

Message from the Executive Director



Lauri Lowell on the right, with her sister, Darcy Lowell

The “Putting a Plan in Place” (PPP) workshops and packets have now reached most of HomeHaven’s members with the message to focus on planning, to look down the road to anticipate and accommodate the infirmities of older age.

However, all the planning in the world will not

prevent those unexpected things that may occur right now, such as a slip on the ice, a tumble on a stairway, or an illness or surgery. If you have an accident or need surgery, consider the benefits of bringing in a professional caregiver as quickly as possible.

Getting help can be the difference between a great recovery with peace of mind, versus a highly stressful interlude. The most ordinary of activities that we do without a moment’s thought can become nearly impossible if an arm is immobilized or if one is temporarily confined to one’s bed, for example.

This is definitely *not* a time to ‘buck’ up and go it alone, especially if you live by yourself. And if you are part of a couple, the strain on your spouse can be considerable. He or she may not be able to provide all of the personal care you need or take full responsibility for household tasks.

HomeHaven can provide the usual help, such as rides, carpooling, social visits, and referrals to reliable services, but we cannot provide personal care or help with housekeeping.

If you know you are going to be recovering at home after a scheduled procedure, you can call the office to get help arranging in advance for a personal caregiver or homemaker to come to your home to

assist with bathing, dressing, meal preparation, or light housekeeping. HomeHaven recommends two homeware agencies, vetted by our Health Committee.

The most important thing is for you to get better, so it makes sense to bring in some help to make it easier for you to rest and recuperate, especially during the acute phase of your recovery. Please call the office for more information about our recommended homeware agencies.

Looking forward to seeing everyone at Mud Follies. If it’s mud, spring must be on its way!

Lauri J. Lowell

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Casting Call PERFORMERS WANTED



Tune up your ukuleles,
dig out your pointe shoes,
block your top hats and
round up the rabbits and doves!

It's time to get ready for
HomeHaven's 2019 Mud Follies!

Polish up your poetry or music or
amusing stories and email Louis Audette
at 24everit@concentric.net to schedule
run-throughs and generous, objective
reflections on stagecraft for performers.

The curtain will rise at 7:00 pm at
the Whitneyville Cultural Commons,
Hamden, on March 20, 2019.

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.

PLEASE JOIN US!

For information, call the
HomeHaven office at 203.776.7378
email info@homehavenvillages.org
or stop in at
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511

*"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:

- 24 rides by volunteer drivers
- 45 home visits by volunteer visitors
- 3 computer assists by volunteer computer helpers
- 26 referrals to volunteers or vetted providers for household help

Note: Members often call a service provider more than once without informing the office. You can help us keep records by always letting us know each time you use a provider we recommended. **It's important!!**

Look for monthly reports giving rolling three-month totals.

From the Household Services Committee:

PREPARE FOR SPRING...NO! WINTER...NO! SPRING...NO! WINTER

Winter is almost gone, but not yet. In these past few months, winter has included a few ice storms that in some areas caused serious tree damage, creating falling icicles and ice-covered tree limbs. There is no reason, given the erratic swings in the weather, that we will not have another ice storm before the season finally turns.

We encourage you to look up when you are outside and inspect your trees. Many branches have fallen but some are still hanging perilously, waiting for the next breeze to shake them loose. We can recommend tree people and arborists who can remove hanging branches and/or advise you on tree maintenance. Call the office for names. Be safe!!

Daylight Savings Time begins on Sunday, March 10. If you have not already changed the batteries in your smoke alarms or carbon monoxide detectors, now is the time to do it. If you need help replacing batteries or installing new alarms, we have people who can assist you.

The bottom line is that HomeHaven's Household Committee is an excellent resource for recommending

service providers and handy persons to our members. Just call the office. And we repeat once again our strong recommendation that everyone have the home safety inspection that comes as part of your HomeHaven membership. We should all take advantage of being shown how to make our homes safer. If you have not had your house or apartment inspected, please call the office and make an appointment to have Bruce Lawler walk through your home with you. You will be amazed at how small steps can make a large difference in preventing accidents at home.

PLEASE TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please tell us about the experience.

We'd like to know how things turned out.

203-776-7378

RECOMMENDED READING

Suggestions from HomeHaven members for sources of information on topics of special interest and value to our age group:

Dr. Bernard Zuckerman invites us to take a look at www.agebuzz.com, a website providing up-to-date news, information, and opinion on all aspects of aging, started and managed by his son and daughter-in-law, Arthur and Connie Zuckerman. "The idea for [agebuzz](http://www.agebuzz.com)," Dr. Zuckerman writes, "came about after Connie, an attorney and bioethics consultant specializing in geriatric patient care, realized that there's an enormous amount of information on the internet about aging, but if you don't know the right questions to ask or sources to seek out, it can be overwhelming and confusing. With agebuzz, you'll find concise and curated access to the best expertise, resources, and information you and your loved ones may need as you get older. Connie relies on trusted sources to ensure the material on [agebuzz](http://www.agebuzz.com) is reliable, valuable and up-to-date. From health to retirement, to culture and caregiving, you're likely to find important and useful info on agebuzz and in its free weekly newsletter."

To see [agebuzz](http://www.agebuzz.com), click on this link. To receive it weekly, enter your email address in the space at the top of the home page.

Dick Snyder recommends the Griswold Home Care newsletter, **The Caring Times Blog**. To view it, go to <https://www.griswoldhomecare.com/blog/>.

Here too you will find a variety of information on topics such as exercise, money management, grieving, travel, and more. If you wish to receive it weekly by email, simply enter your email address in the space provided.

Jane Jervis recommends — for those who subscribe to the *New York Times* either on line or on paper — excellent articles about aging and health. See especially the series "Personal Health" by Jane Brody in *Science Times*, a special section on Tuesdays, and "The New Old Age" by Paula Span, on Fridays.

IN MEMORIAM

JEAN GRAUSTEIN (1944 – 2019)

Jean Graustein, a member of Westville Village, passed away on January 19 after a long illness. She is survived by her husband, William C. Graustein, and two adult children. Jean grew up in San Rafael, California, a naturalist at heart and a keen observer of her surroundings. She moved to New Haven in 1972, where she taught English as a Second Language in adult basic education until turning her full attention to raising her son and daughter. As a member of the Saint Thomas More community, she helped found its soup kitchen in 1983 and was a regular volunteer.



After attending a series of informal lunch discussions by Yale science faculty members about the relationship of religion and science, Jean enrolled in the Yale Divinity School and earned a Master of Divinity degree in 1995. She then began

working with the Office of Catholic Social Justice Ministry to help parishioners understand how climate change, water pollution, toxic chemicals, and energy production affect our common earthly home, and how caring for God's creation is linked to protecting the poor and most vulnerable.

Bitsie Clark, who visited Jean often during her illness, reminisced about a Creative Arts Workshop drawing class they had taken together. The participants were all beginners, and every week Jean and Bitsie stood next to each other in the class. In a recent note to Jean, Bitsie wrote, "You were just as scared and self-critical as I was but so much better at learning to draw!!! I grew to absolutely hate the ordeal of standing in front of that easel for two hours, but you were enjoying it immensely and you got better and better. You were a real inspiration and it kept me in the course until the very end."

A Mass of Christian Burial was held on January 22 at St. Thomas More Chapel.



JACK R. COOPER (1924-2019)

Jack R. Cooper, a member of Amity Village, died peacefully at his home in Woodbridge on February 12. His family was by his side. Jack is survived by Helen Cooper, his wife of more than 67 years, his daughters Marilyn, Sheila, and Nancy, and two granddaughters.

Jack was born in Ottawa, Canada, on July 26, 1924. He fell in love with science as a boy and went on to become a brilliant scientist but "a very modest man in comparison to his accomplishments," said Pasko Rakic, his colleague at the Yale Medical School. He taught himself to play jazz clarinet (badly) and played tennis (very well) all his life.

Jack attracted friendships throughout his life, including the contract bridge players at Queens University, Kingston, who helped him supplement his living expenses, and the young scientists who

worked beside him as he made his way from George Washington University, to the National Institutes of Health, to his professorship at Yale.



In tribute to Dr. Cooper's impact as a scientist and a mentor, Dr. Mohandes Kini established a yearly lectureship in Dr. Cooper's name. Because these tributes are often made post-mortem, Jack enjoyed referring to his series as the Jack R. Cooper Pre-Memorial Lectures.

His good friend Nan Ross said this sounded just like him. Witty and always kind in his sense of humor, he was very well liked by children and adults alike — a lovely man. He will be sorely missed.

VILLAGE NEWS & HOMEHAVEN ACTIVITIES

Soup Sundays

Nothing like hot soup and warm friendships on a winter day! Both Hamden and Amity Villages held Soup Sundays on February 3rd.

"I like to have one in winter," says Hamden Village Leader Patty Langdon, "and February 3rd was perfect with no snow or ice. We had about 25 people, including some prospective (and younger!) members. Quite a few had one on one meaningful conversations and how great is that! And people bring amazing things to share, homemade bread, homemade gravlax, chocolate mousse bars, and more!"



Franco Iachello and Victor Bers



Susan Bers and Hanna Hyland

And from Rick and Pat Allen: "Thank you Amity Village for joining us at our home for Soup Sunday. Yes, it was crowded with 20 around the table...but we did it! And with wonderful lively conversations all around...One of the strongest offerings HomeHaven

has been for us, is meeting and conversing with a diverse number of fellow seniors going through some similar or different life altering events! Thank you for letting us join in the journey."



Trish O'Leary Treat, Walter Ariker, Diane Ariker, and John Sawyer



Werner Wolf and Ernest Kohorn

Exhibition Tour:

"Mightier than the Sword: The Allure, Beauty and Enduring Power of Beads" *



Above: A Timeline of Beads," revealing the long history of trade, customs, and peoples along the silk road and beyond.

Right: Steve Victor leading fellow HomeHaveners in a tour of the exhibition on February 13. From Steve's right, Lauri Lowell, Susan Feinberg, Patty Langdon, Nan Ross, Brian West, Harvey Feinberg, Jane Jervis, Patricia O'Leary Treat, and Jeanne Kerr.



*If you missed the tour, you can still see the exhibit, on permanent display at the Yale Department of Anthropology, 51 Hillhouse Avenue.

HEALTH MATTERS: Celiac Disease

by Pat Jackson Allen

Gluten is present in wheat, rye, and barley and all products containing these grains. Gluten is composed of amino acids, the building blocks of protein, that are absorbed in the small intestine. Our small intestines are lined with lymph cells and cell barriers that protect us from potentially harmful proteins while allowing absorption of beneficial proteins. For individuals who have Celiac Disease (CD), even small amounts of gluten will trigger an auto-immune response. The symptoms of CD may be difficult to differentiate from gluten allergy or gluten intolerance without specific testing, but potentially serious systemic health consequences may be associated with CD. Anyone with CD-like symptoms should be tested. Currently, the only treatment for CD is a gluten-free diet, which is difficult to attain and maintain.

Celiac Disease results in structural changes in the lining of the small intestine. These changes allow gluten to pass the normal gut-barrier causing systemic inflammation as well as reduced absorption of nutrients by the small intestine, leading to symptoms of discomfort, bloating, and changes in stool patterns, as well as fatigue, skin lesions, iron-deficiency anemia, headaches, dental hypoplasia, reduced bone density, and weight loss or weight gain. A simple blood test can screen for CD.

CD is estimated to affect approximately 1% of the world's population but has higher levels in Scandinavia and Europe and lower levels in Asia. The vast majority of people with CD have not been diagnosed, largely because it can occur at any age and has a wide variety of clinical symptoms. Because CD has a genetic basis certain people are at higher risk. First-degree and second-degree relatives of people diagnosed with CD have a 10% or 5% incidence of developing CD respectively. People with signs of malabsorption, such as unexplained iron deficiency anemia, or folic acid or vitamin B₁₂ deficiency, are 3 to 15 times more likely to have CD. Adults with other autoimmune conditions all have increased risk for CD and should have serological screening every few years regardless of symptoms. Interestingly, 30% of adults with CD

have at least one other autoimmune condition, as compared to 3% of the general population.

Management of Celiac Disease. The only currently approved treatment for gluten related disorders is a gluten free diet (GFD). For individuals with CD even minuscule amounts of gluten can trigger an autoimmune response and therefore must be avoided. Gluten is often found in sauces, condiments, soups, gravy, pies, and processed meats. This means people with CD must read labels carefully and ask when eating out. Even some medications and personal care products may contain gluten and should be avoided by people with CD (<http://www.glutenfreedugs.com>). Consultation with a dietician is very important for anyone newly diagnosed with CD or having difficulty maintaining a gluten-free diet. A family approach to GFD increases the likelihood of having minimum gluten exposure.

All vegetables, fruits, non-processed meats, and dairy products are gluten-free and can comprise a healthy GFD diet. But not being able to eat pasta, cakes, bread, cookies, or crackers or to drink beer can feel very restricting. Fortunately, as more people identify themselves as intolerant to gluten, more foods are available in the grocery store that are gluten-free and by law must be labeled as such.

Pat Jackson Allen, a member of Amity Village and of HomeHaven's Health Committee, retired in June 2014 from the Yale School of Nursing where she had been Coordinator of the Pediatric Nurse Practitioner specialty for ten years. Prior to that, she taught and was director of the Advanced Practice Pediatric Nursing Program at the University of California, San Francisco. Her area of scholarship has focused on the primary care needs of children with chronic health conditions.

HOW DO YOU EXERCISE??

Your editors would like to know where, how, and how often you exercise, for an article in the next edition of the Newsletter on exercise opportunities. This is your chance to wave the flag for your gym, your instructor, your routine, or all three. Send to Ellen erbrainard@gmail.com and Jane hjervis@gmail.com

BE IMMORTAL!
Give a bequest to HomeHaven.

VOLUNTEER VOICES: Lynda Tyrrell West

Interview by Kaye Maggart: This is part of a series about HomeHaven members who enjoy volunteering.

KM Was this your first year as a runner in the Integrated Refugee & Immigrant Services (IRIS) Run for Refugees?

LW No, it was actually my fourth year. Last year I came in first in my age group!!

KM That's great! Have you always been a runner?

LW I have done some running, but I am not a fanatic. I favor racquet sports like tennis and squash. I play those regularly as I like to keep fit.

KM How did you get involved in the IRIS run?

LW I wanted to do something to support IRIS, and this seemed like a good opportunity. The 5K Run for Refugees is held each year on Super Bowl Sunday; it's a fund-raiser and a way to publicize the need to support refugees in the New Haven area.

KM Where did you run?

LW We used to run up through East Rock Park from Wilbur Cross High School. Now it still starts at the school, but we run through town. We pay a registration fee beforehand; then friends and family sponsor with contributions. All the funds raised go to IRIS.

KM Did you see any other HomeHaven members that you knew at the Run for Refugees?

LW Francie Irvine and Constance LaPalombara are two members I knew who took part. There may have been others.

KM So there was a good turnout for the IRIS event?

LW Yes! It was a most wonderful atmosphere! There were over 3,000 runners and walkers this year, up from 1,000 two years ago; a lot of refugees were among the participants. After the race there was delicious food prepared by refugee chefs and local restaurants. It was truly a happy, cosmopolitan festivity.



Lynda Tyrrell West after the IRIS Run for Refugees

KM Are there other ways for HomeHaven members to support IRIS besides this run?

LW Definitely. IRIS has a good website (www.irisct.org) with many volunteer opportunities listed – help with housing, clothing donations, job placement, driving, English tutoring, “Cultural Companions” — and many more. Phone IRIS at 203-562-2095.

KM Besides running for IRIS, you also volunteer for HomeHaven, correct?

LW Yes, I am chair of the Visitors Committee, and part of the Hamden Village Core Committee.

KM Can you explain what you do on the Visitors Committee?

LW Our aim is to provide support for HomeHaven members who may live alone, be in poor health, or be in need of companionship. We visit, talk, read, go for walks or outings. We try to answer concerns or make referrals to the office if professional services are needed. Our committee has about ten members from the various villages; ideally we would like to have two representatives from each village.

KM Do you feel that HomeHaven keeps you running, too?

LW After years of working in medical research, I find it wonderful to be interacting with people whose life experiences have been different from my own. You always come away with a sense of awe and wonder at their resilience and how, no matter the odds, they find ways to live a meaningful and fulfilling life.



Francie Irvine and Lynda

Photo by Andrew McLaren

Note: HomeHaven members interested in volunteering on the Visitors Committee with Lynda may call the HomeHaven office at 203-776-7378.

COMPUTER CONNECTION: iPhone Workshop

by Christa Sammons

On February 5, the HomeHaven office was the scene of a workshop on iPhones. Three and a half IT Committee members were present, the half being me: I came to learn, not to advise. IT chairman Jim Maggart ran the meeting with the help of Norman Chonacky and John Sawyer. It was a lively time, and we all learned new iPhone skills, such as how to move, delete, and combine screen icons, and how to send photographs from the phone, via email or text message.

As I listened to members attending the class, two basic questions seemed to emerge: how to synchronize one's phone with one's computer, and how to avoid a pile-up of hundreds of messages in one's email inbox.

Syncing: When your computer and phone are correctly synchronized, whatever you do on one device—such as send emails or edit your calendar—automatically appears on the other. An email you sent from your phone will appear under “sent mail” on your computer; a message you delete on your computer will be deleted

on your phone. Synchronization depends on cloud storage, where a kind of master-set of your data resides. Google, for instance, stores your gmail account, which you can then access from any device. For other systems and applications—such as calendars and photograph collections—you may need to establish cloud storage that links your various devices.

Sorting email: To avoid huge accumulations in your email inbox, the first step is to be diligent about deleting messages you no longer need. Second, you can create “mailboxes” for your various correspondents, organizations, or topics. As soon as you’ve responded, if necessary, to messages, you can then sort them into the appropriate mailboxes instead of leaving them in your inbox. In gmail this means applying a label to each message you want to save, then “archiving” it in the appropriate mailbox, a process that’s a lot easier to set up and carry out on a computer than on the phone. (To avoid having too many mailboxes, I have one called “various people,” where I archive messages from folks I don’t write very often.) As Jim pointed out at the workshop, if you do this sorting and archiving on a regular basis, you can use your inbox as a kind of “to-do” list of active messages that need attention.

The iPhone meeting was so successful that the IT committee plans to hold further workshops on other topics. It’s fun, and a good way to learn.

Christa Sammons is a member of HomeHaven’s Information Technology (IT) Task Force. Suggestions for subjects are welcome and may be sent to Christa at christa.sammons@gmail.com.



iPhone workshop in the HH office on February 5. Foreground: Christa Sammons. Left to right: Patty Langdon, Renee Drell, Jim Maggart (standing), John Sawyer, Jeannie Drury. Not pictured: Norman Chonacky, Jeanne Kerr, Trish O’Leary-Treat, Nan Ross, and Roxanne Turekian.

Introducing New Members

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

Linda Burt ~ Downtown Village



ONGOING EVENTS

COOKING IN DIFFERENT LANGUAGES:

Austrian

Monday, March 18, 6:30 pm

Sign-up deadline, Friday March 8

Join us for delicious food and engaging conversation. New members are welcome. To enable planning, be sure to RSVP by the deadline to Celeste Markle at c_markle@yahoo.com or 203-397-0492, or call the office. Please call Celeste for other information.

DINING OUT AROUND THE WORLD

Tuesday, March 12, 6:00 pm

Taste of China, 954 Chapel Street, New Haven (postponed from February 12)

Limited to 16 diners. Sign up required by **Friday, March 8**. Call the office to register and ask for a ride if needed.

MEMOIRS WRITING GROUPS

The groups meet on the second and fourth Mondays of the month for an hour and a half.

For information or to attend a meeting of one of our three groups to see how it works, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

PINS AND NEEDLES

Monday, March 25

At the home of Arlene Goldblatt

Bring a project and enjoy good company, lively discussion, and refreshments. New members are always welcome at these fourth Monday of the month gatherings. RSVP to Arlene at arlenegoldblatt@sbcglobal.net or 203-776-1550.

LAUGHTER: THE BEST MEDICINE

Medicine: No Laughing Matter

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her.

There was a moment of silence before the lady replied. "I'm wondering, then, just how serious my condition is because this prescription is marked 'NO REFILLS'."

Heard any good jokes lately? Our thanks to Louis Audette for this one. Contributions (funny but inoffensive, please) are always welcome.

REMEMBERING WORLD WAR II

Harriet Bergmann would like to put together a collection of writings about World War II for HomeHaven. She invites you to share your memories of the war, whether you were oblivious in New Jersey or feared for your life in London. Did you collect ration stamps and crush cans? Did you pull blackout curtains? Huddle in bomb shelters? Were you puzzled by what the grownups were doing? A collection of memories like this will be of great interest to our children and grandchildren, and maybe even great-grandchildren! It will also be of interest to fellow HomeHaveners who lived through this same period of our nation's history. Harriet will compile the writings into a booklet so that all HomeHaveners can have copies.

Harriet will be glad to work with you if you would like help with writing and organizing your recollections. You may contact her at 203-776-0703 or by email at hfb183@gmail.com.



Happy Birthday to HomeHaven members with a birthday in March

Walter Ariker Peggy Atherton
Dick Bell Harriet Bergmann
Emily Bett Gloria Cohen
Judith Colton Sue Davis
Kem Edwards John Hay
Hanne Howard Caroline Jacobs
Richard Jacobs Traugott Lawler
Loretta Lipka Jim Maggart
Edwin Piper Leon Plantinga
Marc Rubenstein Bea Smirnoff
Louise Westover





Events: March



Friday and Saturday, March 1, 2, and Thursday, Friday, Saturday, March 7, 8, 9
All shows at 8:00 pm. Tickets are \$20.
***Marjorie Prime*, by Jordan Harrison,**
a New Haven Theater Company production
The NHTC Stage: 839 Chapel Street, New Haven,
between Orange and Church Streets

Margaret Mann, of Hamden Village, plays Marjorie, an 85 year old woman who is joined in her retirement home by a “prime,” an artificial intelligence programmed to help her retain her memories and her self. “This little play will make you laugh, cry, and think,” Margaret says. “Not bad for 80 minutes! I hope you can come check it out.”

Tickets are available at newhaventheatercompany.com. Metered parking on the street or in the Elm City Market lot on State Street.

Tuesday, March 19, 3:00 – 4:30 pm
iPhone Workshop: Home of Jim Maggart

Find out how to get more out of your iPhone! Come with your questions and problems. Hosted by the IT (Information Technology) Committee. Limited to 8 people. Register with the office.

Wednesday, March 20, 7:00 pm
Mud Follies
Whitneyville Cultural Commons, main floor
1253 Whitney Avenue, Hamden

It's that time again when we learn how many extraordinary performers we have in our midst. From poetry to standup, to singing, to playing an instrument, you'll be surprised at the talent of our members. Come enjoy the entertainment, the light refreshments, and the opportunity to see your HomeHaven friends and meet new ones. The Commons is a large, red brick building next door to the Whitneyville Church, on Whitney Ave. just north of Putnam Ave.

Parking options: Park behind the building, in the public lot across the street, or in the lot to the right of the Post Office on Putnam Ave. just off Whitney Ave.

Generous support for HomeHaven provided by:

Caffe Bravo (203) 772-2728 The Wine Thief (203) 772-1944


 35 Hamden Hills Drive, Hamden
 203-248-1864


 21 Bradley Road, Woodbridge
 203-397-7544


 LIVING ASSISTANCE SERVICES
 203-298-9700

Thursday, March 21, and Saturday, March 23
3:00 to 7:00 pm.

***Bach in the Subways*, with organist Kerry Snyder**
United Church on the Green

Part of an international movement to celebrate J.S. Bach's birthday (March 21, 1685) by performing his music in public spaces. New Haven's performances will take place at United Church on the Green on March 21 and March 23. HomeHavener and organist Kerry Snyder will perform on March 21. For the time and complete lineup, visit the website <https://bachinthesubways.org/new-haven/>

Thursday, March 28, 3:00 pm
***Medieval Astronomy*, a talk by Jane Jervis**
Woodbridge Library
10 Newton Rd, Woodbridge

1564 was the birth year of Shakespeare and Galileo. Shakespeare's works are full of references to the heavens, but what did he really know about astronomy? Jane earned a PhD in History of Science when she was 40. She has taught medieval astronomy at Yale, RPI, and Bowdoin.



VILLAGE VERSE Out of Style

It's not just white hair that announces my age;
 Nor wrinkles in skin, nor posture that's bent.
 It's the width of my trousers that now others gauge
 That I'm from an era that has long ago went.

Have you looked at the legs of the students today?
 With their tight fitting flannels adherent to skin.
 To wear such snug clothing provokes my dismay,
 For I haven't a clue how my legs could go in.

The young of today think I've stepped into bags
 That hang from my waist, some sporting a cuff!
 It appears to them that my pants are like flags,
 Confirming my age as a very old duff.

— Bob Gifford, Doctor of Doggerel

HOMEHAVEN OFFICE

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