



Message from the Executive Director: RECRUITING FOR HOMEHAVEN: THE NOT YET READYS

HomeHaven isn't one size fits all. People join for many different reasons and the value of being part of a Village certainly changes over time, as one's needs change.

Many join to enjoy the diverse social and cultural activities and ongoing monthly interest groups, such as "Memoir Writing," "Cooking in Different Languages," and "Pins and Needles." Some members focus on volunteer opportunities, including visiting and driving others. Dozens — fully one-third of our membership — serve on committees: more than 10 volunteer management and Board committees run our organization, working closely with the professional staff. Some members join

to take advantage of the vetted service lists maintained in the office, whether for household repairs, home health services, or household help. Others may join for a free home safety assessment, or to receive rides to their doctors.

As we age and our capacities change, HH brings peace of mind, knowing your Village is looking out for you and the office is available with expertise and support. While some of the resources HH provides might be available here and there, your membership affords you a community where reaching out and asking for help is the norm, where you are encouraged to connect with others who are going through what you're going through. The Village movement counters the tendency in our society for people to keep their problems to themselves and withdraw into isolation.

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GET READY for...



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

Details on p. 3

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Click on the logos to go to the websites.

Message from the Executive Director *continued from page 1*

HomeHaven is a vibrant, thriving organization, but it is not self-sustaining. We need to recruit new members. Our numbers and resources will dwindle over time if we don't. The best way to recruit is by word of mouth. You can bring a friend or neighbor to the activities you go to or invite them to your monthly coffee gathering or Soup Sunday. We hope your guests will feel what you feel when you are socializing with your Village — that they are being welcomed into a caring community. You may need to invite them more than once, and even then they may be reluctant to join. We sometimes refer to them as the “not yet readys.”

That reminds me of a story. I was in my mid-30s, newly married, when my older sister, who already had three sons, asked me when I was planning to start a family. I responded that I wasn't ready yet. Her response? “You'll never be ready and you're not getting any younger!” A bit harsh, you say, but before too long I was pregnant with my first child.

Might a kinder, gentler version of that be the perfect answer to our not yet ready friends and neighbors? There's no time like the present!



Lauri J. Lowell



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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.

“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:

- 41 rides by volunteer drivers
- 21 home visits by volunteer visitors
- 10 computer assists by volunteer computer helpers
- 10 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.



HomeHaven *is participating in ...*

An online giving event
8 am May 1 - 8 pm May 2
 at www.TheGreatGive.org

The Great Give is Greater New Haven's premier charitable giving event, a 36-hour online fundraising challenge to support local non-profits. HomeHaven has participated for a number of years and has won many prizes. Donating is easy! Just go to www.TheGreatGive.org, have your credit card ready, and read the instructions.

Of course there are rules! You may donate only online and only during the hours of **8 am on Tuesday, May 1 to 8 pm on Wednesday, May 2**. Please choose HomeHaven to receive your donations.

To make this more exciting, prizes are offered for various times and for various categories of both donors and recipients.

We are hoping to win the **"Early Bird" prize of \$1000**, as we did last year, for the greatest number of individual donors between **8:00 am and 9:00 am on Tuesday, May 1**. *Generous members of HH Board committees will contribute a \$1000 match if we win that prize!*

If we don't win the "Early Bird," — and we'll let you know later that morning by email blast — we will try for the **"Seize the Day" prize of \$1000** on the next day, for the greatest number of donations between **6:00 am and 8:00 am on Wednesday, May 2**. *If we win this prize, the committee members will contribute the \$1000 match.*

Please remember: Individual donors can only be counted once within a time period, but you can give during successive targeted time periods. Household members should donate separately because **it is the number of donations that matters**. Please enlist your friends and families to help! *The committee members have put up an **additional \$1000** if we exceed 135 individual donors during the entire 36 hours! Let's make them pay up!!!*

In addition a generous **\$2500 corporate gift** goes to the organization in our category (Health and Wellness) that receives support from the most

donors in the entire 36 hours of the event. **Please help us win this prize too!**

If competition turns you on, you may follow the progress of the Great Give online, moment by moment. Just log in to www.TheGreatGive.org and look for the link to the Leader Board. Remember it's the **number** of donors and the **number** of gifts that win the prizes, not the size of the gifts. All of your gifts, both large and small, will be greatly appreciated and will help us grow and thrive. Thank you!

Kerry Snyder to Give Organ Recital

Kerry, a well-known scholar, organist, and member of HomeHaven, offers a private recital to HomeHaven members and their friends on Thursday, May 10, at 4:30 pm at the Yale Divinity School's Marquand Chapel (for details, see p. 9). Her program will feature three big B's in three generations of baroque organ composers: Dieterich Buxtehude (1637-1707), Georg Böhm (1661-1733), and Johann Sebastian Bach (1685-1750). Bach studied with Böhm, the organist of St. John's Church in Lüneberg, between 1700 and 1702. In 1705 Bach walked some 200 miles from Arnstadt to Lübeck and stayed for three months to "learn one thing and another about his art" from Buxtehude, the organist at St. Mary's Church.

The organ Kerry will play, built by Taylor and Boody and named for former HomeHavener Charles Krigbaum, is in North German baroque style with mean-tone tuning, which was in use during the renaissance and baroque periods. "Most of Bach's organ music has too broad a tonal range to be playable on this organ," Kerry says, "but I hope to demonstrate that the pieces that I have selected sound quite wonderful with mean-tone tuning. It is a great privilege for me to perform on this organ, thanks to the generosity of the Institute of Sacred Music as part of its outreach to the New Haven community."

HomeHaven members are welcome to bring friends. A reception in the common room next to the Chapel will follow the recital.

HEALTH MATTERS: Vertigo

by Robert Gifford, M.D.

Several years ago I set out to repair some wiring under the dashboard of my car, but after a few moments I began to feel dizzy, as if the world were spinning around, and even became somewhat nauseated. I was lying on my back, looking up, with my head slightly turned to one side. Upon standing up again, the unsteadiness slowly began to dissipate. A week or so later, I was repairing a pipe under the kitchen sink and the same sort of dizziness returned, lasting for a minute or so. Over the next two months, I noted similar sensations, often while lying in bed. The symptom that I experienced is known as **vertigo**, a type of dizziness that makes you feel as if you are spinning, swaying, or tilting, or as if the room is moving about you.

Vertigo is a symptom, not a diagnosis, because there are **many possible causes**. Although severe, sometimes incapacitating vertigo can be caused by a virus or post-viral disorder (known as vestibular neuronitis or labyrinthitis), it can also rarely be a symptom of a serious brain problem such as a stroke, or of a neurologic disease such as multiple sclerosis. Most causes of vertigo, however, are less severe and **stem from a problem in the inner ear**. Deep inside the ear, there is a small network of tubes (called semicircular canals) that are filled with fluid. Floating inside that fluid are special tiny calcium deposits (otoliths). The movement of these otoliths within the canals tells the brain what position the body is in and helps us to keep balanced. Head injuries or concussion can damage the inner ear and cause vertigo. And some migraine

headaches as well as certain medicines can affect the inner ear to cause this symptom.

But by far the **most commonly recognized cause of vertigo** is the type that I had experienced lying on my back in my car, a condition called **Benign Paroxysmal Positional Vertigo or BPPV** for short. Most such patients describe a brief spinning sensation brought on when tilting the head backward to look up or after a sudden turn of the head. The dizziness is usually quite brief, lasting a minute or less, but often severe enough to halt the activity, and it may be accompanied by nausea. **Importantly, there is no ear pain, hearing loss, or ringing in the ears associated with this form of vertigo**. These episodes of vertigo often recur periodically for weeks or months, but **almost always are provoked by specific head movements** such as looking up while standing or sitting, lying down or getting up from bed, or rolling over in bed. The diagnosis is made by confirming that the vertigo is related to sudden head movements and associated with some characteristic rapid eye movements that can be confirmed by your doctor via a well-established maneuver.

The symptoms of BPPV are attributed to the **abnormal movement of bits of calcium debris that have formed within one of the semicircular canals in the inner ear** and can move about within the canal to provoke the sensation of vertigo. The source of this debris is not entirely known but is more common as we age. **Remarkably, it is often possible to “cure” the symptoms of BPPV by actually repositioning these tiny calcium particles in the canal simply through a series of special movements and maneuvers of the head performed by your doctor**. The best evidence of efficacy is with the so-called Epley maneuver. However, even without such treatment, episodes usually resolve spontaneously over days to weeks, but often may recur.

In summary, if you are experiencing episodic brief bouts of vertigo associated with sudden changes in position, you probably have Benign Paroxysmal Positional Vertigo. Since there are other causes, it is probably wise to consult your physician to confirm the diagnosis.

Merry-Go-Rounds and Maypoles!

Remember when we used to TRY to make ourselves dizzy?

“Round about
And round about
And round about I go —
All round the table,
The table in the nursery —
Round about
And round about
And round about I go.”

- A.A. Milne, from “Busy”
in *Now We Are Six*

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.

Volunteer Voices in the Community: Carolyn Gould

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

KM You have a very interesting volunteer job. Can you explain what it is?

CG I am a baby “cuddler” in the Neonatal Intensive Care Unit (NICU) at Yale New Haven Hospital. I assist with vulnerable newborn infants there who need special attention because their parents are unavailable to hold and cuddle them themselves. For example, if the infant is part of a multiple birth, the parents might be at home with the other newborns or older siblings. If the mother has health issues herself, lives at a great distance from the hospital, or has returned to work, she might be unable to visit frequently.

KM How did you happen to become involved as a volunteer “cuddler”?

CG Eight years ago, when I retired from the law firm where I was a partner, I knew I would like to volunteer at Yale New Haven Hospital, so I approached the Hospital Volunteer Office. The NICU was reactivating the Cuddler Program and needed volunteers to help babies who experience physical problems to thrive through physical contact — or cuddling.

KM Did you receive special training?

CG Yes. All volunteers at the hospital receive background checks, special training, and orientation before starting. Every baby is connected to monitors, and sometimes to respirators, so that it is necessary to use special care in handling them.

KM What is the NICU like? How many babies are there in it?

CG There are usually 40 to 60 babies in the NICU. The unit has recently been renovated and completely redesigned on two floors so that each baby now has a separate small room off of central monitoring stations. In the prior design there were six large rooms on one floor with the babies side-by-side. The new arrangement with clusters of private rooms provides more privacy for the parents and less distracting noise for the infants. I think it helps them to stay calm.

KM How long are your shifts as a volunteer? Are you given an assignment in advance?

CG Our shifts are three hours long, once per week, with two volunteers per shift. My contact at the Volunteer Office sets up the schedule, and a nurse lets me know which babies need attention when I arrive. Some days I hold just one baby for the entire three hours. I believe

that research has shown that human touch — especially cuddling — helps to calm babies so that they gain weight and thrive.

KM You are active in other volunteer areas besides the NICU, correct?

CG I am active with the Yale New Haven Hospital Auxiliary, which helps fund special projects in the Hospital, provides scholarships for nurses, and manages Toy Closets in units which treat children. I also play the violin in the Yale Medical Symphony and have served as Clerk of Trinity Church on the Green.

KM Would you recommend volunteering at the hospital to other Home Haven members? How could they find out more information about opportunities there?

CG I have found volunteering at Yale New Haven Hospital to be very rewarding. There are many ways to help there besides the NICU: Some volunteers assist patients at the Smilow Cancer Hospital, for example. Others help with the book cart or as greeters. Anyone interested in more information can talk to me or contact the Yale New Haven Hospital Volunteer Services Department at 203-688-2297.

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.*

Introducing New Members

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

Jean & Bob Adnopoz ~ Hamden

Francie Irvine & Andrew McLaren ~ East Rock

Julie & Bill Moore ~ East Rock



COMPUTER CONNECTION: Do We Still Love Facebook?

by Christa Sammons

Norman Chonacky, outgoing chairman of HomeHaven's IT committee, often remarks that there's no free ride on the Internet. "Free" email isn't really free: you pay for it by becoming a target for advertisements and part of vast data banks accessible to who-knows-whom. (See the newsletter for February 2015, page 7.) It has lately come to light that the same thing is true of Facebook.

So what exactly is Facebook? It's a "free" online service that provides each member with a web page where he or she can post comments, photographs, and videos, share links to Internet material, and do much more through various associated apps. Members can request to be "friends" with others who have Facebook accounts, or agree to be "friends" when someone asks them. "Friends" can see and comment on each other's posts.

But Facebook, it turns out, has an all-encompassing photographic memory that never fades. If you use the site, it remembers who you are, what you like and don't, what your interests are, and how you lean politically. It compiles all that information and uses it for profit by making it available to advertisers of various stripes and firms that deal in big data. You can use Facebook's privacy settings to reign in some of your exposure, but it's still a wide, wide world out there. Feeling compromised, many people have quit Facebook. It's unlikely, though, that Facebook, with nearly two billion users worldwide, will go away. It's too much part of the fabric of contemporary society.

So why do some of us still like Facebook? Because, as its founder and CEO Mark Zuckerberg says, it brings people together. HomeHaven's past president Louis Audette uses Facebook to publicize his home concerts. Former HomeHaven Board member Jeannie Drury says it's a great way to keep track of family members, and she frequently sends out links to web pages that are both amusing and instructive. I joined to keep up with real friends who have moved away—and I'll admit to getting a little lift when "friends" admire photos of my cat.



Here's my advice. When you interact with Facebook, be mindful that you're out in public, a public that extends far beyond your chosen "friends." Your host, Facebook, records everything you say and do, stores that information, and profits from it in untold ways. I still stay on the thing because of those distant friends, but I lie low.

Christa Sammons is a member of HomeHaven's Information Technology (IT) Task Force. Suggestions for subjects are welcome and may be sent to Christa at christa.sammons@gmail.com.



Happy Birthday to HomeHaven members with a birthday in May

Aboud Bashy Lora-Lee Bell
Elizabeth Dreyer Bennett Henry Binder
Ellen Brainard Leslie Brisman
Jonathan Bush Paul Bushkovitch
Sam Chauncey Carol Cheney
Joe Dolan Jeanne Drury
Mae Festa Andy Fiddler
Anne-Marie Foltz Arlene Goldblatt
Carol Hay Joseph LaPalombara
Jocelyn Malkin Sophie Powell
Kim Rakusin Jim Sinclair
Hank Sykes Sheila Taub
Roberta Thornton Brian West



**Give Greater. Give Longer.
Remember HomeHaven in Your Will.**

SPRING INTO...SUMMER???

News and Notes from the Household Services Committee

by Wayne Meeks, Chair

Ahhh, spring in New England! At last, 55 degrees outside—and then suddenly it's 85, and we ask, "What happened to spring?" Winter to summer is upon us and it's time to get things done before the real heat comes our way.

Some Tips from Bruce Lawler, HH's Certified Aging-in-Place Specialist:

- Take a look overhead in the trees: broken and hanging branches from our March storms can be very dangerous.
- Get yard work and fertilizing underway. Start working the gardens.
- Power wash decks, patios, and walkways. Maybe even the house or garage.
- Have central air conditioning serviced and window units installed. Remember to clean the filters.
- Clean gutters and windows. Maybe a complete interior house cleaning?
- Check outdoor furniture. Does it need repairs or cleaning? Do you need help moving it outdoors?

I hope this is a helpful list. Please keep in mind we have professionals willing to help you when needed. And have a wonderful summer!

And about all that stuff in the attic. . . .

In last month's Newsletter, Peggy reminded us of the joys of decluttering. Or at least of *having* decluttered. Getting started on that is a thought that makes most of us want to close the basement door and go back to bed—but help is coming! Gretchen Kingsley has organized a presentation, **Decluttering: Treasures and Trash, Part I**, on **May 8** (see Events, p. 9, for details) to help us think about how to proceed. The first speaker will discuss the difficult decisions--what to keep, what to part with, how to decide. The second panelist will present options for disposing of possessions we can no longer keep, including those that may be of interest or value to another person or organization. A second presentation, **Decluttering Safely: Inside and Out**, will take place later, perhaps in June. Stay tuned

HomeHaven Helps

by Jane Jervis

KAYLEIGH

Swept up into HomeHaven by the enthusiasm of some neighbors, Kayleigh (*not her real name*) has enjoyed many activities sponsored by HH, including artistic and intellectual outings and social events where interesting conversations disclose breadth and depth in neighbors she had known only casually. She has met members who had been associated with Yale, which opens up a new segment of the community that had been less known to her.

Happily, Kayleigh has not needed many of the services HomeHaven offers, though she was pleased, after surgery, to have been discharged directly to home under the care of visiting nurses — arranged by HomeHaven — rather than to a rehab center. She and her husband often travel separately, and it's reassuring to know that support is available to the partner left at home.

But it is in volunteering that Kayleigh realizes the greatest benefit of her membership. She serves as a member of the Board and is actively engaged with fellow Villagers. Through the visiting committee, she has been deeply involved with an elderly individual whose life is utterly different than her more privileged life has been. Having retired after a long career in teaching, she especially enjoys the process of communicating and engaging with others.

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

Most of us are inclined to keep too many old and useless things in our houses and in our minds as well. Good housekeepers have an excellent custom of going from attic to cellar, at least once a year, and clearing out every closet and drawer. Some shake out and dust each article packed away in box or trunk, only to replace it and repeat the process year after year. How much better to give away the discarded clothing, the bric-a-brac or picture for which we no longer care.

— Emily Tolman, "Seasonable Suggestions," 1907



Promise me — You will always tell me if I am repeating a story ...



Of course! What did you want to tell me?



I forget

LAUGHTER: THE BEST MEDICINE Too Old to Date?

The neighbors thought it was odd, but 93 year old Morton was dating again. One Monday morning Morton woke up with a funny feeling that something important happened the night before. It was during breakfast, that Morton finally remembered what it was. He had proposed to his date Greta. But what she answered he just couldn't seem to remember. Morton picked up the phone and dialed.

"Hi Greta", said Morton, "I have a funny question for you. "Do you remember last night when I proposed?"

"Oh my gosh" gushed Greta, "I'm so glad you called, I knew I said yes to somebody but I just couldn't recall who it was!"

LINKING UP

Links to items of interest recommended by newsletter readers. We welcome your comments about these links and your suggestions for others.

Two articles from The New York Times:

Electronic health records don't sufficiently protect patients from getting care they do not want. Read "[You've Detailed Your Last Wishes, but Doctors May Not See Them.](#)"

Whether you move for long stretches or in sporadic spurts, the effect on overall health can be the same. Read "[Those 2-Minute Walk Breaks? They Add Up.](#)"

Village Verse: MISNAMED

Sound floated through the air from a tree
across the street,
It was a double raspy squawk, distinctive and discrete.
It had to be a bird that was absent from my list,
So I grabbed my old binoculars, this chance
must not be missed.

But when I sought it out, there was silence
and no bird,
Though the tree trunk had a hole near the sound
that I had heard.
I listened to recordings of the bird songs on my phone,
Elated when I recognized those squawks
I had not known.

'Twas a Red-bellied Woodpecker that was living
close to me!
So I ran across the street again to see what I could see.
And there he was, just like the book, with red
on nape and head,
But I saw no red on under parts, it was mostly
white instead.

Whoever named this feisty bird has almost guaranteed
That a novice might expect to see a belly red indeed.
But if truth be told the red beneath is minimal at best,
So listen for those friendly squawks and you
will know the rest.

— Bob Gifford, *Doctor of Doggerel*
East Rock Village



Events: May



Tuesday, May 1, 8:00 am -

Wednesday, May 2, 8:00 pm

The Great Give: A 36-hour, online giving event to support local nonprofits

We have a great record of giving. Let's do even better this year! Remember it's online only and it's the number of givers as well as the amount that counts. (See page 3 for full details.)

ONGOING GROUP MEETINGS

COOKING IN DIFFERENT LANGUAGES:

Ottolenghi

Monday, May 21, 6:30 pm

Sign up deadline is **Friday, May 11.**

Not a language or a country this time, but a chef! Choose recipes from renowned Israeli-British chef and restaurant owner, Yotam Ottolenghi, available online and from his several cookbooks.

New members are always welcome—a great way to get to know other HomeHaveners. 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 by the deadline at c_markle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. Please also call 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

Because of the Memorial Day holiday there will be no meeting this month. When we resume in June bring whatever project you are working on and enjoy the good company, lively discussions, and refreshments. New members are always welcome at these regular fourth Monday of the month meetings. For more information please email or call Sophie Powell at szrppowell@gmail.com or 203-776-1477.

Tuesday, May 8, 2:30-4:00 pm

Panel Discussion: "Decluttering: Treasures and Trash, Part I"

Presenters, Elaine Turek and Steven King

First Presbyterian Church

704 Whitney Avenue, at Huntington Street

Reducing the many "things" we have collected over the years seems daunting but can be made more manageable by dividing it into two parts. Our speakers will cover first, determining what is treasure, that we will keep, and what is trash, and second, what to do with our trash, which someone else may treasure. (For more, see Household Services, p. 7)

Parking is behind the church, with additional parking available on Huntington Street. Please call the office to reserve your seat.

Thursday, May 10, 4:30 pm

Organ Recital, Kerala Snyder

Marquand Chapel, Yale Divinity School

409 Prospect Street, New Haven

Kerry, organist and HomeHaven member, will present a private recital for HomeHaven members and their friends. A reception will follow (full details, p. 3).

Free parking in the Divinity School lot, accessed from Prospect Street, is open to the public after 4:00 pm. Please call the office to reserve seats.

Wednesday, May 23, 7:00 pm

Felix Mendelssohn's Oratorio *Elijah*

Bethesda Lutheran Church, 450 Whitney Avenue

A concert by the combined choirs of Bethesda Lutheran Church, United Church on the Green, and First Presbyterian Church, with professional soloists. Hear Elijah mediate a cosmic battle between Baal and the God of Abraham! Identify HomeHaveners in the chorus!

There is no admission charge, but a free-will offering will be appreciated. Parking on St. Ronan Street, in the church parking lot off Whitney Ave., or on Whitney Avenue.

HOMEHAVEN OFFICE

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