

Message from the Executive Director: WHAT IS THAT ONE THING?

Photo by Rick Allen



Lately we've been talking about HomeHaven as "People helping people age better together." It doesn't say it all, but it does say something very important. HH was founded on the idea that a community of people could help each other live

longer and better in their own homes. The key thing, then and now, is *helping each other*. The founders didn't hire a staff to take care of them; they formed a network of neighbors and friends who could and *would* each do something to help the others.

And many, many of you do just that. We thank you!

So please consider this: What are five things you're good at that you actually *like doing*? Pick **one** thing among those five that you could do for someone else or all of us collectively.

- I'm good at thinking up fun places to go. *Great, do that with the Activities committee.*
- I enjoy driving. *Good, become a volunteer driver for HomeHaven and drive someone just once a month.*

- I'm good at fixing things; I like working with tools. *Would you do an occasional simple task for another member?*
- I'm curious about people and I like asking questions. *Really? Become a visitor and reach out with a call or a visit to an HH member who's perhaps isolated and vulnerable.*
- I like fiddling with my computer or smartphone and making it do what I want it to. *Well then, the IT committee needs you to help a member or two who can't do that.*
- I enjoy writing and I'm good at it. *Okay, find out if the newsletter needs an event review or a book review.*

The point is, we are all *good* at some things, and we all have things we *like* to do. What we're looking for is the overlap among things you're (1) good at, that you (2) like doing, and (3) are *willing to do for others* on an occasional basis. It's a Venn diagram: three overlapping circles. The space in the middle is that one thing. **So, what is it?**

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ANNUAL MEMBERSHIP MEETING

Sunday, October 23
3-5 pm

The Unitarian Society of New Haven

See Events, page 9

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This is not a rhetorical or theoretical question. HomeHaven was founded on volunteerism and we simply cannot function without it.

I always tell prospective members what they can *get* for their money when they join HomeHaven. After all, that's what people want to know. But I think I've been making a mistake. I should be talking about what we need from our members. We need you to get involved, be engaged, for your own sake – yes, it will enrich your life and you may live longer because of it – but also for everyone else's sake.

Would you like to start a new interest group? It takes a point person to make it happen, and the Office will help you. You musicians, how about a monthly jam? It needs someone to get it going. A sketching group? Karaoke? A public affairs discussion group on Zoom – 10am, bring your coffee? French language luncheon? We'll help you make it happen.

There are management committees and task forces that need your help. None of this takes a lot of time, but it all takes a willing heart and a helping hand.

By the way, one year ago we redesigned the logo and put a generous, caring hand under the HomeHaven house, meant to symbolize a caring community that supports you living in your own home (or apartment, condo, houseboat, whatever). We're a network of people helping people, not a social service agency. You are members, not clients, of HomeHaven. You know this.

For those who say, But Lauri, I just don't have the energy anymore. I did my volunteering back in the day. I want to enjoy my retirement without responsibilities. To you I say: *Nothing energizes us like helping one another, or joining a small group and getting something done together. At the end of the day, it feels really good.*

HomeHaven News

Jean W. Spencer, *Editor*
jeanwspencer@gmail.com

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

www.homehavenvillages.org
info@homehavenvillages.org

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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

If you're thinking, I'm too busy with other things – my doctors' appointments, grandchildren, civic groups, arts activities, church, I can only say, *please choose to include HomeHaven among those things that are important to you.*

Call me, email me, if you want to discuss this subject or anything else on your mind. I want to hear your ideas and your concerns.

Wishing you a beautiful autumn season,



Lauri J. Lowell

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

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

IN MEMORIAM

May his memory be a blessing.

JOE DOBROWOLSKI

(October 30, 1923 – August 24, 2022)

Any Westville resident who now lives or has lived near the corner of Alden and Edgewood knew Joe Dobrowolski by sight, if not by name. They knew him because they saw him every weekday walking from his home to his office downtown: a tall, elegantly dressed man who until he was 90, strode down Edgewood Avenue, head up, shoulders back. He was, after all, a Marine, and delighted in regaling listeners with wartime stories.



He joined the US Marine Corps in 1942 and spent three years in the Pacific Theater, stationed in Samoa. Captain George Shultz, United States Secretary of State under President Ronald Reagan, was the commanding officer of his platoon. In 1943 Shultz promoted Joe making him, at 20, the youngest Corporal and Gun Captain in his platoon. He was later promoted to Sargent and held that rank when he was honorably discharged in 1945.

Upon returning to New Haven, he resumed his education under the GI Bill, graduated from law school and was admitted to the Connecticut Bar in 1953. Regarded as one of New Haven's best lawyers, Joe embodied a stunning example of the fulfillment of the American Dream. As a child, he knew poverty. His parents were Polish immigrants; thus, his first language was Polish. As a small child, he helped his father with his vegetable cart. He died when Joe was 10, and to help his mother and brother during the depression, he worked with the oyster fishermen in Fair Haven. To the very end of his life, Joe spoke proudly of his Polish heritage and maintained his fluency with the language.

Many are the other facets to this amazing character. He loved the opera, enjoying regularly with Martha and friends the Metropolitan Opera. He loved football, walking to the Yale Bowl to

watch his Bulldogs play. He loved Italian food, savoring every dish. Dining out with Martha and Joe could be a tad embarrassing, occasionally, as Joe's stentorian voice resounded throughout the restaurant proclaiming his pleasure and, rarely, his complaints.

Yes, you could call Joe Dobrowolski a curmudgeon, but a loveable one, and scores of people from all sectors of New Haven will miss him. But those who will miss him most are, of course, his wife for 69 years, Martha, their two children, Lauris and Anthony, their three grandchildren and five great grandchildren, and, personally and sadly, his neighbors.

– Susan Feinberg

Wishes

by Celeste Markle

In rain I am a child again.
Puddling summer barefoot
Soft in the grass
Green, young.

Winter rains
Cold outside my window,
I struggle back in time
Beneath my quilts
To read some warm old story.

Spring patters showers
Upon my roof
Calls me to play
Promises more.

Street rising steam into fog
Magic Autumn warns
With grinning candles.

In rain I am a child again
All scars erased.
Hope freshens
Despite descending dark.

Celeste Markle is a Village Leader of Westville Village and Secretary of the HH Board.

IT COMMITTEE: “Modern Ways to Pay for Something”

by John G. Sawyer

For years we have all used our credit cards to pay for things when we are “out and about.” And for most of that time, we have been worried about someone stealing our credit card information. Although this occurs infrequently, it is still often enough to cause both us and the credit card industry some concern. In fact, if you do a web search using “annual credit card losses from fraud” as the search argument, you will see reference after reference to how serious this problem is.

But there is a way to avoid these risks, by using our smartphones as payment devices. Both Apple and Android phones have built-in or easily obtainable ways to help avoid fraud. As I am an iPhone user, let me describe Apple Pay.

Apple Pay was introduced by Apple in 2014 along with the technology to allow a smartphone to be used as a payment device (for more information on the technology, do a web search for “NFC”). In brief, the way this service works is:

1. You enter your credit/debit card information in your Apple Wallet. Verification is run with your card issuer to validate the card.
2. From then on, the cards you have entered will show in your Apple Wallet.
3. You are now ready to pay for *anything* at a contactless terminal displaying the “Tap to Pay” symbol (shown below). Take out your phone and tap on the symbol. Your iPhone will show an image of the card in your Apple Wallet that you have identified as your primary card (in my case, American Express).



TAP TO PAY

4. When you tap, your smartphone, using the Apple Wallet App, generates a “one-time” credit card account number/expiry date/security code combination which is used for the purpose of this transaction only. Any additional use of this account code combination will be rejected.
5. Any Apple Pay transactions made using my American Express account will show on my statement with “AplPay” preceding the vendor name, i.e.: “AplPayCLOVER NOOK FARM.”

There is a similar way to send money to others (like your kids), replacing the mailing of gift checks. The one I use is named “Venmo” and I use it to send gifts or payments to our daughter and my son. Both parties, the giver and the receiver, need to register with Venmo, generally with the routing/transit and account codes of your bank account. As soon as you institute a payment, Venmo uses the EFT (Electronic Funds Transfer) banking system to move money from one account to the other, and both parties to the transaction receive a confirmation.

For a demonstration of how Apple Pay works, you can watch a YouTube video. Go to YouTube and search “use apple pay” in the search box.

For a listing of the services available to move money around, please see <https://www.pcmag.com/picks/the-best-mobile-payment-apps>.

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

SATURDAY, OCTOBER 22

HOMEHAVEN'S

DRIVE-THRU*

**SHREDDING
DAY**

9 AM-NOON

HH Office Parking Lot

291 Whitney Avenue

(enter parking lot on Bishop Street)

\$5/paper grocery bag & \$10/banker's box

***Drive through and we will unload your boxes and bags.**

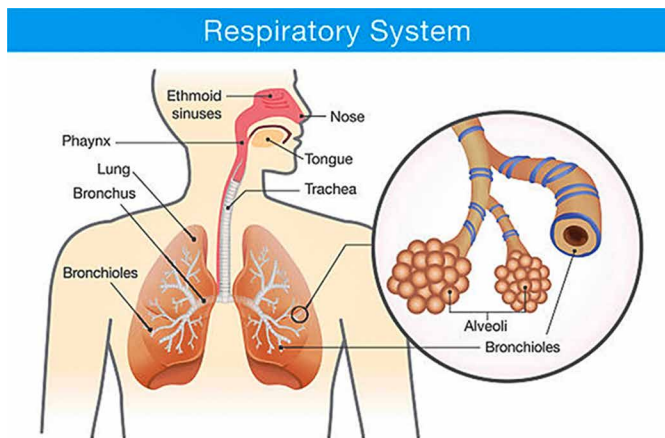
Open to All - spread the word!

HEALTH MATTERS: Age-Related Risks of Lung Disease

by Professor Allan Smits

The human lungs are a marvelous set of respiratory structures, responsible for the essential role of obtaining oxygen to support our metabolism, and releasing carbon dioxide, a byproduct of metabolism. As a testament to the importance of lungs, we could not live more than a few minutes in case of a respiratory failure. The purpose of this article is to share what lung attributes make them work so well, and some of the common changes that alter lung function in older adults.

Lungs expand and contract with the help of the diaphragm and other respiratory muscles approximately 17,000 times per day, exchanging 2,000 gallons of air per day. In addition to such a high volume of air turnover, the surface area of the alveoli available for gas exchange averages 100 square meters, about the size of a tennis court! Finally, the diffusion barrier between the lung gas and blood is extremely thin (0.5 microns, or 100 times thinner than a human hair), which allows oxygen and carbon dioxide to diffuse quickly between the lung airways and blood capillaries (*see Figure 1*).



<https://www.istockphoto.com/vector/respiratory-system-of-human-gm531981066-94054111>

Problems with lung function are clinically divided into two broad categories: **obstructive** lung disease and **restrictive** lung disease. Of these two categories, about $\frac{3}{4}$ of lung function problems are diagnosed as obstructive lung disease. Obstructive lung disease is a physical reduction in size of the lung airways which makes breathing difficult, especially during activity or exertion. Obstructive lung disease makes it difficult for a person to exhale the gases in the lungs, trapping gases deep in the lungs and reducing the turnover

of fresh air deep in the lungs. Obstructive lung disease itself is an umbrella term for several specific diseases, such as chronic obstructive pulmonary disease (COPD), asthma, emphysema, and chronic bronchitis. In contrast, people with restrictive lung disease cannot fully fill their lungs with air, that is, the lungs are “restricted” from fully expanding. Examples of restrictive lung disease include pulmonary fibrosis, obesity, scoliosis (excessive curvature of the spine), and neuromuscular diseases such as muscular dystrophy (MD) and amyotrophic lateral sclerosis (ALS).

As people age, the risk of developing one of these obstructive and restrictive lung diseases increases for several reasons. First, our bones become thinner and change shape, which may restrict the ribcage from fully expanding and contracting. Second, the muscles of the diaphragm and ribs become weakened, which can reduce the amount of air inhaled and exhaled with each breath. Third, the thin muscle and tissue that surrounds our airways may lose some ability to keep the airways open limiting the volume of gases exchanged with inspiration and expiration. Fourth, age-related deterioration of our nervous system may affect our breathing rate and depth, and cause reduced sensitivity to the presence of trapped particles like smoke, dust, germs, and phlegm that should be coughed up. Finally, our immune system weakens with age. We are less able to fight and eliminate lung infections. As a result of these changes, older people are more likely to develop shortness of breath, lung infections such as bronchitis and pneumonia, lower levels of oxygen in the bloodstream, and abnormal breathing patterns during sleep (sleep apnea).

Some basic preventative measures to avoid the onset of obstructive and restrictive lung disease include a) avoiding the inhalation of smoke and other particulate matter, b) performing frequent deep breathing and physical exercises that promote lung expansion and contraction, and c) avoiding lying down/sitting for extended periods of time to prevent mucus accumulation and an increased risk of infection.

Because the causes of obstructive and restrictive lung diseases are varied and complex, it is very important to seek medical attention at the onset of respiratory concerns.

Professor Allan Smits is a member of the Health & Wellness Committee and a member of Amity Village.

Notes From the Health & Wellness Committee

by Pat Jackson Allen, APRN

Influenza Vaccinations

It is time to get your influenza vaccine for 2022/2023. The Center for Disease Control and Prevention (CDC) is now recommending that people over 65 receive the high dose quadrivalent vaccine. The preference applies to Fluzone High-Dose Quadrivalent, Flublok Quadrivalent and Flud Quadivalent flu vaccines. [CDC Recommendations for Influenza Vaccine 2022/2023](#). These vaccines are now being given at local pharmacies and Yale Health by appointment.

Dr. Anthony Fauci has warned that this coming influenza season may be more serious than recent seasons as indicated by the rate of infections in the southern hemisphere. [Bloomberg News, Fauci Warning on 2022/2023 Influenza Season](#)

Coronavirus (COVID-19) Bivalent Formulation for Single Dose Booster, Fall 2022

The Food and Drug Administration (FDA) has amended the prior emergency use authorizations (EUA) for both Pfizer-BioNTech COVID-19 Vaccine bivalent formulation and the Moderna COVID-19 Vaccine, bivalent formulation for a single dose booster in adults who received their last booster at least two months ago. [FDA Authorization of Bivalent Single Dose COVID-19 Booster](#). These boosters are now available at local pharmacies and Yale Health by appointment and may be given simultaneously with the influenza vaccine but in a different arm.

First Aid Course

The HomeHaven Health and Wellness Committee would like to encourage our members to review/learn first aid skills. First aid is the immediate assistance given to a person with either a minor or serious injury or illness prior to professional medical help being available. First aid courses cover first aid for injuries such as cuts, burns, falls, head trauma, and sprains and bone injuries, and first aid for conditions that require immediate intervention to preserve life and prevent serious illness, such as heart attacks, strokes, seizures, and choking. Skills and knowledge regarding how to effectively initiate emergency services, cardiopulmonary resuscitation (CPR), and use of an Automatic External Defibrillator (AED) are important components of first aid training.

Protrainings.com (<https://www.protrainings.com>) has an excellent free, online, first aid course ([Protraining First Aid Course](#)), and a CPR/AED course ([Protraining CPR/AED Course](#)). The first aid course is 3 hours in length divided into 10 sections composed of short

instructional modules with videos that allow you to progress at your own pace over days or weeks. The CPR /AED course is 2 hours in length, has 7 sections, and covers CPR and AED use in infants, children, and adults. Again, there is no cost to take these courses unless you want to apply for certification when you have completed the course.

Your Village Leaders have been informed of this program. Although this course can be taken individually, it may be more enjoyable and effective if small groups of people plan to take sections of the course and then meet to review the section content. Pat Jackson Allen has offered to lead periodic Zoom review sessions if this would be helpful.

Instructions for enrolling in either or both courses will be forwarded to all HomeHaven members early in October. It is hoped that many of our members will take this opportunity to learn/review this content.

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



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

Jean Adnopoz	Mary Barnes
Betsy Barnston	Judy Birke
Norman Chonacky	Bitsie Clark
Helen Cooper	Gene Festa
Howard Garland	Karlee Gifford
Marcelle Guth	Susan Holahan
Hanna Hyland	Maija Jansson
Jack Lawson	Kaye Maggart
Celeste Markle	Susan Matheson
Pat McCreless	Fred O'Brien
Sara Ohly	Phil Pierce
Helen Robinson	Morry Sheehan
Steve Victor	

It Was a Very Busy End of Summer!

On August 23, Carolyn Gould hosted a potluck for Hamden/North Haven Village on her gracious screened porch, at the very same time as a massive thunderstorm! A few of the 11 attendees were a little damp, but no one got really wet, and a good time was had by all!



Photos by Patricia Langdon

L-r: Judy Hickey, Hal Spitzer, host Carolyn Gould, Nira Silverman, and Morry Sheehan

Eight Westvillains visited The Katharine Hepburn Cultural Arts Center and Museum in Old Saybrook on September 7. The museum exhibits include many photographs and personal items from Katharine Hepburn's life and career. They explored the grounds and enjoyed an outdoor lunch before heading home.



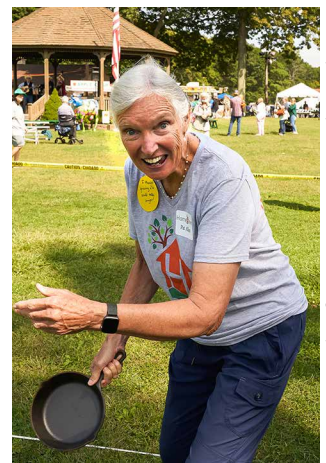
Photo by John Sawyer



L-r: Ken Kidd, Susan Feinberg, Judith Kidd, Cecilia Berner, Gloria Cohen, Pam Stanton, John Sawyer, Harvey Feinberg



HH volunteers and staff spread the word about HomeHaven at the CT Folk Fest & Green Expo in New Haven on September 10 & 11 and the Orange Country Fair on September 17 & 18.



Center photo by Lauri Lowell. Left and right by Rick Allen

L-r: Kate Hay and Celeste Markle under the HH tent; Pat Allen demonstrates her pan tossing skills at the Orange Country Fair.

Village Gatherings

*Please contact your Village Leader
for up-to-date information.*

AMITY

Thursday, Oct. 6. 5pm

Virtual Happy Hour!

Join us once a month on the first Thursday at 5pm.

Tuesday, Oct. 11. 4pm

Octoberfest Celebration!

Diane Dolan & Allan Smits are hosting, and the rain date is Wednesday 10/12. Village Leaders will be in touch with more details.

DOWNTOWN

Sunday, Oct. 30. 5pm

Zoom Cocktails!

Join us on Sunday for a great zoom gathering! The Zoom invite will go out prior to the event.

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

ERV

Saturday, Oct. 1, 8, 15, 22, 29. 5pm

Virtual Happy Hour using Zoom!

Join us every Saturday!

Wednesday, Oct. 12. 10am

ERV Coffee Hour!

We are at the Neighborhood Café. (947A State Street, near Marjolaine) Contact Kerry or Karen for more info.

Thursday, Oct. 27. 4pm.

Happy Hour @East Rock Brewery!

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

HAMDEN/ NORTH HAVEN

Tuesday, Oct. 11. 10:30am

Hamden/No Haven Coffee!

We meet at Best Video. See you then!

WESTVILLE

Thursday, Oct. 6 & 20. 5:00pm.

Westvillain BYO Happy Hour!

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

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

HH ONGOING EVENTS

(members only)

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

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

Thursday, Oct. 13 & Tuesday, Oct. 25. 7pm

Play Reading: *As You Like It*,

by William Shakespeare

There is a limit of 12 readers. **Registration is required.** Please register as a Reader or an Audience. The Zoom link will go out prior to the program to those registered.

PINS AND NEEDLES

Monday, Oct. 3 at 3pm

The October meeting is at Carolyn Gould's home. RSVP to Carolyn at lcgould@snet.net or (203) 288-9155. 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@att.net or 203-687-8835. You must be fully vaccinated to attend.

BOOK GROUP

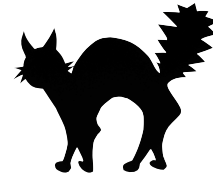
Monday evenings at 7pm, every 6 weeks

All genres welcome! Please contact Peggy Atherton for the current title & meeting time. peggyatherton@yahoo.com or 203-273-6118. **The next Book Group is Oct. 24 at 7pm on Zoom. Book: *Three Muses*, by Martha Anne Toll.** Contact Peggy for the Zoom invite.



Events: October

*The office will be closed on Monday, October 10
in observance of Indigenous Peoples' Day.*



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

Wednesday, Oct. 12. 11am

Emergency Care for Older Adults: Aligning Care with Patient Priorities with Dr. Cameron Gettel

Dr. Gettel will lead a discussion regarding clinical care of older adults in the emergency department (ED), advanced directives/patient priorities, and the “geriatricization” of EDs nationally. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members and prospective members welcome.**

Tuesday, Oct. 18.

Starting at 8:30am, last appointment at 5pm

Hearing Assessment Clinic

Free 1-day hearing clinic for HH members at SCSU's Communications Disorders Clinical Services (493 Fitch Street, New Haven) with audiologist Erika Nair. Call (203) 392-5955 for an appointment and be sure to state you are a HomeHaven member. [The SCSU clinic phone is answered M, W, F 12-3. Leave a message and they will call you back.] Contact Kate to watch a recording of Erika's excellent presentation to HH on hearing issues in older adults. **Members only.**

Saturday, Oct. 22. 9am-noon

Drive-Thru Shredding Day

\$5/paper grocery bag & \$10/banker's box

HH Office parking lot – 291 Whitney Ave., New Haven

Enter the parking lot from Bishop Street. Drive thru and we will unload your items for you. **Open to all – spread the word!**

Sunday, Oct. 23. 3-5pm

HH Annual Membership Meeting

The Unitarian Society of New Haven

700 Hartford Turnpike, Hamden

This is a chance to come together and hear all about what the committees, Villages, and HomeHaven have accomplished this year! More details via email closer to the event. **Members only.**

When: TBA

Dining al Fresco

**The location will be announced in the
HH Happenings.**

Dining al Fresco is an ad-hoc dining group that will meet monthly as long as it is warm enough to dine outside. The only criterion for the selection of a restaurant is that it has a pleasant outdoor dining area. Those who attend the dinner will select the date and restaurant for the following month. Space is limited so please check the website for available seats. **Registration is required. Members Only.**

HOMEHAVEN OFFICE

☎ 203-776-7378 ☎

info@homehavenvillages.org

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Welcome, New Members!

Susan Holahan – Westville

Bruce Johnson – ERV

Linda Klein & Steven White – ERV

Rhona McKhann – Hamden

Pat Miller – Amity

Carolyn & Chuck Paul – Hamden

