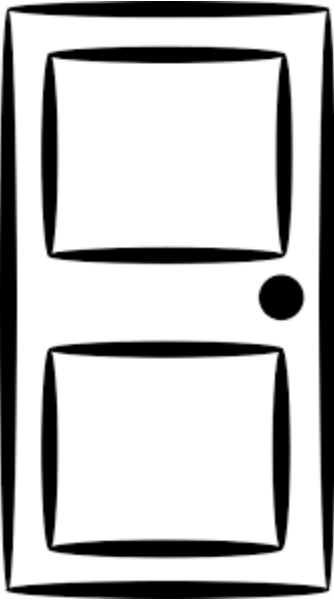


Aging at Home with Open Door  
presents...



2018-19

PROGRAM GUIDE

**KEEP THIS BOOKLET**

Welcome to our 2018-19 program!  
We're so glad you're here!

Aging at Home and Open Door have teamed up to bring you a brand-new program that combines the best of both organizations. Read on for all the details and our 2018-19 calendar...

And contact us at 203-230-8994 or [agingathome@gmail.com](mailto:agingathome@gmail.com) with any questions, concerns or considerations!

**Program overview:**

Aging at Home and Open Door will present a monthly luncheon program, followed by a speaker of interest to the group. The program is open to everyone in the community regardless of age, religious affiliation, or income.

## **How our program works:**

Our program will take place on the first Thursdays of October 2018 through June 2019. All programs will take place at Spring Glen UCC Church, located at 1825 Whitney Avenue in Hamden. There is ample free parking at the church, which is handicap accessible. The luncheon and programs will happen in the second floor Social Hall which is also handicap and elevator accessible.

The luncheon (catered by the Eli Whitney Culinary Arts program) begins at noon; the speaker program begins at 1 p.m. and will last approximately 30 to 45 minutes. Luncheons consist of an entree, side dishes, salad, bread, dessert and beverage. At this time we cannot accommodate food allergies or dietary preferences.

In order to receive the lunch, you must RSVP to Aging at Home no later than noon on the Thursday before the program (in other words, one week in advance). You may call 203-230-8994 or email [agingathome@gmail.com](mailto:agingathome@gmail.com) to reserve your luncheon. The cost of the luncheon is \$5 and we ask that you pay at the door on the day of the luncheon. There will be a list of RSVP's at the door. If you have reserved a luncheon but find you cannot attend that month's program, please call us as soon as you can to cancel.

We accept cash or a check made payable to "IVCG." You must have a lunch reservation; no lunches will be available on a walk-in basis. You may subscribe to all of the luncheons in advance by giving us a check for \$45 but please be advised there will be no refunds for missed individual luncheons (unless we cancel the program for weather).

You are most welcome to attend the program without attending the luncheon. Just be at Spring Glen by 1 p.m.

This booklet contains the list of programs and speakers for the 2018-19 program year. We will send a monthly email reminder of the programs but we are no longer sending mailed reminders or making telephone calls. Please keep this booklet so you will have a record of the scheduled speakers and programs.

Aging at Home/Open Door follows the Hamden Public Schools weather policy, so if conditions look problematic be sure to check your local news outlet. If there is no school or early dismissal, the program is cancelled; if there is a 2-hour morning delay we will not cancel. If we do cancel we will also send an email notice to our email members. If you need to contact Spring Glen Church directly about conditions at the church, you may call them at 203-288-3381.

**Background:** Aging at Home was founded in 2003 by community leaders, Rev. Ed Dobihal and Irm Wessel, MSW, as a community-based, neighbor-to-neighbor effort to help seniors maintain quality of life with dignity, as they "aged at home." Aging at Home became a program of Interfaith Volunteer Care Givers of Greater New Haven in 2016 and is administered by a steering committee.

For the past 30 years, Open Door has been sponsored by Spring Glen UCC Church. Open Door has served as a luncheon, social and fun program for community elders, both affiliated with Spring Glen and otherwise. We honor Laura Carlson, the loyal and diligent organizer of Open Door over the many years it has been in operation.

## **2018-19 Program Calendar**

**All programs are on the first Thursday of the month; be sure to call in your lunch reservation one week ahead of time.**

**October 4** – *Live Prepared for an Emergency* – with Alicia Mulvihill and Kara Sepulveda of the Quinnipiack Valley Health District.

**November 1** – *Eating Well for Seniors* – with Yale Nutrition Department. This will be tailored to the needs of our group.

**December 6** – *Holiday Celebration* – concert by long-time favorite Flint Ladder. (Program runs from 1-2 PM.)

**January 3** – *Conservation Initiatives: Past and Future* – with Jim Sirch of the Hamden Land Conservation Trust.

**February 7** – *Staying Safe Online: Introduction to Basic Internet Safety Practices* – with Thomas Rooney of the Miller Library.

**March 7** – *Hank Paper Speaks ... stay tuned.*

**April 4** – *Coping with Grief and Loss* – with Community VNA.

**May 2** – *Independent Documentary Film: A Vehicle for Social Change* – with film-maker Jen McShane.

**June 6** – *Papers that Matter* - with Attorney Mary LeDuc.

Other information of note!

Aging at Home sponsors a **monthly breakfast club** that meets at Three Brothers Diner, 1038 Dixwell Avenue, in Hamden, at 10 a.m. on the third Thursday of every month. (Call 203-230-8994 or email [agingathome@gmail.com](mailto:agingathome@gmail.com) to verify the date if there is a conflict with a holiday Thursday.) The breakfast is "pay for your own" and it's a fun bunch!

If you're interested in meeting other folks in a smaller setting, Aging at Home also has **small groups** including a film club, a book club, "Card Sharks" (card-playing) and knitting/crocheting for a cause. These groups meet in members' homes and if you'd like to join the fun, please call us at 203-230-8994 or email us at [agingathome@gmail.com](mailto:agingathome@gmail.com) for more information.

Aging at Home celebrates its **Annual Meeting** in September of every year, with a special speaker and the award to the Member of the Year. The 2018 and 2019 Annual Meetings have already been scheduled:

Our **2018 Annual Meeting** will be on Wednesday, September 12, at 1 p.m. and our speaker will be noted New York Times columnist and science writer, Carl Zimmer. Carl will speak about his newest book, [She Has Her Mother's Laugh](#), which deals with the subject of heredity. Carl is an entertaining, extremely knowledgeable speaker and not to be missed!

Our **2019 Annual Meeting** will be on Thursday, September 5, at 1 p.m., and features popular author and speaker Dr. Joyce Saltman. Her program is titled "Celebrating the First 100 Years: The Magic of Resilience."

Our Annual Meetings take place in the second-floor Social Hall at Spring Glen UCC Church at 1825 Whitney Avenue in Hamden. There is no need to RSVP for the Annual Meetings. There will be no luncheon served on Annual Meeting days.

MANY THANKS to those who responded to our **Aging at Home Appeal**. Your generous donations have helped make it possible for us to engage in-demand speakers, and to put on a high-quality program that serves our entire community. Although no donation is required to enjoy our program, you are always welcome to contribute by sending a check (marked "Aging at Home" on the memo line please) to Aging at Home, 30 Gillies Road, Hamden, CT 06517.

Aging at Home is a program of **Interfaith Volunteer Care Givers of Greater New Haven**, a 501(c) (3) registered non-profit that provides support and assistance to seniors in New Haven and the surrounding towns to help them age with dignity, grace and friends. IVCG supplies free medical transportation for seniors to appointments, procedures, and tests; we also provide friendly visiting and emergency home repair/exterior work for clients' homes as volunteers are available.

Visit us at [carenewhaven.org](http://carenewhaven.org) or email [jferrall@carenewhaven.org](mailto:jferrall@carenewhaven.org) for more information, to register as a client, or to volunteer. We are always seeking folks willing to give an hour or two, to make the life of a senior just a little easier!



Aging at Home is a program  
Of Interfaith Volunteer Care Givers  
Of Greater New Haven

IVCG is funded in part by a grant from the Agency on Aging  
of South Central Connecticut