

Message from the President

The arrival of the cooling winds of autumn will coincide this year with the end of my three-year term as Board President of HH. Having been plucked from proverbial obscurity – I wasn’t even on the Board – to be given this position was a boon to me personally, for which I am most grateful.



I am also grateful that Kerry Triffin, our incoming President, has joined the Board in preparation for his term, which will begin as mine ends, on October 1st. What I have learned about him and his many talents and achievements makes me predict that he will serve the office and the institution well.

Our entire slate of officers for the next term makes me optimistic: Rick Allen has agreed to serve as Vice President, and his performance as Amity Village Co-Leader and Visitors Committee Co-Chair bodes well for our future. Pam Stanton, whose sterling leadership of the challenging Governance Committee impressed all those who were involved, will serve as Secretary. Both have been active Board members for several years. And while we look forward to new leadership, it’s important to recognize two Board members who step down after six years, Cecilia Berner and Patty Langdon. Patty served as Secretary and then as Vice President. Cecilia also served as Secretary.

I will not engage in what might be construed as a self-serving summary of the past three years, other than to say I believe our tenth anniversary has found us in a viable financial position and in a positive frame of mind. HH survived a terrible worldwide siege of illness, the collective aging of our 200-some members, the loss of some irreplaceable people, and the political divisions that have afflicted our larger society. We are completing an unprecedented fund-raising campaign, having come within sniffing distance of our ambitious goal for the Sustainability Fund, auguring a future in which HH can escape the yearly deficits that consumed so much of our leadership’s energies for our first decade. And, on a more individual scale, we have supported each other on both practical and psychological levels, with rides, company, or the name of a good bricklayer. We have visited each other (if

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Advance Directives: Living Will? Healthcare Representative?

Join Dr. Leo Cooney, nationally known geriatrician, for a discussion and Q&A

Tuesday, September 21, 4-5:30pm
via Zoom *(more on page 9)*

Generous support for HomeHaven provided by:



Message from the President *continued from page 1*

only by Zoom) and kept an eye out for ways to lessen each other's burdens.

Subjectively, the past three years of my immersion in the Village Movement and getting to know all of you were a priceless gift for me. Working in my first *intentionally* non-profit business has been enlightening, joyful, and challenging. Say what you will about HH, we DO know how to have meetings! Numerous meetings.

The objective criteria indicate success: we kept the ship afloat through a year without actual in-person gatherings; we started and are well on the way to achieving the goal for the Tenth Anniversary Campaign; our Executive Director, Lauri Lowell, conceived of and then successfully directed a "discounted short-term membership" promotion that produced 18 new full-year memberships, and HH has now adopted a non-discounted (but still 6-month) Introductory Membership option. We have continued, albeit in a virtual mode, our programs of educational, health, and artistic presentations. Our online social gatherings are gradually resuming their previous in-person character. I am gratified to have been present for, and at least not obstructing, HH's continued excellent functioning.

I have a month left to act as Board President. Please send me e-mails reporting your opinions on the performance of HomeHaven and its staff and management over the past few years, from your personal perspective: fobbio@optonline.net

Thanks to all for a soul-nourishing and enlightening three years!

Fred O'Brien

HomeHaven News

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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:

- 6 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- 3 computer assists and numerous Zoom assists by volunteer computer helpers
- 27 referrals for household maintenance, information, and home health services

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

Look for monthly reports giving rolling three-month totals.

HEALTH MATTERS: Stroke and Transient Ischemic Attack (TIA)

by Pat Jackson Allen, APRN

Along with being a leading cause of death in the United States, strokes are a major cause of serious disability in adults. Strokes cause brain tissue to die by interrupting the flow of oxygen-rich blood to brain cells. Eighty-seven percent of strokes are ischemic strokes due to a blood clot or plaque buildup blocking blood from reaching brain cells. The remaining 13% are due to arterial bleeding in the brain, which also disrupts the flow of oxygen to brain cells.

Transient ischemic attacks (TIA) are often referred to as 'mini-strokes' because the blockage is temporary and may even go undetected, and symptoms often resolve in a matter of minutes. But TIAs are a serious warning sign for a more significant stroke: they require diagnostic evaluation to determine the cause, quick medical intervention to prevent brain damage, and implementation of health strategies to lower the potential for additional TIAs or strokes.

Signs of a stroke or TIA may be subtle, but a quick assessment can determine the need for further evaluation. Check for the following symptoms by yourself in front of a mirror or with another person: 1) Sudden numbness or weakness in the face, arm, or leg; 2) Sudden confusion, trouble speaking, or understanding speech; 3) Sudden trouble seeing in one or both eyes; 4) Sudden trouble walking, dizziness, loss of balance/coordination, or unexplained fall; or 5) Sudden severe headache with no known cause. These symptoms have been summarized with the moniker F.A.S.T.:

F – Face Drooping: Does one side of your face droop when you smile?

A – Arm Weakness: If you raise both arms, does one arm drift downward due to weakness?

S – Speech Difficulty: Can you repeat a simple sentence? Is your speech slurred or garbled?

T – Time to call 9-1-1: If you show any of these signs, call 9-1-1 immediately for further evaluation.

Time is critical. Emergency medical staff initiate evaluation and treatment for a stroke in the ambulance. Upon arrival at the hospital, magnetic resonance imaging (MRI) or computer tomography (CT) scans can determine if the symptoms are due to a clot blocking blood flow to a portion of the brain or a bleeding episode. New medications, called thrombolytics, can break up clots and reestablish blood flow to the brain. If given within three hours of onset of stroke symptoms,

they greatly increase the chances of a full recovery and reduce subsequent disability.

In July 2021, the American Heart Association (AHA) and the American Stroke Association (ASA) released new guidelines for the prevention of stroke in people with a prior history of stroke or TIA (*Stroke*, July 2021). These guidelines reflect general recommendations for cardiovascular health and wellness and stress the management of hypertension, diabetes, and cholesterol/triglycerides through life-style interventions and medications, when necessary. Eating a heart-healthy diet containing plenty of fruits and vegetables with limited added salt, engaging in moderate-intensity aerobic activity for at least 10 minutes 4 times a week or vigorous-intensity aerobic activity for at least 20 minutes twice a week, maintaining a healthy weight, not smoking and limiting exposure to second-hand smoke, are all identified as key strategies to reduce the risk of stroke or TIA.

The guidelines make it imperative to determine the cause of a stroke or TIA to target additional risk factors for treatment. Previously undetected atrial fibrillation or patent foramen ovale, a minor congenital heart abnormality, both increase the risk of blood clots causing strokes. After a patient's stroke or TIA, health care providers often turn to medications that limit blood clotting, but patients must discuss the risks and benefits of treatment with the health care provider to identify shared goals and concerns.

The most pressing point: Do not ignore the signs of a possible stroke or TIA. Seek medical evaluation immediately.

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

Welcome, New Members!

Rita Lipson – *Downtown Village*

Jinny & David Schneider – *Amity Village*



HOUSEHOLD SERVICES COMMITTEE: It's Time to Think about the Changing Season!

by Hal Spitzer

September is a great time to prepare for winter as the weather's good for doing repairs. Let's look for and fix the problems before the cold weather arrives:

EXTERIOR:

- Repair storm or entry doors that do not seal properly as they cause heat loss; the same is true of drafty windows or broken storm windows.
- Fix cracks in concrete or brick areas of exposed foundation walls or porches, including walkways and driveways. Repair them before the cold and ice make them worse.
- Level uneven walkways that present a tripping hazard; they become worse when they have ice or snow on them.
- Check gutters: a damaged gutter leaking water now could lead to ice on your walkway during the winter.
- Repaint exterior chipped and peeling paint: winter weather damages bare and exposed wood.

INTERIOR:

- Schedule a furnace inspection and cleaning before the fall heating season begins.
- Have your chimney cleaned and inspected now to allow time for repairs if needed.
- Test your carbon smoke/carbon monoxide detectors: you want to make sure that they

are working effectively before the furnace goes on.

- Check with your snow removal person to make sure that you are still on his list.
- Refer to our Newsletter articles about generators (*Standby Generators*, Nov. 2020 and *Portable Generators*, June 2021) if you are worried about losing power.

None of the above suggestions is new, but reminding you about them never grows old. HomeHaven can help you find specialists to deal with all the above. Call the Office to find the right person to solve your problems.

Bruce Lawler, our home safety inspection guru, is doing home inspections again. If you have never had an inspection, please note that it is part of your membership at no extra charge. Please call the office to schedule an appointment.

LAST BUT NOT LEAST!

We hope to increase our list of handymen and tradespeople. Please call the office to let us know if you know someone who has worked successfully for you as a handyman or tradesperson who might be willing to be vetted and added to our list.

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

Amity/Westville Wine Tasting Presented by Amity Wine and Spirits



Above: Front table: Ken and Judith Kidd
Back table: Carol Nardini.

Right: Front table: Harvey Feinberg, Kerry Triffin.
Back table: Bernard Zuckerman, Libby Meyer.

Photos by Celeste Markle



Might Flower Farm

by Harriet Bergmann

The growing season arrived, along with, alas, weeds. When they are attractive, we call them wildflowers, but whatever their common name, they can present a nuisance. Here is a list of some of the ordinary wildflowers that appeared in local gardens. Taking precautions against them will reward you with tidy grounds next year.

Flowering splurge (*financius spendiforum*): An invasive annual, especially if planted near a bank. Can seriously deplete the resources of the garden.

Kvetch (*Whinus*): Commonly known as nagflower. Although it seems to promise showy bloom, it is an annoying weed never quite suited to its garden location, yet never quite willing to be transplanted elsewhere.

Ladies' slapper (*Feminus rudica*): Surprising and stinging, almost rude in its coloration. Best suited to the back garden.

Grab Grass (*Snatchus lawniata*): Like the ladies' slapper, a startling weed best left to itself.

Climbing bedsheet (*Percaleia sweatatus*): A summer annual, particularly annoying when air conditioning is not working.

Lox-eyed daisy (*Bagelia v. delicatessia*): Blooms strongly in the morning. The flower is in a variety of colors from a smoked salmon pink to a creamy cheesy white to a buttery yellow.

Stonecrop (*Rockus*): A strictly New England wildflower with a delicately colored grey or white (sometimes bronze) smooth or jagged low flower. It comes in hybrid varieties from the small (*R pebbleia*) to large (*R boulderia*). Transplants easily but reseeds freely and may become invasive.

Bleeding heart (*Corus liberalis*): Blooms generously when the cause is just. Flowers tend to become prostrate and fall all over themselves. Needs support.

Cone flower (*Icecreamus spec.*) A good choice for children's gardens. Does well in sunny and cool weather but tends to get a little drippy in intense heat. An Italian import, *Icecreamus x gelatio*, comes in a wide variety of sophisticated colors.

Harriet is a member of ERV and an avid gardener. She leads the memoir-writing groups.

SATURDAY, SEPTEMBER 25

**HOMEHAVEN'S
DRIVE-THRU*
SHREDDING
DAY**

9 AM-NOON

**HH Office Parking Lot
291 Whitney Avenue**

(enter parking lot on Bishop Street)

\$ 5/paper grocery bag & \$ 10/banker's box

***Drive through and we will unload your boxes and bags.**

Everyone Welcome!



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

Louis Audette Bob Berner
Cecilia Berner Jon Blue
Nancy Carrington Sylvia Garland
Bob Gifford Ken Kidd
Patty Langdon Marc Mann
Margaret Mann Pam Stanton
Flora Van Dyke



June 29 Walk About Quinnipiac Meadows with Guide Tracy Blanford



On a hot June morning, four walkers and our intrepid guide, Tracy Blanford, explored the Quinnipiac Meadows Eugene B. Fargeorge Nature Preserve. This 35-acre preserve, located on the Quinnipiac River, includes tidal wetlands and coastal forest and grasslands. Maintained by Gather New Haven as a Land Trust Preserve, this site was the summer home of the Quinnipiac Tribal Nation.

Center photo l-r: Carolyn Gould, Tracy Blanford, Pat Allen, Francie Irvine. Other images clockwise from top left: honeysuckle fruit and flowers, eastern red cedar berries, osprey surveying I-91, wild blackberries, pilings in the saltmarsh, Fair Haven Heights with the steeple of Pilgrim Congregational Church, reeds and deadwood. All photos by Rick Allen.

WEBSITE HELP NEEDED!

HH is looking for a volunteer to help maintain the HomeHaven website. Experience with web design is a plus and enough technical skill to make the changes is a must. You would be working closely with Kate, Lauri, and some members of the IT Task Force.

If you are interested, please contact Kate at 203-776-7378 or hhkateh@gmail.com.

INTRODUCTIONS

The past year has prevented us from getting to know new members, so the next several issues of this newsletter will include “profiles” of new members of HomeHaven’s villages.

STEVE and JUDY AUGUST, by Andrew McLaren

Steve and Judy August have been married for 61 years and laugh and talk together as if 60 of them were yet to come – that’s amore! Watching the interplay of consideration between the two of them is a pleasure in itself – they are both much happier talking about the other than about themselves.

Judy reports that for several of the 30 years she worked for the Cheshire School System as a psychologist specializing in early childhood, she had two Stephen Augusts in her life – one at home and one as school superintendent. She speaks highly of both! Before Cheshire, she worked at New Haven’s Gesell Institute of Child Development and has since both given workshops for the Institute and served on its board for 18 years.

Steve, while often confused with the other Stephen August (though not by Judy), claims to know nothing about education. He started in his family’s business for 15 years, took over a part of it for another 18 years, sold the company, and was then recruited into financial services. He worked at Smith Barney and then UBS as a portfolio manager and financial advisor. His expertise in matters of management and finance caused him to be sought after by not-for-profits; he served on the board of the New Haven Symphony for 20 years, many of them as Treasurer. He now serves on HomeHaven’s Finance committee.

Steve also created and implemented a financial awareness program, accompanied by a no-fee banking program, for EMERGE, the goal of which was to enable people newly released from prison to navigate their way through financial and personal challenges. Though not an acronym, EMERGE conveys the hope that clients will emerge from prison life to become viable and employable members of society. Recidivism rates a third lower than those of released prisoners who did not participate in EMERGE demonstrate its value.

What else? They love travel – beginning with a wedding trip to Europe 61 years ago, designed and paid for by a “playboy uncle” (everyone should have one). They love their children (Donya and Sam, now in their fifties) and two granddaughters, both “brilliant soccer players.” They love their second home in Becket, Mass. They love their many friends, and they love the arts, describing themselves as “good spectators” of music, theater, and dance. (It was Donya’s own dancing that triggered their love of the art.)

It is a pleasure to talk with Judy and Steve – one reason being that they express such enjoyment of their lives and each other.

Andrew McLaren serves on the Board and is a member of ERV.

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July Walk and Talks



Walk and Talkers on July 3 on the Quinnipiac Linear Trail. Left to right: Karen Schneider, Peggy Atherton, Carolyn Gould, Helen Robinson, and Susan York.



Walk and Talkers on July 31 on the Trolley Trail in Stony Creek. Carolyn Gould and Judy Moore looking at an osprey nest. Photo by Peggy Atherton.

CAROL NARDINI, by Celeste Markle

Enthusiastic about traveling to new places and meeting new people, Carol Nardini, a recent Westville addition to HH, is planning a second cross-country road trip in a few weeks, driving solo! The American West has always held her interest, and after a stopover in Glacier National Park, Carol will meet up with a group to explore Utah. Happily retired since 2019, Carol continues to add to her destination list which has included such diverse places as Alaska and Israel.

Carol graduated from the University of New Haven with a degree in Criminal Justice. Interested in the juvenile court system, she received her Masters in Social Work from Virginia Commonwealth University with a specialty in that area. As part of her field work, Carol interned at the Virginia Dept. of Corrections; she provided technical assistance in grant writing to obtain State funding for youth service departments. She also co-authored a study on the effectiveness of Virginia's Persons in Need of Supervision (PINS) law. As a volunteer at the Powhatan State Prison for Women, she taught life skills to soon-to-be released inmates. During this time, she garnered a fellowship from the federal Department of Justice and was elected president of the Social Work School Student Association. This is no surprise to those of us getting to know this warm, outgoing woman.

After graduating from VCU, Carol accepted a position with the Health System Agency (HSA) of Northwestern Connecticut. There she worked with youth services, educational systems, family service agencies, and police departments in the 42-town region, educating staff and coordinating services for Connecticut's Families with Service Needs (FWSN). Later, Carol worked with RESCUE, a regional service agency, to develop a crisis intervention response team as well as a group home for adults with developmental needs.

In 1983, the town of Orange hired Carol as Director of Community Services. This agency provides services for elderly, youth, and persons with disabilities. Her proudest accomplishments are the development of an emergency assistance fund which gave small grants to income-eligible people with needs not met through traditional programs, and the creation of a community Youth Review Board, a program designed to keep children who commit victimless crimes out of the formal judicial system. For this community work Carol was presented with a Humanitarian Award from Bridges, a community support program.

HH ONGOING EVENTS

Members Only

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 (on hiatus until October)

Monday, Oct. 4 3:00pm. In person!

Bring a project and enjoy good company and lively discussion. New members are always welcome at these monthly gatherings. Please look for news of the October location in late September. If you would like to join the group, please call Kathy Denardo at (203) 687-8835. You must be fully vaccinated to attend.

PLAY READING GROUP

Play Reading will resume in October

Please look for the title of the October play in late September.

BOOK GROUP

Monday evenings, 7pm, every 5 weeks.

All genres welcome! Please contact Peggy Atherton for the current title & meeting time (peggyatherton@yahoo.com or 203-273-6118).

In her well-deserved retirement Carol spends much time biking and hiking CT's trails as well as volunteering at her church and the JCC, and reading to children at the Mauro school, a particular delight. She joined HH recently to get involved in a community and enjoy the company of others of her age and interests. She plans to indulge her fondness for many different types of food in the great variety of ethnic restaurants in our area as well as her interest in cooking in our Cooking in Different Languages group once the pandemic allows.

Our Westville Village regards Carol as the poster person for not allowing age to deter her joyful pursuits. She is clearly a woman with a determined and happy heart.

Celeste Markle is serves on the HH Board and is a member of Westville Village.



Events: September



The office will be closed on Monday, September 6.

Wednesday, Sept. 1, 2:30-4:30pm.

Thimble Islands Sunset Cruise.

Say farewell to summer with a trip around the Thimbles aboard the *Sea Mist*. Cash bar; bring your own snacks. **Space is limited. Reservations are required.** Cost: \$30/person. Register on the HH website calendar or call Kate in the Office. **Members only.**

Tuesday, Sept. 21. 4-5:30pm. On Zoom.

Advance Directives, a presentation by Dr. Leo Cooney. Dr. Leo Cooney is a nationally recognized expert in geriatric medicine and founder of the Adler Center. He will discuss the issues involved in making a Living Will and designating a Healthcare Representative and will answer your questions. This is an excellent opportunity to get a jump on planning for your future. Presented by the Health & Wellness Committee. **Members only**

Saturday, Sept. 25. 9am-12pm.

Shredding Day!

HH Office Parking Lot (drive through and we will unload your boxes and bags).

Sort through your papers and start loading bags & boxes because Shredding Day 2021 is here! This is a fundraiser for HH so spread the word! \$5/paper grocery bag & \$10/banker's box (12x10x15). **Everyone welcome!**

Remember to check out the HH Happenings on Fridays for all the latest on HH gatherings, presentations, and general goings on.

Village Gatherings

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

AMITY

Thursday, Sept. 2. 5pm

Virtual Happy Hour!

Join us on the first Thursday of every month! Check your email or the HH calendar for details.

Tuesday, Sept. 28. 3pm

Village Coffee with Westville

We are meeting for coffee again! Westville & Amity villagers are meeting on the 4th Tuesday of every month. Join us at Bloom (794 Edgewood Ave @ Central Ave).

DOWNTOWN

The Zoom Happy Hour is on hiatus BUT we will be gathering in-person soon so watch your email & HH Happenings for the latest on when & where.

EAST ROCK

Saturday, Sept. 4, 11, 18, 25. 5pm

Virtual Happy Hour!

Join us every Saturday!

Wednesday, Sept. 8. 10am.

Coffee @The Neighborhood Café, 947 State St.

Thursday, Sept. 23. 4pm.

Happy Hour @East Rock Brewery, 285 Nicoll St.

HAMDEN/NORTH HAVEN

Tuesday, Sept. 14. 10:30am

In-person Coffee outdoors @Best Video, 1842 Whitney Ave.

See you then!

WESTVILLE

Thursday, Sept. 2, 16, 30. 5:00pm

BYOPicnic!

Meeting in-person @Celeste's house. Join us every other Thursday!

Tuesday, Sept. 28. 3pm

Village Coffee with Amity

We are meeting for coffee again! Westville & Amity villagers are meeting on the 4th Tuesday of every month. Join us at Bloom (794 Edgewood Ave @ Central Ave).

HOMEHAVEN OFFICE

👉 203-776-7378 👈

info@homehavenvillages.org

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Whitneyville Food Center: 203-248-4471



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