



Message from the Executive Director



With the change in seasons and cooler days, October brings HomeHaven's new fiscal year. The Committees, Staff, and Board are looking at our mission with fresh eyes and thinking deeply about what we can do to build and strengthen the organization as we enter our second decade.

For some, autumn is a time of reflection and renewal. I found myself looking back some 40 years to the late 1970s, when I worked for a small peace movement magazine whose tagline read, *Peace & Freedom through Nonviolent Action*. It occurred to me that those words describe our very purpose at HomeHaven!

How so?? HomeHaven's mission is to support our members' desire for *peace* of mind and a *free* and independent life in their own homes, via the least discomfiting intervention or accommodation. While it's a stretch to call that *nonviolent*, I'm certain no one

prefers services or support that might in any sense be considered invasive or violent. As for *action*, well, we cannot sit idly by hoping for magical solutions to

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ANNUAL MEMBERSHIP MEETING

Sunday, October 27, 4-6 pm

Whitneyville Cultural Commons, Lower Level, 1253 Whitney Ave., Hamden

Please bring pot luck finger food to share, beverages will be provided.

- Enjoy the delicious pot luck buffet!
- Get the 2019 Annual Report!
- Hear upcoming plans for 2020!
- Meet HomeHaven's new Board members!
- Volunteer for an interesting committee!
- See who's getting the "Can't Live Without" Awards!

our health and household needs. Inaction does make things worse. As we progress in years, we need to *do more* to maintain our health and wellbeing. Often there is reparative action to be taken, to recover one's health or to keep one's home in good working order.

Over the past year, we have urged our members to be not just *active*, but *proactive* in anticipating and planning for likely eventualities. (Along those lines, if you are new to our community, or would like a reminder about "Putting a Plan in Place" — known in HH as PPP — please don't hesitate to get in touch to discuss it.)

In previous messages I've written of the importance of fellowship and community. This is especially true when it comes to doing the things you need to do to live a productive, healthy life. I hope you can get outside, enjoy the glorious days of autumn, and come to many of the activities on our calendar.

I hope you will attend the Annual Membership Meeting (Sunday, October 27, 4:00 pm) to hear our focus for the coming year. Greet the new Board members and join us in thanking outgoing Board folks for their terms of service. Hear what the Committees are doing and see which one you'd like to join. Find out if volunteer driving is for you. See who is being recognized with a "Can't Live Without You" award. And most importantly, find out why there are bowls of M&Ms on every table!

Looking forward to seeing you on October 27!

All the best,



Lauri J. Lowell

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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:

- 68 rides by volunteer drivers
- 43 visits by volunteer visitors
- 10 computer assists by volunteer computer helpers
- 25 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 accurate records by always letting us know each time you use a provider we recommended. Thank you. It's important!!

Look for monthly reports giving rolling three-month totals.

MEMO from the HOUSEHOLD COMMITTEE:

Get a Jump on Things with Our Fall Checklist

Along with fall comes colder weather, shorter days, darker mornings, and early evenings: let's be prepared!

Lighting:

- Are your outdoor lights working properly?
- Do you have enough lighting in important areas? Porches and entry areas, walkways, garage areas?
- Are motion detectors working properly?

Safety:

- Are your outdoor steps and porches in good condition? Deterioration or green mildew can make them slippery.
- Do you have enough handrails? Are they properly secured?
- Are your walkways smooth and not cracked or sticking up in places?
- Be careful of wet or fallen leaves.

Weather:

- Do your storm doors and windows seal properly?
- Have your window air conditioners been removed or properly covered?
- Has your outdoor furniture been put away?
- Have you made arrangements for snow removal?

Maintenance:

- Have you scheduled a furnace cleaning?
- Have you had your dryer vent cleaned out? (should be at least once a year!)
- Have you scheduled a late gutter cleaning? Leaves fall late and a gutter cleaning too soon will only fill it up again.
- Have you scheduled a chimney cleaning?
- Now is the time to change your smoke detector and carbon monoxide batteries.

You may notice that this list has many of the same items as last month's newsletter. We cannot emphasize these items enough. Call the office and ask Kate to put you in touch with the Household Committee for the names of the right people to help you with these tasks.

**BEWARE! BE WARY! BEWARE!
BE WARY! BEWARE! BE WARY!**

Many of you are getting prices from presumably reliable companies for such things as window replacements, plumbing work, electrical work, kitchen and bath renovations, etc. Call the office and ask Kate to put you in touch with the Household Committee. Let us verify that you are getting a good price. Lately we have heard of members being given excessive pricing and we can help you avoid this.

PS: We are still looking for recommendations for housekeepers and handymen.

VILLAGE VERSE: Age Advantages

There are definite advantages when
we're recognized as "old"
Like the tolerance of families when old stories
are retold.
We're forgiven for forgetfulness and names
that we mistook,
And no longer have to worry how our clothes
will make us look.
On the bus there are kind people who will
offer us a seat,
And give greetings of hello as we pass by on the street.
A discount at the theatre does entice us to go out,
For otherwise we might be satisfied to simply lay about.

We can linger at the table to read the *New York Times*,
And laze around with pencil to write doggerel in rhyme.
The men can go for days before being forced to shave,
And we no longer have to cook, for we
use the microwave.

And don't forget our health insurance,
Medicare for all.
When we reach the age of sixty-five, we can
have an overhaul.
We have finally found a way to have vacations
without end,
A delightful form of life-style that I can fully recommend.

— Bob Gifford, *Doctor of Doggerel*

HEALTH MATTERS: Loss and Grief

by Carol Bartlett

We have all experienced a loss to death: a family member, a friend, or a relative dies; they are missed, and we grieve. We hear the news and we are shocked; we cannot believe that this beloved person is gone. We don't want to believe it: how can this be, we just had dinner with her last night. She can't be gone. Or, we knew death was coming, we have watched him over many weeks and know that his end is near; the doctors say there is no more to be done. The final hour comes, he dies; yet for weeks, months or sometimes years, we keep expecting him to come home. While sitting on the couch we find ourselves turning our head to say something to him; we set the table for two, only now there is only one; we roll over in bed to give a hug or kiss, he is not there. We find ourselves feeling guilty. The pain of it is overwhelming; we should have called her, we wish we hadn't said or done that, and why didn't we.... We find ourselves feeling angry: we are hurt, scared, confused. We get depressed; our fears about our future seem overwhelming. We feel like we are in a fog, a fog that is so dense we are not sure we can go on. We feel helpless and sometimes, hopeless.

But then the fog begins to lift, we begin to be able to attend to daily tasks. Now when we think back to times with our beloved one, we find that the memories sometimes will bring smiles, whereas before the memories brought only tears. Then we begin to have a sense of hope, a sense of what our lives can be as we move forward. There will be times when the sadness returns or we have sudden bursts of crying; we will always miss the person, and at the same time we know we will be alright.

Final truths : there is no one way to grieve and there is no right or wrong way to grieve, only different; it is okay to talk about your loss and feelings, in talking there is healing; there are no right or wrong feelings about your loss, feelings are feelings and having them is normal; and moving forward with your life is part of the grieving process.

While the above is about grieving the loss of a loved one, there are many other losses in our lives that we will also grieve. We need to sell and leave our home, loss. We can live in our home but only with a full-time caretaker, loss. We can no longer drive, loss. We are having problems with our vision and we can no longer read, loss. We can no longer do things that we have loved doing because of limitations in our mobility or

other physical limitations, loss. Our friends are dying, loss. So many losses come with aging. These losses will be grieved: grief is a process, not an event that we can choose to do or not do. Sometimes we get stuck in our grief. For different reasons, we find it hard to move forward. If you are finding that you are stuck, that you need support in this process of grieving, get help: a counselor or a group. There is no shame in asking for help.

One place you may find some help, some support, a listening ear is from other members of HomeHaven. Come to a coffee, attend a concert, drop in for a picnic or an open house. You will find that you are not alone, that others are also facing or have faced times of loss and periods of grief. Others who have known what it is to be lonely, to feel lost, and who have found companionship while participating in HomeHaven activities.

Carol Bartlett collects master's degrees (at least that is what her mom said). She has a M.Div., a M.Ed. in Early Childhood Development, and a MSW. She is a member of Hamden Village, serves on the Health and Wellness Committee, and was recently widowed.

VILLAGE COFFEES

October Coffees

AMITY: Wednesday, Oct. 23, 1:30 pm
Andes Int'l Deli (*with Westville*)

DOWNTOWN: Wednesday, Oct. 9, 10:30 am
Blue State Coffee* (*with ERV*)
*New location - 534 Orange St.

ERV: Wednesday, Oct. 9, 10:30 am
Blue State Coffee* (*with Downtown*)
*New location - 534 Orange St.

HAMDEN: Tuesday, Oct. 8, 10:30 am
Best Video (*with North Haven*)

NORTH HAVEN: Tuesday, Oct. ??, 10:30 am
Best Video (*with Hamden*)

WESTVILLE: Wednesday, Oct. 23, 1:30 pm
Andes Int'l Deli (*with Amity*)

COMPUTER CONNECTION: Is it Time for a Password Manager?

by Christa Sammons

“Password fatigue is the feeling experienced by many people who are required to remember an excessive number of passwords as part of their daily routine...” So begins the Wikipedia article on password fatigue. I think my husband the professor already has this symptom: he often complains that he didn’t do this or that operation on his computer because the site required a password and he’s tired of making them up.

The solution is a password manager. (Full disclosure: I don’t use one but probably should for security.) The *New York Times* recently published two articles on

password managers, both by Andrew Cunningham: “How to Choose a Password Manager” on 7 August, a preview of a longer article, “Everyone Needs a Password Manager” on 2 September. Click here to read it: [Cunningham](#)

A password manager is an app that generates strong passwords, encrypts them to keep them secure, and remembers them for you. Your passwords can be those long strings of random letters and characters, but you don’t have to write them down and type them in faultlessly: the manager fills them in automatically when you visit the relevant websites. Some systems even alert you if you happen upon a nefarious website parading as the one you usually visit in an attempt to steal your password. Many systems can also be used to store other sensitive data, such as account numbers. Most of us would opt for a password manager based in cloud storage and therefore accessible from various devices—our computers, phones, or tablets.

One opens and activates this secure “electronic vault,” so called, with one master password, the only one you have to remember. That password should probably be written down in the old-fashioned way and stored in a safe place. I have read that it can be a phrase rather than one of those strings of random characters.

Last May, *Wired* magazine rated 1Password (\$36 a year) and Dashlane (\$60 annually) the best of the paid managers; the latter even warns of stolen data. LastPass got top rating among free managers. Windows10 on my computer offers Keeper, which is also highly rated; some parts of it are free; other features require payment; which ones is not at all clear at the outset.

As always, you can ask advice from the HomeHaven IT Committee. Just call the office and ask for a consultation.

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.



Happy Birthday to HomeHaven members with a birthday in October

Jean Adnopoz Mary Barnes
Betsy Barnston Norman Chonacky
Bitsie Clark Helen Cooper
Joseph Dobrowolski Gene Festa
Howard Garland Karlee Gifford
Pam Hartigan Ronan Hay
Ursula Hindel Hanna Hyland
Ernest Kohorn Kaye Maggart
Celeste Markle Susan Matheson
Fred O’Brien Sara Ohly
Joan Panetti Maggie Powell
Rebecca Raffaelli Helen Robinson
Morry Sheehan Alice Simon
Maija Jansson Sally Vasey
Steve Victor



**Remember HomeHaven
in your will — it’s easy!**

NEWS FROM OUR VILLAGES

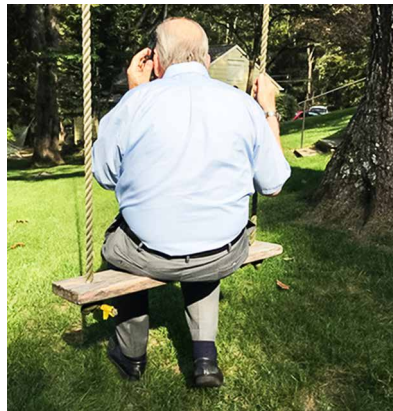
Amity Potluck

by Rick Allen



Rick and Pat Allen hosted a pot-luck get-together for Amity Villagers on a perfect September afternoon. Attendees were Diane & Walter Ariker, Judy Moore, Fred O'Brien, Werner & Liz Wolf, Helen Cooper, Peter Wells, Ellen & Frank Estes, Frans and Marjan Wackers, Margot & Ernest Kohorn, Marilyn & Bernard Zuckerman — and the Allens'

foster grandson, Xzavier, who was passed from lap to lap and had everyone smiling! The weather was perfect, the conversations lively, the wine and hors d'oeuvres tasty, and the camaraderie wonderful. These gatherings of our village are a special benefit of our community. HomeHaven rocks!



ONGOING EVENTS

COOKING IN DIFFERENT LANGUAGES:

Languedoc

Monday, October 21, 6:30 pm

Sign-up deadline, Friday, October 11

Join us for delicious food and engaging conversation. New members are welcome. To enable planning, RSVP by the sign-up 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, October 8, 6:00 pm

Thai Stories Restaurant

16 Selden Street, Woodbridge

Sign-up deadline, Friday, October 4

Limited to 10 participants

Log in to the HH website or call the office to register and to ask for a ride if needed.

MEMOIR WRITING GROUPS

The groups meet every second and fourth Monday of the month for an hour and a half. For more information or if you would like to attend a meeting to see how it works, please call or email Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

PINS AND NEEDLES

Monday, October 21, 3:00 pm at the home of Arlene Goldblatt

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

PLEASE TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please call the office or drop us a note and tell us about the experience.

We'd like to know how things turned out.

203-776-7378

LIVING WITH DEMENTIA: Programs for Caregivers

HomeHaven has been invited by the Mary Wade Home to participate in a series of programs for caregivers, facilitated by Maria Tomasetti of the CT Chapter of the Alzheimer's Association. **Lunch will be provided and there is no cost for attendance. The location is 118 Clinton Avenue, New Haven.**

The two remaining programs will be held on October 19 and November 16, from 12 noon to 1:30 pm.

October 19: Behavior Changes, Medication Changes, Home Safety, Driving, Living Alone, Wandering

November 16: Day Services, In-Home Care Services, Senior Living Options, Caregiver Needs

RSVP: Registration is required by calling the Mary Wade Home at 203-672-7814. (Please do not register at the HomeHaven office.)

LAUGHTER: The World Serious?

A Red Sox fan walks into a Boston pub and spots a guy wearing a New York Yankees cap. "Drinks for everyone here, bartender!" shouts the Red Sox fan. "Except for Mr. Yankee!"

The Yankees fan smiles and says, "Thank you!"

Infuriated, the Red Sox fan orders another round of drinks for everyone except Mr. Yankee, who, again, thanks the man. This goes on for a while, until finally Mr. Red Sox asks the bartender, "What's the matter with that guy? I've ordered rounds of drinks for everyone but him, and all he does is thank me. Is he nuts?"

"Nope," says the bartender. "He owns the place."

Introducing New Members

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

Barbara Beitch & Richard Yanowitz

~ Hamden





Events: October



Saturday, October 12, 12:00 noon - 1:00 pm

Open Studio with Susan Clinard

Eli Whitney Barn, 940 Whitney Ave., Hamden

Enjoy a private viewing of the work of Susan Clinard, the Eli Whitney Museum's Artist-in-Residence. Susan has offered to give us a curated tour of her studio and engage us in conversation about her work. The Eli Whitney Museum and Workshop is an experimental learning workshop for students, teachers, and families that collects, interprets, and teaches experiments at the root of design and invention.

Friday, October 18, 2:00 - 3:30 pm

Talk by Audiologist Willa Horowitz

Miller Library, 2901 Dixwell Ave., Hamden

Audiologist Dr. Willa Horowitz will speak about the hearing loss in older adults and share some surprising data about causation. She will discuss issues of balance, falling risk, communication problems, and social isolation. Come take a self-survey and find out what you might not know about your own hearing. Dr. Horowitz has a unique practice in Greater New Haven testing people in their own homes.

Saturday, October 19, 12:00 noon - 1:30 pm

Living with Dementia: A Program for Caregivers

Mary Wade Home, 118 Clinton Ave., New Haven

This is the second of three programs for caregivers of people with middle-stage dementia. *See page 6.* Topics to be covered in this session include behavior changes, providing personal care, and preparing for

hospitalization. The workshop will be facilitated by Maria Tomasetti of the CT chapter of the Alzheimer's Association. Lunch will be provided, and there's no cost for attendance. Please make your reservations through Mary Wade Home at 203-672-7814.

Thursday, October 24, 7:00 - 9:00 pm

Play Reading – "The Lady's Not for Burning"

Home of Patty Langdon

A gathering of literary souls for a group reading of Christopher Fry's beautiful and timely play, led by Bob Sandine and Francie Irvine. Join as a reader or as a member of the "audience." Group size is limited to 15. Please register online or call the office.

Sunday, October 27, 4:00 - 6:00 pm

Annual Membership Meeting

Whitneyville Cultural Commons, Lower Level

1253 Whitney Ave., Hamden

Come and enjoy a potluck buffet with fellow HomeHaveners at our annual membership meeting. Please bring finger food to share; beverages will be provided. You'll get the Annual Report 2019, hear about our new programs, committees, and initiatives – and find out who the staff "Couldn't Live Without" this year.

And Coming in December: Book Now!

Friday, December 13, 7:30 pm

A Christmas Carol

Lyman Center at SCSU

Celebrate the holidays with a classic Christmas story featuring Academy Award nominee and Golden Globe winner Kathleen Turner in the role of Ebenezer Scrooge, and Tony award-winner James Naughton in the roles of the narrator and three ghosts. Inspired by spoken on-air radio performances that were popular in the early 20th century, this intimate reimaging of Charles Dickens' classic tale features an original soundtrack performed by musicians from the New Haven Symphony Orchestra.

If interested, please contact the office as soon as possible. We hope to seat all HomeHaveners together, so early booking is essential. Discounted tickets are \$36 per adult; \$12 for wheelchair seating and \$12 for companion seating.

Generous support for HomeHaven provided by:

Advanced Periodontics, P.C.
(203) 288-5916

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



www.seaburyathome.org



An Innovative Concept in Long Term Care Planning
www.SeniorChoiceHome.org
203 365-6491



LIVING ASSISTANCE SERVICES
203-298-9700

HOMEHAVEN OFFICE

203-776-7378

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