

Message from the Presidents

Being the President of Home Haven has been gratifying, educational, and a great way to make new friends. We've come a long way from the days when East Rock Village decided to change its name to HomeHaven and foster what are now SIX villages, with the office as their hub. We've realized that simply helping members age in place at home is but one element in a much bigger enterprise. Now we appreciate the necessity of improving the quality of our lives, fostering friendships, resisting ageism, and working with other organizations to engender opportunities for more engagement with our community.

I'm delighted to be passing the baton to Peggy Atherton, who brings generosity, experience, and boundless good judgment to our great organization. She knows the importance of "getting to know each other so we'll like each other when we need each other."



Louis Audette

I am pleased to serve as the President of HomeHaven at this stage of our development, when the hub-and-spoke configuration has allowed more villages to form and provide steady growth of membership.

About 15 years ago, I read about the formation of the Beacon Hill Association and thought what a wonderful idea it was. Then, in 2009, Al and I moved to New Haven, right across the street from Jane Jervis. She told me about East Rock Village and, thanks to Jane and Ann Feinstein, I joined the Visitors Committee.

Al and I began to take a more active role in 2012, when I became a Board member. Al serves on the Finance

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Outgoing HomeHaven board president Louis Audette with incoming president Peggy Atherton

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and Strategic Planning Committees. I serve on the Governance Committee and have continued on the Visitors Committee, where I worked on the Yale New Haven Transitional Care project which stimulated my interest in finding ways to support Greater New Haven.

Please let me know ideas that you have about ways to further the legacy of service that our founders have begun.



Margaret "Peggy" Atherton



LINKING UP

*Links to items of interest recommended
by newsletter readers.*

"[Researchers Confront an Epidemic of Loneliness](#)," an article by Katie Hafner in the September 5, 2016, *New York Times*, describes what researchers are discovering about the effects of loneliness on health.

"[Helping the Elderly Downsize](#)," by Kaya Laterman in the July 22, 2016 *New York Times*, talks about the growth of the "Senior Move Managers" industry and the services downsizing professionals offer to older people preparing to move to smaller residences.

We always welcome suggestions from our members.

HomeHaven News

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Changes on the HomeHaven Board

Joining the HomeHaven Board of Directors on October 1 (the beginning of the 2017 fiscal year) are three new members and one returning member: John Bett (Hamden), Joe Dolan (Downtown), Kaye Maggart (Hamden), and the returnee Sheilah Rostow (East Rock).

A number of veterans are leaving the Board: Louis Audette, Jim Barnes, Jeanne Drury, and Jane Jervis have all "termed out," having completed two consecutive three-year terms, and Kate O'Brien has resigned due to the demands of her music profession.

Continuing members of the Board are: Peggy Atherton (President, East Rock), Cecilia Berner (Westville), Bill Brainard (Vice President, East Rock), Renee Drell (Amity), Susan Feinberg (Westville), Patty Langdon (Secretary, Hamden), Hal Spitzer (Hamden), and Jane Wisialowski (at large).

Directors are nominated by the Governance Committee of the Board, after careful consideration of the current needs of the organization. Nominees are interviewed and proposed to the Board as a whole for election to a three-year term that may be renewed once. The Governance Committee always welcomes recommendations. It is currently particularly interested in expertise in marketing, fund development, and social media. Contact its chair, Hal Spitzer, at hsspitzer@gmail.com.

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 43 rides by volunteer drivers
- 14 visits by volunteer visitors
- 6 computer assists by volunteer computer helpers
- 5 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.

MEET OUR MEMBERS: A Conversation with Emily and John Bett

by Jane Jervis



Emily and John Bett

They seem an unlikely couple – an artist from the Midwest and a research scientist born in India and raised in Scotland. As John puts it, they met one enchanted evening across a beer-stained barroom table in Chicago. How did they get there?

John's father, a civil engineer, was in the Indian Service of Engineers. Like many British children of the Raj, John was sent "home" to Scotland to be educated in boarding schools, learning survival skills early. At St. Andrews University he "drifted" into chemistry. On graduation, disinclined to teach or work in industry, he saw a poster advertising scholarships for graduate study at IIT (Illinois Institute of Technology) in Chicago. He was accepted and sailed for America on a Fulbright travel scholarship that covered only transportation costs, a "Half-Bright" John calls it, since the prestigious fellowship of the same name pays for everything. At IIT he found bleak surroundings but a lively student community brightened by a tavern frequented by students from IIT and the University of Chicago, home of that beer-stained table.

Emily grew up in N. Chicago during the depression, in a German immigrant enclave where folks took care of one another. Hers was an extended family that doted upon her (until the arrival of younger sisters!). She did well in school, skipped a grade, and took business courses, with no family expectation of college. She worked as a steno for US Steel, married young, and worked to support her husband at the University of Chicago. But it didn't work for her, and she decided to shape her own life. After a divorce she applied to the University, placed out of the first year, and supported herself through school working at the

Oriental Institute. Her fellow students were 10 years younger and she had to do remedial math, but she succeeded in earning her BFA in art.

John earned his PhD at IIT in 1962. He defended his thesis on Friday, married Emily on Saturday, and they drove a U Haul to Montreal to start a post-doc at McGill on Sunday. Daughter Alison was born there. Emily was fortunate in having a portable profession with her art. She continued to explore media and genres, finding in art a powerful way to communicate with others. Painting keeps her balanced, and over time her painting has reflected the story of her family and her inner life.

After three years they moved to Pittsburgh where John was a research scientist doing basic research in catalysis at the Mellon Institute. They found Pittsburgh geographically claustrophobic – no ocean or great lake – but enjoyed wonderful symphony, opera, and theater.

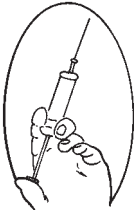
New Haven came next, where John worked for United Technologies for 25 years in research concerned principally with fundamental electrochemical processes in fuel cells. Emily continued her art, and earned an MFA at Southern Connecticut. With two friends, she started the Center for Arts and Crafts in Hamden, offering classes in pottery, stained glass, quilting, jewelry, and batik, as well as drawing and painting. The school was awarded two grants from the Connecticut Commission on the Arts. Emily has exhibited widely and won many awards. She had a retrospective show of her work in Madison in 2016, attended by many from HomeHaven, who were struck by its great variety. John describes her art as having a very strong color sense and always a sense of whimsy.

In retirement, John worked as a visiting scientist at Los Alamos and as a consultant at UConn and UTC, and taught as an adjunct at Yale. Despite drifting into chemistry, he has had a satisfying career, claiming to have been only a toiler in the vineyards, but in vineyards that developed the technologies that make our world possible. Meanwhile, he has been a docent for some 25 years at the Yale Art Gallery, then at the British Art Center.

John and Emily enjoy their HomeHaven memoir groups and the new friends and neighbors that they have met through HomeHaven. John has just become a member of the Board.

HEALTH MATTERS

Roll Up Your Sleeve, Please, by Nissa Simon



If you think you've outgrown the need for vaccines, you've got another think coming, as my eighth-grade buddy used to say.

According to the CDC (Centers for Disease Control and Prevention), some adults assume that childhood vaccinations will protect us for life. Wrong for several reasons: Some of us were never vaccinated as children; newer vaccines weren't available when we were young; immunity can begin to fade over time; and we become more susceptible to several diseases (think flu and pneumonia) as we age.

Here's the latest thinking about vaccines for those of us 65+.

INFLUENZA. This annual shot has become almost as routine as watching the leaves fall in autumn. Be that as it may, mark your calendar now to get one before the autumn leaves turn to winter snow. Two vaccines are designed specifically for people 65+: Fluzone High-Dose and Flud, both high-dose vaccines that provoke a stronger immune response. Fluzone High-Dose was approved by the FDA in 2009; Flud is available this year for the first time in the U.S. No randomized studies comparing them against the other have yet been published. Both may result in more of the mild side effects associated with standard-dose shots. Keep in mind that adults

65+ should not get the nasal spray flu vaccine (not recommended for anyone any more), an intradermal flu shot (a shot injected into the skin rather than a muscle) or a jet-injector flu vaccine (a device that uses a high-pressure, narrow stream of fluid instead of a hypodermic needle to penetrate the skin).

PNEUMOCOCCAL DISEASE. This vaccine prevents bloodstream infections, meningitis, and pneumonia, serious infections associated with *Streptococcus pneumoniae* bacteria. There are two different types of the vaccine on the market, Prevnar 13 and Pneumovax. Guidelines now recommend that adults 65+ get both vaccines, Prevnar 13 first, followed by Pneumovax 6 to 12 months later.

SHINGLES (HERPES ZOSTER). This painful skin rash typically develops on one side of the face or body. A one-time vaccination reduces the risk of developing shingles and the long-term pain that can follow. The vaccine is recommended for all men and women 60+ whether they remember having had chicken pox as a child or not. Protection from the vaccine decreases within the first five years, so if you were vaccinated before age 60, you might not be protected later in life when the risk for shingles and its complications are greatest. Talk to your doctor.

TDAP VACCINE. All adults should get the Tdap vaccine if they never received a shot as an adolescent to protect against pertussis (whooping cough) and then a Td (tetanus, diphtheria) booster shot every 10 years. Don't remember when you got the last one? You probably need another.

IF YOU PLAN TO TRAVEL. Before you look for your passport, be sure you're up to date on routine vaccinations. Log on to <http://wwwnc.cdc.gov/travel/destinations/list>. You can click destinations from A (Afghanistan) to Z (Zimbabwe) for specific recommendations. Find out which vaccines are recommended for the area you're visiting and make a doctor's appointment four to six weeks before the day you're set to travel so you have time to get the necessary shots.

Elm City Shakespeare: A Midsummer Night's Dream



A large contingent of HomeHaveners turned out on a beautiful end-of-summer evening, enjoying food and friendship before the performance

**Remember Home Haven
in your will — it's easy!**

VILLAGE NEWS

A party for members and prospective members of **Hamden Village** was held recently at the home of co-leader Patty Langdon (see photos). Elizabeth Dreyer, a new member and Professor Emerita of Religious Studies at Fairfield University, is conducting a study group on the medieval anchoress and mystic, Julian of Norwich, for HomeHaven members. (The group is now full.)



Prospective members Dick & Paula Resch with Bitsie



New member Francesco Iachello & Sharon Matthews

East Rock Village leaders Sheilah Rostow and Gretchen Kingsley called a meeting of all members to share what they like about their neighborhood and ERV and to exchange ideas for future activities. Many mentioned the value of meeting new people through ERV and HomeHaven activities. Suggestions fell into two groups—finding ways to socialize within ERV (game nights, meet-ups for coffee or a movie, etc) and identifying needs and volunteer opportunities in ERV and beyond. The idea of establishing a listserv to help members communicate their interests and needs is being followed up.

Westville held three recruitment gatherings in September, two at a member's home and one in the common room of the Fountain Street Apartments, where several members live. The Westville lunch group gathered on the 26th.



Prospective member Bob Adnopolz with Wayne Meeks & Hal Spitzer

SAVE THE DATE:

Sunday, October 30, 3 pm

HomeHaven's Annual Meeting

All Members & Friends Invited

The Putnam Room

at the Whitneyville Church

1247 Whitney Avenue, Hamden

More coming in the US Mail!!

Introducing New Members

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

Barbara Wareck and Charles Perrow ~

East Rock

Francesco Iachello ~ Hamden



COMPUTER CONNECTION: Safer Living Through Technology

by Christa Sammons

Last summer our Executive Director got a call from a young woman soon to graduate from Yale's School of Management. She wanted to interview HomeHaven members about technical devices that might help them live better at home. Bitsie managed to corral a few of us still around during those hot July days, and we met at the office with the entrepreneur and her sidekick, a very bright Yale undergraduate. They wanted to get our reactions, as persons of a certain age, to a prototype they had developed, a PERS (personal emergency response system) device that was not a pendant worn around the neck, but a bracelet. We all tried the bracelet on (it came in two sizes) and gave opinions (which we're very good at, of course): nice idea, but the thing would also need to tell time like a watch, the ladies would require stylish designs, wouldn't it be hard to type or play the piano wearing the thing? We also volunteered ideas for other technology-enhanced devices these innovators might invent: a cane that talked back if you seemed to be leaving it behind; ways to allow emergency personnel access to your home without compromising basic security.

The over-65 population is, in fact, becoming a huge target for businesses marketing technological devices and services, and a largely untapped market at that. One blog I read noted that innovators in this area face two headwinds—not knowing the right channels to access the market and senior-citizen resistance once they get there. There are, of course, many efforts to get older people “online” so that they have Internet access for communication, entertainment, and information. But a lot of new devices, as you can imagine, have to do with health care and management. Some PERS devices now feature accelerometers, for instance, that can tell if a person falls and then automatically send out a call for help. There are in-home blood pressure cuffs that transmit continuous information to the doctor. Devices attached to the TV let it keep track of appointments and remind us to take our pills. And purveyors of familiar technologies are becoming ever more aware of the aging at home movement and

adapting their offerings accordingly, for instance home security systems that detect changes in daily activities and let our kids know if we don't do our exercises — or start to get too frisky. (You see where some of that senior-citizen push-back might come from.) And then there are all the health-related apps for smart phones. Nissa Simon recommended a good selection of those in the April 2016 newsletter.

Sources:

betterhealthwhileaging.net and geritech.org, blogs by Dr. Leslie Kernisan, a clinical instructor at University of California, San Francisco, Division of Geriatrics
ageinplacetech.com, a blog by Laurie M. Orlov, elder care advocate and tech industry expert



Christa Sammons is a member of HomeHaven's Information Technology (IT) Committee.



Happy Birthday to HomeHaven members with a birthday in October

Mary Barnes Betsy Barnston
Norman Chonacky Bitsie Clark
Helen Cooper Joseph Dobrowolski
Gene Festa Howard Garland
Karlee Gifford Ursula Hindel
Ernest Kohorn Kaye Maggart
Celeste Markle Susan Matheson
Fred O'Brien Sara Ohly
Mikki Ratner Helen Robinson
Morry Sheehan Alice Simon
Betty Trachtenberg Cheever Tyler
Steve Victor



 ***“Autumn is a second spring when
every leaf is a flower.” - Albert Camus*** 

HomeHaven Reads!

The Book Group met on September 12 to compare notes on what we had read over the summer and choose books for the next several months. Our selections through January are listed below. **New members are welcome to join the group, which meets on the first Monday of each month from 10 to 11:30 am.** Details are listed in the Events section each month.

October 3: *The Rosie Project*, a novel by Graeme Simsion about a geneticist on the Asperger's spectrum who decides he needs a wife and devises a survey to choose the right woman. The book is both funny and profound. (See Events, p. x for details.)

November 7: *The Curious Incident of the Dog in the Night-Time*, by Mark Haddon. An autistic 15-year old boy determines to find the killer of his neighbor's dog, then writes his own quirky account. Like our October selection, it is both entertaining and insightful.

December 5: *The Clarks of Cooperstown* by Nicholas Weber. Their great fortune came from partnership with the Singer sewing machine company. Younger generations, particularly Sterling and Stephen Clark, fell to feuding and fussing, but also supported the arts and art museums, including The Clark Institute in Williamstown, MOMA, and the Yale Art Gallery.

January 9: *The Underground Railroad: A Novel* by Colson Whitehead, a gripping story of slaves who risked everything to escape from the South.

Laughter, The Best Medicine Halloween Humor

A photographer goes to a haunted castle on Halloween determined to get a picture of a ghost. The ghost he encounters turns out to be friendly and poses for a snapshot. The happy photographer later downloads his photos and finds that they are underexposed and completely blank.

Moral: The spirit is willing, but the flash is weak.



It was late October and, while I was waiting for my wife at the hardware store checkout, I noticed that someone had left behind a broom. When no one came to claim it, I went outside to search for a couple I remembered seeing at the cashier's counter. I spotted them getting into their truck and hurried over.

"Excuse me," I said to the young woman, "but did you by any chance leave your broom inside?"

"No," she retorted quickly with a smile, "We came by truck."



VILLAGE VERSE: Connecticut in Summer

Connecticut in summer
Is great for those who stay.
In fact I don't quite understand
Why people go away.

We sit on the deck in our rocking chairs
And savor the fresh cool breeze,
Birds come to feed on the feeder seed
From the branches of nearby trees.

Connecticut birds are colored bright,
And visit throughout the day.
There is many a glorious golden finch
And a lovely, but loud, blue jay.

Gray nuthatches feed upside down.
Woodpeckers have red caps.
Grosbeaks are bright in black and white
With narrow scarlet wraps.

Male cardinals are crimson,
Their young are green and red.
Even the coal-black grackle
Has an iridescent head.

Green hummingbirds show their scarlet necks,
Before they dart away.
Purple finches are pink, or so *I* think.
Catbirds are elegant gray.

Mourning doves look for sprinkled seed
On the battered, grassy ground,
Where chipmunks run with lifted tails,
And squirrels chase around.

Connecticut woods in summer teem
With many a wonderful thing.
Humans have made something wonderful too —
Air-conditioning!

— Liz Wolf, Amity Village



Events: October



Wednesday, October 19, 2:00 pm

***Meteor Shower*, by Steve Martin**

Long Wharf Theatre

Some discounted tickets to this world premiere have been offered to HomeHaveners at \$45.

Please call the office for availability.

Thursday, October 20, 3:00 pm

“Recurring Issues in the Field of Elder Law”

Talk by Attorney Whitney M. Lewendon

North Haven Memorial Library

17 Elm Street, North Haven

Atty. Lewendon will speak about how to advocate for the medical care you want, especially regarding end-of-life issues, as well as financial adjustments that may be necessary if one's health declines and long term care services are needed. For 43 years, Atty. Lewendon has represented individuals and families with legal issues affecting the elderly and the incapacitated. He is a frequent lecturer for both professional and lay groups on many aspects of elder law.

Wednesday, October 25, 2:00 pm

“Fall Prevention” at University Towers

HH's Downtown Village is sponsoring this presentation by Yale's Fall-Prevention Program. Individual assessments and refreshments will be on offer. Watch for HomeHaven Happenings for more information later this month.

Sunday, October 30, 3:00 pm

HomeHaven Annual Meeting

Putnam Room, Whitneyville Church

1253 Whitney Avenue, Hamden

More information coming by mail.

TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please call the office or drop us a note and tell us about the experience.

Were you satisfied?

Were there problems?

We'd like to know how things turned out.

203-776-7378

ONGOING GROUP MEETINGS

BOOK GROUP

Monday, October 3, 10:00 am at the home of Cecilia Berner, 159 Fairfield Street, Westville. We will discuss *The Rosie Project*, a novel by Graeme Simsion. (For more, see article, p. 7.) **Please RSVP** to Cecilia: 203-389-8876 or ceciliaberner@sbcglobal.net.

PINS AND NEEDLES

Monday, October 10, Columbus Day: no meeting.

Monday October 24, 3:00 pm at the home of Gretchen Kingsley, 420 Humphrey Street. **Please RSVP** to Gretchen at 203-915-0898 or gma322@gmail.com. Bring whatever project you are working on and enjoy good company and refreshments. **New members always welcome.** For more information, contact Jeanne Drury at 203-281-3227 or JeanneDrury@aol.com. **Please always let your hostess know whether or not you plan to attend.**

COOKING IN DIFFERENT LANGUAGES: 1950s American Cooking

Monday, October 17, 6:30 pm.

Sign-up deadline is Friday, October 7. Please respond by then. It is crucial, in the early stages of planning, to have an accurate count of participants! **RSVP** to Celeste Markle at 203-376-1943 or c_markle@yahoo.com.

MEMOIR GROUPS

The groups meet on the second and fourth Mondays of each month for an hour and a half. For more information or if you would like to attend a meeting to see how it works, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

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