



Peggy, ready to clean the fireplace!

poem written by Elise MacLay. It is called “Green Winter, A Celebration of Old Age” and I have copied some of it below, hoping to inspire you:

*“I’m giving away my things
And it turns out to be
As much of an occupation
And as much fun
As collecting them was.
Funny, I thought I’d feel a sense of loss
With fewer of my things around
I don’t.
I feel exhilarated, free.
Is this why You told the rich man
to sell his goods?
I think now Your command
Was meant to help the rich man more.”*

Margaret “Peggy” Atherton

Message from the President

By the time April arrives, March should be out like a lamb. As I write this article for the April Newsletter, however, I am told we may have a fourth Nor’easter in a row here in Connecticut. What news of the forthcoming spring can I report?

One thing we can all do this year is Spring Cleaning. My friend Gretchen Kingsley told me she just had her basement de-cluttered and it was like a breath of fresh air!

Eureka! Spring Cleaning: a good old ritual of spring and decluttering is something we could all use. I called Gretchen and she recommended hiring a third party specialist who will listen to your desires, and then offer a customized solution to achieve optimal results. The process can be summed up nicely by a

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HomeHaven Helps

by Jane Jervis

RODRIGO

An affable and gregarious man with deep social and professional roots in New Haven, Rodrigo (*not his real name*) was not looking for a new social organization. But the idea of starting a village in his East Rock neighborhood to support people who wanted to age in their own homes appealed to his social conscience as well as to his own self-interest. He organized a trip to Beacon Hill Village to find out how it was done, became a driving force in organizing his neighbors, and virtually single-handedly raised the money needed to get East Rock Village started.

Looking back, he feels pretty good about how far we have come. We have adopted a significant concept and brought it to life, creating networks of social interaction and organizing services for one another as needed. He is impressed with the quality and dedication of our members, who have powerful skills that can be mobilized to address issues of aging for the benefit of our members as well as the wider society. And he believes that there is much yet to do.

Rodrigo's greatest satisfaction has been getting to know lots of people very well whom he previously knew only casually. A kind of buddy system has arisen spontaneously among people who are going through the same dilemmas of aging, and he finds a level of intimacy that naturally and easily leads to friends helping friends.

If you would like to be interviewed for this feature, please contact Jane at hhjervis@gmail.com.

HomeHaven News

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Layout and design by PIROET

Our Mission Statement

HomeHaven's mission is to support its members' desire to remain in their own homes as they grow older. To help them remain active, independent and useful, we offer social and educational activities and volunteer opportunities. As needed, we offer volunteer services, companionship, and referrals for professional services.

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

“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.” - Author Unknown

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 42 rides by volunteer drivers
- 10 visits by volunteer visitors
- 11 computer assists by volunteer computer helpers
- 15 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.

MEET OUR MEMBERS: A Conversation with Elaine Wiig

by Susan Feinberg



Elaine and I sat opposite each other at The Study enjoying a leisurely lunch. “Classy,” I said to myself. “My friend is classy; she knows how to make a statement!” (She did NOT approve of Frances McDormand’s dress at the Oscars.) But there is much more to Elaine than her appearance that makes her classy.

Raised in Endicott, NY, she attended SUNY Albany, receiving a BS. Later she earned two Masters degrees in English, an MAT from Manhattanville and an MED from Columbia University’s Teachers College. In 1951, she began teaching business courses to grades 7-12 in a school in upstate NY. Eventually, she moved to NYC to work for IBM, learning to program and teaching programs on the first commercial computers. When a group of high school math teachers asked IBM for a demonstration, that request turned out to be most fortunate. The man she found to do the demonstration eventually became her husband.

Elaine and Roy married in 1956 and lived in Greenwich Village until Roy was moved to Poughkeepsie, NY. They moved around a fair amount because of his work but, regardless of whether they were in Poughkeepsie or Lexington, MA, or White Plains or Bedford, Elaine remained active and involved in the community and schools. She and Roy now had three children, and when they were old enough, Elaine returned to teaching high school in Harrison and Peekskill, NY.

Eventually she began commuting to NYC to teach business and English courses at Katherine Gibbs. Then she began working at Time, Inc., managing the

Wang System and the DEC VAX System in various departments. When those were replaced by the IBM LAN, she took early retirement from Time. She then joined Thomas Publishing Company, working for the chairman. She retired from Thomas 15 years later, but continued working from home via computer for another five years.

Elaine did more than work during these years! She became manager and eventually a board member of the New York Revels, a group that celebrates the solstice by reenacting the rituals of different cultures—Celtic, British, French, Jewish, etc. at Symphony Space. And as a board member of the Washington Square Music Festival, she helped bring it into the public eye by starting its very successful advertising program which is still growing strong.

But her real passion is opera. She saw her first opera, “La Traviata,” at the movies. She was 17, and she was hooked. Fortunately, Roy shared her passion. They went to the old Met during the 1963-64 season. Elaine has a vivid memory of sitting in the front row of the orchestra for a dress rehearsal of “Lohengrin. “ To this day, “La Traviata” and Wagner operas, especially “Lohengrin,” are her favorites. She has subscribed to at least two Ring Cycles every time the Met produced them—one season she went to all three. That, Elaine told me, “was too many!”

In fact, opera is what drew her to New Haven. She had been living with one of her children in the Boston area after she retired from Thomas in 2010. Getting to NYC was no longer something she could do in one day. So she decided to move here, close enough to the City to continue to use the Saturday matinee season tickets she and Roy had until he died in 2002, and she kept until this past season. Her one concession to her age is that she no longer feels able to go into the City alone. Rather than the Met, she goes to the opera in HD. Rather than the Oyster Bar she must be content with the Study’s oysters. Hardly adequate substitutes. So, if you have a yen to go to the Met and do not want to go alone, call her. She knows the City and the New York subway system intimately!

“Happiness is a place between too little and too much.” – Finnish proverb

HEALTH MATTERS: Gastroesophageal Reflux Disease (GERD)

by Robert Gifford, M.D.

Some reflux of gastric contents from the stomach back up into the esophagus is a normal physiologic process. Most episodes are brief and do not cause symptoms, esophageal injury, or other complications. Reflux becomes a disease only when it either causes damage to the esophagus or causes troublesome symptoms that reduce the quality of life.

The most common symptom is **heartburn**, typically described as a burning sensation in the pit of the stomach or the lower part of the chest, most commonly experienced after eating. Another major symptom of GERD is **regurgitation**, defined as the perception of a flow of refluxed stomach contents into the mouth or lower throat. Since the stomach mixes swallowed food with acid, patients typically regurgitate acidic material mixed with small amounts of undigested food. Regurgitation usually occurs after meals, especially after lying down, and can actually awaken patients from sleep. An unusual symptom is **water brash** or hyper-salivation where acid reflux promotes increased saliva production. There are also a variety of extra-esophageal manifestations of regurgitation that can occur including **asthma-like wheezing**, **laryngitis with hoarseness**, or **chronic coughing**, all caused by stomach acid spilling back up into the throat.

A presumptive **diagnosis of GERD** can be based almost entirely on the clinical symptoms listed above and can usually be self-treated. However, if there is a failure to respond to adequate treatment or, especially, if there is an associated difficulty in swallowing food, you should be referred to a gastroenterologist for endoscopy, to actually look at the esophagus and possibly biopsy abnormal areas. GERD is a common problem. From population-based surveys, 22 percent of United States residents reported that they had experienced heartburn or regurgitation within the past month.

The first and most important step in the **treatment of GERD** is to consider **lifestyle modifications** that may be enough to fix the problem. These include:

1. **Lose weight** if you are overweight.
2. **Elevate the head of the bed** if you have noted nocturnal or laryngeal symptoms. (This can be achieved either by putting six-to-eight inch blocks under the legs at the head of the bed or a Styrofoam wedge under the mattress.)

3. **Refrain from lying flat on your back immediately after meals.**
4. **Avoid meals or snacks within two to three hours of bedtime.**
5. **Eliminate dietary triggers** such as fatty foods, caffeine, chocolate, carbonated beverages and peppermint, especially if you have noted correlation of symptoms with these foods.
6. **Avoid tobacco and alcohol**, as both reduce the pressure of the sphincter at the bottom of the esophagus.

Antacids such as **Tums or calcium carbonate tablets** can provide temporary relief at times but do not attack the fundamental problem of GERD. Their role is limited to intermittent use for mild GERD symptoms.

For mild and intermittent symptoms (less than two episodes per week) that persist after you have made appropriate lifestyle changes, a Histamine2 blocker such as **Tagamet, Axid, or Zantac**, taken once a day as needed, should be tried. These over-the-counter drugs are relatively safe but take up to two to three hours to reduce stomach acid secretion, and may only be effective for four to ten hours. If symptoms continue on one pill daily, you can safely increase the dose to twice daily.

If significant symptoms of GERD persist after trying all the therapies suggested above, **discontinue the Hi2blocker and initiate a Proton Pump Inhibitor (PPI)** once daily as a single dose. PPIs such as **Prilosec, Prevacid, and generic omeprazole**, are the **most potent inhibitors** of acid secretion by the stomach and are more effective than Histamine2 blockers in relieving heartburn. However, because they are available over the counter, they are often overused and prematurely employed before trying other less aggressive methods discussed above. Limitations of PPIs include their higher cost, potential side effects, and great difficulty in discontinuing them because nearly all patients relapse when acid suppression is discontinued.

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.



MUD FOLLIES 2018

Impressario Louis Audette opened HomeHaven's sixth annual Mud Follies with every seat in the house filled. A new feature this year was a lottery for three gift certificates to Caffe Bravo — cries of "Fix!" greeted Bill Brainard's winning of two drawings, but he redeemed himself by giving one of them to Bitsie Clark, to great applause. Musical acts abounded: classical guitar by Trish O'Leary-Treat; the Coda Blue Quartet; show tunes by Frank and Ellen Estes;

Lauri Lowell, chanteuse; and The Vintage Voices led by Ingeborg Schimmer. John Hay, aka the Fastest Pun in the East, fired off 200 years' worth of jokes in under 10 minutes; Shula Chernoff and Celeste Markle shared their poems — serious and light-hearted — and Jane Jervis offered a meditation on the evolution of her patriotism. The evening closed with refreshments organized by Celeste Markle.

Photos by John Sawyer



COMPUTER CONNECTION: Revisiting the App Store

by Christa Sammons

Faithful readers of the HomeHaven newsletter may remember my article in the April 2016 issue, where I got a little frustrated adding apps to my iPhone. Two years later, I made a second visit to the app store to explore some suggestions from our new IT committee chairman, Jim Maggart. His list of favorites appears below, but first let's walk through some basics.

"App" is short for "application," a program designed to perform a specific task, from finding restaurants to helping you park your car. There are usually two ways to get an app: by visiting its website (find it by "googling") or by tapping your smart phone's app icon. On iPhones, that's called the app store. On android phones, the icon has dots arranged as a square; tap it, then swipe to find GooglePlay. In either case, use the search facility to zero in on what you want. Remember that "get" means the app is free; "buy" means it costs something. After you click "get," you'll need to click "install," usually a quick process. The app may ask if you want notifications or if it may access your location. If it's offered, I opt for location access only when using the app: allowing constant access can drain the battery. If the app involves payments, such as a parking app or PayPal, the set-up process is more complicated: you'll likely need to submit credit card information and create a password. I find some apps, such as the GoNewHaven parking app and its big brother ParkMobile (which covers many cities) a little daunting. It would be good to see those apps demonstrated in real time by a knowledgeable person.

"There is something immensely therapeutic about clearing your clutter. The reason is that while you are clearing things on an external level, there is a corresponding change going on internally too.... Being clear of clutter is one of the greatest aids I know to manifesting the life you want, and it is absolutely essential if you truly want to know joy and happiness in your life."

— Karen Kingston, "Clearing Clutter,"
Creating Sacred Space with Feng Shui, 1996

Second best, there are "how-to" videos on YouTube showing how many apps work. Just search the name of the app in YouTube.

Some apps that are useful and free for iPhones:

- GoNewHaven: pay parking meters in New Haven with your iPhone; extend your "parking session" without returning to the meter
- onTime:MNR: schedules for MetroNorth trains; notices of service delays and interruptions
- New York Subway MTA Map: map of the New York City subway system
- Flixster: information about current and upcoming movies, critical ratings, when and where they will be showing; buy tickets in advance
- YouTube: videos about almost anything at all. (Beware the addictive cute-cat offerings!)
- The Weather Channel: current conditions and forecasts
- TED: TED talks by experts on science, technology, design, global affairs, and much more
- Xe-Currency: foreign exchange rates
- YELP: reviews of restaurants, shops, museums, etc.
- City Mapper: maps, directions, and public transportation information for major cities around the world
- Zillow: real estate information
- CalcPro: calculator

The IT committee is considering offering a workshop for members who want to learn more about installing and using apps. Send an email to christa.sammons@gmail.com if you're interested.

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.

NEWS FROM OUR VILLAGES:

Hamden and North Haven Villages

by Patty Langdon

Coffee Hour every second Tuesday has been a most successful village event. Members from both the Hamden and North Haven Villages meet at Best Video for a friendly social gathering, complete with fabulous coffee and comfortable chairs.



Above: Standing: Jeannie Drury and Nan Ross; Seated: clockwise from center back: Roxanne Turekian, Hannah Hyland, Kim Rakusin, Bitsie Clark, Emily and John Bett



Amity Village

by Peter Wells

In early March, a dozen Amity Villagers met for a Soup Sunday at Rick and Pat Allen's lovely home filled with treasures from their many travels. The décor inspired the gathered—intrepid travelers all—to share stories of adventures in exotic places.

East Rock Village

by Jane Jervis

In mid-March, Jeanne Kerr invited fellow East Rockers to learn how she learned to use her house as a source of income. She has a stately two-family house on Lawrence Street. The second- and third-floor apartment is filled with a self-propagating series of graduate students who provide company, help, and security as well as rent. But most interesting to her avid audience was her account of renting out the second bedroom in her first-floor apartment through Airbnb, a company that is easy to work with. She shares her bathroom and kitchen with her guests and has learned through experience how to make that work. She gets to choose when to have guests (she averages about 200 nights a year), and can screen candidates in advance. There are tax advantages as well as direct income. She has been delighted with the outcome, but is quick to add that it is not for everyone.



Above: Normand Methot with Wayne and Judith Meeks

At left: Kaye and Jim Maggart with Alice Simon

Notes from the Household Services Committee

by Wayne Meeks, Chair

TIPS FOR APRIL

It has been another crazy New England winter, but spring is upon us, and we can begin to think of the outdoors again. Now is a good time to make a list of drafty doors and windows and other annoyances discovered during the cold weather. It's the best way to remember to make those repairs this summer, before winter is upon us again.

For spring chores, please remember that we have many vetted service providers who can help with yard clean-up, gutter cleaning and inspection, window cleaning, whole house spring cleaning, and repair of outdoor damage from the winter. For recommendations, call the office.

And if you have not already changed the batteries in your smoke alarm or carbon-monoxide detectors, now is the time. If you need help replacing batteries or need new alarms, we have people who can help.

AFTER-HOURS EMERGENCIES

HomeHaven now has a relationship with a local contractor for emergency responses and repair management. ServPro Team Randolph is the New Haven franchise of a national company specializing in immediate remediation of damage from storms, fire, smoke, or water, as well as management of restoration and insurance negotiations afterwards. If you should experience such an emergency outside HomeHaven's office hours, call ServPro directly at (203) 234-1100. And please be sure to report this to the office when it's next open.



SERVPRO of NEW HAVEN

Fire & Water — Cleanup & Restoration™

(203) 234-1100

“Behold, my friends, the spring is come; the earth has gladly received the embraces of the sun, and we shall soon see the results of their love!” — Sitting Bull

LAUGHTER: The Best Medicine Who's on First. . .

USER: My internet isn't working properly.

HELPER: OK, double click on “My Computer.”

USER: I can't see your computer.

HELPER: No, click on “My Computer” on your computer.

USER: How can I click on your computer from my computer?

HELPER: There's an icon labeled “My Computer” on your computer. Double click on it.

USER: What is your computer doing on my computer?

HELPER: Double click on your computer...

USER: Which icon do I click on?

HELPER: “My Computer.”

USER: Where is your office? I'll come over and click on your computer.



Happy Birthday to HomeHaven members with a birthday in April

Lucy Ambach Norman Andrews

Lyn Belt Nancy Eisenfeld

Harvey Feinberg Steve Gurney

Pat Kane Joan King

Tom Martin Judy Moore

Martha Peterson Nan Ross

Jean Rozett Nancy Ruddle

Allen Sack Karen Schneider

Manana Sikic Sylvia Van Sinderen

John Wilkinson Werner Wolf

Bernie Zuckerman Marilyn Zuckerman



Volunteer Voices in the Community: Hal Spitzer

Interview by Kaye Maggart: This is part of a series about Home Haven members who volunteer in the community for organizations that would welcome assistance from others.

KM First of all, what kind of organization is Mary Wade?

HS Mary Wade is a non-profit senior community that provides the full spectrum of care for the elderly in need. It has 94 beds for Skilled Nursing, 45 beds for Residential Care, and an Adult Day Care Center that accommodates 55 seniors daily who live at home.

KM Why is it called Mary Wade?

HS It began as the “Home for the Friendless” in 1866 as a shelter for homeless — and often pregnant — young women in need of support. Early benefactors were Mrs. Henrietta Whitney, widow of Eli Whitney, and philanthropist Lucy Boardman, who made a large donation in the name of her sister, Mary P. Wade, giving the institution its name. Over time as the women residents aged, the Mary Wade Home added elder care, which grew into what is now called Residential Care. In 1982, under David V. Hunter, the new Executive Director, Skilled Nursing was added, and later an Adult Day Center. Mary Wade’s services today are all-encompassing, including rehabilitation, transportation, respite, and specialized care.

KM How did you become involved there?

HS After 40 years in Manhattan practicing architecture, with 25 years of it in my own high-end residential firm, I moved to New Haven, and was looking to divert to non-profit board work. A friend asked me to help with a benefit at Mary Wade; then in 2006 I joined the Board, first becoming chair of the Development Committee and later serving on the Building and Long-Range Planning Committees. So I have been involved for 12 years, and am currently in my second term as Board Chair.

KM Was your background as an architect helpful with projects at Mary Wade?

HS Definitely! Mary Wade is planning a \$20 million addition across the street from our current buildings. The new building will provide 59 units for assisted living and 20 units for memory care. We have been working on the addition for the last four years, have secured all of the governmental approvals, and hope to break ground shortly.



David Hunter and Hal Spitzer

KM You have worked on other boards in New Haven as well, correct?

HS Yes, I was on the HomeHaven Board up until this year, and serve on the Creative Arts Workshop Board as Vice President.

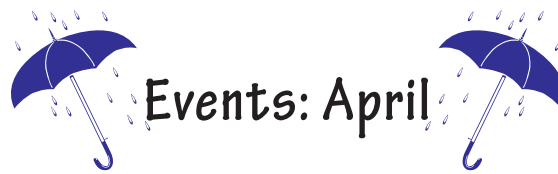
KM Back to Mary Wade: Are there volunteer opportunities for Home Haven members at Mary Wade? Whom should they contact if interested in helping?

HS There are two special events at Mary Wade each year which involve lots of volunteers: a wine tasting dinner, which will be at the Omni this spring, and a family fun concert at Mary Wade in the fall. We have a beautiful garden where those who enjoy gardening can help. Another opportunity would be to begin a men’s group. The person to call is Lisa Hottin, Director of Development, at (203)562-7222, or visit the website at marywade.org for volunteer information.

KM Do you miss New York City? Your work at Mary Wade seems very different.

HS I still go into Manhattan once a week where I serve as Building Architect to 12 coops and condominiums. Although I still enjoy keeping my finger in architecture, it is the non-profit work that has proved ultimately rewarding. I have learned, and continue to learn with my work at Mary Wade and HomeHaven, significant ways of dealing with the aging process.

Note to HomeHaven members: *If you volunteer for a community organization that is looking for help and would like to explain its work to others in a “Volunteer Voices” interview, please contact Kaye Maggart at kwileymaggart@comcast.net or call the office for other contact information.*



Monday, April 16, 2:00-3:30 pm

Presentation by Nicholas Olear (Seabury at Home):

Your Long Term Care: Is It Enough?

**First Presbyterian Church, 704 Whitney Avenue
(corner of Whitney Avenue & Huntington Street)**

A presentation and discussion of the pros and cons of options for long-term care planning, including long-term care insurance, home-based life care plans, and other life care options.

The parking spaces behind the church, off Huntington St., are now reserved for elderly church members and people with disabilities, but parking is available on Huntington Street or in the Worthington Hooker School parking lot (entrance off Whitney Ave. opposite the church). Please use the crosswalk when crossing Whitney Ave. Carpooling is strongly suggested.

Monday, April 30, 3:00 pm

Louis Audette will narrate a slide show of highlights of his trip with Jeanne Drury to the North Cape.

University Towers Community Room, 100 York Street

If you saw Louis' presentation of their trip last year to China, you know he does a great travelogue. This trip starts in London, includes Edinburgh and the Shetlands, and a fjord-hopping return down the West Coast of Norway to Bergen; it includes interesting photos of their ship. Parking at University Towers is behind the building and is accessible from George Street or just around the corner on York Street; paid street parking is also available.

And coming soon...



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

Limber up your fingers and get ready to support HomeHaven with an on-line donation. Watch your mail for instructions on how to help HH win prizes!

ONGOING GROUP MEETINGS

COOKING IN DIFFERENT LANGUAGES:

Paris

Monday, April 16, 6:30 pm

Sign up deadline is **Friday, April 6**

Here's another great way to get to know other HomeHaveners and, as always, new members are welcome. Since it is essential to have an accurate count of attendees in the early days of planning, please be sure to RSVP to Celeste Markle at c_markle@yahoo.com by the deadline. If you don't use email, call her at 203-397-0492 or call the office. Please also contact Celeste for any other information.

MEMOIR WRITING GROUPS

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

PINS AND NEEDLES

Monday, April 23, 3:00 pm, at the home of Sophie Powell, 100 York Street, Apt 15N. Parking is available behind the building, accessed from George Street. Whether you plan to attend or not, please call or email Sophie at 203-776-1477 or szrppowell@gmail.com, by **Friday, April 13**. Bring whatever project you are working on and enjoy good company, lively discussions, and refreshments. New members are always welcome at these regular fourth Monday of the month meetings. For more information please call or email Jeannie Drury at 203-281-3327 or JeanneDrury@aol.com.

HOMEHAVEN OFFICE

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