

Message from the President: EXPERIMENTS FOR THE NEW YEAR

New Year's Resolutions? BAH! HUMBUG! Older? Yes. Wiser?... Maybe.

For the sake of argument, let's say I'm older AND wiser, so there's a chance it might work better, or at least, differently, this year. And being older and wiser, I can appreciate that even small victories build a trajectory.

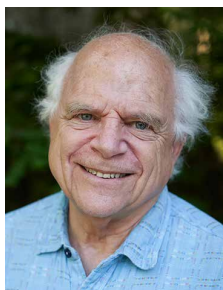


Photo by Rick Allen

1. Win a smile. The person at the cash register or passing on the street might say "have a nice day." My mom used to respond with "have a nice life!" It almost always gets a smile, a twinkle, some kind of positive, self-reinforcing response.

2. When's the last time you felt grateful to someone for being in your life? Call or write and tell them why.

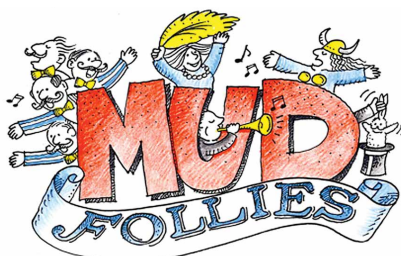
3. Certain life challenges we face time and again over the years have come to elicit a knee-jerk response from us. It's only natural, albeit somewhat tedious, to react in the same old ways - no surprises, right? Give yourself a surprise. If you can catch yourself, try out an attitude of "no expectations, no limitations" and see if you end up with a completely new take on this challenge.

4. Something good happens, you notice something beautiful, something makes you laugh. Stop! Don't just skip to the next thing. Bask a bit in the wonderfulness of that moment.

5. In an idle moment, pick someone in your Village, or whom you know well but haven't talked to for a while or would like to know better. Send them a text proposing a short call, ten minutes tops. See

continued on page 2

Save The Date! MUD FOLLIES IS BACK!



HomeHaven's very own talent show
is back in person on

April 12, 2023, 7-9 pm

To audition, please contact impresario
Louis Audette at laudette58@gmail.com

IN THIS ISSUE:

In Memoriam	page 3
Recent Events	pages 2, 4, 6 & 8
Health Matters	page 6
IT Committee.....	page 7
Household Services	page 8
Special Recognition.....	page 9
What We Are Reading	page 10
Cooking in Different Languages ...	page 11
Ongoing Events	pages 11 & 12
February Events.....	page 12

Message from the President *continued from page 1*

what happens. My guess is you'll both feel a good connection has been made.

6. Cut yourself some slack. Maybe you catch yourself second-guessing what you did when things didn't work out the way you would have liked. Forgive yourself. All of those things that do or don't work out are just part of our curriculum. Smile and remind yourself that, much as we've learned, we are all still students.

7. At the end of the day, appreciate the many kindnesses, however small, that life and other people have bestowed upon you, and acknowledge too, how good it feels when you quietly bestow a kindness.

These experiments have all produced small victories for me. Pick one and try it out!



Kerry Triffin

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

Scenes from the HH Holiday Party



Photos by Rick Allen



HHers celebrated at Louis Audette's home on December 15.

"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:

- 7 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.

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

Layout and design by PIROET

Thanks to Ellen Ryerson for her ongoing editing assistance.

IN MEMORIAM

May their memories be a blessing

JOSEPHINE RACHEL BROUDE

May 25, 1927 – December 22, 2022



Josephine Broude, one of the earliest members of East Rock Village, died peacefully at her home on December 22. She was 95.

For over 30 years, starting in 1965, Josie worked for a succession of distinguished Yale faculty members who held the position of provost. Her

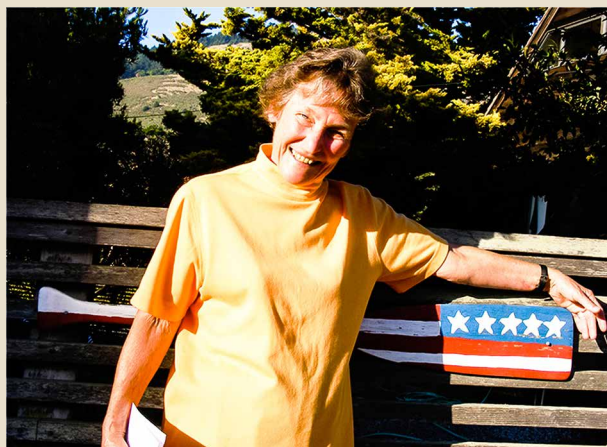
book, *The Provost of Yale University: a history of the office 1919-1994*, was published by Yale University Press in 2002. She was a fellow of Silliman College at Yale and had been a member of the Board of Governors of Mory's and a graduate secretary of the Elizabethan Club.

Charles Long, the senior deputy in the provost's office for many years, noted that Josie was an unusual combination of public and private. "As the executive assistant to the provost," he wrote, "Josie knew and interacted in a friendly and

continued on page 4

HELEN ROBINSON

October 6, 1934 – December 29, 2022



HomeHaven lost a beloved member, Helen Robinson, on December 29, 2022, after a very short illness. She was 88 and lived at 32 Everit Street. Known for her energy and enthusiasm, Helen was an avid walker, striding from East Rock to the HomeHaven office to serve as a volunteer at the reception desk and putting in the miles every day with Joan Prum and her "walking group." She hosted a group of friends who convened at her house every Sunday for conversation and snacks.

continued on page 4

WAYNE ATHERTON MEEKS

January 8, 1932 – January 10, 2023



Wayne Atherton Meeks, born January 8, 1932, died peacefully just after his 91st birthday, on January 10, 2023. Wayne and his brothers grew up in Aliceville, AL (population 1500), several blocks from the Alabama, Tennessee, and Northern Railroad depot. Their father was stationmaster, and the young Wayne was allowed to sell tickets as a child.

Wayne's father had a passion for education and taught his youngest son how to read when he was two and do arithmetic half a year later. Wayne entered elementary school in the second grade.

continued on page 5

outgoing manner with hundreds of faculty members and staff. At the same time, through her work she came to know nearly everything that happened at Yale but was able to keep everything in strict confidence.”

Josephine Rachel was born in New York City, to Emanuel and Eva (Lieberson) Rosen, prominent members of the New York Jewish community. She graduated from Antioch College in 1949, where she met her husband Henry W. Broude, Philip G. Bartlett professor of Economics at Yale, who died in 2007.

Henry was an advisor to several Yale presidents and an especially trusted figure by many on campus. He and Josie ate lunch daily at the same table at Mory’s and otherwise were absent from most Yale social life, preferring to spend their time antiquing and adding to their collections. They went frequently to Paris, which they loved.

Josie was a loyal volunteer in the HomeHaven office for almost a decade, answering phones with her characteristic warmth and good cheer. She had an exceptional memory and delighted visitors to the Office by greeting them by name and asking about their families. She will be greatly missed.

NEED HELP

**with your cell phone or
other electronic device?**



**The HomeHaven IT Helpers
are here for you!**

**We make home visits and provide
consults over the phone or Zoom.**

To start the process, call the Office.

203-776-7378

An IT helper will call you back.

Helen was born in New York City, daughter of Joseph and Anna Eppler Wild. The family moved to a farm in Delaware when she was 11. She earned a BA from Bridgewater College in Virginia and an MA from the University of North Carolina at Chapel Hill, where she met her future husband, Fred C. Robinson. Fred came up through the ranks at Stanford University and Cornell before joining the English Department at Yale in 1972. After receiving an MS in Library Science at Southern Connecticut State University, Helen taught at Shepherd Glen School in Hamden, where she was a Media Specialist. Fred Robinson, the Douglas Tracy Smith Professor Emeritus of English at Yale, died in 2016. He (and often) Helen could be seen striding energetically to the campus or events downtown almost every day, rain or shine.

Helen is survived by her children, Lisa Robinson, a social worker, and Eric Robinson, Professor of History at Indiana University, and four grandchildren. She’s also survived by four younger sisters, Doris Zumwalt, Marilyn Diener, Karen Hobbins, and Maureen Wild.

In addition to being an avid reader, Helen loved attending musical performances, hiking with friends, and reading to her grandchildren. But despite being famously helpful and a generous neighbor, Helen was essentially a private person who avoided leadership, preferring instead a supporting role as a spouse, neighbor, and member of the community. In character, she firmly requested that there be no service at her passing, and she is interred next to Fred at the Grove Street Cemetery.

Intrepid Walkers Talk



Photo by Peggy Atherton

The Intrepid Walkers took a circuitous route to Yale’s two new colleges, on city streets and the Farmington Canal trail, returning to Peggy and Al Atherton’s house for refreshments and conversation.

When he was about 11, groups of defeated German soldiers were housed in a prisoner of war camp set up in Aliceville. When these “enemies” came to the depot to pick up packages, Wayne discovered that they were in fact quite human. This was one of the many “inconcinnities” he describes in a beautiful “Intellectual Trajectory” published in 2013.

In high school, a youth fellowship at his conservative Presbyterian church introduced Wayne and others to young, liberal ministers, some of whom were Black, who did not accept the status quo. His world was further enlarged at the University of Alabama, where he became active in a succession of Christian student movements. Wayne’s awareness of the contradictions inherent in the Southern racial divide that existed alongside intimacy between races in everyday life led him to probe and question Christian ethics.

Hence, after studying engineering for a year, he decided to become a minister and majored in Physics in order to get a liberal arts degree. He even spent a summer after college as a rocket scientist. Wayne’s pursuit of the ministry took him to seminary in Austin, TX, where he earned a B.D., and then to Memphis as campus minister for four years. While there, he was involved with the integration of Memphis State University’s first Black students. From there, he made the trip north—to study for a Ph.D. in New Testament at Yale—never to live in the South again. Wayne

finished his dissertation while teaching at Dartmouth College and returned to Yale to the campus ministry. He worked closely with William Sloane Coffin but decided that his “calling” was to be a teacher. After three years at Indiana University, he was offered a professorship at Yale. At both schools, he participated in what he referred to as “the reimagining of the study of religion”—namely, the creation of departments of Religious Studies in a liberal arts curriculum.

Wayne pursued his lifelong commitment to social action through his scholarly work. His study of sociology and cultural anthropology informed his writing about the origins of Christianity, the New Testament, the social world of the Apostle Paul, and the origins of Christian morality, for which he gained international recognition. He never lost sight of the stark contradictions of Southern gentility and racial violence he had witnessed early on; this propelled his sense of justice and of responsibility for just action.

Beyond his scholarly accomplishments, Wayne was a beloved teacher, a wonderful writer, a talented pie-maker, and a gifted woodworker. In high school, in a contest sponsored by the local cotton mill, he won first prize for an essay entitled “Why Cotton is Important.” He used his \$50 prize to buy himself a rudimentary 8” table saw and a small bench grinder. The skills he developed stayed with him throughout his life, first in Hamden and then when he added a full-scale workshop to the old farmhouse in Charlemont, MA, which he and his first wife bought in 1984. He first rebuilt the house, then furnished it elegantly, using local cherry, maple, walnut, and other woods, while also making beautiful pieces for his daughters’ and granddaughter’s houses.

Wayne’s first wife, Martha Fowler Meeks, died in 1996 and his brothers Kenyon and Rufus also predeceased him. He is survived by Judith Colton, his wife of 23 years, and by his daughters Suzanne Meeks (Russell Vandenbroucke), Edith Meeks (Peter Coston), and Ellen Meeks (Kevin McCarty); granddaughter Elena Meeks (Kevin Laskee), and great-grandsons Vincent Meeks and Vaughn Laskee. A memorial service will be held at a later date.

Wayne was a Founding member of HomeHaven and believed in its mission from the time of its conception. He served on the Board of Directors and Governance Committee and chaired the Household Services Committee. Donations in his memory may be made to HomeHaven or to organizations devoted to civil or human rights or the current climate crisis.

VOLUNTEERS NEEDED!

What can YOU do?

Drive someone to the doctor?

Fill in at the HH office?

Rake leaves? Change a lightbulb?

Call the Office

203-776-7378

**to discuss volunteer
opportunities.**

Let us know what you can do.

It’s good for us. It’s good for you.

HEALTH MATTERS: Cold Weather Problems and Injuries

by Ronald Rozett, MD

Prolonged exposure to cold air and/or water can lead to a variety of problems, including hypothermia and several types of skin damage.

Hypothermia is in a class by itself. It is a life-threatening drop in core body temperature caused by extended exposure to low temperatures without adequate protection of clothing. Low body temperature leads to a major disruption of the body's chemical processes and an alteration in consciousness.

Skin tissue damage occurs with exposure to temperatures below freezing, but it can also occur from extended exposure to temperatures up to 60 degrees without adequate protection. Advanced age predisposes us to skin cold injury, as do alcohol and tobacco overuse and medical conditions that reduce blood flow to the skin.

Frostbite is in the category of freezing cold injuries. Frostnip describes a mild form of frostbite. In frostbite unprotected skin exposed to temperatures below freezing becomes numb, turns blue or white and, in extreme cases, develops blisters. Basically, frostbite describes the situation when exposure to very cold air or water causes the formation of ice crystals in the skin, disrupting the architecture and metabolism of cells. Blood vessels supplying the area of affected skin constrict, leading to skin blanching and sometimes tissue death, if the skin is deprived of oxygen-rich blood for a long enough time (necrosis).

Frostbite typically affects areas of the skin usually not well protected against the cold: cheeks, ears, nose, fingers, and toes. Recreational activities like skiing, especially cross country, snow shoeing, and ice skating, are often the immediate cause of the problem. Clutching ski poles tightly diminishes blood flow to fingers, while contact

with snow and ice reduces blood flow to toes. In severe cases, frostbite can cause the death of muscle and bone resulting in gangrene of an extremity.

Treatment of uncomplicated frost bite includes re-warming extremities by placing an affected hand or foot in an armpit as immediate first aid. More effective is immersion in warm, NOT HOT, water without rubbing the affected digits, ears, or cheeks. (Rubbing increases tissue damage.) Continue doing this until the affected skin becomes red or purple and softens. NSAIDs like Motrin and aloe vera gel also can help reduce tissue damage. Amputation may be required for severe cases.

Medical treatment of severe frostbite includes IV infusion of warmed saline solutions and the possible use of anticoagulants.

Preventing frostbite is best done by dressing appropriately, with warm, dry clothing covering skin if exposure to cold air will be sustained. Changing wet clothing, especially socks, is imperative as soon as possible. Importantly, having an episode of frostbite predisposes an individual to repeated episodes unless precautions are taken.

Non-freezing cold-related minor skin problems include chilblains: they are red patches usually on the legs of women wearing skirts. Cold urticaria (hives) is an allergic reaction occurring in susceptible individuals when skin is exposed to cold. It is a nuisance but is not as serious as frostbite.

You can fairly easily take precautions against these winter problems and enjoy the season that much more.

Ronald Rozett, MD is a member of the Health and Wellness Committee and a member of Hamden Village.

Amity Villagers Enjoy the Holiday



Photos by Rick Allen

Amity Villagers visited Pat Miller's home to view her Christmas ornament and train collections and enjoy holiday treats.

IT COMMITTEE: Medical Alert Devices – What You Should Know

by Mary Barnes

If one of your goals is to stay as safe as possible, you may be interested in a medical alert system that **connects you with help in the event of a fall or other emergency**. There are many companies that provide these systems with a variety of options. Consider:

1. Do I want a system that works only in my house or outside the house as well?
2. Should I contract for a monitored or unmonitored alert system?
3. Do I want to add a fall notification system?
4. How much am I willing/able to pay?

AT HOME v. ON-THE-GO SYSTEMS

If you are frail and don't leave the house often or alone, the at-home system may suffice. But if you are – or hope to be – more active, the on-the-go system provides the added protection you need outside your home.

The base unit of an at-home system usually has a central place in your home and uses either your landline or cell phone. It is connected wirelessly to a wearable device, which has a help button. The device is either a pendant necklace or a watch or bracelet. Make sure it is waterproof or water resistant so it can be worn in the shower. Some systems offer extra features allowing caregiver monitoring, medication reminders, motion detectors, and home air and temperature sensors.

Many companies offer mobile options that will also work when you are out and about. They usually include a charger and rechargeable battery, use the GPS system, and offer either all-in-one devices or a separate pendant or wrist device that you can wear, clip to your belt or carry in your pocket or purse. If you get lost or need assistance but are unable to talk, the GPS system can locate you.

MONITORED v. UNMONITORED

A monitored system will connect you with a trained agent, usually within 30 seconds of pressing the button on your device. The agent first tries to reach you to get more information about the situation. If the agent cannot reach you, s/he will contact emergency services and/or your emergency contacts (family, friends, et al). Some systems allow for two-way communication, so you can speak to a monitoring agent who can assess your situation and get you the appropriate assistance. Unmonitored systems

automatically connect to 911 or your emergency contacts. The monitored systems have advantages over the unmonitored systems, even though they have a monthly cost, while the unmonitored systems do not. For example, they operate with more specific information about your situation, and they don't call 911 when it isn't needed, or reach out to your emergency contacts when they may be unavailable. The monitored systems are more reliable.

DO I WANT FALL DETECTION?

Some medical alert systems offer automatic fall detection. If the device detects a fall, it will check with you to ask whether you've fallen and whether you need help.

HOW MUCH WILL IT COST?

Companies usually charge a one-time fee for equipment and a monthly monitoring fee. At-home systems generally range from \$20-\$40 per month in addition to the required one-time purchase of equipment, which ranges from \$50-\$125. On-the-go systems charge \$30-\$40 per month. Fall detection will cost an extra \$10 per month.

Most companies provide a set-up guide, customer support, and monthly testing of your device. It is wise to inquire about return and cancellation policies.

If you are interested in a comprehensive explanation along with reviews of several systems, visit <https://www.ncoa.org/adviser/medical-alert-systems/how-do-medical-alert-systems-work/>.

Two alternative options to the traditional medical alert systems are a) Apple or other smart watches that include medical and fall alerts and b) third party apps which you can purchase and download to your cell phone. Here is an article that discusses the Apple watch <https://www.ncoa.org/adviser/medical-alert-systems/apple-watch-medical-alert-review/>.

Mary Barnes is a member of the IT Committee and the Website Task Force and a member of East Rock Village.

***“The February sunshine steeps
your boughs and tints the buds and
swells the leaves within.”***

- William Cullen Bryant

HOUSEHOLD SERVICES COMMITTEE: Just In Case A Harsh Winter Actually Comes.....!

by Hal Spitzer

So far, we have been lucky enough to have late fall weather, with winter occurring nearby but not right here. However, we now enter the time of year when winter may well pay us back – furiously – for the time it lost getting here. The following are some pointers to make sure that your house is prepared for some harsh weather.

EXTERIOR:

BRING OUT THE SNOW BLOWER: Make sure that your snow blower is in good working order. Send it to a small-engine repair company for a tune-up. Some companies will pick it up and drop it off. Make sure that you have stocked gasoline and motor oil. You will also need a shovel for hard-to-reach areas like stairways and narrow pathways. Then, unless you are an especially eager do-it-yourselfer, line up a handyman to do the removal.

STOCK UP ON SUPPLIES: Make sure to have a goodly amount of ice melt on hand. Pet owners and those with visiting grandchildren should shop carefully, as the chemicals in ice melt can harm pets and people alike. Look for brands free of salt or chloride. Even with “pet safe” products, you should wipe your pets’ paws and keep them from licking the treated snow.

ICE DAMS: Ice accumulating along the eaves of your roof can cause damage to your gutters, shingles and/or siding. If water leaks into your house, it can wreak havoc on your paint, floors, and insulation. Inspect the exterior of your house regularly. Look for icicles, as they form from the same sources as ice dams. A

roof rake, removing fresh snow, will help prevent ice from forming. Avoid hacking at ice that forms to protect your roof.

INTERIOR:

HEATING SYSTEMS: Check and change filters on your heating system. Filters need to be replaced anywhere from twice a year to once a month. Keep an eye on the water levels in your boiler to make sure that they do not fall too low. If you don’t have a maintenance contract with a reputable company, it may be time to get one.

MAINTAIN THE FOLLOWING:

- Clean refrigerator coils twice a year. Vacuum underneath the refrigerator.
- Check your fire extinguisher(s) annually. Look for physical damage and check the pressure.
- Remove lint and build-up from dryer vents to the exterior, not just in the filter of the dryer itself.

FROZEN PIPES (AND IF YOU ARE GOING TO BE AWAY)

- Shut off and drain outdoor faucets before the cold weather hits.
- Insulate pipes where you can if they are not already insulated, or the insulation is in poor condition.
- On cold days and nights, keep bathroom doors and cabinet doors below sinks open to let warm air circulate.
- Turn faucets on a trickle to keep water moving. Highest point in the house is best.
- Keep thermostat at a steady temperature, at a minimum of 55°F while you are away.
- Close blinds to keep in heat. Close off rooms with no plumbing to avoid wasting heat.

We don’t expect that you can do all of this on your own. Please call the Office for names of handymen and contractors that can help you. Since a lot of handymen get booked up for winter maintenance fairly quickly, you might also talk with your neighbors and see if they are using people whose work is very satisfactory.

Westvillains Celebrate New Year's Eve



Photo by Celeste Markle

Members of Westville Village rang in the New Year at Susan and Harvey Feinberg's home.

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

Happy New Year and Thanks for Your Generosity!

by Frank Estes

Your response to our calendar year-end appeal was fantastic – with over \$20,000 received to finance our current year's operations. Much thanks to all of you who so generously demonstrated your appreciation of HomeHaven. You have made it a very Happy start to the New Year.

There is still more to be done, however. More contributions are needed to fund our operations for the full fiscal year that runs through the end of September. So, if a year-end gift did not fit your charitable contribution plan (or if you can add a bit to what you have already given), rest assured that our Annual Appeal is still active. Your donations will be greatly appreciated and well used.

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



Happy Birthday to HomeHaven members with a birthday in February

Pat Allen Rick Allen
Victor Altshul Joan Binder
Judith Calvert Joe Crowley
Eric Denardo Kate Hay
Francie Irvine Art Katz
Jeanne Kerr Ruth Koizim
Peggy Lawler Sue Roberts
Ellen Ryerson Joseph Sabbatino
John Schneider Nira Silverman
Kerry Snyder Richard Yanowitz



CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

Laura and Victor Altshul gave
in honor of Bob Sandine

Susan Buxbaum gave
in honor of Ellen and Frank Estes

Helen Cooper gave
in honor of Rick and Pat Allen

Hanna Hyland gave
in honor of Harriet Bergmann

Jan Simpson gave
in honor of Frank Snowden

An Anonymous donation was given
in honor of Normand Methot

Alan Appelbaum,
Jim and Mike Fowler,
Carolyn Gould,
Ken and Jane Meeks, and
Debbie Teason and
Michael Bergman gave
in memory of Wayne Meeks

Harriet Calechman gave
in memory of Vivian Lowell

Kaye Maggart gave
in memory of Jim Maggart

Alan Milstone gave
in memory of Anna Audette

Judy Naden gave
in memory of Chuck Naden

Philip Sarrel gave
in memory of Lorna Sarrel

Bernard D. Zuckerman gave
in memory of Marilyn Zuckerman

Priscilla Gaines gave
with thanks to Kerry Triffin

HH Book Group to Discuss *The Leopard*

The HomeHaven Book Group, led by Mary-Jo Warren, meets via Zoom on the fourth Monday of each month. The next book for discussion will be *The Leopard*, by Giuseppe di Lampedusa, a classic novel in translation first published in Italy in 1958.

Set in Sicily in 1860, during the Risorgimento, the story centers on Don Fabrizio Corbera, Prince of Salina, head of an old aristocratic family. He is facing the turbulent transition from monarchy to statehood in Italy, creating conflict in society and his family. He reflects upon the inevitability of social

change, which will lead to the end of his comfortable aristocratic lifestyle.

A classic and beautiful film adaptation appeared in 1963, directed by Luchino Visconti and starring Burt Lancaster as the Prince.

The discussion of *The Leopard* will take place on Monday, February 27 at 7 p.m. on Zoom. Guests are welcome. If you wish to join as a guest please register through the Events Calendar on the HomeHaven website.

WHAT ARE YOU READING?

Responses curated by Celeste Markle

The *HH News* began this column during the Covid lockdown year to share members' reading interests. Notwithstanding strong interest, the column ceased to appear regularly. Now it's back, in spades, as evidenced by the following delightfully full-fledged response:

BOOK REPORT, by Hans Bergmann

I have three bad reading habits. First, I often read several books at once, switching back and forth. Second, I have a loopy sense of duty that makes me finish a whole book, even when I think it's terrible. Third, and worst of all, I *write notes in the margins*.

Here are two good books that I finished very recently:

Andrea Wulf's *Magnificent Rebels: The First Romantics and the Invention of the Self* (2022). Wulf likes to write about moments of intellectual change. Among her other books are *The Brother Gardeners: Botany, Empire and the Birth of an Obsession* and *The Invention of Nature: Alexander von Humboldt's New World*, both quite wonderful. At heart she is a biographer, telling ambitiously researched and lively stories of the men and women who originate change. *Magnificent Rebels* is about the romantic philosophers who lived at the end of the 18th century in Jena and "invented" the self, the first romantics: the Schlegel brothers, Schiller, Novalis, and Goethe nearby in Weimar. Foremost among them for Wulf is Caroline Schlegel, later Schelling, an astonishingly free woman for her time. She was the center of all the philosophers' social life and sexual interest. The book is fascinating on the personal details – the affairs, the feuds – and not quite

as good explaining how romantic philosophy and the primacy of the "self" began to be the signal trait of Western culture.

The best book I have read in a long while is Merlin Sheldrake's *Entangled Life: How Fungi Make Our Worlds, Change our Minds and Shape Our Future* (2020). This is a brilliant and brilliantly written book about fungi. If the "magnificent rebels" of Jena believed in the primacy of the individual, isolated self, the fungi believe in endless connectedness. They are everywhere, in unfathomably large mycelial networks in all the soil around us, in everything. Understanding fungi is to understand that the earth is a container for these endless symbiotic networks – that we, and all things, are not alone. More than that, the symbiotic enables semiosis, the signaling (talk, chemicals) that unites us. Terrific book.

Right now I am reading three. The first two are Jane Bennett's *Influx and Efflux* (2020) on Walt Whitman and Branka Arsic's *Bird Relics* (2016) on Henry David Thoreau. Both are fascinatingly original and very good, but as Huck Finn said when required to read the Bible, "The statements was interesting but tough." I am also slogging through Jonathan Franzen's novel *Crossroads* (2021). So far, I'm not really taken with it but I am, of course, going to write in the margins and finish it.

Celeste Markle is a Village Leader of Westville Village and serves as Secretary of the Board; Hans Bergman is a member of East Rock Village, serves on the Board, and chairs the Governance Committee.

HH ONGOING EVENTS (members only)

BOOK GROUP

4th Monday of the month at 7pm

The next Book Group is Feb. 27 at 7pm on Zoom. The book: *The Leopard* by Giuseppe Tomasi di Lampedusa. Contact Mary-Jo for the Zoom invite. warrenmaryjo1635@gmail.com. All genres welcome!

COOKING/DINING GROUPS

Cooking in Different Languages:

Emilia-Romagna, Italy (Bologna)

Monday, Feb 20. 6-8pm

CiDL is a cooking group that picks a country/region on which to base a delicious meal. Each month a different cuisine is chosen, members suggest what they would like to prepare, and a host coordinates the menu to make sure all courses are covered. **Registration is required by February 10. Space is limited to 12.**

DINING OUT AROUND THE WORLD:

September in Bangkok

Tuesday, Feb 28. 6pm

A monthly dinner group that meets at a different local restaurant that offers international cuisine. The next restaurant is chosen by the diners. **Registration is required by February 21. Space is limited to 10.**

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.

PINS AND NEEDLES

Monday, Feb 6 at 3pm

The February meeting is at Kathy Denardo's home. RSVP to Kathy at Vivian.denardo@att.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. You must be fully vaccinated to attend.

PLAY READING GROUP

Tuesday, Feb 7 & Wednesday, Feb 22. 7pm

Our Town by Thornton Wilder

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.

COOKING IN DIFFERENT LANGUAGES

by Celeste Markle and Kerala Snyder

Imaginatively named and much fun and deliciously productive, this group has been meeting fairly regularly since October 2011, with time out for Covid. Now we're ready to get back into action and revive the fun. Each month we choose a specific country or region. Then participants pull together a dinner composed of various dishes from that place. By this method, we've "visited" places including Afghanistan, Cuba, Greece, Morocco, and Peru, enjoying food we might otherwise never have learned to cook.

We meet and dine on the third Monday of each month with a sign-up deadline ten days ahead of the dinner. Registration is online on the HH website. (See details above.) Often there are so many members interested that there are two groups who meet on the same night at different homes, depending on capacity. Both members of a couple contribute: the second member

may either cook or bring a bottle of wine. Each regular diner is expected to host at least once a year.

There is no limit to the conversation topics as we eat and drink...and really no limit to the friendships and conviviality formed at these delightful dinner tables. You do not have to be a gourmet cook, just a person who wants to experiment with cuisines of the world and who enjoys lively dinners. For February we are exploring the cuisine of Emilia-Romagna, Italy, and we hope that many of you will join us as we select other places to "visit" over the course of 2023.

For more information, please contact Celeste Markle or Kerala Snyder.

Celeste Markle is a Village Leader of Westville Village and serves as Secretary of the Board; Kerala Snyder is a Village Leader of East Rock Village and serves on the Activities Committee.



Events: February



*The Office will be closed on
Monday, February 20 for Presidents' Day.*

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

Wednesday, Feb. 15, 11am

Hospice and Palliative Care

The Health & Wellness Committee welcomes Karen Garlie – hospice director at Home Care Plus – Community Healthcare & Hospice @YNHH. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

Thursday, Feb 23. 10:30am

The HH Website: Why we keep asking you to log in.

A Zoom presentation exploring the basics of the HH website. We will cover how to log in, checking out the Events calendar, how to use the Membership Directory, finding a Newsletter or document, and more! A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**



April 12, 2023, 7-9 pm!

HOMEHAVEN OFFICE

203-776-7378

info@homehavenvillages.org

Generous support for HomeHaven provided by:

Whitneyville Food Center: 203-248-4471

Thrive
AT HOME
WITH WHITNEY CENTER
www.thriveathome.org
203-848-2626

Visiting
Angels
LIVING ASSISTANCE SERVICES
(203) 298-9700

www.visitingangels.com/woodbridge

Click on the logos to go to the websites.

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

Village Gatherings



AMITY

Thursday, Feb. 2. 5pm

Virtual Happy Hour!

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

DOWNTOWN

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

ERV

Saturday, Feb. 4, 11, 18, 25. 5pm

Virtual Happy Hour using Zoom!

Join us every Saturday!

Wednesday, Feb. 8. 10am

ERV Coffee Hour!

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

Thursday, Feb. 23. 4pm

Happy Hour @East Rock Brewery!

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

HAMDEN/ NORTH HAVEN

Tuesday, Feb. 14. 10:30am

Hamden/No Haven Coffee!

We meet at Best Video. See you then!

WESTVILLE

Thursday, Feb. 2. 6pm

Soup Supper @Celeste's.

The soup is provided; you bring an offering that serves 6 and wine. RSVP to Susan Feinberg for an accurate headcount.

Thursday, Feb. 16. 6pm

Neighborhood Dining @Carmine's.

We have decided to hit the town and try some of the great restaurants in our neighborhood! Carmine's is an Italian restaurant located at 1500 Whalley Ave. RSVP to Susan Feinberg for an accurate headcount.