



Amity



Downtown



East Rock



Hamden

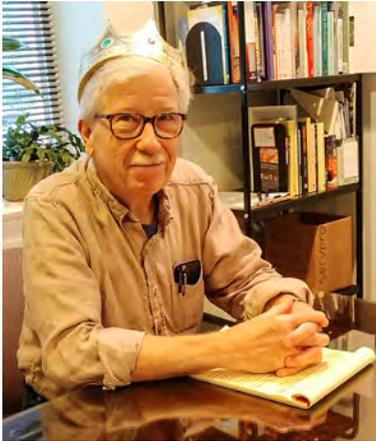


North Haven



Westville

## Message from the President



Just returned from San Diego and the Village to Village National Conference full of inspiration and information (also pretty jet-lagged). I begin by formally expressing gratitude (mixed with trepidation) to HomeHaven for electing me Board

President. It is an honor to be so designated.

The National Conference was a revelation to me. I've been a member of HomeHaven for years but preoccupied with full-time law practice. I retired in August. To see and hear from the ever-growing armada of old folks and young in the movement was amazing. What I didn't expect was the stunning effect of the presentations on me personally.

I entered this office assuming it was a job: learn a repertoire of tasks and perform them. Instead I am experiencing an incipient change of consciousness, glimpsing a path through my late years where outdated ways of thinking and living will be jettisoned.

I was bombarded with audacious, even radical, ideas about growing old, human connection, embracing the adjustments of seniority, and the prospect of

new definitions of family, friendship, companionship, and through that, a new me. Some of the bracing statements from various speakers are these:

“The goal is to move beyond the base level of existence to something loving.”

“People don't buy what you do; they buy why you do it.”

“An internal bias against our future selves.”

“We're not staying home — we're joining a movement!”

“Sharing leadership demands emotional intelligence.”

And, as regards negative health effects, “Loneliness is the new smoking.”

*continued on page 2*

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## Read All About It!

The next newsletter will be a combined December-January issue to be posted in early December. **The deadline for copy is Tuesday, November 13.**



Generous support for HomeHaven provided by:



Click on the logos to go to the websites.

**Message from the President** *continued from page 1*

Kate Hoepke, Executive Director of San Francisco Village, offered an analysis that our movement is part of the NEW POWER<sup>1</sup> — collective, non-authoritarian, non-hierarchical, non-linear, everybody creates the plan. This will (it's demographically inevitable) triumph over the OLD POWER — closed, leader-driven, ultra-competitive, force-based. Those of us who have millennial kids will recognize immediately the persuasiveness of this dichotomy. Who knew I was jumping on the Skateboard of Destiny?

More mundane aspects of the conference were also significant: the Village Movement, both collectively and individually, must employ commercial branding concepts to get the message out and the people in. But here we have a huge advantage over Starbucks or Arby's; we are selling what people actually need and doing it for the right reasons. Not altruistic, maybe, but enlightened self-interest. We offer an organic, voluntary path to a new form of community; Peter Engstrom of the VtV Board put it to me at breakfast on Tuesday, "less than family but more than friends." And hey — you can't pick your family.

I now see that, for me, HomeHaven isn't about hedging my bets, it's about preserving my body — and growing my soul...and, maybe, even relinquishing the long-tended, carefully burnished sense of individual specialness that has propped up my ego through 72 years of life and 30 years of litigation. Thank you for this opportunity.



Fred O'Brien

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<sup>1</sup> Heiman and Timms, "Understanding New Power," Harvard Business Review, Dec. 2014: <https://hbr.org/2014/12/understanding-new-power>

## HomeHaven News

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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.***

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### PLEASE JOIN US!

For information, call the HomeHaven office at 203.776.7378  
email [info@homehavenvillages.org](mailto: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:

- 46 rides by volunteer drivers
- 28 visits by volunteer visitors
- 10 computer assists by volunteer computer helpers
- 18 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.*

## How to Make a Tax-Advantaged Gift to HomeHaven

The charitable deduction is one of the tax deductions left under the Tax Reform Act. However, because of the increase in the standard deduction, fewer taxpayers are likely to itemize deductions under the new law. There is still a way you may make a tax-advantaged gift to HomeHaven even if you are not going to itemize. Here are two possibilities:

- If your age is at least 70 ½, you may make a gift *directly* to HomeHaven from your IRA. It will not be taxed because it will not be included as taxable income on your federal and Connecticut state tax returns. You may use your required minimum distribution for this purpose. Such contributions cannot also be taken as a charitable deduction. You can find out details from your tax or financial advisor or the IRS website.
- You may avoid capital gains tax by making a gift of appreciated property such as stocks, bonds, or mutual funds to HomeHaven.

To learn more, you may contact the Chair of our Fund Development Committee, Frank Estes at (203) 393-3159 or [estesfw@hotmail.com](mailto:estesfw@hotmail.com).

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## Memo from the Household Services Committee

by Wayne Meeks, Chair

As you set your clocks back to standard time, it's a good moment to check your smoke detectors and carbon monoxide alarms and replace their batteries as needed. If you need professional help with any of the chores as you prepare for winter—yes, it's coming!—give a call to the HH office for recommended providers.

### PLEASE TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please tell us about the experience.

We'd like to know how things turned out.

**203-776-7378**

## HomeHaven Tag Sale a Great Success!

Thanks to the leadership of Gretchen Kingsley and her band of enthusiastic volunteers, HomeHaven cleared \$1,501 at its first ever tag sale on Sunday, September 30. Donors cleared their homes of clutter, buyers went home with affordable treasures, everyone enjoyed sweet treats, and the sun smiled down on friendly people. The Executive Director has requested that the Board designate the proceeds to replenish the restricted account for home safety inspections.

Not only was the day fun and profitable, but we learned a lot from this experience and from the advice of a professional appraiser who was impressed by our efforts. Gretchen felt that the most gratifying part of the day came at its close, when we were packing up the sale and considering what to do with the leftovers. Spontaneously, members stepped forward and took articles that would be of use for organizations they volunteer for, including The Youth Continuum, the New Haven Soup Kitchen, the Yale International Center, a church in Hamden, a refugee family from IRIS, and others. What a wonderful outreach for HomeHaven to make to the community!



# HEALTH MATTERS: Lymphedema, Kathy Bates, and You

by Nancy H. Ruddle, Ph.D.

Kathy Bates is an accomplished actress, known for many roles, including that in “Misery” of a former nurse and psychotic “#1 fan” of a novelist whose ankles she breaks with a sledge hammer as he tries to escape from her ministrations. Kathy won an Oscar for Best Actress for her portrayal of this very angry person. Kathy Bates plays another real-life role as a spokesperson for lymphedema, a condition from which she suffers, which arose after she underwent breast cancer surgery.

Lymphedema is a chronic condition that can be of genetic origin (primary) or can arise after surgery, radiation, or infection (secondary) and is due to damage of the lymphatic system. Most people think of it as swelling of the arm following breast cancer, but it can arise after any surgery or even some infections, and it frequently occurs in the legs.



Although most people are familiar with the heart and blood vessels and are aware of what can go wrong with this important system for trafficking blood and nutrients around the body, many are less aware of the lymphatic system. This is composed of a series of thin-walled vessels that do not contain blood, but do contain fluid, nutrients, and cells of the immune system. The lymphatic vessels connect to lymph nodes, crucial sites of response to infection. The vessels absorb fluid from the tissues and carry immune cells to and from sites of infection. Thus, they are essential for both fluid balance and normal functioning of the immune system. When lymphatic vessels are damaged there is a high risk of loss of function and fluid accumulation.

Lymph nodes may be removed in the course of cancer surgery to determine if the cancer cells have spread. Although this is an important measure for determining treatment, the risk of developing lymphedema in breast cancer surgery is approximately 6% if only the draining lymph nodes are removed. If more nodes are removed or if radiation is needed, the risk increases to 25%. Lymphedema is rare after lumpectomy when no

nodes are removed. Lymphedema can occur as late as three years after damage to the lymphatic vessels. The accumulation of fluid under the skin results in painful and disfiguring swelling, with a risk of infection of the affected arm or leg. Many people who have survived cancer surgery are understandably angry at this second insult, as was Kathy Bates. The most extreme form of lymphedema, called elephantiasis, is caused by an invasion of worms in the lymphatic vessels. This tropical, parasitic disease is rare in the United States.

Treatment is available for lymphedema, and is generally managed by a lymphedema therapist. The recommended course, called decongestive therapy, depends on the severity of the condition. Treatment may involve manual lymphatic drainage through massage, multilayered compression bandaging, and compression garments. Pneumatic pumps may be used in more severe cases, and surgery in the most severe cases.

Resources are available to provide further education and advice. The Lymphatic Education and Research Network (LE&RN) is a nonprofit organization founded to fight lymphatic diseases and lymphedema through education, research and advocacy. For more information on lymphedema, check out their website: (<https://lymphaticnetwork.org>).

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*Nancy Ruddle is a graduate of Mount Holyoke College and of Yale. She was appointed to the faculty of Yale's Medical School and School of Public Health in 1974. Her research has focused on autoimmune disease, particularly diabetes and multiple sclerosis. She and her husband Frank, now deceased, were among the founding members of East Rock Village. Retired from teaching, she continues her research, and is a member of HomeHaven's Health Committee.*

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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.*

From the *New York Times*: “[Every Older Patient Has a Story. Medical Students Need to Hear It.](#)”

Paula Span reports, “At more than 20 medical schools in the United States, students are getting an earful — about life, about perspective — from healthy seniors.”



Line-ups! The humans are Patty Langdon, Bob Sandine, Jeanne Kerr, Jeannie Drury, Reva Schwartz, and Carolyn Gould

## UPCOMING EVENT

### Antony and Cleopatra in Three Parts

Is Antony “the demi-Atlas of this earth” or “the bellows and the fan to cool a gypsy’s lust?” Is Cleopatra the woman whom “age cannot wither nor custom stale her infinite variety”? Or “a triple turned whore”; “a morsel cold upon dead Caesar’s trencher”? Does Shakespeare help us understand whether Cleopatra raised Antony to new heights or castrated him completely? Curious? Susan Feinberg stands ready to help us consider these questions.

**Talk:** “Antony and Cleopatra,” at the Mitchell Library on November 13. Susan will attempt to convince us that Shakespeare nudges us in one direction. (See Events, p. 9, for details.)

**Performance:** The film of the London National Theatre’s stage production of “Antony and Cleopatra” starring Ralph Fiennes and Sophie Okonedo will be shown in North Haven, Milford, and at the Regal Theater in Branford, on December 6 at 7:00 p.m.

**Discussion:** Following the film, Susan will lead an informal discussion for HomeHaven members only. Place and time to be decided.

## ACTIVITIES: Trip to the New Britain Museum of American Art by Patty Langdon

The New Britain Museum of American Art’s founding in 1903 entitles the institution to be designated the first museum of strictly American art in the country. Six HomeHaven members enjoyed a Friday afternoon tour of the museum’s collection, including Thomas Hart Benton’s murals, *The Arts of Life in America*, a boisterous look at our country’s pleasures by one of the artists at the forefront of the Regionalist art movement. We learned, among other things, that early portraits cost more if they included hands. And we particularly enjoyed seeing the bucolic and peaceful rendition of New Haven’s West Rock by Frederick Church, and several art works by New Haven artist Titus Kaphar. Anna Audette is also represented by three works at the museum which were, alas, not on the tour.



## NEWS FROM OUR VILLAGES

### Downtown Village by Phoebe Edwards

Downtown Village has started a monthly gathering at Elm Street Market on the first Sunday of each month at 11:00 — or whenever you can make it. They have a live jazz band, great coffee, and fabulous buttermilk waffles. A group of members also had dinner at Miso’s recently.

### East Rock Village by Mary Barnes

We had an interesting East Rock Village coffee hour in September attended by about 12 members. Norman Chonacky, of the IT (Information Technology) Committee, gave a presentation on the Committee’s plans for helping HH members, leading to a discussion of issues that we are having with our phones, computers, televisions, thermostats, etcetera, and possible topics for future workshops

## VILLAGE VERSES

### Diversity\*

White Pilgrims, when they first arrived in 1620 year,  
Looked upon the Indians with anxiety and fear.  
They considered them less human,  
inferior mankind.  
Two cultures so distinct, they could never  
be combined.  
Then came blacks from Africa as slaves to  
work the earth,  
But the color of their bodies made them  
of lesser worth.  
Bought and sold like animals, deprived  
of all their rights,  
The dark pigment in their skin was anathema  
to whites.  
Anglo-Saxon Christians felt this country  
was their own.  
Immigrants from other lands were threats  
they did bemoan.  
Resentment was apparent toward the Catholics  
and the Jews,  
Italians and the Irish also found themselves abused.  
In time there was more influx from  
below the Rio Grande.  
Asians came from countries that had formerly  
been banned.  
Working poor and whites blamed these people  
for their slump,  
And showed a deep resentment by electing  
Donald Trump.  
But the evidence is crystal clear: diversity makes  
us strong,  
Exclusion based on birth or faith is just not right,  
it's wrong.  
Our country has now grown to be a very  
different place.  
We've become a rich amalgam of the sweeping  
human race.

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

\***Note:** As a nonpartisan publication, we welcome all points of view. We invite your responses—as long as they rhyme and you sign!

***“If you are really thankful,  
what do you do? You share.”***

- W. Clement Stone

### The Tree That Turns First In The Fall

We own a tree that is rather sick  
Though its trunk is straight and its branches thick,  
But its leaves sense fall before its brothers  
So its colors look lovely against the others.  
For its leaves are speckled so bright and bold  
With russet and chocolate and tips of gold,  
They make the others look tired and old,  
And not ready yet to be bright and bold.  
I wish that I could turn that trick  
And look so good when I am sick.

— Liz Wolf, *Amity Village*



## MORE NEWS FROM OUR VILLAGES

### Hamden Village

Hamden Villagers socialized at a Soup Sunday on October 21st at the home of Patty Langdon.



Top left: Tom Martin and Paula Resch with clean plates

Top right: Hanna Hyland and Sam Peterson in earnest conversation

Right: Steve King and Hal Spitzer enjoy a chat

## Volunteer Voices in the Community: Virginia Wilkinson

Interview by **Kaye Maggart**: This is part of a series about HomeHaven members who volunteer in the community for organizations that would welcome assistance from others.

**KM** I see you belong to the PerSisters. Who are the PerSisters?

**VW** We are a group of women who started meeting in early February 2017 to share concerns in the wake of the January 20<sup>th</sup> inauguration. We are determined to do more than just resist. We want to help change the current political situation in the U.S. Right now we are working in concert with Indivisibles — a national grass roots organization — to get out the vote for the November 6<sup>th</sup> elections. We helped set up voter registration tables at Albertus Magnus College and University Towers, for example.



**KM** How big is your group?

**VW** We have about 16 active members and almost 30 members on our email list. The core of the group lives downtown in University Towers, but there are also some members from surrounding towns. Eight of the PerSisters are HomeHaven members.

**KM** Where did the name PerSisters come from?

**VW** We wanted to do something constructive and were inspired by Senator Elizabeth Warren. You may remember she was mocked by Senator Mitch McConnell back in January 2017 for “persisting” in her arguments against the confirmation of Jeff Sessions. Ruth Bader Ginsberg is also a role model for us because she is famous as a woman who persists. So we are “sisters” who are following their example.

**KM** What is your role in the group?

**VW** I am a sort of coordinator. I arrange the monthly meetings (which is not an easy task), and send out the mailings about speakers, candidate events, canvassing, and local activities that we — or some related agency — are sponsoring.

**KM** You mentioned that there are other HomeHaven members among the PerSisters. How do they help?

**VW** In many ways. Sara Ohly, for example, has connected us with the Shoreline Indivisibles group.

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Note to HomeHaven members: If you volunteer for a community organization that is looking for help and would like to explain its work to others in a “Volunteer Voices” interview, please contact Kaye Maggart at [kwileymaggart@comcast.net](mailto:kwileymaggart@comcast.net) or call the office for other contact information.

Lydia Bornick has helped with voter registrations, mailings, and logistics for meetings open to the public. Gretchen Kingsley has played a leading role in mailing, phoning, and canvassing. Others have hosted meetings, supplied postcards, stamps, and addresses of potential voters. In the last three weeks we have sent out more than 2,000 postcards!

**KM** Do people write personal messages on the postcards?

**VW** Yes, and the variety of messages is interesting. People choose to write about issues they care most about — environment, refugees, health care, or certain candidates. We provide the stamps and mail the cards for them.

**KM** Do you have any men in your PerSisters group?

**VW** Not yet in the regular meetings, but spouses and supporters have come to the open candidate events and rallies and they are welcome.

**KM** If other HomeHaven members want to help the PerSisters, what should they do?

**VW** Time is short, but we still need help in getting out the vote. Interested members can email Lydia Bornick, [lydiacbornick@gmail.com](mailto:lydiacbornick@gmail.com), or me, [vtwilkinson@gmail.com](mailto:vtwilkinson@gmail.com). Or they can contact the League of Women Voters at <https://www.lwv.org/>

**KM** Will the PerSisters persist after the midterms? Do you see yourself continuing your efforts?

**VW** Depending on the outcome of the midterm elections, we will continue to advocate for causes we think need grassroots support. Although much has happened in the last two years that is disappointing, discouraging, and alarming, we are working for change. In the process we have learned a lot from each other as a group and found that acting collectively is both energizing and rewarding. Most importantly, we have become more aware of the people and organizations that play valuable roles in the greater New Haven area.



# COMPUTER CONNECTION: Consider your Digital Legacy

by Christa Sammons

Many of us who maintain Facebook accounts have had the unpleasant experience of being prompted to send a birthday message to a friend who passed away during the previous year. While Facebook worms its way into many aspects of our personal affairs, death is apparently not on its radar. Even if friends or relatives thought about taking down the deceased's account, they would have had a hard time doing so if they didn't know the password. Facebook has recently fixed this problem. In its settings you can now appoint a "legacy contact," somebody who's sure to know if you die. This person can cancel the account or make it into a memorial site. Your friends will no longer get birthday updates. (Hint: go to "manage account" under "general account settings.")

The Facebook problem reminds us to think about our digital legacy in general, not just as it pertains to social media.

The first step is to maintain an up-to-date list of all your passwords that will be readily available to your executor or power-of-attorney. I keep mine in a small notebook, but there's much to be said for a digital password manager that stores all your passwords for you, accessible with one master password. Your executor will obviously need the passwords to your computer and other devices, to your banking and financial accounts, and to your email, but don't forget things like recurring online subscriptions and automatic payments.

Another issue is stored data. It's good to label any external drives on which you've stored photos or information, but what about files that you may have put in cloud storage, such as Dropbox, the iCloud, or Microsoft's OneDrive? An executor will need to know, first of all, that those files exist, and second how to access them.

Lawyers are becoming savvy about digital legacy, and if you have a lot of digital assets—such as artwork or writings—those should be part of your will. While my own digital assets don't rise to that level, I do hope that my 800 or so pages of memoir will be preserved for my grandchildren. But they're still young kids—it will be 50 years before they might be interested in Grandma's ramblings, and by then Word10 will be ancient history, and my files, if they make it that far at all, will be unreadable. I think I'll print the whole thing out. Paper's been around for almost two millennia.

Further reading from the website [Lifehacker.com](http://Lifehacker.com).

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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).*



## LAUGHTER: THE BEST MEDICINE Father Time

The last time we changed from Daylight Saving Time, a preacher friend posted, "For those who habitually show up 15 minutes late to church, allow me to remind you that tonight is the night you set your clock back 45 minutes."



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

David Belt   John Bennett  
Susan Bers   John Bett  
Phyllis Crowley   Gus Davis  
Frank Estes   Bill Graustein  
Belle Greenberg   Steve King  
Gretchen Kingsley   Rita Lipson  
Kate O'Brien   Trish O'Leary-Treat  
Jerry Pollitt   Dick Resch  
Jeffrey Sammons   Joel Silverman  
Arthur Staples





## Events: November



Tuesday, November 6, 3:00 pm

Wednesday, December 5, 3:00 pm

**Exhibition Tour:**

*George Shaw: A Corner of a Foreign Field*

**British Art Center, 1080 Chapel St., New Haven**

Margaret Mann, a docent at the British Art Center and member of Hamden Village, will lead a tour of works by Turner Prize nominee George Shaw, one of Britain's leading contemporary painters. Please register with the HomeHaven office for these tours, which are each limited to 12 people.

Wednesday, November 7, 11:30 am -1:30 pm

**A Closer Look at Assisted Living:**

**Benchmark at Hamden**

Benchmark Senior Living,

35 Hamden Hills Drive, Hamden

Buffet lunch, film and a presentation by Benchmark  
Registration required, please call the Office.

Thursday, November 8, 2018, 11:30 am – 1:30 pm

**A Closer Look at Assisted Living:**

**Benchmark at Coachman Square**

Coachman Square, 21 Bradley Road, Woodbridge

Buffet lunch, film and a presentation by Benchmark  
Registration required, please call the Office.

## ONGOING GROUP MEETINGS

**COOKING IN A DIFFERENT LANGUAGE:**

**Breakfast at Night**

**Monday, November 19, 7:00 pm.**

**Sign-up deadline Friday, November 9.**

Join us for delicious food and engaging conversation - new members are welcome. To enable planning, please be sure to RSVP to Celeste Markle by the deadline at [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com) or 203-397-0492, or call the office. Please also call Celeste for other information.

**MEMOIRS WRITING GROUPS**

**Mondays, November 12, and November 26**

For information or to attend a meeting of one of our three groups to see how it works, please contact Harriet Bergmann at 203-776-0703 or [hfb183@gmail.com](mailto:hfb183@gmail.com).

**PINS AND NEEDLES**

**Monday, November 26**

**at the home of Jeanne Drury**

Bring a project and enjoy the company, lively discussion, and refreshments. New members are always welcome at these fourth Monday of the month gatherings. To RSVP, contact Jeanne at [JeanneDrury@aol.com](mailto:JeanneDrury@aol.com) or 203 281-3227.

Thursday, Friday, and Saturday, November 8, 9, 10,

and November 15, 16, 17, 8:00 pm

*Love Song*, a comedy by John Kolvenbach,

directed by Margaret Mann and John Watson

**New Haven Theater Company**

**839 Chapel Street, New Haven**

Margaret Mann of Hamden Village co-directs what the *Daily Telegraph* of London calls “A smashing, compassionate new play. Richly comic and deeply touching. . .” Tickets \$20 online [here](#). Walk-up tickets may be available, but this small theater is often sold out. Parking on-street or in a nearby garage on Orange Street.

Tuesday, November 13, 1:30 pm

**Talk by Susan Feinberg:**

**“A Director’s Dilemma: Antony and Cleopatra”**

**Mitchell Library, 37 Harrison Street, New Haven**

Part I of a “Talk, Performance, Discussion” series devoted to this Shakespearean masterpiece. See article, p. 5, for details.

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**Generous support for HomeHaven provided by:**



35 Hamden Hills Drive, Hamden  
203-248-1864



21 Bradley Road, Woodbridge  
203-397-7544



203-298-9700

*Click on the logos to go to the websites.*

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