

## Message from the President



Louis at home

Monday, June 8, started out with scattered showers and gray skies but by mid-afternoon, when we left for Edgerton Park to get ready for the annual HomeHaven picnic, the skies had begun to clear. The party was held under balmy, early summer twilight and 93 members—the largest attendance yet—

carried on with our tradition of bringing interesting dishes to share. There were salads and casseroles and all kinds of condiments. The dessert table was laden with pies and pastries and goodies such as Sara Ohly's huge tray of baklava. As usual, wine flowed freely—along with typical HomeHaven congeniality!

My little dog, Percy, and I greeted friends and made our way from table to table, joining in the varied conversations. The topics revealed the cohesion of the combined villages, even as they've grown more diverse in their innate affinities and local identities. There are now six of them, with distinct names that reflect their local characters—Amity, Westville,

Hamden, North Haven, East Rock, and Downtown/Wooster Square. Yet, as we went from table to table it was interesting to note that particular villages were represented by clusters of their own members, even though the conversations were similar across the lawn. It was so gratifying to see the benefits of our decision to make HomeHaven itself a hub, serving what are becoming different kinds of villages at the ends of its spokes. They're pursuing their inherent interests and preferences in activities and generating their own pools of volunteers. Even so, the topics of

*continued on page 2*

### IN THIS ISSUE:

Linking Up .....	page 2
New Members .....	page 2
In Memoriam .....	page 3
Home Matters .....	page 3
Health Matters .....	page 4
Dr. Gifford Discusses Diabetes ....	page 5
Member Birthdays .....	page 5
Computer Connections .....	page 6
Collective Wisdom .....	page 6
Life Care Alternatives II .....	page 7
Summer Events .....	pages 7, 10 & 11
Edgerton Park Picnic.....	pages 8-9
Laughter .....	page 10
ERVerse .....	page 10



Percy at the Picnic

Generous support for HomeHaven News provided by:



Click on their logos for more information on our sponsors.

## Message from the President *continued from page 1*

discussion were pretty universal. There were the usual remarks about the weather and icebreakers about grandchildren and plans for summer vacation.

When talk turned to HomeHaven itself, people discussed kinds of sharing and the services they needed—mainly rides. Age and health differences were superficially apparent, from wearers of flip-flops to users of canes and walkers, but the overall spirit was hale and sprightly. Some expressed the gratification they were feeling by being volunteers—if only because there are so many ways of being helpful. Membership support in the Great Give campaign was especially evident this year, when HomeHaven was a prize winning participant—again! Even the recent confidential document shredding party was surprisingly successful, with several picnickers regretting they'd missed it and hoping we'd have another one soon. Conversations ranged from books and plays to illness in general and who was ill in particular, but almost never death—except in one regard: Planned Giving. At least three members shared their decisions to leave bequests for HomeHaven in

---

## LINKING UP

*Links to items of interest recommended  
by newsletter readers.*

Do you suffer from “Clutter Guilt”? Here's help! “**Let's Celebrate the Art of Clutter,**” by Dominique Browning can be found at [this link](#).

We welcome your comments about these links and your suggestions for others. Send responses to the editors (below) or the office.

### HomeHaven News

Ellen R. Brainard, *Editor*  
[erbrainard@gmail.com](mailto:erbrainard@gmail.com)

Jane Jervis, *Associate Editor*  
[hh.jervis@comcast.net](mailto:hh.jervis@comcast.net)

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



Photo by Judy Sirota Rosenthal

*Teamwork in action!*

their wills. (I'm doing it too—it's so easy, and the gifts only take effect when we won't be around to care or need them ourselves).

At the end of the party the trays and baskets were retrieved and our core of “able bodied” men—and not a few women—pitched in to return chairs and tables to the Edgerton Park Carriage House. The lawn was restored to its pristine condition. The teamwork struck me as another nice example of the simple principle behind HomeHaven's purpose:

We have to know each other so we'll like each other when we need each other!

A handwritten signature in dark ink, appearing to read "Louis Audette".

Louis Audette, President

## Introducing New Members

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

Joyce & James Greenfield  
Downtown/Wooster Square



## IN MEMORIAM

FRANCES DRUTMAN SWITKES 1921-2015



Fran Switkes, a member of Westville Village since its inception, died on June 7 at the age of 94. She is survived by her daughters Susan and Cathy, seven grandchildren, many nieces and nephews, and countless friends. Her husband, Harold, also a member of Westville Village,

died just two years ago.

Fran graduated from Hillhouse High School and Grace New Haven School of Nursing, and was a head nurse at Grace New Haven Hospital before becoming a 1<sup>st</sup> Lieutenant in the U.S. Army Corps of Nurses. After working with her husband at their store, Harrold Ltd. in New Haven, she returned to nursing as a

case manager. She was a lifelong member of Congregation B'nai Jacob, and a fan of the Red Sox and UConn Huskies. Compassionate loving care defined her — professionally, as an active community member, as a family member, and as a friend.

Bea Smirnoff, Fran's dear friend for over 60 years, remembers that even when Fran was very sick, she always remembered to ask after other people's concerns. When she needed help going daily to Smilow early in the morning, Fran didn't want to impose on HomeHaven volunteers, so she asked Bitsie to recommend a private driver; Ken became a dear friend and sat shiva with the family after Fran died. She was loved by everyone at 220/226 Fountain Street, including the staff. Bea knows that Fran's death will leave a big hole in the community.

## HOME MATTERS: Don't Leave Home Without. . . .

by Louis Audette

Are you leaving for a long trip or vacation? Whether you plan to be away for 10 days or two months, there are important steps you should take for security and peace of mind.

1. Leave a spare house key and alarm code with a trusted friend who lives nearby, and tell the HomeHaven office how to get in touch with that friend in case someone else notices a problem. Don't leave a key or code with us! If you're leaving for some duration, tell your block watch captain you'll be gone and the police who they can reach if they need to get inside your house.
2. Tell your credit card company that you'll be away so its fraud-alert system won't be triggered by a bunch of purchases in an unusual location. You can do this securely on the issuer's website.
3. Arrange to have your lawn mowed periodically and ask a neighbor to collect your mail and newspapers. The Post Office will hold mail for up to a month. You can have it delivered when you return or pick it up. "Hold Mail" requests are available from your mail carrier, at the post office, or can be filled out online.

4. If you have plants and/or pets, be sure your house/pet sitter has detailed instructions about care and feeding (a member's family recently left four pages of instructions about how to take care of their dogs for 12 days). Most plants don't do well with excessive watering—leaving them in large pots of water may stress if not drown them.
5. Set several timers so lights in different rooms can be turned on at different times. Even if you have a garage, leaving your locked car in your driveway helps suggest that someone's at home.

*Have a great trip!*

### 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**

## HEALTH MATTERS

### Lyme Disease Lowdown, by Nissa Simon

This article appeared originally in the July-August 2012 issue of HomeHaven News and has been updated by the author.

Living where we do, we already know a lot about Lyme disease. There's no need to repeat the tuck-your-pants-leg-into-your-sock mantra, but here's some information that's not as well known. (If you want to brush up on the basics, log on to the [CDC site](#).)

#### It's Probably Going to Be Another Bad Tick Year

Ticks in the Northeast are showing up earlier in the spring and beginning to feed earlier because of warmer temperatures over the past two decades. Although we lived through a brutally cold winter this year, there's no evidence that cold weather has any effect on tick populations. Rather, the risk is increasing with climate change according to disease ecologist Richard Ostfeld, of the Cary Institute of Ecosystem Studies. "Avoidance of infected ticks is the only game in town."

Black-legged ticks have a two-year life cycle. In late summer the larval tick hatches from the egg and feeds on mice and other small rodents, which are the source of the Lyme disease bacterium. An infected tick carries the bacterium through its next two life stages—nymphal and adult. The larvae molt to the nymphal stage the following spring and are active from May through September. The size of poppy seeds, nymphs cause 80 percent of Lyme disease cases in humans.

By late summer, nymphs molt into the adult stage, where only the female black-legged tick takes a blood meal, then lays her eggs and dies, and the cycle begins again. Deer serve as the main meal for adult ticks, but they play no role in infecting ticks. If deer are in short supply, adult ticks will feed on raccoons and other medium-sized mammals.

Finally, beware of slow news days. The latest flurry of fear involves powassan (POW) virus. The POW virus

cycle is maintained between ticks and woodchucks, squirrels, and white-footed mice. Out of a population of 319 million, approximately 60 cases of POW were reported in the United States over the past 10 years—none in Connecticut.

#### Did You Know?

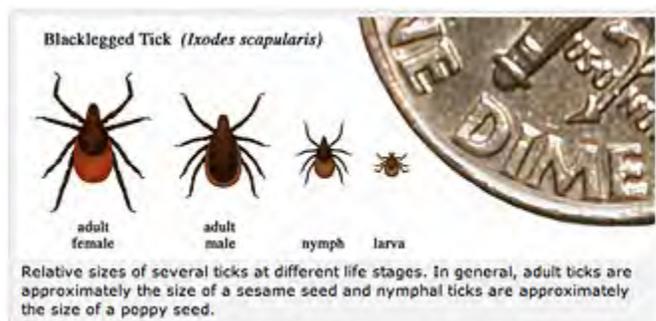
- Only 20 percent of black-legged tick nymphs and 50 percent of adult females are infected with the bacterium that causes Lyme disease. Ticks attached for less than 24 hours are unlikely to transmit an infection.
- Ticks feed on hosts for several days. To help them go unnoticed the ticks secrete a novel pain killer in their saliva that masks their presence.
- Ticks do not drop from trees, fly, hop, or run. They look for a meal while lurking on low vegetation or the edges of leaves on the forest floor. Then when a tasty two-legged or four-legged morsel walks by, the tick will grab on quickly with its hook-like forelegs and climb up to find a place to feast.
- Although ticks do not wander more than a yard or two from home on their own, they do get moved around by animals. Pets are notorious for bringing ticks into the house. Any loose tick crawling on the animal's fur can easily target you for its next meal when you pet or pick up your four-legged buddy.

#### Is That an Infected Tick?

The Connecticut Agricultural Experiment Station at 123 Huntington Street will accept all ticks for identification but will test only engorged ticks for the presence of the spirochete that causes Lyme disease. Drop off your samples at the Insect Inquiry Office in Jenkins Lab. The Ag Station asks that you:

- Place the tick in a small zip-lock plastic bag or plastic vial with a tight lid and indicate if more than one tick is in a container. Do not use black film canisters, glass containers, or ticks mounted on glass slides.
- Do not preserve ticks in alcohol; send them *au naturel*.

For more information, call the tick-testing laboratory at 203-974-8569.



This graphic from the CDC site (<http://www.cdc.gov/lyme/transmission/blacklegged.html>) illustrates the relative sizes of several ticks at their different life stages.

# Dr. Gifford Discusses Diabetes

by Anne-Marie Foltz

On June 8, Dr. Robert Gifford, Professor Emeritus of Medicine at Yale, spoke about diabetes to members of HomeHaven and the Mature Adult Program of the Community Action Agency. Diabetes is becoming increasingly common both in the United States and worldwide. It's almost like catching the flu—an epidemic.

Dr. Gifford began by explaining how we get the energy to keep warm and stay active. This energy is produced by the metabolism of sugar in our cells. But sugar needs help to get into our cells, and this is where the pancreas comes in: it produces the insulin that helps

sugar penetrate our cells and be metabolized. The body has an exquisite regulation system to keep the level of glucose in our blood normal—not too high, not too low. In diabetes, the level of sugar in the blood remains too high because it has difficulty getting into the cells. There are two types of diabetes:

Type 1 diabetes, once known as childhood diabetes, accounts for only about 5 percent of diabetes cases. It is a disease in which a person's own immune cells attack the pancreatic cells that make insulin. Without insulin a person with this condition cannot survive. The only treatment for Type 1 diabetes is to supply insulin.

Type 2, or insulin-resistant diabetes, accounts for 95 percent of cases. In this type, a resistance to the effect of insulin in cells develops. The pancreas may rev up to overcome this resistance or produce more insulin, but eventually even the pancreas runs out of gas and produces too little insulin. Of Americans over the age of 60, about one quarter have Type 2 diabetes. Insulin resistance is higher among African-Americans than among Caucasians. It's not completely clear why. There is definitely an inherited tendency to develop it, but obesity, a sedentary lifestyle, and advancing age are major factors that can bring it on.

The effect of high levels of blood sugar is not good for blood vessels: it can cause vision damage, nerve damage, frequent infections, high cholesterol levels, and even lead to kidney failure. Doctors monitor the amount of blood sugar, ensuring that it stays below 7 percent, by checking a blood test called hemoglobin A1C.

The first and best way to deal with Type 2 diabetes is to get off your duff and lose at least 10 to 15 pounds by exercising for 30 to 60 minutes a day. Stopping smoking helps too. If these measures do not reduce insulin resistance, there are medications that doctors recommend, usually starting with metformin (Glucophage). But since all medications have side effects, it is best to start by changing your lifestyle, improving your diet, losing weight, and exercising. The only side effects to those therapies are to make you feel better.

The meeting ended with some lively questions, answers, and clarifications.

Dr. Gifford concluded by saying that although there is no cure for diabetes, there are plenty of good ways to control it.



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

Allan Atherton Bill Brainard  
Jack Cooper David Dickson  
Phoebe Edwards Arnold Eisenfeld  
Ellen Estes Susan Feinberg  
Mirjam Geismar Elise Knapp  
Dorcas MacClintock Libby Meyer  
Stephen Parks Christa Sammons

## ***or in August***

Caroline Bacon Susan Brisman  
Jody Bush Natalie Charkow  
Ralph Franklin Edith Gillman  
Carolyn Gould Pat Gurney  
Charlie Kingsley Sharon Matthews  
Normand Methot William Miller  
Sam Peterson Sheilah Rostow  
Janet Rozen Jo Shepard  
Dick Snyder Roxanne Turekian  
JoAnn Wich Elaine Wiig Liz Wolf



# COMPUTER CONNECTIONS: We Care! Help is at Hand!

by Christa Sammons

The Memorandum of Understanding drafted in 2012 to define the mission of HomeHaven and its constituent villages, current and future, contains this statement: **“The role of the leadership of each Village or village in formation includes providing neighborly, personal support to members in their neighborhoods/villages.”**

Your Information Technology (IT) Task Force has taken this mandate to heart. We want to help! Call us a little single-minded, but we want to help you with your computer, or help you get a computer and learn to use it. Email and other computer applications provide ways to stay connected with loved ones and friends. The computer can help people make and maintain friendships when it is difficult to move around physically (think of last winter’s icy sidewalks and roads). The computer can foster new modes of creativity; it can be a quick source of vital information.

The final results of last March’s computer-use survey have been analyzed in depth. With 39 responses now in the mix (less than 20% of our membership), the profiles have changed little since we reported on them last April. What we did not report then is that approximately 64% of the people who responded to the survey rated their computer skills as either intermediate or advanced. (Another 23%, perhaps too modest to declare themselves aces, said they didn’t know their level.) Our conclusion? Most of those who answered the survey are already pretty good at using the computer. (“Well, duh,” you say, “you had to know how to use the computer to access the online survey.”)

Our mandate, then, is to help any of the rest of you who want to improve your computer skills but were too shy to ask. To be pro-active about this, we’ve devised a village-based outreach program called First Responders, neighbors who can help with computer problems. Amity Village is leading the way. Each of its First Responders has volunteered to call a portion of those in their village who did not respond to the survey and take the measure of how those members use computers (or don’t), what their needs are, and what they want from computers—whether the ability

to communicate over distances, write, draw, compose, do research, play games, bank, shop, order groceries, pay bills, and/or sort photographs. The list could go on. If First Responders can’t help on the spot, they will refer problems to HomeHaven volunteers with more expertise. In the meantime, the data they gather will help the IT committee improve the overall design of our computer-help outreach program.

Next fall we hope to use the Amity model to extend pro-active IT to our other villages. Meanwhile, individual computer problems can be addressed by our volunteers. Call the office at 203-776-7378 and ask Kate to set up a consultation for you.

---

## COLLECTIVE WISDOM:

### Member to Member

#### Beware the Driveway Sealing Scam!

Early last week a Hamden Village member noticed men on her driveway but thought one of them was the handyman she regularly employs. When queried, they replied that he was on another job, but that they were there to seal her driveway at his direction. Assuming the job might be legitimate (but without asking for paperwork or identification) she closed the door. They proceeded to coat her driveway with a tarry substance that was probably waste oil. When they finished they demanded \$2,000!

By now fully suspicious, our member challenged them, refused payment and they simply left. In retrospect, the entire episode was obviously a scam, but it was just plausible enough, initially, to quell her doubts. They found a vulnerable victim and a place to dump their toxic waste. If they’d prevailed with their demand for payment it would have been a bonus.

Summer is the most likely season for unsolicited home service fraud. Be alert, use providers you know, insist on identification and credentials like licenses and permits. Call the police promptly if you think you’re being set up for a scam—and write down their license plate number!

*Do you have a request for information? Advice you’d like to pass on? Let’s pool our collective wisdom! Send questions, answers, tips, suggestions to [erbrainard@gmail.com](mailto:erbrainard@gmail.com) or [HH.jervis@comcast.net](mailto:HH.jervis@comcast.net).*

**Keep Giving Forever.  
Remember HomeHaven in Your Will.**

# Life Care Alternatives, Part II

by Libby Meyer

HomeHaveners crowded into the meeting space at Louis Audette's home on May 28 for a discussion led by Bill Brainard and Bob Gifford, members of the Task Force on Life Care Alternatives, focusing on HomeHaven's recommended health care providers, at-home programs in the New Haven area, and a new Facility Care Only plan that covers the cost of, and offers priority access to, health care facilities if needed. Bill noted that by using HomeHaven's services, together with the Facility Care Only plan, members can "roll their own" at-home plans.

Bob outlined the health care services available from HomeHaven's providers that, together with HH's other services, form in effect the "front end" of a comprehensive at-home program. *Medical support* (registered nurses, physical and occupational therapists, social workers) is available through HomeHaven's contract with All About You. Medicare will pay for some, but not all of these services. *Non-medical support* (homemakers, companions, certified nursing assistants) is available from Griswold Special Care. Fees are paid by the user and can be substantial, ranging from \$20 to \$30 per hour for non-medical care; four hours per day, for example, could amount to \$43,800 per year. Currently Griswold's charge for live-in care is \$186 per day or \$68,000 per year. Bob observed that although these fees may seem high, they are still cheaper than a nursing home, which may cost as much as \$140,000 per year.

Bill then described the two at-home (A-H) programs available in the New Haven Area: Seabury At Home, affiliated with Seabury, a continuing care retirement community (CCRC) in Bloomfield; and Senior Choice At Home, run by the Jewish Home for the Elderly in Fairfield. These comprehensive programs provide a full array of medical, personal, and home services for you

in your home. They cover the costs and provide access to assisted living, memory care, and skilled nursing facilities on their campus or in licensed facilities in the New Haven area. Other services are similar to HomeHaven's—social and cultural activities (at their main facilities), transportation, computer services, and recommended home maintenance providers. Seabury's new Facility Care Only plan, the "back end" of its A-H plan, may be of particular interest to HomeHaven members. Combined with HomeHaven's services and recommended health providers, it would essentially form a comprehensive A-H program, differing in that health services provided while at home are self-insured.

A range of comprehensive A-H plans is available from both Seabury and Senior Choice. Prices vary according to the degree of coverage, the percentage of co-pay, and age at entry. All plans charge a fee upon entrance to the program and a monthly membership fee. The admission fees are a fraction of the cost of joining a CCRC and the relatively low monthly fees do not increase if you need expensive at-home or facility health care. Seabury's comprehensive "Gold" At Home Plan, for example, covers 100% of home and facility-based health services for an individual. Its entry fee at age 85 is \$77,776; the monthly fee is \$441. The entry fees for the Facility Care Only plans are typically less than half that of a comparable comprehensive A-H plan. To join any of the plans, including the Facility Care Only plan, applicants must be in good health, provide medical records, undergo physical examination, and qualify financially.

Decisions about these matters are complicated and depend on personal circumstances and preferences. The *Task Force Report on Life-Care Alternatives in the New Haven Area* provides general observations and detailed information on the wide variety of plans examined. It is available to members from the office or on the HomeHaven website. [Log in with your password and select Documents → Library → Continuing Care.] HomeHaven's medical and other services are described in your *Member Handbook* and in *Home Haven Arrangements for Health Care* on the website (see above).

Thanks are due to the Task Force members for their research and to Bill and Bob for their clear explication of these programs. They've given us a helpful start on thinking and planning for the time when aging in place becomes problematic.

## FYI: Free Events for Summer Fun!

### FOURTH OF JULY!

**Saturday, July 4, 8:00 pm, Fireworks.** Watch from Edgerton Park or from the Wilbur Cross playing fields where the **Coast Guard Band** will play.

### AND YOU CAN EVEN DANCE!

**Edgerton Park offers a variety of outdoor musical evenings**, even a barn/contra dancing night. Go to: [www.edgertonpark.org](http://www.edgertonpark.org) and scroll to "more details...click here." All events are FREE.



*Member Potluck Picnic ~ Edgerton Park ~ June 8, 2015*





## EDGERTON PARK PICNIC

All morning we thought we'd be picnicking inside the Edgerton Park Carriage House but, as evening drew near, the sun shone, the grass dried, the mosquitoes *did not* come out, and the party began. Drivers arrived with passengers and picnic fare, tables were laid, the garden was gorgeous and the food was fabulous. We HomeHaveners do ourselves proud in our kitchens!

More than 90 of us turned out, the most ever, and we were joined by friends and guests and kids who raised our spirits while we nourished our bodies. The kids even helped with the clean-up!



Photos by Judy Sirota Rosenthal



## Laughter, The Best Tonic

### CAUTION: Read Label Before Using

DO NOT wash your hair while showering!!!

It is so good to finally get a health warning that is useful.

It involves the use of your hair shampoo while showering, and what occurs when it runs down your body.

I don't know why I didn't figure this out sooner. When I wash my hair while showering, the shampoo runs down my entire body. Printed very clearly on the shampoo label is a warning that reads: "For extra body and volume." Well, no wonder I've been gaining weight!

I've gotten rid of that shampoo and now use Dawn dishwashing liquid. Its label reads: "Dissolves fat that is otherwise hard to remove."

### ERVerse: ADIPOSITY

Most of us, I'm certain, are somewhat overweight.

And some of us are fat, a term I've grown to hate.

A few of us, I fear, could be labeled as obese.

Oh wouldn't it be nice if our waist size could decrease?

We envy those among us who keep themselves so trim.

Their movements are so natural with profiles fit and slim.

I don't know how they do it, for I'm hungry all the time,

And the food prepared at home is so luscious and sublime.

So you cannot blame the eaters for bellies so rotund.

Gastronomic cooks are the ones that should be shunned.

Perhaps I should remove all the goodies from the shelf?

My wife says, "Be my guest, and start cooking for yourself!"

— Bob Gifford, *Doctor of Doggerel*

## Ongoing Group Meetings

### PINS AND NEEDLES

*No Meetings in July and August.*

**Monday, September 14, 3:00 pm. Place TBA.**

**Monday, September 28, 3:00 pm. Place TBA.**

For further information, please contact Jeanne Drury at [jeannedrury@AOL.com](mailto:jeannedrury@AOL.com) or 203-281-3227. Meet for sewing, mending, handwork of any kind, wide-ranging conversation and refreshments. New members are always welcome.

### BOOK GROUP

**Monday, September 14, 10-11:30 am. Place TBA**

Discussion of Hilary Mantel's *The Assassination of Margaret Thatcher*. This collection of short stories from the two-time Man Booker Prize winner has been called vastly entertaining, breathtaking, and full of her black, subversive humor. New members are welcome.

### COOKING IN DIFFERENT LANGUAGES

*No meetings in July or August.*

**Monday, September 21, 6:30 pm**

**Connecticut's Bounty—Local Harvest.**

**Sign up deadline, Thursday, September 11.**

Newcomers are always welcome at these lively explorations of the cuisines of the world. **RSVP** to Celeste Markle at [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com) or 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 writing groups will resume meeting in the fall, time at the convenience of their members. New members are always welcome. For information, please contact Harriet Bergmann at 203-776-0703 or [hfb183@gmail.com](mailto:hfb183@gmail.com).

## FYI: MORE IDEAS FOR SUMMER FUN

### MURDER, THEY SAID!

**Fridays: July 24, August 7, and 21, Murder Mystery Dinner Theatre at Consiglio's**, 165 Wooster St. \$55. For reservations, 203-865-4489; more information at [www.consiglios.com](http://www.consiglios.com)

### MUSICAL PICNICS!

**Tuesdays: July 21, 28, August 4, 11. 7:30 pm, Alfresco Concerts at the Neighborhood Music School.** BYO picnic dinner (some food carts on site). Reserved table seat, \$30; General Admission, \$20; Child, \$5. For more information and tickets contact Julius Stone at 203-624-5189 x 17.



## Events: July

**Wednesday, July 15, 3:00 pm.** Talk by Pharmacist **Rob Zirlis** of East Rock Pharmacy, at the home of Sophie Powell, 100 York Street.

Here's your chance to hear from an experienced pharmacist on Medical Safety and Awareness, Pain Management for Seniors, Skin Cancer and Sunscreen, the Most Relevant Side Effects of Medications, and more.

**Please call or email the office to reserve your place**, as space is limited. Street parking is available on three sides of the building.

**Tuesday, July 21, anytime between 10:00 am and 4:00 pm, Gray Rock Island**, at the home of Gretchen and Charles Kingsley. Bring your own picnic lunch (beverages will be provided) to enjoy while taking in the incredible views and fresh salty breezes of this magical island. The island ferry, which holds 14 passengers, leaves Stony Creek Harbor pier on the hour and costs \$5.00 each way. Do NOT take the tour boat! Parking at the pier is limited but is available on the side streets. Carpooling recommended. Sturdy shoes (sneakers) are essential. Swimming in the protected cove is encouraged, but be sure to bring water shoes to protect feet from sharp items left behind by previous storms.

**Important Note:** This event is unsuitable for those who use wheel chairs, walkers, or have other mobility issues. Getting on and off the boat and uneven terrain and steep stairs on the island and in the house, make this difficult even for the nimble.

**Please call or email the office to sign up** and for further information.



## Events: August

**Tuesday, August 4 - Sunday, August 30.** Art work by **Emily Bett on display.**

**Opening reception Thursday, August 6, 6:00 – 8:00 pm.** Scranton Memorial Library, 801 Boston Post Rd, Madison CT. Please call the office if you would like a ride to the opening reception. *See below.*

**Tuesday, August 18, 3:00 pm, Talk by Pharmacist Rob Zirlis** at the home of Hal Spitzer, 1016 Ridge Road, Hamden. (*See July 15.*)

**Thursday, August 27, 8:00 pm, Twelfth Night** performed by the Elm Shakespeare Company, at Edgerton Park.

For what has become a HomeHaven tradition, come early with your picnic supper, find our banner, and with your friends enjoy another fascinating exploration of a Shakespeare play by this accomplished troupe. In *Twelfth Night*, Shakespeare demonstrates the madness of love by depicting three couples who marry only after much confusion, including jealousy, mistaken identity (a favorite device), fights, and duels. What more can you ask?

Parking is on Edgehill Road though autos may enter for drop offs only. BRING A FLASHLIGHT. It will be dark walking out after the play.

**Please call or email the office to join the group.**

**HOMEHAVEN OFFICE**

☎ **203-776-7378** ☎

**hhkateh@gmail.com**

## Art Show: Works by Emily Bett



J.B.

Paintings, prints and pottery by Emily Bett, member of North Haven Village, will be on display in a 50-year retrospective of her work at the Scranton Memorial Library in Madison, CT, this summer. The opening reception is on Thursday, August 6, from 6 to 8 pm. The show runs throughout August. Emily has studied art at the Art Institute of Chicago, the University of Chicago, Carnegie-Mellon, and Southern Connecticut. Her work has been exhibited across the U.S. and Canada, and has won numerous awards. Active in local art organizations, Emily serves on the boards of the Hamden Art League and the New Haven Paint and Clay Club. [For more details, see August Events, above.]