

BOOK GROUP

Monday, May 4, 10:00 - 11:30 am at the home of Patty Langdon, 121 Mill Rock Rd., Hamden, for discussion of *Life Drawing*, a suspense story and a tragedy by Robin Black (a New Haven native). In late middle age Augusta, a painter, and Owen, a writer, move from the city to an isolated country house to try to repair their marriage and recapture their artistic creativity. **Please RSVP to the office if you would like to attend this meeting.** New members are welcome.

COOKING IN DIFFERENT LANGUAGES:

Greek. Monday, May 18, 6:30 pm. Sign up deadline is Thursday, May 7. (*Calls after that go to the waiting list.*). Newcomers are always welcome at these lively explorations of the cuisines of the world. **RSVP** to Celeste Markle at c.markle@yahoo.com. Those without email may reach Celeste at 203-397-0492 or call the office. Once groups are set they will work with the host(s) to determine the menu.

MEMOIR WRITING GROUPS

The two ongoing groups meet at the convenience of their members. New members are welcome. For information, please contact Harriet Bergmann at 204-776-003 or hfb183@gmail.com.



ERVerse:

THE SYCAMORE SEED

Sycamore seeds are the first sign of spring
When they part from their spherical home.
Millions alight on the snow, where
they cling,
Awaiting a thaw, and a breeze to then roam.
Each is a tiny, one-seeded dried fruit,
Dispersed as the air currents flow.
It looks like a miniature parachute,
Hoping to find soil and then grow.
What is the chance that one will take root
To become a unique living tree?
Only one in a million ever sends up a shoot.
Like a win in a lottery spree.

It reminds me that I, too, am one of a kind,
From a mother whose nickname was Peg.
Like the sycamore seed, it was chance
that was blind,
When one random sperm found her egg.

— Bob Gifford, *Doctor of Doggerel*



Events: May



Tuesday, May 5, 8:00 am - Wednesday, May 6, 8:00 pm
The Great Give www.thegreatgive.org

Go to the website during this 36-hour period and give generously to HomeHaven. Every contribution counts! With your help, we may earn bonus funds provided by the Community Foundation of Greater New Haven and other community sponsors for rate of participation, total contributions, or, as we did last year, for the amount raised in our category. Remember: **Only online and within those 36 hours.** (See article p. 2.)

Thursday, May 7, 1:30 pm

Bill Chapin, Physical Therapist, a talk on *Fall Prevention Strategies* and related topics that will help us to stay on our feet and enjoy our upcoming years. **Bethesda Lutheran Church, Muhlenberg Room, 305 St. Ronan St.** For easiest access, park on St. Ronan Street and use the entrance off the semi-circular driveway. (For more information see article, p. 5.)

Tuesday, May 12, 2:00 pm

“Getting Friendly with Your iPhone”

A workshop with IT Task Force members to help you become more adept at using your iPhone. Please call the office to sign up. Group limited to eight, but a second meeting will be run if enough interest. (For more information, see article, p. 5.)

Saturday, May 16, 9:00 am-12 noon

Shredding Event — HomeHaven Office Parking Lot, 291 Whitney Ave., Entrance off Bishop Street

Here's your chance to get rid of all those space-consuming and totally unnecessary papers you've been moving from pillar to post. Pack them in sturdy shopping bags or boxes and bring or send them to the giant commercial shredder that will do the work for you. Fees are \$5.00 for a paper grocery bag; \$10.00 for a cardboard file or bankers box (about 10" x 12" x 15").

Please call the office for more information or to enlist a volunteer if you can't bring the load yourself.

VOLUNTEERS NEEDED!

What can YOU do?

Call the office
to discuss volunteer opportunities.

Let us know what you can do.
It's good for us, It's good for you.

Tuesday, May 19, 9:23 am MetroNorth Train, transferring to the Harlem Line at 125th St. station
Frida Kahlo, Art, Garden, Life

Bronx Botanical Garden

This is the first solo presentation of Kahlo's work in New York City in more than 10 years and the first to focus exclusively on her intense interest in the botanical world and her engagement with nature in her native country of Mexico. The addition of this exhibit to the usual wonders of the various gardens will make for a particularly exciting trip to this magical place. Entrance fee is \$18 for seniors (65+). Please call the office to sign up or if you have any questions.

Thursday, May 28, 4:00 pm

“Life Care Alternatives, second installment”

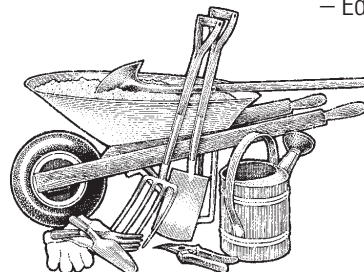
Louis Audette's home, 24 Everit Street, New Haven

A discussion of the health services available from All About You and Griswold, HomeHaven's recommended providers, and a new insurance program that provides access and covers the cost of care in assisted living, memory care and skilled nursing facilities if you can no longer remain at home. The session will also review the at-home programs available in the New Haven area. If you wish to attend please call the office to register.



*“I think that no matter how old or infirm
I may become, I will always
plant a large garden in the spring.
Who can resist the feelings of hope and joy
that one gets from participating
in nature's rebirth?”*

— Edward Giobbi



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