

Message from the Executive Director: PEACE OF MIND



During a recent spring weekend I was faced with a quandary. My extended family had planned a gathering to mark an important stage in the life of one of my dear young cousins. The date had been in my calendar for a month or so. Around the same time, HomeHaven was scheduling its yearly

Spring Shredding day. By the time I realized the two events were in direct conflict, it was too late. What to do?

I struggled with the decision for weeks until I hit upon a simple, foolproof way to make a choice. I decided to do the thing that would give me peace of mind. Though I was sorry to miss my cousin's celebration, I felt confident that I was where I needed to be, in New Haven overseeing the HomeHaven activity. My mind was at ease and I did what I needed to do.

Peace of mind may be defined as freedom from worry; a feeling of safety and security. It is the ability to be present, with calm, open attention to the matter at hand. It is the opposite of feeling stressed, which shuts down one's ability to respond creatively to a situation. As we age, peace of mind is a precious, perhaps elusive state of being that enables us to enjoy good experiences and to tolerate and manage those that are difficult.

"When you've seen beyond yourself, then you may find, peace of mind is waiting there."

- George Harrison

We talk about HomeHaven as an organization that gives its members peace of mind. However peace of mind isn't something that can be given to you; it is something you attain by making hard decisions and solving tough problems. I'd like to encourage our members to make the following choices:

- Organize and simplify your paperwork and living space to make daily life easier.
- Find opportunities to enhance wellness through exercise, listening to music, being outdoors, making healthful food choices, allowing time for reflection and renewal.

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Click on the logos to go to the websites.

- Seek ways to give back through volunteering time or expertise; a little goes a long way toward creating peace of mind.
- Have the tough conversations with your adult children or other close relatives about medical decision-making and end-of-life care: prepare advance directives, designating a health care representative and making a living will; research and make decisions about life care alternatives, so you are ready for changes as they come your way.

HomeHaven is prepared to assist its members with support and information. Our terrific Health and Wellness, Household Services, and Information Technology (IT) Committees are here to help with resources and programs.

This fall HomeHaven will be launching a new initiative called 'Put a Plan in Place for Peace of Mind' in response to the questions and concerns of our older members. We hope that by working with you to plan for the unexpected as well as the inevitable, you will experience greater peace of mind.

Wishing you a peaceful and relaxing summer,



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:

- 65 rides by volunteer drivers
- 58 visits by volunteer visitors
- 8 computer assists by volunteer computer helpers
- 28 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.

Photo by Patty Langdon



Photo by Patty Langdon



Photo by John Sawyer



Edgerton Park Picnic June 5, 2018

Raindrops were fallin' on our heads but that didn't keep some 75 HomeHaveners from showing up at the Edgerton Park Carriage House for our eighth annual (and second indoor!) picnic. Lively chatter filled the room as members greeted old friends and made new acquaintances. As always, the buffet table was laden with an array of tasty temptations—and we didn't resist! Conversations continued at the tables—a nice feature of all-membership gatherings like this one is seeing friends from other villages as well as our own. Visiting continued as we got up and moved around the room before making our way out into a by then rainless evening.

Photo by Patty Langdon



Photo by John Sawyer



Photo by John Sawyer



HEALTH MATTERS: Sunscreens

by Ronald T. Rozett, M.D., M.P.H.

Sunburn is red, painful skin, sometimes accompanied by blistering, that feels hot to the touch and usually appears within a few hours of prolonged exposure to sunlight, more specifically to the ultraviolet (UV) component of sunlight. Repeated episodes of sunburn lead to skin damage including wrinkled skin, pigmented spots (lentigines or keratoses), and skin cancers, such as squamous cell carcinoma and melanoma. Any exposed part of your body, including earlobes, scalp and lips, can burn. Even covered areas can burn if your clothing has a loose weave that allows UV light through.

There are two types of UV light: UVA is most associated with skin aging while UVB is responsible for sunburn. Exposure to both types of radiation is associated with skin cancers. A suntan is the body's way of blocking UV rays and depends on the amount of pigment (melanin) an individual produces, but melanin is genetically determined and many light skinned people cannot produce enough melanin to protect the skin from the harmful effects of UV rays.

You can get sunburned on cool, cloudy days because 80% of UV radiation penetrates clouds. Snow, sand, and water reflect UV rays, burning your skin as severely as direct sunlight. UV radiation is also more intense at high altitudes, a feature of cities like Denver.

Avoiding prolonged exposure to UV light is the most sensible approach to preventing sunburn and long term skin damage.

1. Avoid sun exposure between 10 am and 4 pm when the sun's rays are strongest. Seek shade when possible.
2. When outdoors, cover exposed skin. Wear a wide-brimmed hat and a long-sleeved shirt made of tightly woven fabric with a high UV protection factor printed on the label.
3. Apply sunscreen generously to exposed skin, **re-applying every two hours** (see below).
4. Apply sunscreen before applying insect repellent or moisturizers.

Sunscreens fall broadly into two categories: (1) chemical sunscreens that absorb UV radiation and convert it to a small amount of heat and (2) mineral (natural) sunscreens, containing titanium or zinc, that block UV radiation by reflecting and scattering. Some individuals find chemical sunscreens cause skin irritation. Often sunscreens include a combination of chemical and mineral filters.

The effectiveness of sunscreens is measured in sun protective factor units, SPF, or how well a sunscreen protects against UVB radiation. It is the time required for skin to burn when adequately covered with sunscreen, applied at least 15 minutes before going outside, compared with the time for uncovered skin to burn. A sunscreen rated SPF 30, the minimum recommended by dermatologists, allows you to stay in the sun 30 times longer before you develop a sunburn. So if you would be sunburned after 15 minutes of sun exposure, an SPF rating of 30 ideally extends that time to 7.5 hours.

Adequate skin coverage is very important. Protection requires an ounce (2 tablespoons) applied to the face and body and re-applied every two hours during exposure to compensate for loss with heat and perspiration.

A 2016 *Consumer Reports* review of sunscreens ranked 104 products by SPF reliability and cost. The study found that only 71% of chemical sunscreens and 44% of mineral sunscreens labeled SPF 30 actually tested that high. *Consumer Reports* recommended using a chemical sunscreen with an SPF of 40 or more to increase the likelihood of getting at least SPF 30, the minimum recommended by dermatologists.

The *CR* article contains a chart rating sunscreen lotions (creams), sprays, and sticks. The four highest rated lotions are:

- LaRoche-Posay's Anthelios 60 Melt-In Sunscreen Milk, \$7.20 per ounce;
- Pure Sun Defense SPF 50 Disney Frozen, \$0.79 per ounce;
- Coppertone Water Babies SPF 50, \$1.31 per ounce;
- Equate Ultra Protection SPF 50 (Walmart), \$0.49 per ounce.

Of the sunscreen sprays only two were highly rated:

- Trader Joe's Spray SPF 50+, \$1.00 per ounce;
- Banana Boat Sun Comfort Continuous Spray SPF 50+, \$1.67 per ounce.

Protection is a far better choice than skin cancer.

Dr. Rozett is a member of Hamden Village and serves as Chair of HomeHaven's Health Committee. He has been on the faculty of the Yale School of Medicine, was medical director of the Community Health Care Plan (CHCP), and an administrator at Gaylord Hospital. He is currently on the Board of Directors of Whitney Center.

ALL-MEMBER ACTIVITIES:

Pond Lily Nature Preserve Walk by Anne Schenck

Twelve Home Haveners walked the trails of the Pond Lily Nature Preserve along the West River off Whalley Ave. and East Ramsdell St. on June 12. Guided by four summer interns of the New Haven Land Trust, the group explored this recently remediated site, once polluted by a succession of factories. We saw for ourselves how lovely the area has become since the Pond Lily dam was removed, allowing the West River to resume its natural flow and plants and trees to reclaim places where they had grown many years ago. Signs along the paths, recently installed by the Land Trust, give the specifics. We were a colorful sight of sixteen strung out along the winding path, stopping to see certain places, especially the spot where the dam had stood for over 200 years.

The photo was taken in the meadow now covering what was the bottom of the pond that once washed up to where the woods stop. The benches are made from pieces of granite hauled over from the Land Trust preserve along the Quinnipiac River. They allow visitors to sit and look out at the sky and the river, to observe the birds, and to watch the fish swimming upriver and the hawks flying down from West Rock—or simply to enjoy nature, as wild as it gets in our city.

For more about this fascinating project of turning a polluted factory site into a lovely nature preserve, go to: <http://www.newhavenlandtrust.org/preserves/pond-lily>.

Photo by Adriana Colón, Summer Preserves Intern, New Haven Land Trust



Pond Lily Walkers: Seated, L to R: Cecilia Berner, Susan Feinberg, Hannah Winer, Pam Stanton, and John Sawyer; Standing: Anne Schenck, Judy Moore, Rick and Pat Allen, and Aimlee Laderman

The Mount by Patty Langdon

Several HomeHaven members joined the Yale University Women's Organization last month on their tour of Edith Wharton's home, The Mount, in Lenox, MA. The day was perfect, the house was lovely and livable, the tour guide was interesting and knowledgeable, the food was excellent, and the grounds were beautiful, complete with wonderful gardens and a myriad of outdoor sculptures.



Photos by Patty Langdon



COMPUTER CONNECTION: Recycling Electronics

by IT Committee members John Sawyer, Norman Chonacky, and Christa Sammons

Have you been thinking of replacing that old computer, tablet, or smart phone that's fallen behind the curve? Before ditching such a device, it's necessary to erase all the personal information it contains—contact addresses, email messages, bank transactions, and so forth. You don't want these things to become "public" in the hands of someone else. Even if you're giving the device to a relative or close friend, you'll probably want to erase most of that information.

On a computer, it's not enough simply to "delete" the relevant files. That only removes their names from a table of contents that enables a computer to locate and display them. The content itself stays written on the computer's disk. With your disk in hand, clever people can still locate and read those files, so their content needs to be really and truly erased from the disk. This can be done by using a computer's "reformat disk" command, which overwrites the content of the disk with zeros.

We hesitate to give specific directions here because computer brands and models differ; making a mistake could lead to erasing the program files that make the computer work, rendering it useless. Unless you're an expert user of computers, get help. For a charge, retailers like Staples and Best Buy will transfer your

files to a new computer, permanently erase them on your old computer, and recycle the machine. Or you can ask HomeHaven computer volunteers for help. Call Kate to arrange a consultation: 203-776-7378.

Before starting the process of transferring files or scrubbing an old computer, though, be sure to back up your important information! See the article about backing up in the October 2015 newsletter. For devices such as tablets (iPad, Kindle, etc.) and smartphones (iPhone, Android), it's best to see the retailer from whom you bought the device. If you are replacing it, the retailer (Verizon, AT&T, Sprint, T-Mobile, Apple Store, Best Buy, etc.) can show you how to back up your information, reload it onto your new device, and return your original device to its factory settings.

Both Staples and Best Buy accept electronic devices for recycling. New Haven Public Works has at least two electronics recycling days during the year at the New Haven Recycling center on Middletown Ave. If you reside in New Haven, check the local newspapers for a schedule or look on the Public Works web site at <https://www.newhavenct.gov/gov/depts/pw/trash/recycling.htm>. In Hamden, the transfer station on Wintergreen Avenue accepts electronics: <http://www.hamden.com/transferstation>.

VILLAGE VERSE: Oxygen

An invisible cloud arises from trees,
Carried across the earth with a breeze.
More comes from plankton, plants that are green,
Providing the fuel for our breathing machine.

Chloroplasts powered by exposure to sun
Fabricate sugar until it is done.
And when it's complete, they open a door,
Releasing a product that's needed no more.

But we who are human do need it to live,
And so we are grateful for all that plants give,
Including the sugar and discarded gas,
A clever arrangement. Very high class.

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

LAUGHTER: THE BEST MEDICINE Bepuzzled

On her way home from work, Nellie stopped by to visit Milly, a friend she hadn't seen in a while. She found Milly whooping and hollering and jumping all around.

"Millie, what's the matter?" Nellie asked, concerned.

"Nothing at all!" Milly replied. "I'm so excited! I just finished a jigsaw puzzle in record time!"

"Congratulations!" Nellie said. "How long did it take you?"

"Well, the box said 3 to 5 years," Milly replied, "but I did it in a month!"

Announcing... The Downsizing Donation Guide Project by Elaine Piraino-Holevoet

I have exciting news! On May 1, I was awarded an Innovation Grant from RecycleCT to research and produce *The Downsizing Donation Guide*, a best practices guide for donating goods to not-for-profits in New Haven County. Over the next few months I will be contacting not-for-profits in New Haven County, seeking wish lists of gently used goods that would benefit their organizations, along with donation instructions.

The material will be organized alphabetically by category and arranged in booklet form. For example, to learn how to donate books, one would look under the letter “B” to discover specific information on the type of books wanted by one or more organizations with clear contact information and/or instructions for making such a donation. The guide will also include a brief mission statement for each agency, allowing the potential donor to get a sense of how their donation would be used.

This project’s major goal is to keep items being downsized from people’s homes out of the waste stream and out of recycling bins, directly benefitting groups that could use them. When completed, the *The Downsizing Donation Guide* will be shared in pdf format through HomeHaven’s mailing list and posted on such sites as RecycleCT, public libraries, and the recycling section of each city and town’s website.

I am asking for your help to make this project a success. If you volunteer for a group that should be included in this project, please let me know by emailing me at downsizingdonationguide@piroet.com.

Elaine Piraino-Holevoet is the designer of HomeHaven News and the author of the blog ontheroadtogreenness.

TAG, YOU'RE IT! Are You Up for a HomeHaven Tag Sale?

Declutter this summer and bring your treasures & “trash” to a tag sale this fall!

Tentative date: a Sunday this fall, at a local warehouse.

Volunteers needed to plan, arrange, organize, publicize, pick up, set up, clean up, etc. We need volunteers from every village for it to be a go. Please contact Gretchen at gma322@gmail.com if you want to help.

NEWS FROM OUR VILLAGES:

Hamden by Judith Colton

On Sunday, June 10th, Hamden Village held a party for prospective members in the beautiful garden of Lynda and Brian West. It generated a great deal of interest in HomeHaven.

East Rock by Ellen Brainard

Kerry and Dick Snyder invited fellow East Rock Villagers to a May Wine Party on June 1st to celebrate spring and the abundance of sweet woodruff in their garden. May wine, made by steeping woodruff in white wine for 48 hours, was a delightful libation; the weather—shirtsleeves!—was perfect; and the lovely garden setting and companionship and conversation of fellow Villagers added up to a very pleasant ending to a Friday afternoon.

A tableful of ERV members enjoyed Third Thursday Coffee and conversation at the mActivity Fitness Center.



Photos by Joan Purn



HomeHaven Helps

by Jane Jervis

ELDREDA

Some years ago, Eldreda (*not her real name!*) took over the care of a family friend, and for four or five years she took her to doctors, worked with a geriatric consultant, surveyed nursing homes and, as her friend became progressively demented, visited a number of so-called memory units. Because she couldn't bear to see her friend in such a place and because, fortunately, her friend had the resources to hire help, Eldreda was able to keep her in her home until she died.

This experience made Eldreda determined to find a way to stay in *her* own home — a house that was built by her beloved aunt and uncle when she was a child — as long as possible. As it happened, her estate attorney told her about a project he was working on — the creation of East Rock Village, which was to become HomeHaven.

With the prospect of starting a village in Orange, Eldreda immediately volunteered to become a part of the effort, which thrived and grew to include Woodbridge and neighboring towns. She takes great satisfaction in having played a role in creating this organization that continues to enrich her life and that will help her to reach her goal of living out her life at home.

Eldreda is an active and independent woman. A trip to Provence in search of a potter whose work she loved prompted her to start taking French lessons, which she continues to pursue. She takes part in the many regular activities sponsored by Amity Village as well as excursions organized by HomeHaven itself, including guided walking tours in New York City. She still drives but, as she says, "You never know!"

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

Introducing New Members

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

Cary and Dick Jacobs ~ Westville



Happy Birthday to HomeHaven members with a birthday in July

Allan Atherton Bill Brainard
Jack Cooper Pierre Demarque
Phoebe Edwards Ellen Estes
Susan Feinberg Polly Fiddler
Edie Fishman Elise Knapp
Aimlee Laderman Dorcas MacClintock
Libby Meyer Stephen Parks
Paula Resch Rose Rudich
Christa Sammons

or in August

Anne Bell Betty Berner
Victor Bers Susan Brisman
Josie Broude Natalie Charkow
Renee Drell Carolyn Gould
Charlie Kingsley Sharon Matthews
Andrew McLaren Normand Methot
Leona Nalle Sam Peterson
Sheilah Rostow John Sawyer
Jo Shepard Dick Snyder
Roxanne Turekian Lynda West
JoAnn Wich Elaine Wiig
Liz Wolf



LINKING UP

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

A [detailed review](#) of Barbara Ehrenreich's latest book, *Natural Causes*, not for the faint-hearted! Sometimes called a life-long muckraker, Ehrenreich now turns her critical eye on health care for the elderly



Events: July and August



Thursday, July 12, 10:00 am

Long Wharf Nature Preserve Tour

Did you know there is a cactus native to CT?! See if you can spot it and other native flora (& fauna!) on a walking tour of the Long Wharf Nature Preserve. This wildlife area was created during the construction of I-95 (50 years ago). Nature did most of the work — the tides & seed dispersion created this beautiful refuge. Register with the office and get parking info then.

Sunday, July 22, 10:00 am

Garden of George Trecina, 341 Spring Street, Meriden

Every year the Garden Conservancy hosts open houses for private garden tours of exemplary local gardens. This year we will explore the garden of George Trecina — it is known for its container plantings and the collection of succulents & tropical plants. Call the office to register and get carpool information. For more, see <https://www.gardenconservancy.org>.

Wednesday, July 25, 7:00 pm (Rain Date: July 26)

Concert, The New London Big Band

Pardee-Morris House, Lighthouse Rd., New Haven

Get ready to swing! The New London Big Band brings a mix of jazz standards, classic ballads, big band era tunes, Latin music, and modern jazz to the Pardee-Morris House on Wednesday, July 25. The Pardee-Morris house dates from the mid-eighteenth century. The grounds open at 6:00 pm and the concert begins at 7:00. There's a food truck — Shoreline Prime — or you can bring a picnic. Bring a chair, too! Call the office to register and get carpool information. For venue information, visit their website at: <http://www.newhavenmuseum.org/visit/pardee-morris-house/>

Thursday, Aug 2, 1:30 pm

Special tour for HomeHaven

Leonardo: Discoveries from Verrocchio's Studio

Yale University Art Gallery

The exhibit focuses on Leonardo's years as an apprentice in the studio of the sculptor, painter, and goldsmith Andrea del Verrocchio, seeking to identify the young Leonardo's hand in paintings known to be collaborations with his teacher and fellow pupils. A selection of works on loan from international public and private collections—variously attributed

to Verrocchio, Leonardo, Lorenzo, or lesser-known artists—helps to clarify the personality of each artist and shed light on the depth and nature of collaboration in Verrocchio's workshop. More information at artgallery.yale.edu. Registration limited to 15 people. Please call the office to sign up.

Thursday, August 23, 6:00-8:00 pm

Thimble Islands Cruise

Join HH friends for a lovely evening on the water, cruising the Thimbles under an almost full moon. Bring your own picnic (food & beverage) and a warm jacket (it can be chilly on the water)! \$20 gets you on the boat but seats are limited! Registration & payment are required by Monday, July 23. Please call or email the office soon to reserve your spot.

Tuesday August 28 (Rain Date 8/29)

Love's Labour's Lost, 8:00 pm; Picnic, 6:00 pm

Edgerton Park

Elm Shakespeare is doing *Love's Labour's Lost* and HomeHaven is going! Bring your picnic supper and chair or blanket and meet up with fellow HomeHaveners for dinner al fresco preceding the play. Please call the office to register.



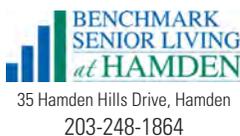
Thank You, Sophie!

For the past five years Sophie Powell has faithfully sent us the Newsletter's monthly listing of upcoming events. She has reminded our readers of dates and places for recurring group meetings, and informed us of talks, trips, parties, and picnics planned by the Activities Committee. Along with "the facts," her delightful descriptions have been a pleasure to read and an enticement to attend HomeHaven events. With the last issue, Sophie has announced her "retirement." Though well-deserved, we will miss her and her contributions!

We are grateful, Sophie, for the many months-worth of Events notices you've provided, but more that that, for the pleasure—and fun!—of working with you!

– Ellen and Jane

Generous support for HomeHaven provided by:



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