

## Message from the Executive Director: Opening Up



It's May and spring is well underway. I always get spring fever, but this year more than ever after 14 months of shut-in and shutdown. My house has a backyard that slopes on one side down to a stream or creek. (It babbles, so it's probably a brook.) There's a boggy area, so I plan to put in water-loving perennials like fern and pussy willow. They'll spread and soak up some of the water and make a nice perimeter. I want to put in a weeping willow, but maybe not this year. I have in mind a tree for our front yard – maybe a dwarf Japanese maple, or a dogwood, my mother's favorite.

Mostly I just want to open all the windows and get outside as much as possible!

Which brings me to this: HomeHaven is starting to reopen now. The Villages are planning activities – small groups inside, and larger gatherings outdoors. And we are planning our first HH-wide in-person activity: The Annual Picnic in Edgerton Park in June! (See the "Hold the Date" in Events.)

Please think about what you'd like to do with other HH members during the summer and call or email

the office with your ideas. We hope to have field trips and garden parties all summer. A highlight will be our customary Thimble Islands cruise in late August. We will continue our Lunch & Learn Zooms, so let Kate and the Activities committee know if you have something you'd like to share with the community.

For all HomeHaven activities, inside and outside, in the Villages and HH-wide, we will welcome those who are *fully vaccinated*. As always, we encourage you to follow CDC protocols and look for COVID Updates from the Health and Wellness Committee.

Happy gardening to those who do!

Lauri J. Lowell

### IN THIS ISSUE:

- The Great Give ..... page 3
- In Memoriam ..... page 4
- Health Matters ..... page 5
- Let the Sun Shine In ..... page 6
- IT: SPAM-SHMAM, Pt. 3 ..... page 7
- My Winter Oriole ..... page 8
- Rewards of Visiting..... page 9
- Making the Most of Exercise ..... page 9
- Pandemic Pastimes..... pages 10-11
- Ongoing Events ..... page 11
- Upcoming Events ..... page 12

Generous support for HomeHaven provided by:





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

- Judith August    Aboud Bashy
- Jean Blue    Ellen Brainard
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- Carol Cheney    Joe Dolan
- Ann Drinan    Jeannie Drury
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- Kim Rakusin    Ellen Scalettar
- Jim Sinclair    Frans Wackers
- Marjan Wackers    Brian West



**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](mailto: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
- 8 computer assists and numerous Zoom assists by volunteer computer helpers
- 25 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.

**HomeHaven News**

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HomeHaven *is participating in ...*

*An online giving event*  
**8 am May 4 - 8 pm May 5**  
 at [www.TheGreatGive.org](http://www.TheGreatGive.org)

The Great Give is Greater New Haven's premier charitable giving event, a **36-hour online** fundraising challenge to support local nonprofits. Over the last several years, The Great Give has become a substantial part of HomeHaven's annual fundraising. Donating is easy! Just go to [www.TheGreatGive.org](http://www.TheGreatGive.org), have your credit card ready, and read the instructions.

**There are rules.** Of course, there always are rules! You may donate only online, and only between **8 am, Tuesday, May 4 and 8 pm, Wednesday, May 5**. Please choose HomeHaven to receive your donations.

To make this more exciting, The Great Give offers incentives and prizes for various time periods and for various categories of both donors and recipients.

**Targeted Times to Give.** We hope to win one of the prizes offered to induce donations during specific time periods, concentrating our efforts on three specific times:

- Day 1 *Early Bird* prize, 8:00 am to 9:00 am on Tuesday, May 4
- Day 2 *Early Bird* prize, 8:00 am to 9:00 am on Wednesday, May 5
- Day 2 *Last Call Happy Hour* prize, 5:00 pm until 7:00 pm, Wednesday, May 5

**Please donate during these 3 time slots!** We can win up to \$2,000, but it all depends on the number of *unique individual donors* we get during these specified times. Individual donors can only be counted once within a time period, but you can give during different targeted time periods. The minimum gift size is \$5, but there is no maximum! So please spread the total amount you want to donate over the three times we are targeting. Paraphrasing the old political joke on voting, we urge you to "Give early and often!"

**Family and Friends.** How successful we are in winning prizes depends greatly on **how many individuals** donate to HomeHaven, so we need your help in getting our numbers up. Please enlist your friends, children, grandchildren, and others to join you in making individual gifts. Share The Great Give link with them, and ask them to donate as little as \$5 or as much as they choose. Every gift counts!

**The Leader Board.** If competition turns you on, you may follow the progress of The Great Give online, moment by moment. Just log on to [www.TheGreatGive.org](http://www.TheGreatGive.org) and look for the link to the Leader Board. There you can see how we are doing and share the excitement of our success. You also will see that all of your gifts truly make a difference.

Thank you in advance for your participation!

— Frank Estes, HH Fund Development Chair

## A Celebratory Toast!

Photo by Kaye Maggart



Toasting Vaccinations at the Maggarts: Judith Colton, Wayne Meeks, Patty Langdon and Jim Maggart

## IN MEMORIAM

*May her memory be a blessing.*

### EMILY BETT (1933 - 2021)

Emily and I met in a campus tavern at the University of Chicago. It was dark, but I was taken by her flashing smile and generous laughter. I called a friend who was at the Oriental Institute where Emily worked to ask who she was and whether I could get a date?



The answer came back in Emily's voice: "Why doesn't he ask me himself?" We had a wonderful courtship on the South Side, with parties, museums, and swimming in Lake Michigan. We graduated, she with a BFA, and married on the same snowy weekend in March; the next day we drove a U-Haul to McGill in Montreal. Then, to Pittsburgh and Carnegie Mellon, and finally to New Haven, where I joined United Technologies. Despite many moves, Emily created warm and loving homes for me and, eventually, for our baby daughter, Alison – homes that were lit by Emily's beauty, style, and always, her laughter.

And she was always an artist. In Montreal, she painted with John Fox, a prominent Canadian artist. In Pittsburgh, with an active young baby, cleaning up after painting in oils was too difficult, so she took pottery courses at Carnegie Mellon, producing decorated bowls and fantastical sculptural pieces. In New Haven she returned to painting, printmaking and etching. She was active in New Haven's art world; in the early '70s she co-founded the Center for Arts and Crafts

in Hamden, which she ran for seven years and which reached a peak of 150 students. She was the treasurer for the New Haven Paint and Clay Club for many years. Her art was eclectic, involving all media and frequently including an element of whimsy. An early collagraph showed a medieval knight (female) with a woebegone male knight riding behind her, sidesaddle. Her work has been exhibited in galleries in Montreal and in New England. She received over 60 awards in regional and national competitions.

Emily was a woman of strong enthusiasms. In addition to art, she loved tennis. Her games always included large infusions of laughter. And she loved organizing parties: shortly before we left our much-loved home, she realized that the lawn sloping upwards and away from our deck would be the perfect venue for a Woodstock-style concert. In no time she hired a blues group and invited thirty people. We were lucky to have had a beautiful summer evening as the band played into the dusk. Even the neighborhood fox came to listen.

I know that she is somewhere savoring the memory of that magical evening she created. I miss her creativity and I miss her laughter. She often said that she wanted to leave the world a better place than she found it, and she did.

– John Bett

*John and Emily Bett were members of North Haven Village. John lives at Elim Park.*

## CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

*In honor of Louis Audette: Patricia O'Leary-Treat*

*In honor of Lauri Lowell: Diane and Walter Ariker*

# HEALTH MATTERS: “Old Farts”

by Pat Jackson Allen

Older adults frequently complain of difficulty in managing flatulence. Although intestinal gas production is a normal part of digestion, excessive gas can embarrass us. Normally, gas passes from the rectum 14-25 times throughout the day, usually without notice. But as we age, an increased amount of gas, and our inability to control its release, can become uncomfortable and/or a source of potential embarrassment. Why does this become a problem?

## Changes in Our Digestive System

As we age our *metabolism slows*, along with the motility of our gut. Undigested food and gas can accumulate in the large intestine, causing *constipation and trapped gas*. Bacterial changes in the small and large intestines may cause increased fermentation of undigested food as it moves through the gut, causing increased gas production. *Enzyme deficiency* may make it hard to digest certain sugars. The presence of *lactose*, found in dairy products, or *fructose*, found in fruits and corn syrup, can make digesting these foods problematic. Some people don't process certain carbohydrates in their small intestines leading to poor absorption, increased bacterial fermentation, and production of gas. Lastly, the *rectal muscle* surrounding the anus may weaken, limiting control of the release of gas.

## Changes in Our Health

*Mobility and exercise* move food and gas through our gastrointestinal system. The longer undigested food sits in the intestinal tract, the more gas it will produce. Other health problems, such as diabetes and hypothyroidism, alter processing of foods and metabolism. Joint or muscle pain and cardiac or

respiratory problems may make exercise more difficult. Many *medications* prescribed to treat hypertension, pain, or infection may alter gastrointestinal motility or bacterial colonies in the colon, leading to slowed digestion or increased gas production.

## Ingestion of Certain Foods

We know that onions and garlic, *cruciferous vegetables* (cabbage, Brussels sprouts, broccoli, cauliflower), and *legumes* (lentils, chickpeas, soy, and kidney beans) increase fermentation in the gut, creating increased gas. Certain *fruits*, especially dried fruits higher in sugars, affect some people. And some have specific *food intolerances*, e.g. to gluten, that result in increased flatulence. Drinking *carbonated fluids* – beer, soda, water – will also increase gases in the gastrointestinal system.

## What Can We Do?

We have in common these causes of increased gastrointestinal gas, but each of us has a unique system for dealing with them. If you experience discomfort and are concerned about intestinal gas, record your activity, diet, and perceived gas volume. If constipation is a problem, try to relieve it by diet changes, increased fluid consumption, and exercise. Exercise is key: walking and hiking assist in moving undigested food through the colon; Kegel exercises help strengthen the muscles around the rectum.

If dairy products or fruits increase gas, try eliminating those foods or finding an acceptable alternative: lactose-free dairy products or supplemental lactase or fructose enzymes may help. If you prepare those foods differently or consume them in smaller quantities, you may tolerate them better. It's wise to limit carbonated drinks as well.

We are learning a lot about our “microbiome,” our intestinal bacteria. Health conditions and medications may alter our microbiome, resulting in an overgrowth of bacteria that increases gas production. Probiotics, found in foods or in pills, may re-establish a healthy balance of bacteria. If medications contribute to constipation or excess gas production, discuss alternatives with your health care provider. Gas is normal, but significant abdominal pain, distention, weight loss, persistent diarrhea, or loss of appetite, warrant a medical evaluation.

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Pat Jackson Allen is chair of the Health and Wellness Committee and a member of Amity Village.

## 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](mailto:hhkateh@gmail.com).

# Let the Sun Shine In – A Conversation

## Tales from the Roofs of Louis Audette and Norman Chonacky

Ask yourself: What can *I* do about climate change?

**Louis:** In the early '80s I started a small company in southern Vermont to generate electricity from biomass and landfill gas. So, with a background in renewable energy project development, I was among the first residents in New Haven, in 2007, to install a solar array on our house on Everit Street. Attractive government subsidies and incentives for independent power production were becoming available, but there was little direction about how to go about doing it. Our house had appealing features: a standing seam roof which made attaching collectors easy, direct unobstructed southern exposure, and a modern design that emphasized energy efficiency. To install solar generation seemed like the right thing to do – which was easily as important to me as (possibly) saving money.

After studying sub-commercial systems, I hired a vendor to install an 8.6 kilowatt collector array. It fed direct current to inverters, to convert DC into alternating current that could be merged into my house's electricity system. A control device diverted power for my own needs first, with surplus passing out through its own meter to United Illuminating. Although they're essential for off-grid systems, I never opted for batteries or my own generator. As it happened, my array was so large that if there were a utility shutdown, my power alone could endanger a lineman, so when UI went down, so did I – instantly. Luckily, outages in town don't usually last long.

Neither the utilities nor pioneer solar enthusiasts had much experience with price determination. At first, UI charged retail for the power it supplied to me, but only paid wholesale for the power going to them. We were able to organize a group of independent producers in southern New England and persuade the regional utility commissions that our kilowatts were identical to the utilities'. Thereafter, our uploaded surplus was measured in kilowatt/hours and banked as a credit against our retail billing.

Initially, the reduction in electricity cost was gratifying, but we still had to amortize the expense of the system. There have been some maintenance issues. One of the inverters failed after warranty and a squirrel invasion under the collectors was a nightmare. My project was an interesting experiment. It might not have been as much fun for the non-enthusiast.

Its real value was demonstrated several years later, when I installed a geothermal heating system with its huge energy demand to drive pumps and fans. All that "free" solar power was a godsend then and made it possible to stop using oil for heating.

**Norman:** In 2013, Jane and I started talking about putting solar panels on our steep south-facing roof, to do our small part toward slowing the course of global climate change. I had been doing research on global warming remediation technologies at Columbia and I was learning about the deeply alarming consequences of warming. But I knew nothing about the *practical* business of renewable energy.

This was six years after Louis started converting his house, but we decided not to go it alone as he did. Six years had changed the business. The most aggressive marketer back then was *Solar City*, whose reps would chase you down the aisles of Home Depot waving brochures. But they took one look at our roof from the attic, saw that the rafters were irregularly spaced and undersized by today's standards, and said "Nothing doing." They were looking for low hanging fruit.

We turned to a local, ecologically-conscious "design and build" firm that had worked for us previously. They said that the lumber used for our rafters was "true-sized" and most likely from old growth forest – really strong. They assured us that if the installers were attentive to the irregular spacing, there was little threat of structural damage or failure. And another HomeHaven member recommended another panel company – *Sungevity* – for being both congenial and competent. We gave *Sungevity* all the information we had, and after an inspection they offered us a contract. We accepted gratefully.

By late summer 2014 *Sungevity* had installed our full roof of panels; by autumn they had obtained the permits to commence operation. The following year our installation was shut down by a squirrel invasion that chewed through the connecting wires. *Sungevity's* local contractor repaired the damage and installed *critter fences* at no charge. A year later, they replaced a failed inverter – again, no charge.

Alas, in 2017 *Sungevity* went bankrupt. But their contract with us provided that any successor must honor the original contract. Now our panels and their

*continued on page 7*

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

by John G. Sawyer

The last topic of this series concerns Social Media spam. Wikipedia defines social media spam as “...unwanted content appearing on social networking services, social book-marking sites, and any website with user-generated content (comments, chat, etc.)” Social media spam is a risk on most social media sites such as Facebook, Instagram, and Twitter. It has also appeared in Youtube and LinkedIn, although less frequently.

According to an article from “The Next Web” site from April 6, 2015, there are five common forms of social media spam:

1. **Bulk messaging** – Messages with the same or similar text can be sent out to a group of people in a short period of time. Several spam accounts can also simultaneously post duplicate messages.
2. **Spreading malicious links** – Malicious links are links created with the intent to harm, mislead, or damage a user or their device. When the link is clicked, activities triggered can range from downloading malware to stealing personal information.
3. **Fraudulent reviews** – These are reviews from “users” who never actually used the product. Various products and services usually pay several users for positive reviews to boost their product or service offering.

4. **Click-baiting** – The act of posting sensationalist headlines to encourage the user to click through to the content with the aim of generating online advertising revenue. When the user clicks through to the page, the content usually doesn’t exist or is radically different from what the headline made it out to be.
5. **Likejacking** – The act of tricking users to post a Facebook status update for a certain site without the user’s prior knowledge or intent. The users may think that they are just visiting a page, but the click can trigger a script in the background to share the link on Facebook.

Wikipedia’s article continues: “Fixing social media’s spam problems: The root of the problem is that creating a fake account in the social application is incredibly easy, as the identity verification process is easy to bypass. Common methods of identity verification include using email verification-only and using password-only.”

The best solution to all of these social media spam threats is to **not respond to any of them**. You should apply the same rules to Facebook, et. al., that you do for the first five of the phone spam examples shown in previous articles. I have no personal information to add to this, as I am not a social media user except for LinkedIn, on which I maintain a profile.

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**Let the Sun Shine In** *continued from page 6*

maintenance are part of *Sunrun*, which is equally congenial but more successful. And *Solar City* is no more; Tesla bought their failing operation in 2016.

The good news: last year for the first time we generated more power over the year than we drew from the network. United Illuminating had to pay us for the difference!

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*Louis Audette and Norman Chonacky are members of ERV.*

**Editor’s Note:** *Louis and Norman hope to continue the important conversation about mitigating climate change begun in this article. If you wish to join a Zoom conversation to discuss current solar opportunities and other alternative power possibilities, please contact them.*

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

## Welcome, New Members!

Hank Heifetz joins Mira Binford in  
*Hamden Village*  
Sue Eisner — *Westville Village*



# My Winter Oriole

by Kaye Maggart

Now that spring birds are everywhere, it may not seem so miraculous that a golden oriole appeared at our backyard feeder on a cold, snowy day in December, but so it was.



*Oriole in snow*

Looking thin, her back feathers olive drab as she pecked at the suet, she seemed lost. I say “she” because bird books agreed that olive-colored shoulders meant the oriole was female. In any case, this little straggler had obviously missed her summer flight to Central America with the flock.

She was the first oriole that had ever come to my feeder, and I had no idea how to help her survive. What could I feed her besides suet? Would she stay? The internet suggested orange slices and grape jelly; I had neither. Would clementine halves do instead? We did have those, so I tromped outside in my snow boots to hang them on the suet cage. She went at them all afternoon. When night temperatures dipped below freezing, however, I wondered if I would ever see her again.

Amazingly the oriole returned, and I replaced the frozen clementine pieces. This scene repeated itself into January, brightening our pandemic meals on the sunporch. Every Sunday on family Zoom calls, the first question was, “Is the oriole still there?” Much to my delight, yes, she was! There was lots of advice: “You should join a Facebook bird group,” my daughter suggested. “And do you have the Merlin bird app on your phone?” Both ideas proved helpful.

The Merlin bird app identified her as “likely” a Baltimore oriole and confirmed her as “rare” in the Hamden zip code for this time of year. Facebook had an active CTBirds group, which I joined. To my surprise, there was a photo of a bright male Baltimore oriole at another member’s feeder. When I wrote to ask what she fed her winter oriole, she recommended an all-fruit grape jelly, which my oriole loved. Already her visits had brought variety to our mornings and lightened the grim world of news outside – until the mockingbird came.

Those of you who are more experienced birders than I know what happened next. After sharing the feeder at first, the mockingbird became fiercely territorial, flying at the oriole with wings flapping whenever she – or any other bird – ventured into the yard. In desperation, I hung another feeder by the back gate. Maybe the oriole would find this alternate one? No luck. No more oriole sightings. Just the ever-present mockingbird. February meals on the



Photos by Kaye Maggart

*Oriole with mockingbird*

sunporch became as bleak as the weather. My husband, Jim, suggested getting a BB gun. I tried not to laugh, resigning myself to the cruel laws of nature.

But one windy day in March when the mockingbird had disappeared, the oriole came back. Warmer days made life easier for all of us. There was a vaccine; chickadees and finches were back, happy to share the feeder. The oriole occasionally stared at me from her perch if her jelly needed replenishing, but her days in general seemed to be busy elsewhere. Then April 9<sup>th</sup> CTBirds had a happy announcement: “The



*Oriole in sun*

first oriole of the season has arrived!” My winter oriole knew better. I keep wondering if she will find herself a companion among those migrants.

*Kaye Maggart is a member of Hamden Village.*

# The Rewards of Visiting

by Judith Colton and Rick Allen

HomeHaven offers us many opportunities to socialize and learn – and to form deep friendships. Before Covid, we also traveled, sailed, cooked, ate and drank, sang and danced together. Today, we focus on another opportunity to connect with each other: visiting.

We joined HomeHaven so that we would not be alone. If we stay in our own homes and lose a partner or our ability to function independently, we will have gotten to know enough HH friends and neighbors to help us get by or get further help.

But we can all play a more active role and make a huge difference to our fellow members by reaching out to them. And, in the process, we can learn a lot. You will be surprised by what you can offer to others and by what others can give in return.

Some examples: a visitor spent time with a woman who was in the middle stages of Alzheimer's. She developed a wonderful friendship with this member, became close to her family, and learned as much from her as she gave. Another visitor developed meaningful friendships with several people in their mid-nineties and has been treated to extraordinary stories about their lives, their careers, their relationships – and gained much wisdom about her own life. A third drove to Boston to help a

bereaved member return to her home and helped a recent widower to emerge from his cocoon of sadness and develop a new lease on life.

Other HH members have had telephone conversations with fellow villagers, walked with them, taken them shopping, read or played music for them, planted flowers and weeded gardens.

We could go on and on to tell you what some HomeHaveners have done for other members – to the benefit of both the visited and visitor. Instead, *we encourage all of you to seek out other members and get to know them.* We on the Visitors Committee could introduce you to someone who'd love a visit or a walk or just a phone call. Or ask your Village Leaders who might benefit from a visit. Who's that person in Zoom meetings that you would like to get to know?

Almost all HH members are fully vaccinated, so it's time to emerge from our long COVID seclusion, open up our doors, and re-establish or make new friendships! It will not take long to see just how much fun it is.

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*Judith Colton and Rick Allen are co-chairs of the Visitors Committee. Judith is co-leader of Hamden Village and Rick is co-leader of Amity Village.*

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## MARCH EVENT: "Making the Most of Exercise"

by Pat Jackson Allen

A combined audience of HomeHaveners and members of "Thrive at Home" heard Robert Schmelzer, an exercise physiologist, talk about "Making the Most of Exercise." Mr. Schmelzer encouraged those in attendance on March 24 to start exercising again to restore and preserve their physical and mental health.

Mr. Schmelzer recommended 150 minutes per week of active physical exercise. He reviewed four types:

- Aerobic activity to increase cardiovascular and respiratory activity;
- Resistance exercise to strengthen major muscles;
- Flexibility exercises to stretch joints;
- Neuromotor exercises to improve motor coordination and stimulate the brain.

You can combine these four types of exercises in what may seem a single activity: walking outside on slightly uneven ground while identifying the plants or buildings you pass combines aerobic and neuromotor exercise that benefits the body and the brain.

Exercise does not have to be strenuous to be healthy. Moderate exercise, during which you can carry on short conversations, is good. Each individual's fitness level will determine the definition of "moderate." Finally, exercise should not hurt. Mr. Schmelzer stressed the importance of listening to our bodies.

If you missed this program and would like to see it, ask the HomeHaven office to send you the link to the recording of the meeting.

## PANDEMIC PASTIMES AND PURSUITS

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

#### ANDREW MCLAREN (ERV)

My activities have been all too predictable for the last year – but that's changing.

Now it's a mad rush to book trips to see children and grandchildren, set up dinners with friends, and engage in appropriate post-vaccination frivolity. For the last year, it has been all about learning and doing, often a combination of the two, and a lot of cooking everything, especially bread.

I have made all sorts of things in my basement workshop. I have been studying British Art as a docent in training at the Yale Center for British Art, working with a delightful but intimidatingly knowledgeable group of docents, led and exemplified by HH's own Margaret Mann.

And I have also been studying Portuguese, with the goal of conversing in that language with my half-Brazilian four-year-old granddaughter. She speaks perfect English in my son's accent, and Portuguese just like her mother from Rio – but alas, she refuses to say a word to me in Portuguese...

So, cooking in Portuguese is the only way to express myself. My Brazilian teacher gave me the recipe for little cheese rolls called Pão de Queijo. I pass it on with pleasure to you.

#### Pão de Queijo

Preheat oven to 425 degrees. Bring 1/2 cup milk plus half a stick of butter and a teaspoon and a half of salt to a boil in a large saucepan. Remove from heat and vigorously stir in 2 cups of tapioca flour until shaggy. Transfer to mixer bowl with paddle attachment. Let stand five minutes. Then run on slow until mixture starts to come together. Break in one egg, and then another, beating on slow until dough is smooth, sticky, and stretchy. Finally add a cup of grated mozzarella and half a cup of parmesan until evenly distributed. Then use a scoop or spoon or your hands to make ping-pong-ball size pieces – and put on a baking tray. Bake at 425 for 5 minutes, then at 350 until golden (roughly another 25 minutes). Let cool for ten minutes if you can wait that long.

Feel free to substitute cheeses or add more cheese for age-challenged taste buds or throw in some garlic – or riff on the recipe in countless other ways. I have not yet found a way of going wrong.

Totally delicious.

#### JOSEPH LAPALOMBARA (ERV)

Joseph LaPalombara used to make up stories to tell his children, and this past year, he and his son published *Fescue: A Brave Blade*, about a blade of grass who decides he doesn't want to be like the others. Marion, Crabby, and Kentucky Blue, neighbor grasses, seem content for the lawn mower to cut them down to the same size. Fescue, guided by "Dandy the Lion," learns that to be different is not easy: it takes work. The two of them discover the beauties of the world at large. Fescue and Dandy eventually see to it that others follow their lead.

On April 14, Joseph had an interview with Paul Bass of the *New Haven Independent* which you can read about and listen to at this link: [https://www.newhavenindependent.org/index.php/archives/entry/fescue\\_joseph\\_lapalombara/](https://www.newhavenindependent.org/index.php/archives/entry/fescue_joseph_lapalombara/)

The book is available online at [littleprofessorathens@gmail.com](mailto:littleprofessorathens@gmail.com) It costs \$15, shipping included.

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*Joseph LaPalombara is a retired professor of political science.*

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### Lighthouse Point Park, March 27



Photo by Mary-Jo Warren

Left to right: Carolyn Gould, Karen Schneider, Nancy Carrington, Peggy Atherton, Nancy Ruddle with her dog Poly. It was a beautiful day and March was going out like a lamb.

## Zoom Gatherings in Your Village

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

### AMITY

Thursday, May 13 & 27. 5pm

Virtual Happy Hour!

Join us every other Thursday!

### DOWNTOWN

Saturday, May 1, 15, 29. 5:30pm

Virtual Happy Hour!

Join us every other Saturday!

### EAST ROCK

Saturday, May 1, 8, 15, 22, 29. 5pm

Virtual Happy Hour!

Join us every Saturday!

### HAMDEN/NORTH HAVEN

Tuesday, May 11, 10:30am

Virtual Coffee!

See you then!

### WESTVILLE

Thursday, May 6 & 20. 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](mailto:hfb183@gmail.com).

### PINS AND NEEDLES

Monday, May 3, 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](mailto:vivian.denardo@att.net).

### PLAY READING GROUP

Tuesdays, May 18 & 25. 7pm.

*Inherit the Wind*, by Jerome Lawrence and Robert E. Lee. Limited to 12. The play will be 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](mailto:peggyatherton@yahoo.com) or 203-273-6118 for the current title and meeting time. **Members only.**

## What Are We Reading?

**Patty Langdon, of Hamden Village**, says that she is dipping into old favorites like *The Once and Future King* by T.H. White, browsing classic fairy tales while taking Joel Feimer's ILR Fairy Tales course, and rereading her favorite well-thumbed cookbooks by M.F.K. Fisher and Alice B. Toklas. Recently she started reading *Circe*, by Madeline Miller, and looks forward to being in the land between the mortals and the gods.

**Harvey Feinberg, of Westville Village**, writes that he is reading *Cradock: How Segregation and Apartheid Came to a South African Town*, by Jeffrey Butler. For someone interested in comparing the pre-apartheid era (1910-1948) with the apartheid period after 1948, Butler's book provides an excellent picture of a multi-racial small town in the Cape Province. The book introduces you to many surprising and heroic people such as Butler's aunt, a nurse, who opened a clinic

for Blacks that operated for more than a decade. This very fine book will challenge your preconceptions of the pre-apartheid period.

**Carolyn Gould, of North Haven Village**, tells us that when the COVID-19 era set in a year ago, in keeping with an effort to "deaccession" rather than acquire still more books, she decided to re-read books from her bookshelves that she had enjoyed on the first reading. Thus, she has just finished David Freeman Hawke's *Those Tremendous Mountains: The Story of the Lewis and Clark Expedition*, a tale close to her heart as Carolyn grew up in the Pacific Northwest. The Hawke book concentrates on the journey to and through the Rocky Mountains, so next up for her will be the more detailed account of the expedition in Steven Ambrose's *Undaunted Courage: Meriwether Lewis, Thomas Jefferson, and the Opening of the American West*.



# Events: May



The office will be closed on Friday May 28 and Monday, May 31.

Tuesday, May 4, 8am until Wednesday, May 5, 8pm.  
The Great Give 2021! The 36-hour online giving drive to support local organizations Click [HERE](#) to donate to HomeHaven.

Wednesday, May 12, 11:30am. Via Zoom\*.

HH Lunch & Learn presents  
SPAM! Part B with John Sawyer.

John will continue his lessons on SPAM and other pesky email issues. **Members only.**

Friday, May 21. 2pm. Via Zoom\*.

Sleep Issues with Dr. Nancy Redeker.

Sleep is critical for both our physical and mental health. How does our need for sleep change as we get older? What can we do to improve our sleep? Dr. Nancy Redeker, professor at the Yale School of Nursing, will discuss the current research on sleep and provide insights in how to improve our sleep hygiene and sleep experience. **Open to members & friends.**

## HomeHaven's Annual Summer Picnic is BACK!

Tuesday, June 15, 5-7 PM

Rain date: June 17

Edgerton Park Carriage House Gardens

All outside, BYOP (*Bring Your Own Picnic*)

All FULLY vaccinated members welcome

Tuesday, May 25, 2pm. Via Zoom\*.

Are You What You Wear? The Psychology of Fashion Choices with Matilda Yenowich Dumbrill.

What's on your mind when you choose what to wear? What do your choices say about you? Do you dress for who you are or who you used to be? Matilda Yenowich Dumbrill, an Orange resident, can help us answer these questions and more. She is a former *Women's Wear Daily* fashion reporter, dressmaker, and designer. She is the author of *My Bare Ladies*, a memoir of the women for whom she made clothes in Arizona and Boston. **Open to members & friends.**

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

## ERVers Brave the Cold!

Photo by Norman Chonacky



Clockwise from back left: Harriet Bergmann, Karen Schneider, Hans Bergmann, Helen Robinson, John Schneider, Kerry Snyder, Mary-Jo Warren

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