

HomeHaven News



Amity



Downtown



East Rock



Hamden



North Haven



Westville

homehavenvillages.org

203.776.7378

MAY 2023



A 36-hour, online-giving event May 3-4 to support local nonprofits

HomeHaven *is participating in ...*

An online giving event

8:00am May 3 - 8:00pm May 4

at www.TheGreatGive.org

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

There are Rules. Of course, there are always rules! You may only donate online and only from **8am Wed. May 3 through 8pm Thurs. May 4**. Please choose HomeHaven to receive your donations!

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

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

- Day 1 **Early Bird** prize, 8:00am-9:00am, Wednesday, May 3.
- Day 2 **Early Bird** prize, 8:00am-9:00am, Thursday, May 4.
- Day 2 **Last Call Happy Hour** prize, 5:00pm-7:00pm, Thursday, May 4.

Please donate during these 3 time slots! We can win up to \$1,500, but it all depends on the *number of unique individual donors* we get during these specified times. Individual donors can only be counted once within any time period, but you can give and be counted during

successive targeted time periods. The minimum gift size is \$5 (there is no maximum!), so please *spread the total amount you want to donate over the three times* we are targeting. Paraphrasing the old political joke on voting, we urge you to "Give early and often!"

It's All About Number of Donors. The more donors we have, the greater our chances are to win one of the above prizes. In addition, the Community Foundation for Greater New Haven has provided a matching pool of \$100,000. All donations made via The Great Give 2023 until 8:00pm on May 4 will receive a prorated portion of the pool based on the number of unique donors. Every additional donor we get increases the portion of that pool we will receive.

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

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

Thank you in advance for your participation!

– Frank Estes, HH Fund Development Chair
and Amity Village member.

Generous support for HomeHaven provided by:

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Click on the logos to go to the websites. A sponsorship placement does not represent endorsement of a business by HomeHaven.

LATE LIFE HAPPINESS: DON'T MISS IT!

by Lauri Lowell, Executive Director

HomeHaven will host Dr. Leo Cooney discussing "Late Life Happiness" on May 23.

All humans want to be happy, but it's not so easy to get there. Dr. Leo Cooney, an esteemed physician who established the geriatrics department at Yale Medical School, understands the complexities of life for older adults, having devoted his career to serving the medical needs of people in the latter third of life, as well as teaching and supervising doctors who attend to those needs. He has a particular passion for helping older individuals attain the highest level of independence possible.

In this presentation, Dr. Cooney will walk us through the myriad issues of aging, offering insight about how to navigate the obstacles that are sure to arise. He will shed light on the factors that contribute to satisfaction and wellbeing – or *lack of it* – in older age. From his decades of experience, he will offer observations of what matters most to achieve late life happiness.

HomeHaven is very fortunate to have Dr. Cooney as a friend to our community. Don't miss this important presentation.

Late Life Happiness
presented by Dr. Leo Cooney
Tuesday, May 23 at 1pm, on Zoom.
Open to HH members and friends.

HomeHaven News

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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

***"The best way to find yourself, is to lose
yourself in the service of others."***

- Mohandas Gandhi

AT YOUR SERVICE!

In the past month, HomeHaven provided members with:

- 7 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- 3 computer assists
- 2 referrals for household maintenance
- 1 referral for home health 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!!***

HEALTH MATTERS: Diversity of Gender

by Pat Jackson Allen

On March 24, 2023, Dr. Lisa Marcus, Ph.D., led a discussion on Zoom about gender diversity, with over 45 HomeHaven members. She initiated the discussion with a list of definitions to help clarify terminology and current social constructs regarding gender, gender diversity, and gender fluidity. Dr. Marcus then opened the discussion to HomeHaven members for questions, concerns, and sharing of personal experiences of trying to support family members who experience gender diversity. She said she was willing to lead another discussion on the topic in the fall.

Definitions provided by Dr. Marcus:

“Sex” (e.g., male/female) is a social organization of bodies into categories based on anatomical, chromosomal, and hormonal characteristics. Some bodies are less easily categorized in these respects than others (e.g., “intersexed” bodies and some “transgender” bodies).

“Gender” is a psychosocial construct. We use its terminology to describe ourselves to others and to help us understand ourselves. The meaning of the terms depends on the surrounding culture, which defines the categories one can identify with. (Some cultures allow for two genders, some for three or more.) In addition, gender expresses an internal (emotional or psychological) experience that is an

aspect of one’s sense of self. Children usually develop a sense of gender by age three.

“Identity”: Humans are predisposed to create meaning. From the beginning of their lives, infants start constructing an inner and an outer world, characterized by a sense of self, of others, and of oneself in relationship to others. Identity is both stable and shifting. Gender is one aspect of human identity.

“Gender Identity” is one’s sense of fit within a socially provided category. It is a set of beliefs and practices about what biological sex means and about the attitudes and behaviors that belong to a given gender group.

“Transgender” is a gender identity in which one’s sense of self does not agree with the socially-determined expectations attached to the sex of one’s body.

“Cisgender” is a gender identity in which one’s sense of self does agree with the socially-determined expectations attached to the sex of one’s body.

“Gender dysphoria” is a clinical term. Dysphoria is a sense of deep dissatisfaction and unease. Specifically, gender dysphoria refers to unease about the differences between one’s own gendered sense of self, and the ways in which others (through sex characteristics of the body and/or behaviors and labels such as pronouns) read one.

continued on page 4

2023 Mud Follies — Oh, What a Night! (Read all about it on pages 6 & 7)

Photo by Lauri Lowell



“**Gender transition**” is a group of steps one might take to bring one’s communication of gender to oneself and to others more in line with one’s subjective sense of gender. Such steps might be social (e.g., changing name/pronouns) and/or physical (e.g., hormonal and surgical interventions).

“**Queer**” refers to something that is outside any normative category. It has been used derogatorily about people whose sexual desires or gender identity fall outside of normative expectations. In the 1990’s academic circles claimed the term as a field of study, i.e., Queer Studies, and the LGBTQ community claimed the term for themselves as a way of recognizing their marginalized position within a social structure that privileges conformity. Queer studies recognizes gender as a network of relations of power which, like language, we don’t ever escape but always use to express ourselves.

The historian Susan Stryker defines **transgender** as “the movement across a socially imposed boundary away from an unchosen starting place, rather than any particular destination or mode of transition.”

To close the discussion Dr. Marcus stated: “**Sex**” is whom you go to bed with; “**Gender**” is whom you go to bed as.

For people who wish to learn more about gender identity, Dr. Marcus recommended these books:

Brill, S.; Pepper, R. (2022) *The Transgender Child: Revised and Updated Edition: A Handbook for Parents and Professionals Supporting Transgender and Nonbinary Children*. Cleiss Press.

Stryker, S. (2017) *Transgender History, Second Edition: The Roots of Today’s Revolution*. Seal Press.

Pat Jackson Allen, R.N., retired APRN, is the chair of the HomeHaven Health & Wellness Committee and a member of Amity Village.

Coffee Outdoors in April!

Photo by Patty Langdon



Maija Jansson and Susan Bers enjoy the warm weather at the monthly Hamden/North Haven Coffee Hour.


THE great Give 2023
A 36-hour, online-giving event May 3-4 to support local nonprofits
Click [HERE](#) to donate to HomeHaven!



Happy Birthday to HomeHaven members with a birthday in May

Judith August Aboud Bashy
Bill Batsford Jean Blue
Ellen Brainard Paul Bushkovitch
Carol Cheney Jeannie Drury
Andy Fiddler Howard Goldstein
Julianne Griffin Susan Hawkshaw
Carol Hay Roger Ibbotson
Joseph LaPalombara Elaine Lawson
Liz Orsini Kim Rakusin
Jim Sinclair Frans Wackers
Marjan Wackers Brian West
Connie Willems



IT COMMITTEE: Passwords

by Mary Barnes

The February 2021 edition of the HomeHaven Newsletter carried a very helpful article by John Sawyer about managing passwords. He encouraged STRONG passwords and two-factor authentication where security and privacy are of the utmost importance. All of us should be mindful of his recommendations.

Should you change your passwords periodically? Many experts recommend changing them every three months. But an alternative school of thought advises that changing them is unnecessary as long as you have a STRONG, UNIQUE password in the first place: a series of numbers, letters, symbols, capital and lower-case letters, etc. One option is to write a short sentence incorporating all of these characters. For example: luNChis@#1pm (lunch is at 1 pm). Two-factor authentication is often strongly encouraged by financial institution websites and adds an extra layer of security. Even having taken these precautions, you should change your password immediately if you know or suspect that you have been hacked. And make sure the new one is strong and unique!

Then you have the question where to keep your passwords. The IT Committee recommends that we have organized, secure methods of maintaining passwords. Let's face it, we all have more passwords than we'd like, and it's hard to remember even half of them, unless we use the same passwords for multiple sites, which is not a good practice. You have probably noticed that your web browser (Safari, Chrome, etc.)

offers to save the password for a particular site. This is convenient and a user-friendly way of saving them.

A third party password manager offers another option. John suggests Keeper, LastPass, and Dashlane, all endorsed by *PC Magazine* and available for free. In March, Wirecutter recommended Bitwarden, which is free, and 1Password, which charges \$36 per year. A password manager will keep all of the passwords you have entered in a "vault" for which you create a strong master password. A review and further details about password managers appear at: <https://www.nytimes.com/wirecutter/reviews/best-password-managers/>.

Sad to say that password managers can also be hacked, and if you lose your master password, you are stuck and will not be able to access any of the passwords that it stored. But overall, password managers present the best means of keeping your passwords in one safe, secure location.

Those of us who want to keep it simple can always keep passwords on scraps of paper or sticky notes, but these can easily get lost in a pile of papers or slip under the refrigerator. A better option, both systematic and orderly, is to keep a small notebook for the exclusive purpose of recording your passwords. Old-fashioned address books with alphabetical tabs seem to serve this purpose well. If and when you change a password, write the date that you made the change, and don't forget to cross out the old password. Keep those passwords strong and safe and make sure that you can find them when you need them. It is very unlikely that someone is going to break into your house to look for that notebook.

Mary Barnes is chair of the IT Committee and is a member of East Rock Village.

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.

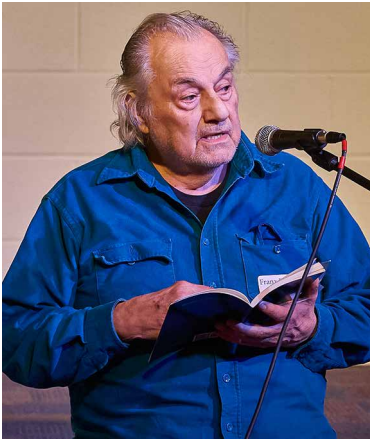
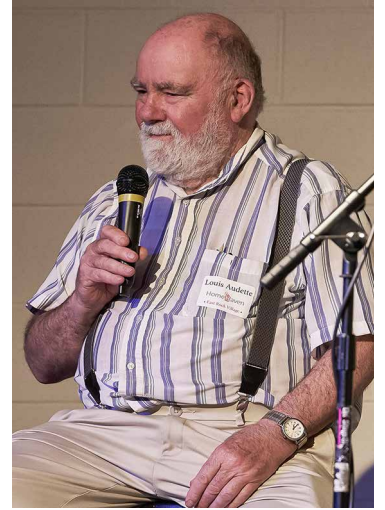
203-776-7378

An IT helper will call you back.

Welcome, New Member!

Nanette Stahl – Westville



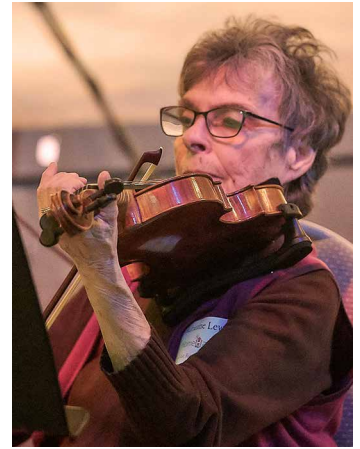


HomeHaven
MUD FOLLIES
 April 12, 2023



Clockwise from top left: Susan Feinberg, Frank and Ellen Estes, Louis Audette, Celeste Markle, Coda Blue, Franz Douskey. Next page, clockwise from top left: John Hare, Linda Klein, Sarah Heath, Adrienne Lewis, Bill Graustein, Vintage Voices.





There were over 100 in the audience for the 2023 Mud Follies! Our Impresario Louis Audette made it look easy! Susan Feinberg delivered her Shakespearean take on the hard questions of decluttering. Linda Klein brought the wise insouciance of a cabaret singer to songs by Cole Porter and Dory Previn. Franz Douskey offered a few poems; Sarah Heath followed with "How Can I Keep From Singing." Adrienne Lewis, our esteemed violinist, played a sonata by Corelli accompanied by pianist John Hare. Celeste Markle read selections from her book of poems celebrating the natural world. Frank and Ellen Estes performed a trio of Broadway songs of "perseverance, conflict, and resolution," and Frank brought the house down with his rendition of "Somewhere." Bill Graustein regaled us with "The Day the Boomerang Came Back," the tale of a moment of insight between himself as a boy and his mother. John Hare soloed with "Love's Old Sweet Song." Louis's own band Coda Blue gave us a rousing beat and classic blues. To end the evening, the Vintage Voices presented a few old favorites, after which everyone headed for refreshments and conversed about the evening's surprises and fun.

Photos by Rick Allen and Hal Spitzer



HOUSEHOLD SERVICES COMMITTEE:

SPRING IS HERE!!..... and it is time for our Seasonal Reminders

by Hal Spitzer

We have shared the following points before in newsletter articles over the years. Now we have decided to devote one article per season to maintenance issues specific to that time of year. These will act as reminders to our long-term members and good advice to our newer members.

Before we go outside, let's look at the house itself. Do you need help with any of the following?

- For homes with central heat and air, call your Heating, Ventilating & Air-Conditioning (HVAC) technician to schedule the system's biannual checkup and servicing. A technician should check the ductwork for signs of damage. He should also clean the filters and service the furnace and A/C compressor. Clean the bathroom vents, too. If you don't have a maintenance contract, it is especially valuable to find a technician to service your unit(s).
- If you use window units that stay in place all year round, clean the filters and make sure that the units are properly supported and weather tight.
- Repair and/or replace storm windows or simply remove them until the fall. Change storm glass to screens. Even if they are built into the same frame, you may need help making the switch.
- Have windows, doors, and locks checked and repaired so that they operate properly and easily.
- Clean out dryer ducts every year.
- Check the operation of your smoke alarm and carbon monoxide detectors. Change the batteries spring and fall with the changes to and from daylight savings time.

Once outside, please consult the following checklist:

- Clean gutters and windows. Have the chimneys checked. Check the roof for missing shingles.
- Check your outdoor furniture to see if it needs repair or cleaning. Do you need help moving it outdoors?

- Turn your outdoor faucets back on. Now is the time to power wash decks, patios, and walkways (and maybe the entire house or garage). Professionals should do latter.
- Look overhead into the trees. Are there broken or hanging branches that should be removed? Damaged and dead or dying trees pose a safety hazard to you, your home, and your immediate neighbors.
- Get started with yardwork and fertilizing. Start/finish cleaning out the debris from last year and start working on the garden. A thin layer of mulch in the flowerbeds will protect plants from drought and keep weeds at bay.
- Re-seed your lawn, filling in bald spots. Plant your perennials and give them plenty of water.

If you plan on doing a lot of the yardwork and gardening yourself, we repeat from last year a few hints and warnings, plus one new one:

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

Our service providers can help you with any of the above projects. Please call Kate in the office for referrals. Also, follow safe procedures with any workers you may allow onto your property or into your house.

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

HH ONGOING ACTIVITIES & INTEREST GROUPS (members only)

BOOK GROUP

Fourth Monday of the month at 7pm

The next Book Group is May 22 at 7pm on Zoom. The book: *TBA*. Contact Mary-Jo for the Zoom invite. warrenmaryjo1635@gmail.com. All genres welcome!

COOKING/DINING GROUPS

Cooking in Different Languages:

Tuscany, Italy, including Florence

Monday, May 15. 6-8pm

CiDL is a cooking group that picks a country/region on which to base a delicious home-cooked meal. **Registration is required by May 8. The limit of 12 is set by the size of the host's dining table, but if it is full, PLEASE sign up for the wait list, because if there are sufficient numbers, we will form a second group.** For further details and registration, please go to the HomeHaven Events Calendar.

Dining Out Around the World: Adriana's

Tuesday, May 23 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 May 15. Space is limited to 10. Please register through the Events Calendar.**

MEMOIR WRITING GROUPS

We're Zooming these days, and it's working beautifully. One memoir-writing group has openings

for a few members. The group meets 10:30 to 12:00 on the second and fourth Tuesdays of the month. If you're interested in joining, email Harriet Bergmann at hfb183@gmail.com.

PHILOSOPHY GROUP

Wednesday, May 24 at 10am

Philosophy and Life's Most Persistent Questions

What questions are you drawn to pondering at your age? This group is full for now but if you are interested in joining, please contact Kerry Triffin (203-215-7326 or fhww@hotmail.com).

PINS AND NEEDLES

Monday, May 1 at 3pm

The May meeting is at Jeannie Drury's home. RSVP to Jeannie at jeannedrury@aol.com or 203-281-3227. 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.

PLAY READING GROUP

Tuesday, May 9 & Wednesday, May 24. 7pm

The Importance of Being Earnest by Oscar Wilde
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.

Selections from Our Members' Gardens

Photos by Rick Allen



ERV April Happy Hour at the East Rock Brewery

Photos by Karen Schneider



Above, l-r:
Linda
McCreless,
Patrick
McCreless,
and
John Schneider

At left:
Avril Winks
and Linda Klein



At left:
Jan Simpson
and
Susanne Roberts

Below, l-r:
Shyam Sunder,
Manjula Shyam,
and John Hare



VILLAGE GATHERINGS

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

AMITY

Thursday, May 4. 5pm

Virtual Happy Hour!

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

Wednesday, May 17. 10am

Coffee at the Grove!

The Café Rebelde coffee truck will be parked at The Grove, behind the Woodbridge Library. We meet on the third Wednesday of every month at 10am.

DOWNTOWN

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

ERV

Saturday, May 6, 13, 20, 27. 5pm

Virtual Happy Hour using Zoom!

Join us every Saturday!

Wednesday, May 10. 10am

ERV Coffee Hour!

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

Thursday, May 25. 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, May 9. 10:30am

Hamden/North Haven Coffee!

We meet at Best Video. See you then!

WESTVILLE

Thursday, May 11. 6pm

Neighborhood Dining @TBA.

We are trying some of the great restaurants in our neighborhood! The restaurant is located on a street somewhere. RSVP by 5/8 to Susan Feinberg for an accurate headcount.

Thursday, May 25. 6pm

Soup Supper @Celeste's.

The soup is provided; you bring an offering that serves 6 and wine. RSVP by 5/22 to Susan Feinberg for an accurate headcount.



Events: May



The office will be closed on Monday, May 29 in observance of Memorial Day.

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

Wednesday, May 3, 8am through

Thursday, May 4, 8pm

The Great Give

That's right, it's the 36-hour giving drive sponsored by the Community Foundation for Greater New Haven. See the article on page 1. If you can't donate during the official times, you can donate early [HERE](#).

Friday May 12, 11am

Lunch & Learn: *The Life & Poetry of Emily Dickinson* with Harriet Bergmann

Harriet Bergmann (ERV member and Memoir Group Leader) will discuss the life and poetry of Emily Dickinson. This program is a prelude to a trip to the Emily Dickinson Homestead in Amherst on May 17. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

Monday, May 15. All day

Emily Dickinson Homestead Tour Amherst, Massachusetts

Road trip via carpools. We will tour The Homestead, where Emily lived and wrote, and her brother's home, The Evergreens, located next door. We will have lunch in town. Please register ASAP for an accurate head count and be sure to answer the carpool driver question. **Members Only.**

Tuesday, May 16. 10:30am-12:30pm

Hands Only CPR and AED

Woodbridge Library

This course will be taught by YNHH EMS program and the Red Cross. They are trying to increase the number of people in the New Haven area who know how to initiate CPR and use an AED (automated external defibrillator). This is NOT a certification course but will give us all an opportunity to learn these skills so we may be able to help someone in need prior to the arrival of EMS. Registration is required. **Members Only.**

Tuesday, May 23. 1pm

Late Life Happiness with Dr. Leo Cooney

Dr. Leo Cooney will share his wisdom and experience about what makes for happiness later in life. Join us for this important presentation and discussion. A Zoom invite will go out prior to the program and be posted on the HH calendar. **All are welcome.**

Thursday, May 25. 10:30am-12:30pm

Hands Only CPR and AED

Miller Library, Hamden

See May 16. Registration is required. **Members Only.**

Wednesday, May 31, 11am

Ticks and Tick-Borne Diseases with Dr. Durland Fish

The chance of getting sick from a tick bite is increasing for everyone, especially for older adults. Dr. Fish, a Yale Professor Emeritus of Epidemiology, will present on tick-bite prevention and disease recognition. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

SAVE THE DATE

HomeHaven's Annual

Summer Picnic

Tuesday, June 13, 5-7 PM

Edgerton Park Carriage House Garden

Generous support for HomeHaven provided by:

Whitneyville Food Center: 203-248-4471

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