

Message from the President

Lately, the weeks have resembled the final games of a lost season, a malaise familiar to us Mets fans. But we have won, have we not? We get to play on into the spring, and perhaps to be crowned with the laurel of survival, after this endless campaign to hold onto our health and sanity.



It has been so windy out here in the fields of Orange that every night of the past week felt like a long ride in the back of a wagon over dirt roads. Our sleep, already troubled by a year of isolation in a suffering nation, has been disturbed by noise, both external (the windows rattling on the windward side of the house) and internal (troubled thoughts of the future and fears for our progeny in the years after we're gone). Risking overstatement, it feels like a war may have ended, and we are now left to rebuild our "victorious" civilization. And yet... the plague still rages, abetted by the recklessness of those who refuse to believe it exists and may even come for them.

The title of a book of poems popped into my head this morning: *Look! We Have Come Through!* by D.H. Lawrence, who was a better poet than person. The greatest poem in that volume is "Song of a Man Who Has Come Through":

Not I, not I, but the wind that blows through me!
A fine wind is blowing the new direction of Time.
If only I let it bear me, carry me, if only it carry me!
If only I am sensitive, subtle, oh, delicate, a winged gift!
If only, most lovely of all, I yield myself and am borrowed
By the fine, fine wind that takes its course through the chaos of the world
Like a fine, an exquisite chisel, a wedge-blade inserted;

If only I am keen and hard like the sheer tip of a wedge
Driven by invisible blows,
The rock will split, we shall come at the wonder, we shall find the Hesperides.
Oh, for the wonder that bubbles into my soul, I would be a good fountain, a good well-head, Would blur no whisper, spoil no expression.
What is the knocking?
What is the knocking at the door in the night?
It is somebody wants to do us harm.
No, no, it is the three strange angels.
Admit them, admit them.

- D.H. Lawrence, 1914

I don't know what this poem means exactly, but I know it contains strong truth. We are grateful to continued on page 2

IN THIS ISSUE:

New Members page 2
Health Matters page 3
Household Services page 4
Birthdays..... page 4
IT: SPAM-SHMAM, Pt. 2 page 5
March Events..... pages 5-7
Donor Recognition page 6
Village Verse..... page 7
Pandemic Pastimes..... pages 8-9
Ongoing Events page 9
Upcoming Events page 10

Generous support for HomeHaven provided by:



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*

have survived an accursed year that many others did not. Perhaps the crisis from which we are hopefully emerging, can make us ready and attuned to “a fine wind...blowing the new direction of Time.” Perhaps the burly wind that is sweeping away the recent past should be welcomed, even though it keeps us awake.

In reading this and some other poems, I realized what has long been lacking in my life – and perhaps in yours too: inspiration. For too long the world around us has been oppressed by diseases both physical and moral, the endless cacophony of political strife, and the dispiriting combat of anger and blame.

I accept that I am old but I still crave the optimism of youth, even if I only absorb it vicariously through hugging my grandson and my children. Perhaps the season *is* turning and the encouragement we seek *is* imminent. Perhaps the knocking we fear is not the wind of destruction but is, in fact, the three strange angels. Let us admit them and press on!

Fred

Fred O'Brien

Welcome, New Members!

Judy and Chuck Naden
Hamden



HomeHaven News

Francie Irvine, *Editor*
irvmcl@gmail.com

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

info@homehavenvillages.org

Layout and design by PIROET

Thanks to Ellen Ryerson for her help in editing and proofreading this edition.

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

“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:

- 0 rides by volunteer drivers (suspended for the time being)
- *Unknown number* of phone or socially distanced visits by volunteer visitors and Village Leaders
- 6 computer assists and numerous Zoom assists by volunteer computer helpers
- 7 referrals for household maintenance, information, and nursing services

Note: Members often use 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!** Look for monthly reports giving rolling three-month totals.

HEALTH MATTERS: Aging and Sleep

by Ronald T. Rozett, M.D.

We spend nearly one-third of our lives sleeping. Why? Because during sleep, our bodies repair cells, including muscle cells, replenish energy sources, and release proteins such as hormones. The brain's daily functions require an intensive use of energy from glucose: sleep helps the brain get rid of its waste. The brain stores new information while brain cells establish new pathways for communicating with each other: during sleep, the brain reorganizes its contents, converting short-term into long-term memories, while simultaneously erasing unneeded information. The body facilitates these processes by reducing its caloric needs when it is inconvenient for us to hunt for food – night-time.

The hypothalamus, a part of our brain, controls 24-hour daily cycles called circadian rhythms. The times when we feel hungry, drowsy, or alert, or when the body releases certain hormones are all part of a regular sequence. As we age, the circadian centers in the hypothalamus change, shifting the times we feel wide-awake or dozy. We older adults get tired earlier in the evening and wake up earlier in the morning. We spend more time in the earlier lighter stages of sleep and less time in the later, deeper stages. Finally, we may awaken more frequently during the night, resulting in more fragmented, less restful sleep. Most older adults require between seven and eight hours of sleep daily, less than we needed when we were young. But day-to-day stressors – e.g., a disruptive bedroom environment or medical conditions – can prevent us from getting enough sleep.

Also, sleep requirements vary from person to person, and some older adults need less sleep than others. If you routinely sleep five or six hours but feel fine, do not get sleepy during the day, and function well, do not worry. But if you struggle to get up in the morning and feel lethargic during the day, you are probably not getting enough sleep.

The term “sleep hygiene” applies to both our bedroom environment and our personal habits. Ideally, one should have a set sleep schedule that establishes when you get into bed and when you awaken in the morning, and honors sleep as an essential part of your day. Normally, you should be able to fall asleep within 15-20 minutes of turning out the lights.

Examples of sleep hygiene are:

- Having a fixed wake-up time regardless of the day of week.
- Having a target bedtime based on your wake-up time.
- Not overdoing naps: take short naps (30-60 minutes) and limit them to the early afternoon.
- Allowing time (30 minutes) for winding down at bedtime, using soft music, reading and/or meditation and mindfulness to relax.
- Reducing alcohol consumption and avoiding it entirely a few hours before bedtime.
- Lowering caffeine consumption late in the day.
- Not eating a meal within two to three hours of bedtime.
- Unplugging electronics 30-60 minutes before bedtime to reduce mental stimulation and avoid the harmful blue light that interferes with the body's release of melatonin, a substance that encourages sleep.
- Optimizing your bedroom for sleep with a comfortable, supportive mattress and pillow; a cool room temperature; a dark quiet environment (with the exception of a night light to avoid falling on trips to the bathroom in the middle of the night).

If you have not fallen asleep within 20 minutes, get out of bed and read in low light for 30 minutes before attempting to fall asleep again. If you want to shift your sleep times make gradual adjustments; do not do it all at once.

DO NOT USE SLEEPING PILLS ROUTINELY!

They are dangerous and addictive, especially in older adults. If you think you need a sleep aid, try over the counter melatonin, the hormone our body produces to regulate our sleep pattern. A dose of 3mg-5mg at bedtime should be adequate. It has few side effects, if any. Capsules of melatonin are widely available in supermarkets and pharmacies.

Ron Rozett is a member of the Health and Wellness Committee and is a part of Hamden Village.

HOUSEHOLD SERVICES: Exterior Work

by Hal Spitzer

Last month, we reported that HomeHaven would not be making household service referrals because of the COVID pandemic. That suspension of referrals need not apply, however, to exterior chores that don't require service providers to enter our homes and that can be handled without direct contact.

Although April and May are usually rainy, they give us the chance to deal with the debris left over from winter. We offer the following checklist of suggestions:

- Check gutters for winter damage and proper drainage.
- Clear debris away from any ground drains.
- Check your roof for any missing shingles.
- Inspect your driveway for cracks or pits. Does it need a new repaving coat?
- Check trees for damaged or hanging branches that could easily come loose.

- Look over your steps and porches for mildew or moss. These growths can be very slippery when wet.
- Examine your outdoor dryer vent: is it sticking? Can the vent pipe be cleaned from the exterior?
- Check your exterior railings: have they become loose?

All of the work noted above takes place outside, where social distancing is easy to maintain. We repeat, however, that choosing to have these chores done will require *your* due diligence about the precautions the service provider is taking, including masking, (mandatory) testing, quarantining, disinfection, etc. For your reference, the current guidelines can be found on the CT State COVID Site and the CDC.

While we are at it, this is a good time to check your smoke detectors and change their batteries.

Hal Spitzer is on the Household Services Committee and a member of Hamden Village.



Happy Birthday to HomeHaven members with a birthday in April

Pat Kane Braznell Marilyn Cohen
Ann Drinan Harvey Feinberg
Sarah Greenblatt Joan King
Tom Martin Judy Moore
Judy Naden Martha Peterson
Nan Ross Jean Rozett
Nancy Ruddle Karen Schneider
Manana Sikic Sylvia Van Sinderen
John Wilkinson Werner Wolf
Bernard Zuckerman Marilyn Zuckerman



MAKE US SMILE!

***Have you heard about
Amazon Smile?
You shop, Amazon gives!***

Here's how it works:

1. Visit smile.amazon.com
2. Sign in with your Amazon.com credentials
3. Select HomeHaven to receive donations (*0.5% of the price of the items you purchase*)
4. Start shopping!
No extra cost to you and it helps HH's bottom line.

Thank you!

IT: SPAM-SHMAM – What, me worry? (Part II)

by John G. Sawyer

Since we covered internet and email spam at some length in last month's article as well as on the Zoom presentation February 23, let's move on to another type: telephone spam on both landlines and cell phones.

In some ways, telephone spam is much easier to avoid than other forms, thanks to the availability of several tools to filter or eliminate it. The first of these is the national Do Not Call Registry which you can reach through the website <https://www.donotcall.gov/register.html>. The Do Not Call Registry prohibits telemarketers from calling numbers on the list – in most circumstances.

Your second line of defense is a telephone that shows "Caller ID" data. All cell phones bought within the last 5 years come with this feature, as do most landline phones that are wired into your dwelling. If you have voicemail, you can simply ignore all calls from names that you do not know or numbers that show no names, on the assumption that if the call is legitimate, the caller will leave a message.

You can also get a software package that blocks robocalls, such as NOMOROBO, HiYa, RoboKiller, and TrueCaller. Type any of these names into your browser search bar for more information. You can also go to <https://www.pcmag.com/how-to/how-to-block-robocalls-and-spam-calls> and get more information on the software mentioned above.

Finally, apart from these special programs and devices, why not follow this excellent list of phone spam rules from a cnet.com blog post from 3/2/21?

1. Don't answer calls from blocked or unknown numbers.
2. Don't answer calls from numbers you don't recognize.
3. Don't assume an incoming call is really from a local number just because it looks like it is.
4. Don't respond to any questions that can be answered with a "Yes."
5. If someone calls you and claims to be with XYZ company, hang up and call the company yourself. Use the company's website to find an official number.
6. If you do answer a call and hear a recording saying "Hello, can you hear me?" just hang up. (Note: You might not know it's a recording, though. And there's a new one that, if you answer, says something like "Thank you for picking up." It REALLY sounds like a person. Wait a bit and it will keep on talking after the thank you!)
7. Hang up as well on a call if you're asked to press a number before being connected to a representative.

The third installment of "The Spam Series" will appear in May. It will address spam in social media.

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

Coffee on Kerry Snyder's Deck, March 10, 2021!



Left to right: Avril Winks, Jeanne Kerr, Peggy Atherton, Louis Audette, Mary-Jo Warren, and Ann Feinstein.
Photo: Kerry Snyder

WEBSITE HELP NEEDED!

*Are you creative, detail oriented,
and tech savvy?*

HH is searching for a volunteer to help with updating the HomeHaven website. Experience with web design is a plus and enough technical skill to make the changes is a must. If you are interested please let Kate know by contacting the HH Office at 203-776-7378 or hhkateh@gmail.com.

MARCH EVENT: Refugee Stories from IRIS (Integrated Refugee and Immigrant Services)

by Francie Irvine

Refugees have a distinct legal status as people who have fled persecution (or fear of persecution) in their own country because of their nationality, race, political opinions or religious beliefs, or membership in a particular social group. IRIS works in partnership with the US Department of State and numerous non-profit entities to bring refugees to the United States. Over its history, the United States has accepted more refugees than any other country, though the last four years saw a steep drop in those numbers – from 85,000 in 2016 to 15,000 in 2020. The Biden Administration has committed to restoring the long American tradition of hospitality towards newcomers and intends to welcome 100,000-125,000 refugees a year going forward.

On March 3, 2021, Chris George, the Executive Director of IRIS, and Naji Aldebaran, a young Syrian refugee, treated the HomeHaven community to an informative and moving conversation about refugees in contemporary America.

Ironically, Naji and his family arrived in Connecticut on Election Day, 2016. They had fled Syria and spent five years in Jordan, waiting for two and a half years of that time for permission to enter the States. Refugees go through a rigorous vetting process while waiting for the call, and Naji's family was no different. While in Jordan, Naji missed five years of school, and his father was unable to work. They first resettled in Manchester, CT, but subsequently moved to West Hartford. Now in their own home, Naji just learned that he's been accepted with a

full scholarship to UConn where he hopes to study medicine and become a Physician's Assistant.

You may have met Naji and his family already if you read the *New York Times*. *Welcome to the New World*, written by Jake Halpern and illustrated by Michael Sloan, ran as a serial cartoon in the *Sunday Review*. It was based on the Aldabaran's experiences of adapting to life in the United States, and it portrays the highs and lows of that process. The graphic series won a Pulitzer Prize for Editorial Cartooning; it is now available in book form.

HomeHaveners have various ways to become involved with IRIS, especially as we resume in-person gatherings. Volunteers assist at the food pantry; they teach English to adults; they drive clients to medical appointments. IRIS accepts donations, as well as donations of furniture, good quality gently-used linens, household furnishings – lamps, small appliances, dishes, pots and pans – and **winter clothes**: overcoats, jackets, boots, hats, scarves, gloves. If you'd like to volunteer or drop off items on the list, you need to call ahead: (203) 562-2095.

Naji and his parents are now in the process of applying for citizenship. He is going to college; his father is working; his mother runs a catering business; his younger siblings are in school. All are grateful for their new lives and eager to contribute to OUR country. *E pluribus unum.*

Francie Irvine is a member of East Rock Village.

CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

The Bertera Family *in memory of* Dick Snyder

Shula Chernoff *in memory of* Dr. Naomi Chernoff

Sheilah Rostow *in memory of* Dick Snyder

Karen and John Schneider *in memory of* Jeffrey Sammons

Karen and John Schneider *in memory of* Dick Snyder

Mary-Jo Warren *in memory of* John Hay

Mary-Jo Warren *in memory of* Dick Snyder

MARCH EVENT: “Diamonds in The Snow”

by Lynda West

“Diamonds in the Snow” is an award-winning documentary film that chronicles the lives of three young Jewish children during the Nazi occupation of Bendzin, a city in the south of Poland. The director, Mira Reym Binford, a Professor Emerita of Communications and Holocaust Studies at Quinnipiac University and a member of Hamden Village, was one of these three courageous young people.

The film was made available for us to watch before Mira met with us to talk about her experiences, her motivations, and her challenges in making the documentary.

Five years in the making, the film was produced in 1994 at a time when Mira felt ready to tell the tale of child survivors of the Holocaust, an age group previously ignored. She focused on the children’s anguish at being abandoned at the age of four or five by their parents and given to non-Jewish families. In their “safe” houses, the children received non-Jewish names, had their hair dyed, and were dressed to blend in. They learned to hide from strangers and to manage the tension between the sometimes kind and sometimes brutish behaviors of their host families.

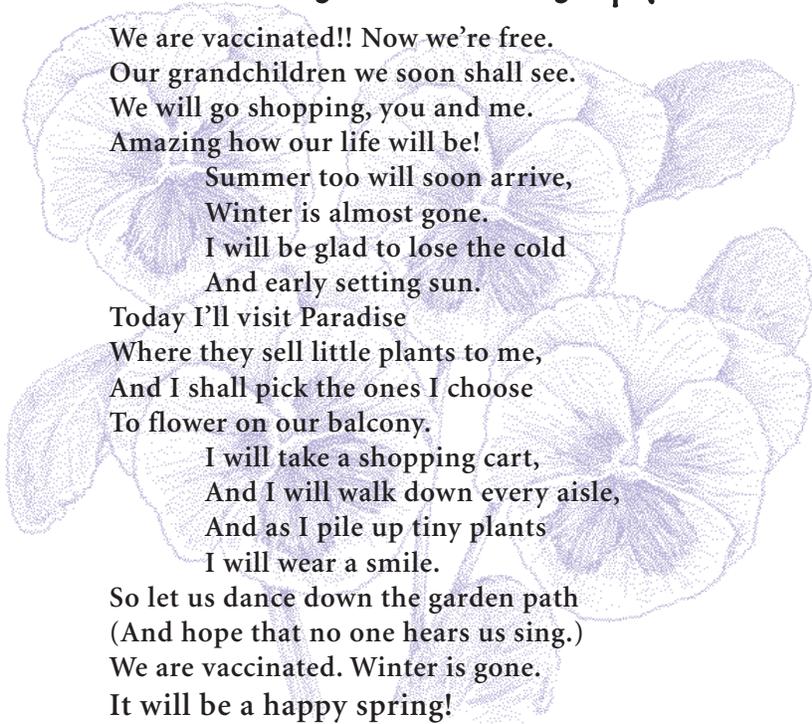
This early trauma of abandonment, fear, and loss of identity remained with them for years. The parents rightly feared that Auschwitz or a labor-camp would soon be their destination, and along with their own anxieties, they suffered feelings of profound guilt at leaving their little ones. Some parents survived the camps but the anxieties, now long embedded in both young and old, made reconnection emotionally difficult.

In making the film, Mira selected two Israeli women with similar childhood experiences to join her, along with both her parents. She researched archival materials and photographs from sources in Poland, Germany, Israel, and the US and deftly wove them into this amazing story of courage and sacrifice, resilience and strength.

But it was Mira herself, in sharing her journey and her wisdom, who educated and inspired all of us privileged to talk with her, and we thank her. Her parting remark, “You don’t have to be good to do good” will remain with each of us.

Lynda West is a member of Hamden Village.

VILLAGE VERSE: Things are Looking Up (March 2021)



We are vaccinated!! Now we’re free.
Our grandchildren we soon shall see.
We will go shopping, you and me.
Amazing how our life will be!
 Summer too will soon arrive,
 Winter is almost gone.
 I will be glad to lose the cold
 And early setting sun.
Today I’ll visit Paradise
Where they sell little plants to me,
And I shall pick the ones I choose
To flower on our balcony.
 I will take a shopping cart,
 And I will walk down every aisle,
 And as I pile up tiny plants
 I will wear a smile.
So let us dance down the garden path
(And hope that no one hears us sing.)
We are vaccinated. Winter is gone.
It will be a happy spring!

— Liz Wolf, Amity Village member

PANDEMIC PASTIMES AND PURSUITS

Members share how they've kept busy these days...

FRANCIE IRVINE (ERV)

It was mid-March 2020 when the manager of the Family Literacy Program at IRIS called me. She asked if I'd tutor a refugee living in Hartford. Mwajuma was originally from the Democratic Republic of Congo and had fled to Burundi where she lived for several years before getting permission to come to the US in November 2019. In her early thirties, Mwajuma had a daughter, aged two and a half. She had begun IRIS-sponsored English classes and she wanted to continue, just as we began to realize that in-person learning was so very 2019. I agreed, thinking I would call in twice a week for a few months. Mwajuma had WhatsApp but she was very shy about using the video portion: we have remained voices to each other.

Teaching anything over the phone is difficult; teaching a language that way even more so, as language depends on so much more than words. Visual cues, such as facial expression and body language, contribute to communication. A smile of encouragement gets lost over the soundwaves; hearing a new word without seeing the shape of the mouth makes it hard to pronounce. Where to start? Mwajuma is well-educated. She finished high school. She speaks Swahili, but more importantly for me, she speaks French. It became our go-between language, the language of grammar explanations and comparative vocabulary. We focused on family, home, food, and work – the basic quartet. Understanding questions and answering them; identifying and buying food; applying for a job and having an interview; getting doctors' and dentists' appointments; enrolling a child in daycare...

Working and talking with Mwajuma has given me insights into how emotionally and mentally tough a refugee has to be. IRIS provided initial support for her by setting up and furnishing a rental apartment, enrolling her in English classes, in HUSKY health insurance for her and her daughter, and in a food stamps program; she also has a case worker who checks in periodically. But Mwajuma is fully responsible for her rent and must repay the US government for the cost of her flight to the US. IRIS also set Mwajuma up with the American Job Center. That led to her employment at a recycling plant in Hartford, where she works 2pm-11pm. Her daughter is enrolled in a daycare; Mwajuma gets her there in the morning and has created elaborate systems for pickup and childcare until when she gets off work. IRIS offers a network of refugees who look out for each other, and a local cohort of Americans who provide

rides, advice, and friendship. Thanks to one of these, Mwajuma has a bank account and a debit card.

In November 2020, a year after her arrival in the States, Mwajuma and I began the process of applying for a Green Card. It is an arduous process: the invasive questions echo those asked to establish refugee status. She has filed her 2020 taxes and hopes for a refund; she'd like to pay off the airfare debt and set up a savings account for her daughter. She's looking for another job and she's going to English class in person at Hartford Adult Education. We talk a few times a week, and I try to explain the vagaries of American culture and customs, politics and humor. We usually find something to laugh about; recently it was about how easy it's been for Mwajuma's daughter to learn English when Mwajuma has put so much work into it and still finds it hard! Mwajuma calls me "Teacher," but over the past year she has taught me an enormous amount about resilience, determination, and faith in the future.

March 2 WALKABOUT



Photo by Peggy Atherton

Trish O'Leary, Rick Allen and Karen Schneider (above) joined Peggy Atherton on another Walk and Talk. This one was at Bradley Point Park in West Haven and the temperature registered 28°F, about 5 degrees warmer than our last walk. We are planning to do another one at the end of March hoping it will go out like a lamb.

Zoom Gatherings in Your Village

*Please check your email or the HH calendar
for details and updates.*

AMITY

Thursday, April 1 (with Westville), 15, 29. 5pm
Virtual Happy Hour!

Join us every other Thursday!

DOWNTOWN

Saturday, April 3 & 17. 5:30pm
Virtual Happy Hour!

Join us every other Saturday!

EAST ROCK

Saturday, April 3, 10, 17, 24. 5pm
Virtual Happy Hour!

Join us every Saturday!

HAMDEN/NORTH HAVEN

Tuesday, April 13, 10:30am
Virtual Coffee!

See you then!

WESTVILLE

Thursday, April 1 (with Amity) 8, 22. 5:00pm
Virtual Happy Hour!

Join us every other Thursday!

HH ONGOING EVENTS

MEMOIR WRITING GROUPS

The groups meet every second and fourth Monday of the month for an hour and a half. We're Zooming these days, and it's working beautifully. For more information or if you would like to attend a meeting to see how it works, please email Harriet Bergmann at hfb183@gmail.com.

PINS AND NEEDLES

Monday, April 5. 3:00pm.

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 and be included in the group Zoom invitation, please email Kathy Denardo at vivian.denardo@att.net.

PLAY READING GROUP

Tuesdays, April 6 & 20. 7pm.

A Streetcar Named Desire, by Tennessee Williams. Limited to 12. The play is available on the HH website calendar. You must be logged in to register. **Members only.**

BOOK GROUP

Monday evenings, 7pm, every 5 weeks.

All genres welcome! Please contact Peggy Atherton at peggyatherton@yahoo.com or 203-273-6118 for the current title and meeting time. **Members only.**

What Are We Reading?

From Elaine Lawson of Woodbridge:

I have discovered and become addicted to the author Ronald H. Balson. He writes historical thrillers. The first one I read was *The Girl from Berlin*, and it led me to dive into all of his other books. Balson is a lawyer, and this shows in his stories: I find them to be extremely intelligent, well-written, and totally compelling. Great entertainment!

From Gene Festa, of East Rock Village:

Although most of my reading these days consists of trying to catch up with my pile of *New Yorkers* and my sailing magazines, I recently started to read *Ruth Bader Ginsburg* by Jane Sherman DeHart. We all know who she was! I find it well-written, and it makes this born-and-bred New Yorker quite nostalgic. Ginsburg grew up in the city during roughly the same period as I did, so she seems very much a contemporary spirit. Of course, discussion of her immersion in the field of women's issues intrigues me too.

Laughter

from the

Washington Post Annual Neologism Contest

Thanks to Jane Jervis!

Coffee (N.): the person upon whom one coughs.

Flabbergasted (adj.): appalled over how much weight you have gained.

Abdicate (V.): to give up all hope of ever having a flat stomach.

Esplanade (V.): to attempt an explanation while drunk.

Negligent (Adj.): describes a condition in which you absentmindedly answer the door in your nightgown.

Gargoyle (N.): olive-flavored mouthwash.

Flatulence (N.): emergency vehicle that picks you up after you are run over by a steamroller.

Balderdash (N.): a rapidly receding hairline.

Frisbeetarianism (N.): The belief that, when you die, your Soul flies up onto the roof and gets stuck there.



Events: April



The office will be closed on Friday, April 2.

Wednesday, April 7, 11am. Via Zoom*.

HH Lunch & Learn presents

Cheney Brothers Silk Co. with Carol Cheney.

Carol Cheney, Hamden Village, will discuss her family's Connecticut silk business and its impact in the state. Carol will talk about the origins of the business, different uses of silk, the role of advertising and marketing, and the Cheney's legacy of civic involvement and philanthropy in Manchester and Hartford. She will show examples of fashion promoted by Cheney Brothers and items in the Wadsworth Atheneum collection given by the family. **Members only.**

Friday, April 16. 2pm. Via Zoom*.

Responding to Food Insecurity:

Emerging Stronger after COVID.

A Discussion with CT FoodBank/FoodShare.

Before COVID-19, over 37 million Americans struggled with food insecurity and worried about having enough food for their families. Recent estimates show that nearly 50 million Americans were food insecure in 2020 due to the pandemic. The charitable food system of food banks and food pantries responded with innovative strategies. Hear how food insecurity has increased and which groups have been most impacted due to COVID-19 and learn about innovative strategies to promote health & wellness while addressing hunger. **Open to members & friends.**

Wednesday, April 21. 7pm. Via Zoom*.

Prostate Cancer and Screening

with Dr. Michael Leapman.

Dr. Michael Leapman, Yale Cancer Center, will discuss the presenting signs and symptoms of prostate cancer, screening tests, and treatment options. If you're not familiar with these topics, we recommend you attend; prostate cancer is the most common cancer among men (after skin cancer). This is an opportunity to learn from an expert about a condition that affects so many. **Open to members & friends.**

Wednesday, April 28. 3pm. Via Zoom*.

HH Poets & Writers presents

Poetry Reading by Laura and Vic Altshul.

Laura & Vic Altshul, Downtown Village, will each read selections from their work. **Members only.**

**A Zoom invite will be sent prior to each program.*

HOMEHAVEN OFFICE
 📞 203-776-7378 📞
info@homehavenvillages.org

THE great Give[®]
MAY 4-5, 2021
 A 36-hour, online-giving event
 to support local nonprofits

*Watch your email
 for instructions on how to help HH
 raise money and win prizes!*

Generous support for HomeHaven provided by:

Whitneyville Food Center
(203) 248-4471

THE LANDING
of NORTH HAVEN
www.thelandingofnorthhaven.com
203-780-0111

ServiceMASTER
Restore
203-535-0370

Visiting Angels
LIVING ASSISTANCE SERVICES
203-298-9700

Assisted Living
SERVICES, INC.
IN-HOME CARE SOLUTIONS FOR AGING IN PLACE
www.assistedlivingct.com
203 634-8668

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

BENCHMARK
SENIOR LIVING
at HAMDEN
35 Hamden Hills Drive, Hamden
203-248-1864

Coachman Square
at Woodbridge
21 Bradley Road, Woodbridge
203-397-7544

Click on the logos to go to the websites.

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