



Message from the President

This new year prompts some questions to ponder. For example, it seems as if it should be a new decade, but in fact it's the last year of the old one. In other words, I am at least as confused as ever. But each year I find the "L" word more in the forefront of my thoughts. LEGACY — What am I leaving behind besides a lot of old rehearsal tapes and legal briefs? Whither our world? There are, I must observe, many things out there that cause us to cringe and shake our heads in disgust.



For example: though folks who knew me 40 years ago would find it hilarious to hear me say it, the decline of decorum in public discourse is one of my pet peeves. It's as though my youthful yawping for more freedom of expression resulted in its ending up in the hands (and speech and writings) of those least qualified to use it wisely.

I shall attempt to avoid digressing into subjects merely political; everybody already knows how they feel about those subjects and my words (lucidly framed and elegantly stated though they may be) are unlikely to change any minds.

But Australia is on fire. California underwent a similar if less enormous horror in the recent past. Huge swaths of the lovely town of Santa Rosa were incinerated. If the Greenland ice sheet melts, ocean levels will rise 20 feet; if Antarctica follows, that number becomes 200 feet (<https://nsidc.org/greenland-today/>). Oceanfront property in Meriden, CT is not unimaginable. This is not a partisan issue and don't let anyone tell you otherwise.

It is unlikely that any of our current members will suffer anything worse than slightly milder winters during our remaining time adjacent to Long Island

Sound. Those of you with beach houses presumably got the memo on this subject. A friend of mine lost his Momauguin beach house to Hurricane Irene. But there was no loss of life and they had another house; it was not a tragedy. The low threat level to us personally, however, must be seen against the looming prospect of disaster facing our children and grandchildren. We used to talk about the world we would leave our offspring. Now it appears, unless radical steps are taken, we may leave them no livable world at all. Yes, *radical*. And, at the risk of being painfully obvious, this issue both subsumes and transcends politics.

continued on page 2

IN THIS ISSUE:

| | |
|----------------------------------|-------------|
| Linking Up..... | page 2 |
| Member to Member | page 3 |
| Village Verses..... | pages 3 & 8 |
| In Memoriam | pages 4 & 5 |
| Battle of the Bulge Stories..... | page 4 |
| Health Matters | page 6 |
| Volunteer Voices | page 7 |
| Computer Connection | page 8 |
| Ongoing Events | pages 8 & 9 |
| Laughter | page 9 |
| Birthdays..... | page 9 |
| Upcoming Events | page 10 |

Generous support for HomeHaven provided by:

There is a nascent organization about which I know little thus far but intend to learn more: Elders for Climate Action <https://www.eldersclimateaction.org/>. The initial chapter was created in Boston. Now there are outposts in 11 states. I note that the climate of Massachusetts and that of our beloved state are fairly closely intertwined. Do the members of HomeHaven have any interest in learning more about this? I find myself saying more often than would seem necessary, "It's not politics, it's science."



Fred O'Brien

LINKING UP

*Links to items of interest recommended
by newsletter readers.*

From Judith Colton, two articles:

From *The New York Times* "a nice, comforting piece by a smart and interesting author": **"Everyone Knows Memory Fails as You Age. But Everyone Is Wrong. Even 20-year-olds forget the simplest things."** <https://www.nytimes.com/2020/01/10/opinion/sunday/age-memory.html>

and from *Yale News*: **"Harmful Effects of Ageism on Older Persons' Health found in 45 Countries":** [/2020/01/15/harmful-effects-ageism-older-persons-health-found-45-](https://news.yale.edu/2020/01/15/harmful-effects-ageism-older-persons-health-found-45-countries) [https://news.yale.edu countries](https://news.yale.edu/countries)

and from Jane Jervis:

From *The New York Times*: **"More Americans Are Dying at Home Than in Hospitals":** <https://www.nytimes.com/2019/12/11/health/death-hospitals-home.html>

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!

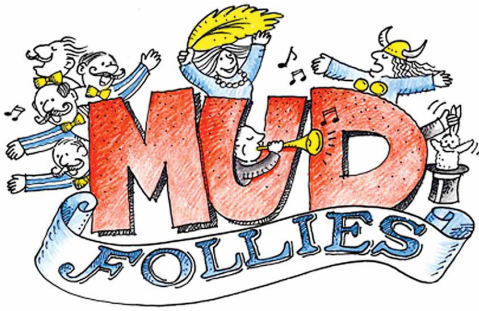
In the past three months, HomeHaven provided members with:

- 38 rides by volunteer drivers
- 30 home visits by volunteer visitors
- 6 computer assists by volunteer computer helpers
- 11 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.

CASTING CALL!



Are you ready to greet the spring? Do you have a pent-up urge to express your talent as a dancer, singer, musician, bard, raconteur, or prestidigitateur? Here's your chance to horrify amaze your friends! We're assembling the cast for HomeHaven's annual mid-April variety show — the **MUD FOLLIES!** *Call or email the office to be put on the tryout roster.*

MEMBER TO MEMBER

Do you have a request for information? Advice you'd like to pass on? Let's pool our collective wisdom! Send us your questions, answers, tips, and suggestions.

Sam Peterson asks whether anyone has a 78 rpm record player that he might borrow in order to play a favorite recording that he has not been able to listen to in a long time. It was the first record he ever bought, when he was about 12 years old: excerpts from Wagner's *Die Walküre* with Helen Traubel and Emory D'Arcy. Contact Sam at srpmmp@aol.com or through the HomeHaven office.

and from **Helen Robinson:**

GO GO GRANDPARENT:

A New Way to Reach Uber or Lyft

Many of us have Uber or Lyft apps on our smartphones or computers. They enable one to call for rides to and from appointments and other destinations. However, sometimes it's not easy to navigate the app on a small cellphone or in poor lighting. Now there is help: You can call Go Go Grandparent. Once you are registered, all you have to do is dial THEIR phone number and tell them where you want to go, and THEY will contact Uber or Lyft for you. For information or to register, call Go Go Grandparent at 855-464-6872. There are brochures at the HomeHaven office; call if you would like one. P.S. You do not have to be a grandparent.

VILLAGE VERSE:

Another Year, Another Birthday

When shafts of sunlight filter
through the bedroom window
I wake to the age of ninety-six.
The nine stands firm, but number six
peers back at a road that narrows.
Where have all those years flown?
In my dreams, old friends, long since buried
in the receptive earth, rise to greet me:
Ruth, who danced with Martha Graham,
to the envy of her classmates. Stately Elinor
who played Bach preludes, Mozart, Beethoven,
on an old Steinway piano. Judy, who shared
her voracious appetite for books.
Beautiful Aviva, who traveled to distant shores.
My six babies, once cradled in my arms:
Four sons, now full grown
like tall cedars in a verdant forest.
Two daughters, one middle aged and the other
long since buried like her physician father
whose bed I shared for twenty-four years.
Yet I rise each day to give thanks:
to the rhythmic lines of poems, to the wrens
who come to my bird feeder each morning,
to the rustle of the trees when winter winds
bluster. I remember the words of Stanley Kunitz:
*Oh, I have made myself a tribe
Out of my true affections
And my tribe is scattered!
How shall the heart be reconciled
To its feast of losses?*
I celebrate the lyrical voice that rises
above a souging wind.

— Shula Chernoff

February 14, 2019

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

IN MEMORIAM

SOPHIE POWELL (1922 - 2019)



Sophie Powell, a member of Downtown Village, died at home on December 24; she was 97 years old. She is survived by two children, Laura and Stephen; three grandchildren, and three great grandchildren. More than a hundred friends and family members gathered at the New Haven Museum on January 11 to celebrate her extraordinary life.

Sophie's parents, Stephan George Zazunian (Zane) and Elizabeth Papasian, married in the Armenian community of Yokohama, Japan, then emigrated to the Berkeley, CA, area where Sophie was born. She attended high school in Oakland and then UC Berkeley, where she met Raymond Park Powell in an economics class. In 1943, she went

by train from Berkeley to Kansas to marry Ray, who was serving in the Army Air Corps. After the war, the completion of Ray's education, and the birth of their children, they settled in New Haven, where from 1952 to 1980, Ray was professor of Soviet economics at Yale. They lived in Italy and Kenya for extended periods, and traveled widely, following their love of art, architecture, history, and good food. Ray died prematurely in 1980. Sophie returned to her position as secretary to the Dean of the Yale School of Architecture. She continued her adventurous travel with her children, grandchildren, and many friends.

After her retirement, Sophie volunteered for the New Haven Preservation Trust, the New Haven Museum, and HomeHaven, where she chaired the Activities Committee well into her 90s. An inspiration to her friends for her zest for life, her energy, and her infectious curiosity, she is greatly missed.

Battle of the Bulge: In Memoriam

On Monday, December 16, 2019, HomeHaven brought together veterans, scholars, and family members of fallen soldiers to commemorate the 75th anniversary of the Battle of the Bulge. The audience—more than 80 attendees from all over New Haven county—enjoyed the evening's program at the New Haven Free Public Library. Headliners were CPT Jim Morgia and SGT Lou Celentano who had been awarded the Silver Star and the Bronze Star, respectively, for bravery in the Battle. Arnie Pritchard related the story of his father's experience through excerpts from letters to his family from the front. Susan Izard read from the memoir she wrote about her father, Newt Schenck,



who was captured during the Battle. Aimlee Laderman shared the story of how her husband, Ezra Laderman, a young soldier on the front, wrote the Leipzig Symphony. Historical context was added to the program by Troy Paddock, a professor of German History at SCSU.

Above: *Aimlee Laderman onstage.*

Left: *A solemn and attentive audience.*

Below: *Speakers Capt. Jim Morgia and Sgt. Lou Celentano.*



Photos by Allan Appel, the New Haven Independent

[Read more on this event in the New Haven Independent.](#)

IN MEMORIAM

HERBERT WINER (1921 - 2019) ~ HANNAH WINER (1928 - 2020)



Herb Winer, a member of Westville Village, died on December 11 at the age of 98, closely followed by his wife of nearly 50 years, Hannah Winer, who died on January 15. They are survived by Hannah's son, David Breitman,

her sister, Tauba, and by Herb's children, Lise, Daniel, and Laura; grandson Joshua Vazquez-Winer; and great-granddaughter, Jasmine Vazquez.

Herb grew up in Mount Vernon and Spring Valley, NY, graduated from Yale in 1942 (majoring in classics and botany), served in the U.S. Army in the Pacific during World War II, and then completed a PhD in Forestry at Yale. He taught at the Forestry School until moving with his first wife and three children to Montreal in 1964, where he worked for the Pulp & Paper Research Institute and then the Forest Engineering Research Institute of Canada. His wife died in Montreal.

Born in Latvia, Hannah grew up in South Africa and, aged 20, moved with her father to Montreal, both moves motivated by deteriorating political situations. In Montreal she married and had a son, but tragically her husband died young. A single parent for more than a decade, she was office manager in a law firm. Widow and widower met because their children attended the same summer camp in Maine. They married in 1970. In 1979 they moved to Dayton, Ohio, where Herb was head of woodlands management at the Mead Corporation, and Hannah, aged 50, went to Wright State University and majored in urban studies. Perhaps prophetically, New Haven's redevelopment was one of her case studies.

After retiring, Herb returned to the Yale School of Forestry and Environmental Studies, where he taught, coached cross-cut saw contests, and helped design the School's coat of arms. Herb was known as a mensch, a man of great integrity and high standards, generous and compassionate, curious and knowledgeable, and a great wit. A lifelong fan and collector of Sherlock Holmes, as are his kids, he would joke that he had a research team working on the heritability of Sherlock fandom. He and Hannah had recently moved to Coachman Square, Woodbridge, after many years in their condominium on Fountain Street. They will both be sorely missed.



EDWIN "BAN" PIPER (1923- 2019)



Edwin "Ban" Piper, a member of Hamden Village, passed away at the end of October; he was 96 years old. He was born in Albany, NY, on March 2, 1923. Edwin is survived by his sister Lois Sackrider with whom he resided, his niece Ann

Sackrider, and his nephews Timothy, David, and Peter Sackrider.

A World War II Army veteran, Edwin was a survivor of the attack on Pearl Harbor. After the war, he settled in Tobyhanna, PA, working on facility maintenance for buildings of the US government. He moved to Hamden after his retirement and, with his sister, was a member of the United Church on the Green. Edwin is remembered as a quiet, dear, and beloved person.

HEALTH MATTERS: Focus on the 4Ms

Coordinating Health Care for Older Adults

by Pat Jackson Allen

As we age, care often becomes more complex due to multiple acute and long-term chronic conditions. There are insufficient geriatric health care providers to coordinate health care services across specialties, exposing older adults to potential harm associated with fragmented or competing care plans. Quality geriatric care should manage the individual's acute and chronic health conditions and address health promotion, safety, autonomy, life goals, and desires of the older adult.

To address these challenges in providing quality care to older adults, the John A. Hartford Foundation (www.johnahartford.org), a foundation dedicated to improving the health care of older adults, and the Institute for Healthcare Improvement (ihi.org/AgeFriendly) proposed a shift in focus for the health care of older adults: *Age-Friendly Health Systems: Guide to Using the 4Ms in the Care of Older Adults*. This approach is being implemented in many health care systems, including Yale-New Haven Health. It is important that we understand this new approach and partner with our care providers to help meet our individual goals and health care needs.

The 4 Ms

1. **What Matters Most.** The individual's specific health goals, including end-of-life care, personal goals, pleasures in life, important future plans, life events, and spirituality, should be recorded and health care plans provided to support these goals. Answering questions such as what makes life worth living for you, what makes you happy or joyful, what are your goals now and in the near future, can help establish priorities for treatment and guide care.

2. **Medications.** All medications and substances prescribed or used, including over-the-counter products, alternative therapies, herbal preparations, alcohol, tobacco, and other substances, should be identified. The use of multiple prescribed and over-the-counter drugs and substances can be particularly hazardous in older adults. Often medications are ordered by multiple providers and a conscientious review to determine their continued need, dosing, safety, and potential interactions is not done.

Many substances used to treat pain, muscle problems, sleep issues, mood disorders, blood pressure, or cardiac conditions may interact or have side effects that can affect *What Matters Most*, *Mentation*, or *Mobility*. In addition, the use of alcohol or other substances may interact with medications, increasing the risk of unintended side effects or injury.

3. **Mentation.** Feelings of sadness, depression, anxiety, and grief can often develop in response to changes in function, health, social situation, or the loss of a significant person. These feelings should be discussed. What is normal forgetfulness or grief and what warrants further evaluation? Working with a counselor experienced with older individuals is often beneficial. Medications used to treat mood disorders may have side effects that interfere with cognition or pose risks to safe mobility so must be monitored.

4. **Mobility.** The ability of the older adult to move safely, complete activities of daily living, and participate in *What Matters Most* needs to be assessed. An honest evaluation of the living situation and risk for falls should be made. Falls can quickly alter a person's function and health. Screening tests for balance and gait steadiness should be administered regularly. Referrals can be made to physical therapy to evaluate the benefit and use of assisted mobility devices. Medications and substance use should be evaluated to assess possible effects on balance and mobility.

As consumers of health care, we should partner with our healthcare providers to evaluate the 4Ms and jointly plan our care. Reviewing the 4Ms prior to your health care visit can help assure that your goals for care are recorded in your medical record and become the focus of your health care.

Pat Jackson Allen, a member of HomeHaven's Health Committee, was Coordinator of the Pediatric Nurse Practitioner specialty at the Yale School of Nursing until her retirement in 2014. Earlier, she had been director of the Advanced Practice Pediatric Nursing Program at UC San Francisco. Her scholarship has focused on the primary care needs of children with chronic health conditions.

Volunteer Voices: Bob Sandine

Interview by Kaye Maggart: Part of a series about HomeHaven members who enjoy volunteering in the community.



KM What gave you the idea of starting a HomeHaven play-reading group?

BS I had founded a New Haven drama group back in 1974 called The Something Players, and four of the actors from that group are now members of HomeHaven; they encouraged the idea.

KM Who were the actors from The Something Players?

BS Jeanne Kerr, Patty Langdon, Francie Irvine, and Margaret Mann, who is also a founding member of The New Haven Theater Company.

KM Can you describe the play-reading group?

BS It is a lot of fun. It has grown to about 15 members since we started in October. I find the scripts, and we meet monthly at a member's home to read together. Anyone who enjoys reading plays aloud is welcome. So far we have read four plays and plan to do "The Importance of Being Earnest" by Oscar Wilde in February.

KM How did you originally get started in community theater?

BS I have been in theater groups ever since high school in Streator, Illinois, where I fell madly in love with a new high school drama teacher. I'd never been in a play, but my friend told me I'd have to compete

for a part if I wanted to meet her. Later, when I was in college, I founded my first community theater group in Streator. I hear it is still going.

KM Did you major in drama at college?

BS I went to DePauw University in Greencastle, Indiana, and did a double major in Philosophy and Drama. Sometimes I was the voice of God on the local TV public service channel.

KM The voice of God? That's quite a role!

BS The audience couldn't see me; they just heard me. I think the producers must have liked my deep voice. I directed a theater group at DePauw called The Wesley Players. That's the group that changed my life.

KM How did The Wesley Players change your life?

BS We traveled each spring to perform and attend seminars at other colleges, and in 1957, we went south on a civil rights trip to Morehouse and Clark Colleges in Atlanta. My late wife, Phyllis, was with me; we participated in a seminar with Martin Luther King and Ralph Abernathy.

KM Was that why you went on to become a minister?

BS That was the main reason. In 1960, I applied to Yale Divinity School, was ordained as a Methodist Minister, and stayed on as a chaplain at Yale until 1967. But I really wanted to do half time secular work, so one day I walked across the street to Foote School, applied to be a teacher and loved it.

KM How long did you stay at Foote School?

BS I was a drama teacher and administrator there for 35 years. When I retired in 2000, they dedicated the theater to me — The Robert D. Sandine Theater.

KM What a nice honor. Did drama figure into any more of your volunteer work in New Haven?

BS Yes, I co-founded the Trinity Players when I joined Trinity Church in 1975. They call me the "Minister of Drama." I also lead House Church, a support group there that meets weekly in members' homes for fellowship and Bible study.

**Note: HomeHaven members interested in learning more about the play-reading group can check the Events section in this newsletter or email Bob Sandine at rhsandine@yahoo.com*

COMPUTER CONNECTION: So What About 5G?

by Christa Sammons

When I first heard the term “5G” I thought of old magazine photos of early astronauts experiencing G-forces while being launched into space. They looked as if they were vibrating. Of course I quickly learned that 5G means the next or fifth generation of the network that allows our wireless electronic devices, among other things, to communicate via the Internet. 5G will make everything faster, faster, faster. Infinitesimal lag times while you’re streaming that movie! Instant downloading of websites! Self-driving cars will no longer collide because they will be communicating so much faster! The excitement! The hype!

1G mobile phones were developed in the 1980s, but 2G, introduced in the 1990s, was the first system to digitize data. 3G, born in 2001, delivered faster speeds and greater reliability. 4G, in use now, debuted in 2010. The much touted 5G uses millimeter wavelength technology, which involves a broad spectrum of frequencies higher than those used by 4G.

Last July, Governor Lamont signed into law “An Act Accelerating the Deployment of 5G Wireless Facilities,”

and in November he announced plans for the state to purchase 132 rail cars for the New Haven line equipped to amplify 5G signals. He wants to be “ahead of the curve.” But will we get 5G soon? Maybe not. Full 5G signals have trouble penetrating obstacles, such as walls and trees, and because of their higher frequency, they don’t travel as far as 4G signals. 5G transmitters therefore need to be closer together, requiring new infrastructure. This means that 5G has so far been restricted to large cities or open spaces like arenas. Elsewhere, carriers such as Verizon and AT&T, are deploying a toned-down version of 5G, which is likely what we’ll be seeing in the future. You’ll have to buy a new phone or tablet to take advantage of the increased speeds. But don’t worry. 4G isn’t going anywhere, its infrastructure being necessary for 5G deployment.

Health and environmental concerns have been raised regarding 5G and its high-frequency addition to the soup of electromagnetic radiation that we’ve all been marinating in for decades. The bottom line here appears to be that radio frequencies are non-ionizing, i.e., too weak to break chemical bonds, and therefore not a threat to living things. There are, of course, many dissenters.

(I’ve depended for this article on Brian X. Chen’s very readable essay “A high-speed revolution in slow motion,” which appeared in the Business Section of the *New York Times* on January 9.)

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.

VILLAGE VERSE: Imperfect Capitalism

Our economic system is tilted toward the rich.
Marx predicted clearly that the system has a hitch,
That in time it will collapse in a socialistic brew,
Ending wealth and power for the lucky elite few.

But imperfect as it is, capitalism has some worth.
In a level playing field, ideas can have their birth.
But sadly, corporations often flout accepted rules,
By “buying” favored policies from needy
Congress tools.

For us, they write slick ads, intended to deceive,
Ads that give them hope that the public will believe
The wild exaggerations and the lies that
merchants crave:

Did they really think four blades would improve
our morning shave?

So let’s improve the financing of those whom we elect,
So they do not feel the need to repay a campaign debt
By voting for a bill that they know is really wrong.
It just might make our current system better
all along.

— Bob Gifford, *Doctor of Doggerel*

VILLAGE COFFEES *February Coffees*

AMITY with WESTVILLE

Wednesday, Feb. 26, 1:30 pm - Andes Int’l Deli

DOWNTOWN with ERV: New venue **

Wednesday, Feb. 12, 10:30 am

****Orchid Café - Downtown Library, 135 Elm St.**

HAMDEN with NORTH HAVEN:

Tuesday, Feb. 11, 10:30 am - Best Video

ONGOING EVENTS

COOKING IN DIFFERENT LANGUAGES: Iran
Monday, February 17 at 6:30 pm.

Sign-up deadline Friday, February 7.

Join us in learning about the cuisine of Iran (aka Persia), a country often in the news lately. 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, February 11 at 6:00 pm

Sign-up deadline, Friday, January 10

Kala, 1995 Whitney Ave. (corner of Skiff St.)

“Globally inspired cuisine”; proprietors are associated with Olea in New Haven, which features a Mediterranean and Spanish menu. Limited to 10 people. Log in to the HH website or call the office to register and 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, February 3, 3:00 pm, at the home of Kathy Denardo.

Bring a project and enjoy good company, lively discussion, and refreshments. New members are always welcome at these monthly gatherings. RSVP to Kathy at Vivian.denardo@att.net or 203-288-1887.

PLAY READING GROUP

Tuesday, February 25 at 7:00 pm

“The Importance of Being Earnest,”
by Oscar Wilde

Home of Patty Langdon

A monthly gathering of literary souls for group reading of a play. Join as a reader or a member of the “audience.” Group size limited to 12. Please register online or call the office. For more information, contact Bob Sandine at rdsandine@yahoo.com.

LAUGHTER: THE BEST MEDICINE But Did He See His Shadow??

Over breakfast one morning, a woman said to her husband, “I’ll bet you don’t know what day this is?”

“Of course I do,” he answered as if he was offended, and left for the office.

The doorbell rang at 10 am, and when the wife opened the door, she was handed a box of a dozen long stemmed red roses. At 1 pm, a foil-wrapped, two-pound box of her favorite chocolates arrived. Later, a designer dress was delivered from a boutique.

The woman couldn’t wait for her husband to come home.

“First the flowers, then the chocolates, and then the dress!” she exclaimed. I’ve never had a more wonderful Groundhog Day in my life!”



***Happy Birthday to HomeHaven
members with a birthday in February***

Pat Allen Rick Allen
Elisabeth Anton Joan Binder
Terry Blackhawk Shula Chernoff
Joseph Crowley Eric Denardo
Lynda Hammond Kate Hay
Francie Irvine Jeanne Kerr
Ruth Koizim Peggy Lawler
Jane Lederer Susanne Roberts
Ellen Ryerson Joseph Sabbatino
John Schneider Nira Silverman
Kerry Snyder Richard Yanowitz





Events: February



Friday, February 7, 10:00 am - noon

Writing Creatively

HH Office, 291 Whitney Ave., New Haven

You're creative, right? And you can write, right? Come participate in a Creative Writing Workshop led by Harriet Bergmann. We'll talk about getting ideas, getting started, and editing your work — fiction or poetry. We'll do a little free writing, and perhaps share some of our pieces. Bring your favorite writing implement, and a pad of paper. This session is limited to 8. Register through the Events Calendar on the website.

Tuesday, February 11, 2:00 - 4:00 pm

Urinary Incontinence: Women's Bladder Health

Mitchell Branch Library, 37 Harrison St., New Haven

Leslie M. Rickey, MD, MPH, will present cutting edge information on the prevention of lower urinary tract infections. Dr. Rickey, an Associate Professor in the Departments of Urology and Obstetrics, Gynecology & Reproductive Sciences at the Yale School of Medicine, specializes in helping women suffering from problems related to the pelvic floor. Dr. Rickey treats patients with urinary incontinence (urine leakage), overactive bladder (urinary urgency and frequency), fecal incontinence (bowel leakage), pelvic organ prolapse (when a pelvic organ like the bladder or uterus drops, or "prolapses," down and causes vaginal pressure or bulge symptoms), and genital-urinary tract fistulas (a connection between the vagina and the bladder that causes continuous urine leakage). Register through the Events Calendar on the HomeHaven website.

Tuesday, February 18, 6:00 - 7:00 pm

A Planetarium Show: "Phantom of the Universe: The Hunt for Dark Matter"

The Leitner Family Observatory and Planetarium, 355 Prospect St., New Haven

The show reveals the first hints of the existence of "dark matter" through the eyes of Fritz Zwicky, the scientist who coined the term. It describes the astral choreography witnessed by Vera Rubin in the Andromeda galaxy, then plummets deep underground to see the most sensitive dark matter detector on Earth, housed in a former gold mine. From there, it journeys across space and time to the Large Hadron Collider at CERN, speeding alongside particles before they collide in stunning explosions, while learning how scientists around the world are collaborating to track down the constituents of dark matter. Narrated by Tilda Swinton. Soundtrack by Skywalker Sound. **\$5 cash at the door. Registration required; limited to 20.** Register through the Events calendar on the HH website or call the office.

Wednesday, February 19, 1:00 - 3:00 pm

Poetry Reading: Shulamith Chernoff

Mitchell Branch Library, 37 Harrison St., New Haven

Join us for a poetry reading by Shulamith Chernoff, retired professor of Child Development and Early Childhood at Southern Connecticut State University. She is the author of two books of poetry, "The Stones Bear Witness," and "Solace." Shula will read a selection of poems from her published works, and from poetry she is currently writing. Register through the Events Calendar on the HomeHaven website.

Thursday, February 27, 12 noon - 2:00 pm

Pizza Making Class

Next Door Pizza, 175 Humphrey St., New Haven

The Next Door Pizza Making Classes have been a staple since Next Door's inception. Owner Doug Coffin walks you through a bit of New Haven Pizza history and his own start with Big Green Truck Pizza, followed by a full pizza making tutorial. Learn about Doug's special oven and secret techniques, then make your favorite Next Door Pie. **\$40.00/person** includes the two-hour class, plus refreshments and all-you-can-eat pizza. **Limit 10 people. Registration required.** Register through the Events Calendar on the HH website or call the office.

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
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