



## Message from the Executive Director: Why Do They Drive?



Recently HomeHaven's Board approved a new tag line for our logo. It reads, "A *community of elders helping each other.*" They also adopted a new Vision Statement: "A *community of independent seniors providing a supportive network of caring friends.*"

If you know anything about HomeHaven, you know these modifications were not made in haste, nor taken lightly. Not only the Board, but also the Governance and Recruitment committees had a hand in it over several months. They asked questions such as, what do we want to say about ourselves to the community at large? We talk about what people get with their membership, but we also need to focus on what they can give back. How can we attract new members who will understand that caring and helping is at the heart of who we are?

While the tagline and vision statements are quite simple and straightforward, if you look closely you may sense that they are, in some respect, *aspirational*. We describe the community we *seek to be*, where members look out for each other and help one another when the need arises.

We are not entirely there yet. The truth is we need more volunteers to give rides and to reach out to our infirm members who cannot manage on their own.

A huge shout-out to those few people, less than a dozen members and nonmembers, who regularly volunteer to give rides to appointments! Kudos to them for their selfless service, for contributing that most precious commodity that none of us has quite enough of — their time; and even more, for giving fellow members their attention, which makes all the difference to one who is alone.

Why do they give rides? What do they get out of it? I've been told the following: It's fulfilling, it feels good to help; I meet interesting people this way; I have the time, so why not help out; it's only an hour or two of my day, but it makes a huge difference to the person I drive; there's so little I can do to help — driving is one thing I *can* do.

Think about it this way: If everyone would do just a little, we could cover the need for rides in our villages. Call Kate to get a driver vetting form, get your name on her drivers email list, and commit to answering the call even once or twice a month. That would make such a difference to those who sometimes drive several times a week!

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But if you are not comfortable with driving, there are so many other ways to contribute your time and talent. We need help in the office, either on a regular or intermittent basis. The many committees that run HomeHaven are looking for new input. Join your village's 'core team' and help build the community. There are many small tasks to be done to create that "supportive network of caring friends" we aspire to be!

Looking forward to seeing you at our activities around town this month!



Lauri J. Lowell

## Introducing New Members

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

Irene & Owen Fiss ~ Hamden

Maggie & Hank Powell ~ North Haven

Judy Nugent & Drew McDermott  
~ East Rock Village



## 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](mailto: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:

- 57 rides by volunteer drivers
- 45 visits by volunteer visitors
- 24 computer assists by volunteer computer helpers
- 30 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.*



HomeHaven *is participating in ...*

*An online giving event*  
**8 am May 1 - 8 pm May 2**  
 at [www.TheGreatGive.org](http://www.TheGreatGive.org)

The Great Give is Greater New Haven's premier charitable giving event, a 36-hour online fundraising challenge to support local non-profits. HomeHaven has participated for a number of years, and we are gratified that The Great Give has become a substantial part of our annual fundraising. Donating is easy! Just go to [www.TheGreatGive.org](http://www.TheGreatGive.org), have your credit card ready, and read the instructions.

Of course there are rules! You may donate only online and only during the hours of **8 am on Wednesday, May 1 to 8 pm on Thursday, May 2**. Please choose HomeHaven to receive your donations.

To make this more exciting, prizes are offered for various times and for various categories of both donors and recipients.

We are hoping to win the **"Early Bird" prize of \$1000**, as we did last year, for the greatest number of individual donors between **8:00 am and 9:00 am on Wednesday, May 1**. *Generous members of HH Board committees will contribute a \$1000 match if we win that prize!*

If we don't win the "Early Bird" — and we'll let you know later that morning by email blast — we will try for the **"Seize the Day" prize of \$1000** on the next day, for the greatest number of donations between **6:00 am and 8:00 am on Thursday, May 2**. *If we win this prize, the committee members will contribute the \$1000 match.*

**Please remember:** Individual donors can only be counted once within a time period, but you can give during successive targeted time periods. Household members should donate separately because **it is the number of donations that matters**. Please enlist your friends, children, and grandchildren to join you in making individual gifts! *The committee members have put up an **additional** \$1000 if we exceed 150 individual donors during the entire 36 hours! Let's make them pay up!!!*

In addition a generous **\$2500 corporate gift** goes to the organization in our category (Health and Wellness) that gets the most donors in the entire 36 hours of the

event. We have won this prize in previous years, but we fell short last year by just a few donors during the very last half hour! **Please help us get those donor totals up so we can win this substantial prize again!**

If competition turns you on, you may follow the progress of the Great Give online, moment by moment. Just log in to [www.TheGreatGive.org](http://www.TheGreatGive.org) and look for the link to the Leader Board. Remember it's the **number** of donors and the **number** of gifts that win the prizes, not the size of the gifts. All of your gifts, both large and small, will be greatly appreciated and will help us grow and thrive. Thank you!

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## VILLAGE VERSE: Quid Pro Quo

I recently flew to Columbus, Ohio,  
 But first had to change at O'Hare.  
 I bought an economy fare, "Oh my oh!  
 That taught me how classes compare.  
 The airlines, for certain, favored the rich,  
 And assigned them priority one.  
 They boarded them first with nary a hitch.  
 To ample wide seats to have fun.

Group two and group three also looked flush  
 As they lined themselves up in an aisle.  
 They boarded them next with nary a rush  
 And they sat near the front with a smile.

Group four through group eight scrambled along  
 And filled up most of the plane.  
 I must have done something terribly wrong,  
 For I waited my turn all in vain.

For I was assigned to the lowest class, nine!  
 To a seat in the very last row!  
 Stuck in the center, unable to dine,  
 A victim of quid pro quo.

— Bob Gifford, Doctor of Doggerel

## GOOD NEWS AND ADVICE from your Household Committee

### NEW AFTER-HOURS EMERGENCY MAINTENANCE SERVICE!!!

For a home repair emergency, contact **ServiceMaster Restore**. It is our new preferred after-hours service company and can be reached at all times. One of their representatives will help you to determine a solution. Their phone number will soon be emailed to all HH members, and it is also included on the HH Office's outgoing message recording.

**ServiceMaster** replaces **SERVPRO** for help in recovering from disasters such as fire, flood, tornadoes, mold, trees falling on your roof, etc. Take the **SERVPRO** magnet off your refrigerator and **pick up a new ServiceMaster Restore magnet** at the HomeHaven Office on Shredding Day, or at the Annual Picnic in June!

# SATURDAY, MAY 11

## the **HOMEHAVEN** **SHREDDING** EVENT

*An important service for HomeHaven  
members, friends, and neighbors –  
the more the merrier!*

**WHEN:** Saturday, May 11, 9 am-12 noon

**WHERE:** The HomeHaven office parking  
area behind 291 Whitney Ave.

**WHAT:** A giant commercial shredder will  
be on site to chew up all the paper you can  
provide.

**WHY:** It helps you. It helps HomeHaven.  
You lose unwanted pounds! HomeHaven  
gains dollars! Profits above the cost of the  
shredding service go to HomeHaven.

**FEES:** \$10.00/a cardboard file/banker's  
box (10" x 12" x 15"); \$5.00/grocery bag

*Call the office (203-776-7378) for more  
information, or if you need a volunteer  
to help get your load to the shredder.*

**REMEMBER!** For an immediate emergency,  
call 911 for the Police or Fire Department!

### GOOD WEATHER IS HERE — TIME FOR THE TO-DO LIST AND THE WHO-TO-DO-IT LIST.

As you should know by now, HH has vetted workers  
to help with many of your home maintenance needs.  
Please call the office for recommendations. However,  
if you decide to test the waters on your own, here are  
some tips to help you find the right person.

- For plumbing and electrical work: make sure that the individual you choose has a valid State of CT plumbing or electrical license.
- For remodeling: make sure that the contractor has a State of CT Home Improvement license.
- All service providers should have insurance and be willing to give you a certificate of insurance upon request.
- Be sure to check their rating with the Better Business Bureau.
- Ask for references of previous work and call to ask if they were satisfied.
- If possible, contact at least three contractors and compare their estimates.
- Take your time and do your research. This should get you started in the right direction.

### A FEW ADDITIONAL TO-DO ITEMS TO CONSIDER:

- Is your porch or patio furniture out yet?
- Is your outdoor grill working properly?
- Do you need an air conditioner properly installed in a window?
- Do you need help opening or removing storm windows?
- Do you need to change your storm glass to a screen?
- Do your windows and doors operate properly and easily?
- Do your windows and doors lock properly?
- Are your window screens in good condition?
- Has your dryer duct been cleaned out within the last year?

We can give you referrals for help you with any of the above.



## CELEBRATING LYDIA!

Six years ago Lydia Bornick came to HomeHaven as a consultant to help with membership recruitment. She leaves us now, having segued into membership services, Village liaison, activities manager, and all-around office support. Whenever there was a project or program at HH, chances are Lydia had her hand in it, bringing her warmth and humor to the task.

Anyone who knows Lydia knows that art and music are her first loves, having run her own gallery in years past, and playing to this day in a steel pan ensemble. She has worked for many of the best and biggest nonprofits in New Haven, landing at HomeHaven in 2013 to work with Bitsie for the fledgling East Rock Village. When asked why she was leaving her post at HH, she responded that an opportunity had come her way that was just too good to pass up: a chance to work for an art and antiques gallery run by long-time associates.

Lydia is a walking compendium of all things HH, from the trips to the talks to the hundreds of



*Some 50 HomeHaveners gathered at Wood 'n' Tap to raise a glass to Lydia (under the purple balloon) in appreciation for her cheerful presence in the office and at our events, and to wish her well in her new enterprise.*

members. Lydia knows everyone, and will be missed by all, for her ready wit, her creativity, and her generous heart. We thank her for sharing her skills and talent with us for these many years. Fortunately, we expect to see her at future activities as a member of the Downtown Village. (You can continue to reach her at [lcbornick@comcast.net](mailto:lcbornick@comcast.net).)

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## ON THE MOVE!: PART II

### Continued from last month: How HomeHaven Members Keep Fit

Ellen Ryerson, Leon Plantinga, Jane Jervis, Norman Chonacky and several other HomeHaveners attend an exercise class led by Nancy Ryan at the Your Community Yoga Center in Hamden. It meets at 8:00 am three days a week. "The classes include exercises for cardio health, balance, strength, and flexibility. Nancy really know what she's doing!" says Ellen Ryerson.

#### **And from Jane:**

"Seventeen years ago my physical therapist told me I could either start exercising or get a walker — those were my options. So I went to Nancy Ryan's low-impact aerobics class with a friend, paid for a year in advance (I know what motivates me!), and began. Breathlessly and clumsily at first, but little by little gaining in confidence and flexibility, over the months and years I lost 20% of my weight and it stayed off. I feel younger and stronger with lots more stamina. At some point Norman started coming with me, and

now there are several men in the class. We even gave a demonstration at Mud Follies one year!

What's most important about Nancy's class is the community that has developed. We want to know why you didn't come last week, how you're recovering from that surgery, how the trip you took was. We encourage newcomers — we were all clumsy when we started. It motivates you to come, and makes it fun."

### **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**

# HEALTH MATTERS: High Blood Pressure, Part 1

by Robert Gifford, M.D.

## What is this thing called Blood Pressure?

With each beat of the heart, blood is propelled under pressure out of the heart. As it leaves the heart, blood is pushed into a large artery that then branches into smaller and smaller arteries, eventually into tiny capillaries that supply oxygen to all of our tissues.

The actual pressure in this arterial system can be easily measured as blood flows through a medium sized artery in an arm, using an instrument known as a blood-pressure cuff. As you might expect, each time that the heart actively pumps (called systole), the **systolic pressure** will be higher than when measured between beats (called **diastolic pressure**). How is it, you may ask, that there is any pressure at all during diastole when the heart is at rest? It turns out that our normal arteries have somewhat elastic walls. During systole, the arterial walls expand outward under systolic pressure, and during diastole, the walls spring back to their normal size, maintaining some constant pressure in the system. When blood pressure is measured, such as, for example, an elevated level of 150/90, the top number is the systolic pressure and the bottom number is the diastolic pressure.

For years, blood pressure measurements have been made using the relative height of a column of mercury (Hg) in millimeters as an index of pressure (mmHg). I'm sure you are familiar with how blood pressure is generally obtained in the doctor's office: A cuff

is inflated around your upper arm to a level that completely shuts off arterial blood flow to the lower arm. The clinician holds a stethoscope over the artery below the cuff and hears nothing as long as the artery is occluded. However, as the pressure of the cuff is slowly lowered, the systolic pressure is able to push through the compressed artery, producing a pulsating sound heard through the stethoscope. **The pressure reading at the exact moment that the pulsating sound is first heard is the systolic blood pressure. A completely normal reading would be at about 120 millimeters of mercury (mmHg).** As the pressure of the cuff continues to be lowered, the pulsating sound continues until the artery has returned to its normal size and the pulsations are no longer heard. **That is the diastolic pressure, and in normal people should be at or less than 80 mm of mercury (mmHg) for an overall blood pressure reading of 120/80.** Today, most medical offices use an automated blood pressure device to record these pressures and don't require a stethoscope.

The various underlying causes of high blood pressure are complex and beyond the scope of this article. One common mechanism, relevant to aging, is that the walls of large arteries tend to gradually lose elasticity, become stiff, and lack the normal ability to expand. As a result, when the heart pumps blood during systole, there is no "give" to the arterial wall and the **systolic blood pressure can be elevated to levels of 130 mmHg or above, known as systolic hypertension**, the most common form of high blood pressure in the elderly.

However, many individuals also have consistently elevated diastolic blood pressure readings without a readily apparent underlying cause. This problem will be addressed in Part 2 in a future edition. Fortunately, we now have a variety of medications that are very effective in reducing blood pressure to normal or near normal levels. Medical science has come to know what the ideal blood pressure should be by following millions of patients over time, learning that elevated levels are associated with many vascular complications such as strokes, heart attacks, and kidney failure. See your primary care provider for advice.

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## LINKING UP

*Links to items of interest recommended  
by newsletter readers. We welcome your comments  
about these links and your suggestions for others.*

From the *New York Times*: "Ageism: A 'Prevalent and Insidious' Health Threat:" <https://www.nytimes.com/2019/04/26/health/ageism-elderly-health.html>

The World Health Organization has begun four studies intended to define ageism and identify ways to combat it.

**Give Greater. Give Longer.  
Remember HomeHaven in Your Will.**

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*Dr. Gifford (aka Bob or the Doctor of Doggerel) is Professor of Medicine Emeritus at Yale University School of Medicine and former Chair of HomeHaven's Health Committee. He writes this column in collaboration with members of the Committee. Suggestions for subjects are welcome and may be sent to Bob at [bobbygi32@gmail.com](mailto:bobbygi32@gmail.com).*

## VOLUNTEER VOICES: Irene Fiss

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

**KM** How did you become interested in library volunteering?

**IF** When I was young, my grandmother took me to our branch of the Brooklyn Public Library every week. It was a wonderful, quiet place. We always headed straight for the children's section, to the fiction books filled with adventures. I was struck by the fact that you could take home some of these treasures FREE; it was amazing to me!



*Irene Fiss, Secretary of the Hamden Library Board*

**KM** Did your grandmother help you choose books?

**IF** When I asked her for advice, she suggested that I start with A and work my way thru Z. I soon realized — to my surprise — that my immigrant grandmother could not read English, so I started reading aloud to her.

**KM** Did you consider becoming a professional librarian?

**IF** I always fought with myself about which I wanted to be – an educator or a librarian.

**KM** But you became an educator, right? When did you come to New Haven?

**IF** I moved with my family from Chicago to Hamden in 1974 and commuted into New York for a master's degree in educational leadership at Bank

Street College. After that, I worked at Ezra Academy in Woodbridge and as a public school principal in Middlefield, CT.

**KM** So educational work won out over libraries at that point?

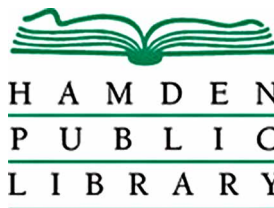
**IF** Yes, but I've never stopped loving libraries. I am always eager to learn how children's identities are shaped, in part, through reading and self-discovery. Fortunately I found opportunities to further that interest at Cold Spring School in New Haven in 1986, where I was director for 12 years.

**KM** Were you involved in any other educational projects after that?

**IF** In 1998, I consulted for two years with Amistad Academy and helped write its charter. I also worked at Yale as an advisor in a work-study program for undergraduate volunteers in the schools.

**KM** How did you return to libraries after all that?

**IF** I live in Hamden, so of course I was always interested in the Hamden Library. When the mayor asked me to be on the Library Board after I retired, I was eager to get back to that "quiet place." But have you been in our library lately? It is rarely quiet! There are computer stations, movie times, story times, tutoring, sections for large print books, DVDs, audio books, a busy early learning center for young children, and even group puzzles. There is always a low conversational hum. Can you imagine!



**KM** You mentioned a book sale coming up at Miller Library on June 1st. Can HomeHaven members who don't live in Hamden participate in this sale?

**IF** Absolutely! Anybody from Hamden and surrounding towns can take part in the Library's biggest book sale ever. You can donate gently used items (books, audio books, DVDs, even sheet music) at Miller during Library hours. Then on Saturday, June 1, 2019, 10 am-4 pm, bring friends and family to buy treasures. What could be better than having fun while helping a community library!

Note: HomeHaven members interested in learning more about the upcoming **Miller Library Book Sale in Hamden on June 1** can email Irene Fiss at [irene.fiss@gmail.com](mailto:irene.fiss@gmail.com).

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## LAUGHTER: Sign Us Up II

**Sign in a Shoe Repair Shop:**

"We will heel you, we will save your sole, we will even dye for you."

**At a Tire Shop:**

"Invite us to your next blow out."

**In a Non-Smoking Area:**

"If we see smoke, we will assume you are on fire and will take appropriate action."

**At a Car Dealership:**

"The best way to get back on your feet - miss a car payment."

**On a Septic Tank Truck :**

"Yesterday's Meals on Wheels!"



## ACTIVITIES AND VILLAGE NEWS

### Hamden-North Haven House Concert

by Judith Colton, Hamden-North Haven Village Leader



Dani Zanuttini-Frank, Tom Martin, and Tony Zhou

On Sunday afternoon, March 31, Hamden and North Haven Villagers were treated to a splendid concert at the home of Tom Martin and Hal Spitzer. Tom is a pianist and music teacher at Choate School. One of his students, a sophomore at Choate, and a former student who is now a freshman at Yale, performed a series of pieces on the piano and guitar, to the delight of the 25 or so lucky people who accepted the invitation.

Tony Zhou, 17, is a native of a Shanghai suburb who has been playing the piano since he was five. He has entered a competition later this spring and Tom thought that performing before an audience would be good preparation. Tony played Bach's *Prelude and Fugue in D Minor*, a Beethoven Sonata, and a Chopin Scherzo. He also played Heeyoung Yang's *Reflection*

(*Echo and Shadow*), a challenging contemporary piece involving manual manipulation of the piano strings.

Tony's pieces were interspersed with several by guitarist Dani Zanuttini-Frank (Choate '18, Yale '22), of Hamden. Dani chose *Prelude and Allemande* by Bach, composed for lute but played brilliantly on the guitar, and a wonderful series of pieces from *Caprichos de Goya* by Mario Castelnuovo-Tedesco.

Following the concert, a glorious array of refreshments in Tom and Hal's dining room allowed us to chat with the two young musicians, our hosts, and each other while indulging in lovely food and drink. Thank you, Tom and Hal, for a fabulous afternoon!

AND a follow-up from Judith: "I just got news from Tom Martin, the proud teacher, that Tony Zhou won **first place** in the competition we "helped" him prepare for, and the prize for the best performance of the commissioned work! Needless to say, Tom is delighted. As are we all, for Tom and for Tony.



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

Aboud Bashy	Ellen Brainard
Leslie Brisman	Josie Broude
Paul Bushkovitch	Sam Chauncey
Carol Cheney	Joe Dolan
Elizabeth Dreyer	Jeannie Drury
Mae Festa	Andy Fiddler
Arlene Goldblatt	Carol Hay
Joseph LaPalombara	Jocelyn Malkin
Sophie Powell	Kim Rakusin
Sheila Taub	Frans Wackers
Marjan Wackers	Brian West



Audience members chat before the concert.



# COMPUTER CONNECTION: Cutting the Cord

by John Sawyer

“Cutting the Cord” is the term commonly used these days to refer to the process of removing oneself from the clutches of the dreaded entertainment provider. Those would be our approximately \$200/month friends at Xfinity, Frontier, Cox, etc., who purportedly save us money by bundling our telephone, internet, and cable TV services into one package. This means that many of us pay for 200 to 300 TV channels that we’ve never watched and never will.

For those uncomfortable with multiple remote controls, cutting the cord may not be for you. By following our recommendations here, you’ll end up with two or more remotes. If you’re up for a challenge, let’s continue.

This article is based on a conversation the IT committee had with Mike Halloran last March. We heard about Mike through HH member Sheilah Rostow, who retained him for the purposes of cutting the cord herself. (Contact information for Mike is available from the HomeHaven office.)

If you own a smart TV, you’ll have a simpler time than if you don’t. A smart TV comes equipped with the ability to connect to the Internet, which allows you to stream programming from one of the many services available. Without a smart TV, you’ll have to buy a streaming media adapter, such as a Chromecast stick, an Apple TV, a Roku, or an Amazon fire stick. (These

are all relatively small devices, including the Apple TV, ranging in price from around \$40 to over \$100 for the Apple device.) From this point, the process is virtually identical, however you approach it.

The next step is to discontinue your cable TV service. How you choose to do that may depend upon your needs for local channels. PBS is not included in any streaming service, so if PBS programming is important to you, you’ll need to find a way to get it. One alternative is to continue to maintain a minimal Cable TV subscription with your current provider, which will include your local ABC, NBC, CBS, and PBS affiliates as well as a number of other channels. Comcast’s minimum package is 30 channels. A second alternative is to buy an HDMI antenna to plug into the back of your TV set, providing access to all local channels. Then, all you need to do is pick one of the streaming services. The one that Mike recommended was Sling, which costs between \$25 and \$45 a month.

For those of you interested in a detailed discussion on the subject, please contact Kate at the HH office and schedule a visit/conversation with a member of the IT committee.

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*John Sawyer is a member of HomeHaven’s Information Technology (IT) Task Force.*

## ONGOING EVENTS

### COOKING IN DIFFERENT LANGUAGES:

#### Hawaiian

**Monday, May 20, 6:30 pm. Sign-up deadline, Friday, May 10.** Join us for delicious food and engaging conversation. New members are welcome. To enable planning, be sure to RSVP by the sign-up deadline to Celeste Markle at [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com) or 203-397-0492, or call the office. Please call Celeste for other information.

### DINING OUT AROUND THE WORLD

**Tuesday, May 14, 6:00 pm**

**Daiko Japanese Restaurant**

<http://www.jerrysans.com/>

**400 Derby Avenue, West Haven**

Sign-up required by **Friday, May 10. Limited to 10 participants.** 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](mailto:hfb183@gmail.com).

### PINS AND NEEDLES

**Monday, May 20\***

**At the home of Gretchen Kingsley**

\*Note that we are meeting on the third Monday this month because Memorial Day is on the fourth. Bring a project and enjoy good company, lively discussion, and refreshments. New members always welcome at these monthly gatherings. Please RSVP to Gretchen at 203-752-1950 or [gma322@gmail.com](mailto:gma322@gmail.com).



## Events: May



May 1-2, **The Great Give**. *See article on page 3...*

**Thursday, May 9, 2:00 -3:30 pm**

**Medical Life Alert Devices: Do I Need One?**

**A Conversation with HH Members**

**North Haven Library, 17 Elm St., North Haven**

Carol Bartlett, Bill Brainard, Hanna Hyland, and Jane Lederer will join Health Committee chair Dr. Ron Rozett in a conversation about medical life alert devices. What are they and do you need one? Come join the discussion.

**Saturday, May 11, 9:00 am-12 noon**

**HomeHaven's 5<sup>th</sup> Annual HH Shredding Day**

*Details on page 4.*

**Tuesday, May 14, 10:00 am-3:00 pm**

**Trip to New Britain Museum of Art**

***The Beyond: Georgia O'Keeffe and Contemporary Art***

Three dozen iconic works spanning the full range of O'Keeffe's output will be on display alongside works by 20 contemporary artists that evoke, investigate, and elaborate upon the images and approaches that mark O'Keeffe's career. Register online on the HH calendar or call the office.

**Wednesday, May 15, all day**

**SOLD OUT - WAIT LIST ONLY**

**Museum of Fine Arts, Boston**

***Toulouse-Lautrec and the Stars of Paris.*** Bus trip with YUWO. A guided tour of an exhibit including works by Lautrec's contemporaries Degas, Daumier, Bonnard,

Vuillard, and others. For Wait List info see contact on the registration form in the HH calendar listing.

**Tuesday, May 21, 7:00 -9:00 pm**

**Play Reading Group**

**Led by Bob Sandine and Margaret Mann**

**Hosted by Francie Irvine & Andrew McLaren**

**76 Pearl Street, New Haven**

Join other HH members interested in theatre to read and interpret a variety of plays, both classics and lesser known works. We will begin what we hope to be a regular group with Molière's *The Doctor In Spite of Himself*. A copy of the play will be provided (for long plays, there may be printing fees). Login to the HH website to register or call the office. **Limited to 15 participants.**

***Save the Date:***

**June 19, 5:00-7:00 pm**

**Edgerton Park**

**HomeHaven's Annual Picnic Potluck**

### HOMEHAVEN OFFICE

☞ 203-776-7378 ☞

hhkateh@gmail.com

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***Do you know someone whom you might recommend for the position?***

### HomeHaven is Hiring!

HomeHaven is looking for a **part-time Membership and Program Manager**.

**Responsibilities include:** membership recruitment and support, scheduling and publicizing activities, working closely with Village Leaders, and a range of office tasks.

**Skill requirements are:** excellent communication and time-management skills, competence on computer and web, and attention to detail and accuracy.

The successful candidate will be energetic, smart and kind-hearted, patient and respectful, and able to work cooperatively and effectively with staff and membership. Please address a letter of inquiry and resume to [info@homehavenvillages.org](mailto:info@homehavenvillages.org). Thank you!