

## Message from the Executive Director: SHARE THIS NEWSLETTER!



Winter greetings!

In early November, HomeHaven president Peggy Atherton and I traveled to Baltimore for the Village to Village Annual Gathering, where we joined almost 400 members and staff from villages throughout the country. We heard panels

of experts share best practices for strengthening our villages. We met many wonderful like-hearted people whose core values include connection to others in one's community, being of service, and living out one's life independently and with dignity.

I was particularly impressed by a theme that characterizes the village movement and that I've seen in our villages: balancing what may seem to be at odds, that is, commitment to a caring community of neighbors with shared interests and commitment to a vision of one's own future based on highly individual needs and circumstances. This strikes me as quintessentially American, this juxtaposition of the individual within the community, doing his or her own thing, yet responding to a call for help or companionship.

Another theme of the conference was the question of how one ages well. One speaker identified six factors critical to healthy aging, and especially to brain health in one's later years: physical movement, mental stimulation, social engagement, sleep and rest, stress management, and diet and nutrition. How are HomeHaveners managing in these areas of life? We are involved with myriad organizations that give meaning and satisfaction to our lives, and we are busy with music, theater, lectures, exhibits, exercise, dance, yoga, and much more. HomeHaven

and village activities and gatherings provide further mental stimulation and social engagement. Looking ahead, we are planning an Aging Wellness Symposium for the spring, to present information that we hope will encourage planning and action to enhance one's health and wellbeing. The event, open to the larger community, will further our strategic goal of being a leader and a partner in bringing important programs on aging to this booming sector of the population.

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Message from the Executive Director *continued from page 1*

What more can we, or should we be doing? One presenter at the conference focused on the neuroscience of loneliness, citing a spate of research that says our brains are wired to connect. However, as we age and become less mobile, more of us experience social isolation, which has a profoundly negative effect on physical and mental health. Our newly reactivated Visitors and Membership committees will be addressing ways to invigorate outreach to our most vulnerable members and respond to their growing infirmity.

I will leave you with a gentle imperative: please Share This Newsletter! It's an excellent way to share with neighbors and friends what HomeHaven means to us, what it's all about. So please print it out, make copies, get copies from the office, and carry it with you! Keep a few in your car and give it away whenever you can. Help us spread the word about our wonderful, caring community!



Lauri J. Lowell

*"A bare tree stands  
with roots on both ends  
in December days."*

- Kiran Bantawa, "Bare Trees"

## HomeHaven News

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## HomeHaven Holiday Party!

Thursday, December 14<sup>th</sup>, 5-8 pm  
Louis' House – 24 Everit Street

It's a festive potluck – HomeHaven style!  
Bring your favorite finger food for 6 to 8.  
Celebrate the holidays with your friends  
and make new ones in the true  
spirit of HomeHaven!

Beverages and live music will be provided.

Please RSVP: (203) 776-7378  
or [info@homehavenvillages.org](mailto:info@homehavenvillages.org)

Park on the street and access No. 24 via  
the driveway between Nos. 22 and 32.

Call your Village Leader if you need a ride.

## ... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 49 rides by volunteer drivers
- 30 visits by volunteer visitors
- 7 computer assists by volunteer computer helpers
- 19 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 Celeste Markle

by Susan Feinberg



“There’s the woman who saved my life!” The woman? Celeste Markle. The speaker? Ebony, a 32-year old woman who had been a 16-year-old unwed mother when Celeste came to her rescue. After Ebony’s own mother rejected her, Celeste took her and her infant into her

home and got her back on her feet. She is now married and working in a charter school. She owes this success to Celeste.

Ebony is only one of many former students from both Harding High School and Bridge Academy, both in Bridgeport, whom Celeste rescued. One boy, Taj, lived with Celeste for 18 months. She taught him, among many other things, how to drive. In an effort to promote safe sex during the time of the AIDS outbreak, Celeste took matters into her own hands and bought condoms in bulk for her sexually active students. They always knew whom they could go to for everything from editing a paper on “Macbeth” to having a safe place to stay.

Teaching for Celeste was not a job; it was a mission. Her excellence as a teacher did not go unnoticed. In 1989 she received the Celebration of Excellence Award for a particular project that she did with her students, and in 1990, the University of Connecticut awarded her a sabbatical leave that enabled her to teach two freshmen English classes at UCONN as well as attend two other classes. She retired from teaching in 2008, but fortunately for the neophyte teachers at Bridge, the director recently chose her to be a mentor for new teachers. Her legacy will continue both through her mentoring of new teachers and in her role on the Executive Board of Bridge Academy.

So, who is this robust, generous, and occasionally irreverent spirit? Mary Celeste Perta was born in the Bronx in 1943, the oldest of six children. She credits her love of cooking and enjoying good food to her Italian heritage. Anyone who has had the pleasure of being a guest in her Westville home will agree: Celeste is the Pearl Mesta of Westville as well as HomeHaven. She runs HomeHaven’s “Cooking

in Different Languages” activity, and she is the Organizer and “Decider” of our social events.

Celeste has one daughter, Jennifer, from her first marriage. Jennifer lives in Brooklyn where she owns a bar. Celeste’s second husband, Tiny (Erwin Jacob) Markle, was a well-known radio personality in both New Haven and Bridgeport. He had a regular talk show in Bridgeport and, almost as a hobby, announced Yale football games. After Tiny died from cancer in 1988, Bridgeport honored him with a street named Markle Court. Celeste, herself, has survived cancer twice (1982 and 2000).

Travel is one of Celeste’s passions; she particularly relishes visiting the National Parks. Her aim is to see a park a year. These trips often involve hiking and/or whitewater rafting. Her travel is not limited, however, to the National Parks. She has done service trips with the Sierra Club, has visited Vietnam, Vancouver, and Spain with Road Scholar, and spent a month in Israel as a volunteer with the Israeli Defense Force. Paris, however, which she has visited several times, remains her favorite European destination.

Celeste is passionate about her beliefs. Warning: do not get her started on today’s news if you do not have plenty of time. Her engagement goes beyond talk. In 1976, she ran for the Board of Aldermen in New Haven and lost by only 35 votes. She actively volunteers for and generously contributes to the political causes she supports. When she is not cooking, traveling, or politicking, she can be found reading or watching old movies on TCM (I have often seen her cooking while watching old movies). If you cannot think of a film title or the lead in a particular film, call Celeste. When she is most reflective, however, she writes poetry. The Connecticut Conference of Teachers of English awarded her Poet of the Year Award in 1994, and several of her poems have been published in poetry collections.

HomeHaven is fortunate to have this vibrant force within our midst, and Westville is particularly fortunate. She is the energy behind our Village.



*Happy Holidays!*

IN MEMORIAM  
INGEBORG GLIER  
(1934-2017)

Ingeborg Glier, Professor Emerita of Germanic Languages and Literatures at Yale and member of Downtown Village, died peacefully in the Connecticut Hospice on November 14, 2017, after a long illness. She is survived by her sister, Brigitte Glier-Konkol, of Memmingen, Bavaria.

Born in Dresden, Ingeborg and her family were bombed out during the war. In 1947, they fled the Soviet Zone to Memmingen, where Ingeborg grew up. She studied at the University of Munich and St. Catherine's in England, won a fellowship to Mount Holyoke in 1955, and received her doctorate from Munich in 1958. Her specialty was medieval German literature. She came to Yale as a visiting professor in 1972; a year later, she became only the third woman with a tenured professorship, teaching topics in both modern and medieval literature. Ingeborg was a favorite with students, combining rigor with kindness.

Two years ago, Ingeborg came to HomeHaven through the Yale-New Haven Hospital project, in which HomeHaven volunteers helped care for her after her discharge from the hospital. "She was an amazing woman," volunteer Lynda West said, "a warm personality, lively conversationalist, ardent fan of NPR, yet fiercely independent. Her illness took from her many things she cherished – managing her own affairs, continuing her scholarly pursuits, walking the streets of New Haven—but she slowly learned to walk again, proud of the number of laps she could complete and of making her goal of 75 stair steps a day. Always grateful for help, she was determined to regain her independence. She will be missed."

Donations in her memory may be made to WSHU Radio, the Salvation Army, or Connecticut Hospice.



## HomeHaven Helps

by Jane Jervis

### MELISANDE

Melisande (*not her real name*) was part of a small group that worked tirelessly to create a village, first in Orange and then expanding to include Woodbridge and beyond. They believed that there were likely lots of interesting people in their town whom they did not know. They set out to find them, and they were powered with the pioneering passion that is needed to succeed.

When she started, Melisande found that this work filled a gap for her after she retired. But she soon discovered that the HomeHaven project engaged people who were prepared for a level of intimacy and spontaneity that is rare in most social groupings —perhaps because just being interested in HomeHaven implies a recognition of the vulnerability associated with aging.

Amity Village is now a warm and thriving community with many scheduled activities and spontaneous gatherings. Members candidly share joys and sorrows and are quick to offer help to and gracious in accepting help from one another. Having played a part in this creation gives Melisande enormous satisfaction. She hopes to find a mechanism to promote more one-on-one conversations within the Village.

Although she occasionally takes part in events for the entire HomeHaven community, she finds them lacking in the intimacy that characterizes her Village. The genius of the organization lies in the combination of the efficiency of the hub with the intimacy possible in the spokes.

*If you would like to be interviewed for this feature, please contact Jane at [hbjervis@gmail.com](mailto:hbjervis@gmail.com).*

## Introducing New Members

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

Leona Nalle ~ Westville

Gina and Allen Sack ~ Westville





## ANNUAL MEETING

About 60 hardy souls braved a downpour on October 29 for HomeHaven’s 7<sup>th</sup> Annual Meeting at the Whitneyville Cultural Commons. Celeste Markle and her team created a cheery atmosphere with flowers to set off the drinks and homemade delicacies brought by members. John Sawyer’s photo booth snagged members whose pictures were missing in our membership directory.

Peggy Atherton, Board president, thanked departing Board members and welcomed new ones. She introduced Lauri Lowell, our new executive director, who thanked us for our warm welcome and briefly shared her vision for the coming year — to serve the membership and strengthen the organization.

Lauri then introduced her predecessor Bitsie Clark, who needed no introduction! Bitsie discussed

highlights of the past year, detailed in the Annual Report being distributed by Ronan Hay, and presented her *Can’t Live Without You* awards to Louis Audette,



Susan Feinberg, and Helen Robinson. She gave a special award to Sharon Lovett-Graff, manager of the Mitchell Library, who has generously hosted so many Westville Village and HomeHaven programs. Bitsie closed with special recognition of our youngest volunteer, Ronan Hay.



# HEALTH MATTERS: Urinary Incontinence

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

Many of us experience some form of urinary incontinence (UI) as we age. UI is defined as the involuntary loss of urine of sufficient amount and frequency to be a social and/or health problem. It affects up to 20% of people over 65 living independently and more than 50% of those living in nursing homes. The impressive sales of incontinence products are testament to this reality.

Although UI is not a normal part of aging, the changes accompanying aging predispose to it. These include diminished capacity and flexibility of the urinary bladder; reduced ability to postpone voiding; slower urine flow rate often with incomplete bladder emptying; involuntary bladder contractions; and, in men, enlargement of the prostate gland which is located at the base of the bladder. However, women are more likely to experience UI, as are people with neurologic impairment of any kind.

There are several types of UI. Stress incontinence is the most common type among women, especially those who have had multiple pregnancies. The term “stress” refers to physical pressure, not emotional stress, applied to the urinary bladder during coughing, sneezing, laughing, heavy lifting, and exercise. It generally involves the loss of small amounts of urine.

Urge incontinence, or overactive bladder, is the second most common type and refers to sudden involuntary contractions of the bladder causing a strong urge to urinate that cannot be controlled. When the urge occurs, the individual has a short time to void before urine leakage occurs regardless of attempts to stop the flow of urine. This typically occurs with a sudden change of position, hearing running water, or accompanying a urinary tract infection.

Overflow incontinence occurs typically in men with prostate gland enlargement. Bladder capacity is significantly reduced and therefore cannot hold the volume of urine normally produced and/or the bladder cannot be emptied completely. Both situations result in frequent urination, often accompanied by constant urine leakage. Common causes aside from prostate enlargement are profound constipation, urinary stones, and neurologic conditions such as diabetes and multiple sclerosis.

Functional incontinence refers to people who know they have to void but, because of mobility issues, cannot make it to the toilet in time. Finally, transient UI is relatively common in hospitalized older people.

Risk factors for UI other than aging include abdominal obesity, which produces increased pressure on the bladder with resulting stress incontinence, and smoking-related coughing, producing episodes of stress incontinence.

Treatment of UI is type specific. Stress incontinence frequently responds well to pelvic floor exercises, known to many women as Kegel exercises, which strengthen the pelvic muscles that help control urination. Urge incontinence often can be improved by bladder training routines, especially urinating on a schedule, i.e., voiding at set times during the day, for example, every two hours. Medications can also be useful for some people with urge incontinence.

Although not usually the first resort, for men with large prostate glands prostate reduction surgery can eliminate incontinence. For women with weak pelvic muscles and resulting vaginal and bladder prolapse not responsive to exercise, reconstructive pelvic surgery can be curative. But surgery should not be done before trying more conservative approaches to managing incontinence because poor surgical results can make the problem worse.

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*Dr. Rozett is a member of Hamden Village and serves on HomeHaven's Health Committee. A graduate of Harvard Medical School and the Harvard School of Public Health, he was on the Internal Medicine faculty of the Yale School of Medicine before going to the Community Health Care Plan (CHCP), where he was a primary care internist, geriatrician, and for nine years Medical Director. Subsequently he pursued his interest in the management of chronic disease and disability and continued in administration at Gaylord Hospital. He is currently on the Board of Directors of Whitney Center.*

**“Out of the bosom of the Air,  
Out of the cloud-folds of her  
garments shaken,  
Over the woodlands  
brown and bare,  
Over the harvest-fields forsaken,  
Silent, and soft, and slow  
Descends the snow.”**

- Henry Wadsworth Longfellow

# RESPONSIBLE DOWNSIZING: What to Do with a Plethora of Coats

by Elaine Piraino-Holevoet

Do you have more winter coats than you will ever wear? Is your guest closet bulging at the seams? The Coats for Kids Program is an easy way to keep another person warm while getting some hanging space back. Coats for Kids collects good quality, gently used winter coats for ALL ages: babies, children, teens, and adults.

Jordan's Furniture in New Haven is a 2017 [program sponsor](#) and is accepting donations until January 7. Donated garments will be cleaned by Anton's Cleaners and provided to families in need in Connecticut, Massachusetts, Rhode Island, and New Hampshire.

[Jordan's](#) is located in the former *New Haven Register* building on Long Wharf Drive. The greeter inside the front door can direct you to the office where the staff will accept your donations and provide you with a charitable contribution form for your taxes if you would like one. [Those of you with visiting grandchildren might be interested in the on-site attraction "[It.](#)"]

If you have coats to donate but wish to pass on the trip to the store, you are in luck. You can bring your garments to HomeHaven from November 27 - December 15 during regular office hours, 9 am - 4 pm, Monday through Friday. Lauri will bring the coats to Jordan's for you; the only drawback is that you will not get a slip for your donation this way.

Happy Holidays and good luck with your downsizing! If you have comments or suggestions for future columns, please let the editors know.

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*Elaine Piraino-Holevoet is the graphic designer of HomeHaven News and the author of the blog [ontheroadtogreenness](#).*



## ***Happy Birthday to HomeHaven members with a birthday in December***

Carol Bartlett   Hans Bergmann  
Henry Binder   Sue Eisner  
Constance LaPalombara   Lauri Lowell  
Cope MacClintock   Barbara Mikolajewska  
Alec Purves   Ron Rozett  
Nancy Schumacher   Brian Skinner  
Claire Staple   Wendy Wells

## ***or in January***

Scott Braznell   Ann Feinstein  
Judy Hickey   Francesco Iachello  
Ruth Mayer   Wayne Meeks  
Bruce Russett   Catherine Skinner  
Arthur Taub   Mary-Jo Warren



## **LAUGHTER: THE BEST MEDICINE Elementary My Dear Watson**

Sherlock Holmes and Dr. Watson went on a camping trip. After a good meal and a bottle of wine, they went to sleep. Some hours later, Holmes awoke and nudged his faithful friend. "Watson, look up and tell me what you see."

Watson replied, "I see millions and millions of stars."  
"What does that tell you?" Sherlock asked.

After pondering for several moments, Watson spoke. "Astronomically, it tells me that there are millions of galaxies, and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all-powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow. What does it tell you?"

Holmes was silent for a minute, then said, "It tells me that someone has stolen our tent."

# COMPUTER CONNECTION: Buying a New Computer

by Christa Sammons

In filling out the recent HomeHaven computer use survey, many members indicated that they would welcome advice about purchasing a new computer. This can certainly be daunting! So many brands and models, mysterious specifications and special deals. If you don't know exactly what you want, a HomeHaven computer volunteer can help you analyze your computer needs and recommend, in a general way, what kind of computer will best meet them—tablet, laptop, desktop, or something in between. In the meantime, here are some general pointers.

You probably know whether you're in the MacIntosh or PC camp. There's less difference than there used to be, and the HomeHaven survey found the community about equally divided. Your next big decision may well be whether to go to a bricks-and-mortar store or to purchase your computer online. In the store, you can look at actual products, but online shopping offers more choices. Online prices may be considerably lower, but shipping costs add to the price and returns may be more difficult than to a "real" store. Online, you can take your time and comparison shop; in the store, you may get personal advice, but also sales pressure.

New Haven's own Apple Store, at 65 Broadway, gets rave reviews from former HomeHaven board member and Amity Village leader Kate O'Brien, who has bought all her recent computers there. They have training sessions, and Kate says "the Genius Bar is fabulous. Once you get there, you can pick their brains at NO charge." Kate has also bought extended warranties on her MacIntosh devices, and that has paid off every time. The Apple Store staff will transfer data from your old computer to your new one and help with the transition and any glitches. That sort of service may be a big reason for purchasing a new computer at a "real" store. If you're in the PC camp, you can get set-up service, too. I recently purchased a new PC and monitor at Staples in Hamden, where I got excellent service and 30 days of free tech support, although I did have to pay for in-store set-up and data transfer (about \$100).

But always, always, remember to back up your data, most especially when you're transitioning to a new computer, in case anything goes wrong. This simply means saving a copy of your files on another device or in another place. Back-up can be as simple as copying files to a flash drive (also known by various other names, such as thumb drive or memory stick) or

subscribing to a cloud back-up service. The Computer Connections column in the October 2015 newsletter, available in the Documents section of the HomeHaven website, contains more advice about backing up files.

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*Christa Sammons is a member of HomeHaven's Information Technology (IT) Task Force. Suggestions for subjects are welcome and may be sent to Christa at [christa.sammons@gmail.com](mailto:christa.sammons@gmail.com).*



## Village Verse

### Stereotypes: A Letter from Santa

Who would have thought that my wife, Mrs. Claus,  
Would merit a feminist standing applause?  
Who would have known that for so many years  
She has carefully nurtured worthwhile careers?

She earned a degree as an animal vet,  
And cares for our reindeer to get them all set  
For my trip through the world to visit the kids,  
While she programs computers and internet grids.

Who do you think makes the toys in the shop?  
Well, it's my Mrs. Claus and she labors non-stop.  
While I bake the cookies and sweet apple pies,  
She is in charge of the whole enterprise!

Most of the public has got it all wrong,  
I've been in the kitchen for years, right along.  
I do the cooking in this habitat,  
(Which explains very nicely just why I'm so fat.)

I do the shopping and she keeps the books,  
And if I don't dust, I get dirty looks.  
And then in the spring, when the shop takes a rest,  
That's when my wife and the elves get undressed

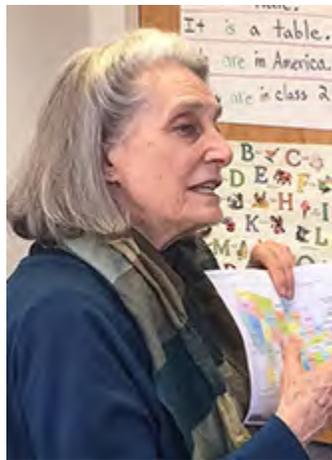
To frolic and splash in our big heated pool,  
While I mend the socks on the round sewing stool.  
So you see my dear friends why we both have  
some gripes?

For you have considered us stereotypes.

Love,  
Santa (*aka Bob Gifford, Doctor of Doggerel*)

## Volunteer Voices in the Community: Sara Ohly

Interview by **Kaye Maggart**: Part of a series about HomeHaven members who volunteer in the wider community for organizations that would welcome additional help.



**KM** How long have you been teaching English to new refugees at IRIS (Integrated Refugee and Immigration Services)?

**SO** Oh, a long time – maybe seven or eight years. I love it. This week I have seven women from Syria, Iraq, and Afghanistan. Their class meets five days a week from 9:30 to noon,

and I teach the Wednesday morning session. Today we are studying a map of the USA and learning words like mountain ranges, plains, lakes, and rivers.

**KM** Do I see someone playing under the table?

**SO** (laughing) That's the little daughter of one of the students. As you can see child care volunteers are needed at IRIS, too.

**KM** What other volunteer assistance does IRIS need?

**SO** IRIS needs all kinds of volunteer support for new refugee families — drivers, one-to-one tutors, helpers with their food pantry, “cultural companions” to introduce them to New Haven — and much more. There are good descriptions for volunteering at [www.irisct.org](http://www.irisct.org) and on the [IRIS Facebook page](#) as well. The Volunteer Coordinator for IRIS is Brittany Hall, who can be reached at (203) 562-2095 or [bhall@irisct.org](mailto:bhall@irisct.org).

**KM** Can interested HomeHaven members also contact you to find out more about IRIS?

**SO** Of course! My phone and email are available through the HomeHaven office or in the online membership directory. Working with newly arrived refugees can be deeply rewarding. I loved seeing the first Turkmen high school student I tutored become comfortable in English, take up violin, and participate in performances. A few years later, when he introduced me to his fiancée, I felt happy that he was making a life here.



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### LINKING UP

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

[A beautiful and moving reflection about care-giving by a daughter grieving her mother's death.](#)

***“The days are short  
The sun a spark  
Hung thin between  
The dark and dark.”***

*- John Updike, “January,”  
A Child's Calendar, 1965*



# Events: December 2017 - January 2018



**Thursday, December 14, 5:00-8:00 pm**  
**HomeHaven Annual Holiday Party**  
**Louis Audette's home, 24 Everit Street, New Haven**  
 Celebrate the holidays with your HomeHaven friends.  
*Details on page 2.*

**Sunday, January 7**  
**Day trip to Wadsworth Atheneum, Hartford**  
**Lunch, tour of exhibit, concert**  
 HH member Sam Peterson has put together an extraordinary day for us. We will take the 10:46 am Amtrak shuttle #460 to Hartford, arriving in time for lunch in the museum's café. At 1:00 pm, tour the exhibit, *Sublime North: Romantic Painters Discover Norway*, with its curator, Oliver Tostman. At 2:00 pm the Haven Quartet presents *Romantic Music by Scandinavian Composers*. The day ends with the return to New Haven on the 4:41 pm Amtrak shuttle #465.

Costs: museum entrance fee is \$20 (members \$15), which includes both the gallery talk and the concert. The *prix-fixe* lunch will be between \$17.25 & \$20. Round-trip train fare is \$24. **To do this trip you MUST SIGN UP ASAP so we can make the final arrangements.** If you have any questions, please call or email the office.

**Friday, January 26, 2:00-4:00 pm**  
**Lecture by Dr. Copeland MacClintock:**  
**"What the Bear Wants, The Bear Takes":** *A personal photo-documentary on the 1968 Soviet invasion of Czechoslovakia, complete with tanks and guns.*  
**Cultural Arts Center, Whitney Center**  
**200 Leeder Hill Road, Hamden**

Copeland MacClintock just happened to be in Prague, camera in hand, when the armies of five Warsaw pact nations marched in to end the "Prague Spring." This is his eye-witness account of that fateful August day. **Please call or email the office to register.**

Now retired from the Division of Invertebrate Paleontology at Yale's Peabody Museum, Dr. MacClintock continues to volunteer his time and share his ongoing research there. He and his wife, Dorcas, have been members of HomeHaven since 2012.

**HOMEHAVEN OFFICE**  
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 hhkateh@gmail.com

## ONGOING GROUP MEETINGS

### BOOK GROUP

No meeting in December  
**Monday, January 8, 10:00-11:30 am**, at the home of Jane Jervis, 36 Lincoln Street, New Haven. The group has been "on break" since September and will reconvene to compare notes on what we've been reading on our own. Newcomers are very welcome. **Please RSVP** to Jane at [hjervis@gmail.com](mailto:hjervis@gmail.com) or 203-773-3505.

### COOKING IN DIFFERENT LANGUAGES

**Monday, December 18, 6:30 pm: Holiday Cookies**  
**Sign up deadline is Friday, December 8**

**Monday, January 15, 2018, 6:30 pm: Sicilian**  
**Sign up deadline is Friday, January 5.**

Newcomers are always welcome—sharing in the planning, cooking, and eating of a meal in a different cuisine each month is a great way to get together with friends, new and old. **Since it is essential to have an accurate count of participants in the early stages of planning, please be sure to RSVP to Celeste Markle by the deadline** at [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com). If you don't use email call her at 203-397-0492 or call the office. Please call Celeste if you would like further information.

### MEMOIR WRITING GROUPS

The groups meet on the second and fourth Mondays of the 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](mailto:hfb183@gmail.com).

### PINS & NEEDLES

No meeting in December

**Monday, January 22, 2018, 3:30 pm** at the home of Sophie Powell, 100 York Street, Apt. 15N. Please call or email her at [szrppowell@gmail.com](mailto:szrppowell@gmail.com) or 203-776-1477 to let her know whether or not you plan to attend. The group now meets once a month on the fourth Monday. Bring whatever project you are working on. There will be good company and refreshments. New members are always welcome. For more information, call or email Jeanne Drury at 203-281-3227 or [JeanneDrury@aol.com](mailto:JeanneDrury@aol.com).

