

HomeHaven News

Amity

Downtown

East Rock

Hamden/North Haven

Westville

homehavenvillages.org

203.776.7378

APRIL 2024



THE GREAT GIVE IS COMING!



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



The Great Give is your opportunity to participate in a community-wide effort to **assist and sustain** the work of many nonprofits. HomeHaven's goal is **165 UNIQUE donors** within the 36-hour timespan on May 1 & 2. Please **give separately** if you are a two-person household. You can also help HomeHaven by encouraging your relatives and friends to contribute: a minimum donation of \$5 is most welcome. If you have a donor advised fund with the Community Foundation, you can contribute through your fund to the Great Give.

Questions? Kate will be happy to assist you.
Thanks in advance for your gift!

Message from the President:

I'VE BEEN THINKING ABOUT QUESTIONS

There have been people in my life whose evident curiosity has had a lasting effect on my life. Oddly, one who comes most readily to mind is a HomeHaven member I only met 2 or 3 times (Margot Kohorn, now deceased) and I don't think we spoke of anything of particular importance, but what endures for me is how her eyes met mine. She was genuinely interested. I somehow felt honored by her curiosity.

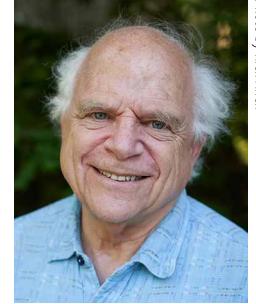


Photo by Rick Allen

I heard a father, dropping off his four-year-old at daycare, bend down and say "Have fun. Be kind. And take your time." When I choose to take some time and have a conversation with someone, truly listening, asking questions, sharing about myself... I mostly

continued on page 2



Come for an entertaining
evening of songs and skits!

Thursday, April 25th at 7 pm
Unitarian Society of New Haven
700 Hartford Turnpike, Hamden

Members & Guests Welcome!

Generous support for HomeHaven provided by:

REID & RIEGE
ATTORNEYS

**Visiting
Angels®**
LIVING ASSISTANCE SERVICES
(203) 298-9700

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

Message from the President *continued from page 1*

always have fun and it is certainly a major part of why I find that HH is one of the joys of my life.

In part because I'm president of the Board, I have occasion to phone a lot of people in HomeHaven. I call new members to greet and welcome them.

A Few Questions Easy to Pose to Almost Any Member:

How long have you lived in the New Haven area?
What brought you here?

How did you hear about HH and what caught your interest to join?

Are you enjoying being a member and starting to feel connected?

What more could you hope for?

What more could you do?

Who do you know already and is there anyone you'd like to get to know better?

For my part, I can say that my goal in these conversations is just how can we become real to each other? How much can I/we share of ourselves? In the process we build bridges and develop trust.

I also call existing members I haven't met or heard from much or even at all. I am happy to report that in these out-of-the-blue calls to longer-term members I have typically felt graciously welcomed from the very start and it has almost always been the case that the person goes out of their way to express genuine appreciation for having been called. Not surprising, I suppose, given the nature of our members. Who wouldn't feel respected, even honored, to have been called and listened to with curiosity.

Questions can be generative, creative, stimulating. I want to grow, to become more fully human. I like posing questions to myself and to others and I like being asked questions. I recently started compiling a list. Here are a few. I may include two or three more in future things I write for HomeHaven.

HomeHaven News

Published by HomeHaven, Inc.
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511
203.776.7378

www.homehavenvillages.org
info@homehavenvillages.org

Interim Editor – Lauri Lowell
Layout and design by PIROET
Thanks to Ellen Ryerson for her ongoing editing assistance.

A Few Questions that Might Open any Relationship to a Deeper Personal Connection and Friendship:

What's one of your best qualities?

What qualities in another person do you value most?

In your experience, what are some of the keys to a long friendship?

Can you name or describe a challenge that is present in your life these days?

Do you have a gift or skill you're maybe not using as much as you'd like?

Is there something you've been committed to that you should let go of now?

Could you name a couple of the things that give you the most pleasure?

What's something that can stress you out?

Can you think of a skill you'd like to learn?

How has your impression of me changed from when we first met?

Is there any way that I could be supportive or helpful to you? Be a good friend?

What's the best thing that happened to you recently? A bright spot?

What's something you'd do if you weren't afraid of taking it on?

What's really important to you?

What's next for you now?

And one more question, a question to consider whether to ask or not:

Is there someone you could and would readily turn to if you had a crisis of some sort?



Kerry Triffin

HomeHaven's Mission Statement

We help our members remain active, independent, and productive as they grow older in the comfort of their homes and communities. We provide social and educational activities, companionship, volunteer opportunities and services, and referrals to qualified professionals.

JOIN US!

For information, call the
HomeHaven office at 203.776.7378
or email us at
info@homehavenvillages.org

IT COMMITTEE: Co-o-o-o-okies!

by John Sawyer

As the Cookie Monster will tell you, cookies are (normally) round confections containing sugar, flour, chocolate, more chocolate, even more chocolate, and although available from both grocery stores and bakeries, are best when fresh-baked at home. In fact, our daughter is an acknowledged “master of cookies” in Hopewell, NJ. All it takes is a request from our grandson Hugo to his mother that “...the boys are hungry” and presto, as if by magic, cookies appear.

However, as tasty as they may be, this is not the kind of cookie we are discussing here. To quote *Wikipedia*, cookies are “small blocks of data created by a web server while a user is browsing a website and placed on the user’s computer or other device by the user’s web browser.” The following is excerpted from PC Magazine’s Encyclopedia:

Cookies Are Beneficial

Cookies are commonly used to “maintain the state” of a browser session. For example, users can place items in a shopping cart, switch to another page or even another site, and when they come back, the site recognizes them and the current state of the cart. Cookies contain a range of URLs (addresses) for which they are valid. When the Web browser or other HTTP application sends a request to a Web server with those URLs again, it sends along the related cookies. For example, if your user ID and password are stored in a cookie, it saves you from typing in the same information all over again when accessing that service the next time.

HomeHaven Seeks Newsletter Editor and Assistant Editor

We are looking for two people to work on the newsletter together. The committees and the president or exec. director send in their articles and they go to our volunteer copyeditor. Our poetry editor chooses a poem, while Kate pulls together the events listings. Our professional graphic designer does all the layout and design. Your job as editor and assistant editor is to keep track of the whole process. If you want to know more about this interesting and important volunteer opportunity, please contact Lauri at lowell@homehavenvillages.org or 203 776-7378.

By retaining user history, cookies allow the website to tailor the pages and create a custom experience for each individual.

Your Cookies Know You

Quite a bit of personal data may reside in the cookie files in your computer. As a result, this storehouse of private information is sometimes the object of attack.

First-Party Personal Cookies

The default settings in your Web browser typically allow “first-party” cookies, but not “third-party” cookies. First-party cookies are created by the website you are visiting and are necessary to keep track of your personal preferences and the current session as explained above.

Third-Party Tracking Cookies

Third-party cookies are created by a website other than the one you are currently visiting; for example, by a third-party advertiser on that site. The purpose of such cookies is usually to track your surfing habits, which is why third-party cookies are considered an invasion of privacy and riskier than first-party cookies.

Settings in your web browser (Chrome, Safari, Internet Explorer, Edge, Firefox, etc.) control what cookies can be saved and may offer rules for deleting cookies after some time. In general, although these “cookie” files are small, over time they accumulate and may slow down your browser’s response time. Generally, you should clear cookies on your computer every six months at a minimum. More often may be recommended if you use the internet a lot.

As the instructions for clearing cookies vary from one browser to another, I recommend that you do a search phrased something like “How to clear cookies from xxxxxx (where xxxxxx is the name of your browser as mentioned above).” Some returns from this query may talk about “cache and cookies” at the same time. Cache is used to store online page resources to decrease the loading time when you ask for the page again. The cache should be cleared along with cookies.

By the way, Safari is the default Mac browser; the default Windows browsers are Internet Explorer (before Windows 10) or Edge (Windows 11). Chrome is a Google product, and Firefox comes from the Mozilla Foundation (a nonprofit).

John Sawyer is a member of the IT Committee and a member of Amity and Westville Villages.

HEALTH MATTERS

SAFE SWALLOWING: Preventing Aspiration Pneumonia

by Diane Dolan, M.S. CCC/SLP

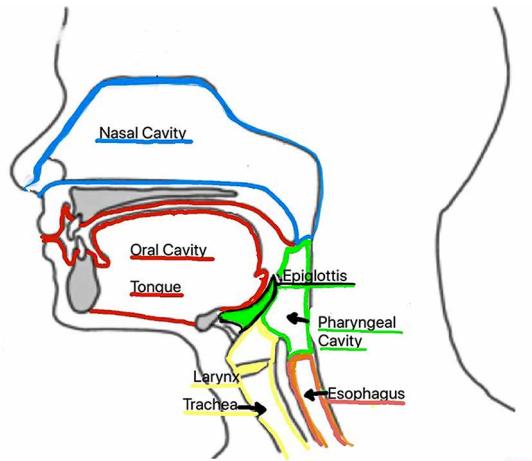
Background Information:

Swallowing and Dysphagia

Swallowing is a complex process involving muscles and nerves to move liquids and solids from your mouth to your stomach. Dysphagia is the name used to identify difficulty with this process. You probably have had the experience at some time in your life of feeling “something go down the wrong pipe” while eating. You may even have experienced this when swallowing your own saliva. Both experiences echo the feeling of dysphagia. As we age our nerves and muscles may not work as effectively, possibly leading to occurrences of dysphagia. So when should you worry about this feeling and how can you help prevent problems?

The Process of Swallowing

When you eat solid food, your teeth chew the food so that your tongue can manipulate it into a “bolus” with the help of your salivary glands lubricating your **oral cavity**. Once the bolus has formed, your tongue will move it to the back of your mouth where it enters the pharyngeal cavity. The **pharynx** is the



muscular tube that connects your mouth to your esophagus and trachea. It transfers food and liquids to your esophagus, and air to your trachea and lungs. It also contains your epiglottis which is comparable to a safety valve whose function is to direct food to your **esophagus** and close off your airway (trachea) to protect it from being contaminated by food or liquids. Food and liquids entering your trachea and then going into your lungs are a primary cause of aspiration pneumonia. After food and liquids are safely directed by the epiglottis through the pharynx, they proceed into your esophagus and finally into your stomach. A breakdown at any level – oral, pharyngeal, or esophageal – results in dysphagia.

AT YOUR SERVICE!

In the past month, HomeHaven provided members with:

- 5 rides by volunteer drivers
- Numerous phone and in person visits by volunteer visitors and Village Leaders
- 5 computer assists
- 3 referrals for household maintenance
- 4 information consultations

Note: Members often call a service provider more than once or share names of providers with other members. You can help us keep accurate records by always letting the office know each time you use a provider originally recommended by HomeHaven. **Thanks so much!!**

Causes of Dysphagia

Since swallowing involves nerves and muscles from the mouth to the stomach, a variety of disorders may cause dysphagia.

- **Nerve and brain disorders:** Strokes, Parkinson's disease, dementia, brain tumors, cerebral palsy, multiple sclerosis (MS), Amyotrophic lateral sclerosis (ALS).
- **Muscle disorders:** Myasthenia gravis, muscular dystrophy, scleroderma, and spasms.
- **Structural disorders:** Cancer, GERD (acid reflux disease), esophagitis, injury to the mouth or neck.

Your healthcare provider will assess these conditions and recommend appropriate evaluation and treatment options.

continued on page 5

Typical Diagnostic Tests

- **Modified barium swallow tests and fiberoptic endoscopic evaluation (FEES)** given by a speech language pathologist (SLP).
- **Esophagoduodenoscopy** administered by a gastroenterologist.
- **Laryngoscopy** administered by an otolaryngologist.

Treatments for Dysphagia

Once the source of swallowing difficulty is identified, treatments may include medication, surgery, injections, and lifestyle changes. While aging does not cause dysphagia, it may contribute to its occurrence. As we age, our muscles deteriorate. Careful swallowing practices can help us safely eat and drink.

Lifestyle changes

There are several ways you can help yourself swallow safely.

1. Do not try to eat and talk at the same time. While we may enjoy a dinner with friends, eating and talking involve some of the same muscles and nerves. Your mother was right: Don't talk with your mouth full. The coordination of swallowing and talking can stress the system and result in a "food in the windpipe" feeling or even choking. Carefully chewing, swallowing, and fully clearing your mouth before talking will reduce your risk.
2. Pausing between bites will allow your nerves and muscles to better coordinate swallowing.
3. Taking smaller bites and sips. Smaller volumes of food and liquids are easier to process than larger ones. Large gulps, especially of thin liquids (water, wine), can bypass the epiglottis and enter the lungs.
4. Finally, take into consideration food and liquid textures. You may need to rethink eating that pâté on your triscuit in future. The combination of the thick, sticky pâté and the texture of the cracker can easily result in the glue-like pâté attaching cracker fragments to your pharynx and esophagus. With careful lifestyle changes you can make eating and drinking safe and enjoyable.

Please note: If you believe that you are experiencing dysphagia, consult your health care provider for evaluation and treatment options.

Diane Dolan is a speech language pathologist and a member of Amity Village.

The Malice of Inanimate Objects

by Cindy Crooker

Perhaps you think it doesn't sound right
to blame lifeless things for malice and spite;
yet many examples I can mention
of objects and their evil intention:

Cabinet doors, which left ajar,
attack your face and leave a scar;
warped humor of recycling bins
that like to whack you in the shins;
or pillar lurking just beside,
your head; you whirl around, collide,
and to the hospital must ride.
Even a simple office supply—
like paper—can cut you and make you cry.
And if you'd injury evade,
never use a saw or blade.

And though I cannot prove the notion,
I know them capable of motion.
A door will move an inch or two,
just when you're trying to get through.
And staircases are known to be
capable of great treachery
in secretly discarding stairs
so you will fall and need repairs.
And stepladders will move a fraction,
to make sure you end up in traction.

Their motiveless malignity's macabre.
(Please get back from that vicious candelabra!)
And don't tempt that psychotic chandelier
to smash your skull and finish your career.
When rugs fly from underfoot with such velocity
That airborne limbs must suffer an atrocity,
it's hard to ignore the objects' animosity.

But how to catch them at their nasty tricks?
surveillance cameras you'll need to affix.
But even after you have gathered evidence,
how do you punish those who haunt your residence?
Fear and frustration may favor a big bonfire,
but arson will only get you prison attire.
And who's to say you'd be safe even there,
for inanimate objects are found everywhere,
so caveat emptor—let the buyer beware.

Cindy Crooker is a member of East Rock Village and serves as poetry editor of this newsletter.

If you are writing poems and would like to be published, please email them in a Word Doc to HomeHaven's poetry editor, Cindy Crooker, at cynthia.crooker@gmail.com.

Scenes from Recent Village Gatherings

Photo by Patty Langdon



Hamden/North Haven enjoyed an evening of wine tasting with Adam Matthews, sommelier with Votto Vines Importing and grandson of Sharon Matthews.



At left, L to R: Rhona McKhann, Kaye Maggart, and Peggy Lawler. Above, L to R: Traugott Lawler, Adam Matthews, Sharon Matthews, and Roger Ibbotson.

Photo by Patty Langdon



Patty Langdon hosted the Hamden/North Haven Soup Sunday on March 3. Above, L to R: Gary Rudnick and Kerry Triffin. Below, L to R: Roger Ibbotson, Jeannie Drury, Barbara Fiddler, and Christina Schenker.



Photo by the owner of the Neighborhood Café

East Rock Villagers gathered at the Neighborhood Café on March 13. Rear, L to R: John Hare, Kerry Snyder, Peggy Atherton, John Schneider, Priscilla Dannies (hidden), and Jeanne Kerr; Front, L to R: Karen Schneider and Bob Dannies.

Photo by Patty Langdon



Welcome, New Members!

Susan Fowler –
Hamden/North Haven

Jackie Trimble Shapiro –
Hamden/North Haven



VILLAGE GATHERINGS

*If you are planning to attend a Village Gathering,
please contact your Village Leader for up-to-date information.*

AMITY

Thursday, April 4. 5pm

Virtual Happy Hour!

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

Wednesday, April 17. 2pm

Movie Screening

A movie screening and discussion of a film TBA at Diane Dolan's home. Space is limited to 12. RSVP Diane at rdcoup@yahoo.com

DOWNTOWN

Open invite

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

ERV

Saturdays, April 6, 13, 20, 27. 5pm

Virtual Happy Hour!

A virtual Village Happy Hour using Zoom. Join us every Saturday!

Wednesday, April 10. 10am

ERV Coffee Hour!

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

Thursday, April 25. 4pm

Happy Hour @East Rock Brewery!

We are meeting at the brewery (285 Nicoll St). Contact Kerry or Karen for more info. All are welcome!

HAMDEN/ NORTH HAVEN

Tuesday, April 9. 10:30am

Hamden/No Haven Coffee!

We meet at Best Video. See you there!

WESTVILLE

Thursday, April 11. 6pm

Neighborhood Dining @Westville Diner

Westvillains get your appetite – we are going to a local restaurant for dinner! RSVP to Susan Feinberg by Tuesday, 4/9 for an accurate headcount. feinbergs@sbcglobal.net

Coming in May!

More Village Get Togethers

Plans are in the works! Soup Supper, Potluck, Neighborhood Dining are all possibilities. Stay tuned to HH Happenings and emails from Susan.

Hamden/ North Haven Gathering



L to R: Rhona McKhann, Lauri Lowell, and Christina Schenker.



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

Nan Bartow Mira Binford Anne Curtis
Harvey Feinberg Sarah Greenblatt Kathy Hoffman
Barbara Judd Joan King Tom Martin Rhona McKhann
Pat Miller Judy Moore Martha Peterson Joan Prum
Nan Ross Jean Rozett Nancy Ruddle Karen Schneider
Fred Shapiro Sylvia Van Sinderen John Wilkinson
Werner Wolf Bernard Zuckerman



HH ONGOING ACTIVITIES & INTEREST GROUPS (members only)

BOOK GROUP

Mondays, April 1 & 29. 7pm

We are meeting twice in April! The next meeting will be Monday, April 1 at 7pm. The book for April 1: *Suite Française* by Irene Nemirovsk. The second meeting is Monday, April 29 at 7pm. Contact Mary-Jo for more information. warrenmaryjo1635@gmail.com
All genres welcome!

COOKING/DINING GROUPS

Cooking in Different Languages. Theme: Corsica

Monday, April 15. 6-8pm

CinDL is a group of home cooks who get a chance to make and share food from cuisines of other countries and regions. Each guest contributes a dish. The April theme is Corsica. **Registration opens April 1. Please register by 4/11.**

Dining Out. Location: Lalibela

Wednesday, April 24. 6-8pm

Dining Out is a monthly dinner group that meets (on the fourth Wednesday of the month) at a different local restaurant that offers international cuisine. The next restaurant is chosen by the diners. **Registration opens April 1. Please register by 4/19.**

FRENCH GROUPS

French Group - East

Tuesday, April 23. 2pm

French Group - West

Wednesday, April 24. 2pm

HomeHaven's newly formed French group meets for conversation and conviviality, et pour exerciser nos cerveaux en parlant le français. We're divided into two groups (East and West) and will choose and discuss an article in French for each monthly meeting, held in a member's home. We meet on the last Tuesday and Wednesday of every month. Please contact Christina Schenker kschenker17@comcast.net for exact meeting locations.

MEMOIR WRITING GROUPS

The groups meet every second and fourth Monday or Tuesday of the month for an hour and a half. We're Zooming these days, and it's working beautifully. For more information, please email Harriet Bergmann at hfb183@gmail.com.

MEN'S GROUP

Wednesday, April 24. 2pm

Location: rotates among the group members.

This group is full but if you are interested, please email Rick Allen rickallen@mac.com or Jim Barnes at jim.marybarnes@gmail.com.

PHILOSOPHY GROUP

Monday, April 22. 12pm

Philosophy and Life's Most Persistent Questions

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

PINS AND NEEDLES

Monday, April 15. 3pm

Location: rotates among the group members.

The April meeting is at Kathy Denardo's home. RSVP to Kathy (see email below). Bring a project and enjoy good company and lively discussion. New members are always welcome at these monthly gatherings. If you would like to join the group, please contact Kathy Denardo at Vivian.denardo@att.net or 203-687-8835.

PLAY READING GROUP

Tuesdays, April 16 & 30. 7pm

Laughing Stock by Charles Morey

There is a limit of 12 readers. **Registration is required.** Please register as a Reader or an Audience. The Zoom link will go out prior to the program to those registered. **Please register through the Events Calendar.**

NEW GROUP

Curious about Pilates? Need to increase your strength and tone your core? Join fellow HomeHaven (East Rock Village) member Susan Spero for a small-group Pilates mat class! Susan will tailor the class to participants' specific needs and bodies and will provide professional instruction and attention. The class will be limited to 5-6 people and will require sign-up ahead of time. Cost will be \$10/class, location TBD (might you have room to host?)

Please contact Kate for more information and to sign up: hhkateh@gmail.com or 203-776-7378.



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

Friday, April 12. 12pm

Lunch & Learn: Climbing the Family Tree –

Genealogy Research with Ben Judd

Ben Judd (Amity Village) will discuss his research journey into his family's past. Learn how you can use family lore, government archives, and online ancestry programs to chart your history. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.** Contact the Office if you are interested in being part of a Genealogy Group to research your history.

Thursday, April 18. 1pm

Stamp Out Stroke: Stroke Awareness and Prevention with the YNHH Stroke Team

Join us to learn more about stroke risk factors, warning signs, and how to get help if you or someone

around you is having a stroke. Led by a team of health professionals and health professions students, this interactive presentation will be followed by time for Q&A. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members and Guests.**

Wednesday, April 24. 2pm

Seminar: Kerala Snyder on Bach's B-minor Mass

This seminar and the performance at Woolsey Hall on April 27 are the second half of a mini course that began in March. Please note: those who registered for the March 27 seminar are already registered for this one. The seminar will be held in Kerala's home. **Space is limited. Registration is Required.** Please register through the HH website calendar. **Members Only.**

Thursday, April 25. 7pm

Mud Follies 2024!

Come out to our annual variety show! There will be songs, skits, and snacks. The show starts at 7!! At the Unitarian Society of New Haven, 700 Hartford Turnpike, Hamden. **Members and Guests.**

**The Red Book —
Getting Your Affairs in Order
with Becca Allen, LCSW,
End of Life Doula**

The details of your daily life (computer passwords, bills, important contacts, social media, financial information, etc.) are rarely shared with loved ones, yet after your death this is exactly the information they will need to tie up loose ends and close your estate.

Taking the time to collect, organize, and document this vital information now is a gift to your loved ones — saving them countless hours of searching, guesswork, and frustration during a time when they'd rather be honoring and celebrating your life. Get ready to sweat the details and tap into those organizational skills!

**DATES: 5/1, 5/15, 5/29 from 1-2pm
(participants must commit to all 3 dates)**

**LOCATION: Woodbridge Library,
10 Newton Road, Woodbridge, CT.**

**Registration is required. Please call the Office
to sign up: 203 776-7378.**

HOMEHAVEN OFFICE

203-776-7378

info@homehavenvillages.org

Generous support for HomeHaven provided by:

Whitneyville Food Center: 203-248-4471

**Thrive
AT HOME**
WITH WHITNEY CENTER
www.thriveathome.org
203-848-2626

**Visiting
Angels**
LIVING ASSISTANCE SERVICES
(203) 298-9700

www.visitingangels.com/woodbridge

Click on the logos to go to the websites.

A sponsorship placement does not represent endorsement of a business by HomeHaven.