

Message from the Executive Director: PUTTING A PLAN IN PLACE

In my message to you over the summer, I mentioned that HomeHaven is launching a new initiative in response to the needs and concerns of our older members. We are calling it “Putting a Plan in Place,” or PPP, and it’s coming to a location near you this fall. Here is a taste of what it’s all about.

One thing is a given – you joined HomeHaven because you’ve chosen to remain in your own home as long as is reasonably possible. You would like to continue with the routines, the friends, the activities, and the surroundings you’ve enjoyed for so long. However, except for the lucky few, we will all experience greater infirmity and vulnerability as we age. We will not be able to do all that we once did, whether climbing stairs, running errands, cooking meals, or paying bills. This will occur to a greater or lesser degree, and there is no way to know where one will land on the continuum.

Shall we do nothing and hope for the best? Or do some planning now, while we still can, to be prepared for however it plays out? My recommendation is obvious: *put a plan in place to prepare for the unexpected and the inevitable.*

Bringing services in

There are lots of options for bringing help into your home, from housekeeping and companion services,

continued on page 2

IN THIS ISSUE:

Changes to the HH Board.....	page 3
In Memoriam	page 4
Meet Our Members	page 5
Health Matters	page 6
Household Services	page 7
Computer Connection	page 8
Village Verse.....	page 8
Volunteer Voices	page 9
Events.....	page 11

ANNUAL MEMBERSHIP MEETING

Sunday, October 28, 4-6 pm

Whitneyville Cultural Commons, Lower Level, 1253 Whitney Ave., Hamden

Please bring pot luck finger food to share, beverages will be provided.

- Enjoy the pot luck buffet!
- See the 2018 Annual Report!
- Meet HomeHaven’s new president Fred O’Brien!
- Hear about the new Putting a Plan in Place initiative!
- Choose to volunteer for an important committee!
- Find out who the staff “Couldn’t Live Without” this past year!

Generous support for HomeHaven provided by:



Click on the logos to go to the websites.

Message from the Executive Director *continued from page 1*

to decluttering, to managing paperwork, to medical therapies prescribed by a physician. HomeHaven can refer you to agencies and providers if that's what you need to continue to live comfortably and productively at home. Perhaps you'll need to make changes to the physical layout of your home, such as moving a bedroom to the first floor or putting in ramps, grab bars, and better lighting.

With sufficient supports and resources, it might be possible to live at home right through to the end. What would that entail? How many people, how much money? Who would organize, coordinate, and maintain this system of care in your own home? Do you have a healthy enough spouse or partner or an adult child who can do this for you? And do you want them to?

As if that were not enough...

If retrofitting your home into a nursing or rehabilitation site seems neither feasible nor desirable, there are numerous alternatives to consider. The question isn't just which supports are available in what types of residential facilities. It's also a matter of timing. When is it time to think about moving? When to actually move? Would you want a continuing care option, from independent living all the way to skilled nursing? Or would you opt for "assisted living,"



Lauri and sons Jonah (l) and Dan (r) at a painting party in August

getting the help you need and knowing further help is readily available?

HomeHaven is gathering resources and will be assisting our members with support and information. We want to help you ask the right questions and find answers that work for your situation. A cohort of HH's leaders will get a jump on these issues at a workshop in early October.

I'm looking forward to seeing you at HomeHaven's Annual Membership Meeting on October 28!

Lauri J. Lowell

***"Summer ends, and Autumn comes,
and he who would have it otherwise
would have high tide always and a
full moon every night; and thus he
would never know the rhythms that
are at the heart of life."***

- Hal Borlan

HomeHaven News

Ellen R. Brainard, *Editor*
erbrainard@gmail.com

Jane Jervis, *Associate Editor*
hjervis@gmail.com

Published by HomeHaven, Inc.
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511
203.776.7378

info@homehavenvillages.org

Layout and design by PIROET

Our Mission Statement

HomeHaven's mission is to support its members' desire to remain in their own homes as they grow older. To help them remain active, independent and useful, we offer social and educational activities and volunteer opportunities. As needed, we offer volunteer services, companionship, and referrals for professional services.

PLEASE JOIN US!

For information, call the HomeHaven office at 203.776.7378
email info@homehavenvillages.org
or stop in at
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511

INTRODUCING HomeHaven's Next President: Fred O'Brien

At its annual meeting and retreat on September 20, the HomeHaven Board of Trustees elected Fred O'Brien of Amity Village to a two-year term as President of the Board. He succeeds Peggy Atherton. Fred and his wife, Kate, were early members of Amity Village.



Fred O'Brien & Peggy Atherton

Changes on the HomeHaven Board

by Jane Jervis

At its annual meeting and retreat on September 20, the HomeHaven Board of Trustees elected officers and members of the Board. Officers serve two-year terms, while Board members serve three-year terms. Both are limited to two terms, after which they must sit out at least one year before being reelected.

Fred O'Brien was elected to a first full term as president of the Board (see article this page). Bill Brainard will continue as vice president, Joe Dolan as treasurer, and Patty Langdon as secretary. Pam Stanton was elected to her first full term on the Board; she joined earlier this year to fill a vacancy. Cecilia Berner and Renee Drell were elected to second full terms. Jane Wisialowski resigned at the end of her first term due to family commitments; Geoff Permison stepped down because of work obligations. We will miss them both and continue to seek their counsel.

(Note: Jane Jervis writes as outgoing chair of the Governance Committee, which is charged with presenting candidates to the Board for Board membership and officers. Pam Stanton will take her place as chair on October first.)

Fred has been a defense attorney in both criminal and civil courts in Connecticut since 1990. Originally from upstate New York, he is a Phi Beta Kappa graduate of the University of California at Berkeley, where he briefly pursued a PhD in English and worked as a professional bass player, giving him the opportunity to open shows for some of his idols — The Beach Boys, Zombies, and NRBQ — and record his original music with Frank Zappa as producer. His devotion to music also led to his connection with Kate, whom he met at The Starry Plough in Berkeley. A violinist, she had organized a country swing band and needed a bassist to round it out. The band was an artistic success, but Berkeley was crowded with musicians. Fred and Kate came back east, settled in Orange, formed a new band and continued to make a living as musicians.

In 1987 the demands of family life and the need for stability inspired Fred to enter law school at UConn. At the age of 43, he began his legal career as a research attorney for the Superior Court, drafting legal memoranda. He joined the law firm of Williams & Wise in 1991 and has been a full-time litigator since. In 1993, he joined Regnier, Taylor in Hartford, retiring as a partner in 2014. He then returned to criminal law with Norman Pattis of New Haven and participated in several murder trials and other felony defenses over the next three years.

He has over 40 jury verdicts and has defended individuals, corporations, municipalities, and those accused of crimes in thousands of cases. He has been a litigator for almost 30 years now and still plays music when the opportunity arises. He served for several years as the Chairman of the Orange Inland Wetlands Commission and is a longtime member of the Memorial Day Committee.

He and Kate have been members of HomeHaven (Amity Village) for over five years, and are very enthusiastic about the benefits that membership has conferred upon them.

“Change will not come if we wait for some other person, or if we wait for some other time. We are the ones we’ve been waiting for. We are the change that we seek.”

- Barack Obama

IN MEMORIAM

EDITH GILLMAN (1924 -2018)

Edith Gillman, 93, a member of North Haven Village, formerly of Middletown, New York, beloved widow of Dr. Louis Gillman, passed away on March 7, 2018, at the Connecticut Hospice surrounded by family.



Edith was born in 1924 to Russian immigrants, Anna and Louis Londer, of St. Paul, Minnesota, where she grew up with her sister Irene. She attended the University of Minnesota and, during WW II, served as a WAVE in the Navy. Under the GI Bill, she attended the Barbizon School of Modeling. Once her four children were in college,

she earned an RN degree. As a complement to her husband's dermatology practice, she became an expert electrologist, a field in which she continued to work into her 90s. A prize-winning pianist through her teenage years, Edith was also a lifelong visual artist. In Middletown, she and her husband were devoted members of Temple Sinai and were honored as Man/Woman of the Year.

After her husband's death in 1983, Edith moved to the New Haven area to be closer to her family. She is survived by daughters Cherni Gillman and her partner Burton Levine; Diane Joy Charney and her husband James; and son Jackson Gillman and his wife Susan Mann, as well as three grandchildren and two great-grandchildren. Her elder son Leigh died in 2013.



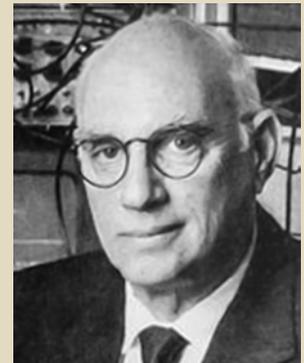
WILLIAM H. MILLER (1926 - 2018)

William Henry Miller, 92, of Amity Village, died on August 13 at home in Woodbridge, surrounded by his devoted family. He is survived by his wife, Irene, children Karen Klahr Miller (Craig Bunnell) of Brookline, MA, Lori Miller of Los Angeles, CA, and Benjamin Henry Miller (Linda Strunk Miller) of San Francisco, CA, as well as five beloved grandchildren.

Born on August 7, 1926, in Baltimore, MD, to Dr. Ella Oppenheimer and Henry Solomon Miller, Bill served in the navy during World War II. In 1948, he graduated from Haverford College, and in 1954 from Johns Hopkins Medical School. Subsequently he pursued a notable basic science career, first at the Rockefeller University in New York City with Floyd Ratliff and Nobel Laureate H.K. Hartline. While in New York, he married Irene Klahr and together they spent the next 60 years creating the family that was the only love that exceeded Bill's passion for science and knowledge.

In 1964, the family moved to New Haven, where Bill became Professor of Medicine at Yale University School of Medicine. There he made seminal discoveries in the molecular basis of vision, changing the predominantly held paradigm of that time.

He published more than a hundred scientific papers in prestigious journals, including *Nature* and *Science*, and was honored for these contributions in 1990 with the Proctor Medal, awarded by the Association for Research in Vision and Ophthalmology. He will also be remembered for his command of poetry and literature, especially Samuel Johnson, his love of sailing on the Rangeley Lakes, and his exceptional generosity and kindness.



MEET OUR MEMBERS: A Conversation with Annelies and Morry Sheehan

by Patty Langdon



Annelies was born at the beginning of World War II in Hamburg, Germany. In 1943 her mother left Hamburg with the children for her hometown near Dresden. At the end of the war her father was captured by the Russian Army and was sent onward in a trainload of wounded soldiers to the Americans and an American hospital. The family was reunited in 1946 and escaped to West Germany. For a while they lived in the Ruhr industrial region and the wooded hill country near the Dutch/Belgian border. Annelies graduated from the University of Heidelberg as a translator in Spanish, English, and German. After graduation, she started work in a US Engineer Intelligence unit and met Morry in the office there. A love of books and traveling were early bonds. The friendship developed into romance and they were married in 1964. Morry had just accepted a position at Doubleday Publishing as a sales representative and they spent their first two years of married life in Chapel Hill, North Carolina. They moved to New Orleans in 1966, where Annelies volunteered as a story teller in a nearby “salt and pepper” elementary school. As time went on, Annelies

developed an interest in the elderly and volunteered in a nursing home. She became the ombudsman for New Orleans, supported by an activist group focused on improving care for nursing home residents. Mary Landrieu, then U.S. Senator for Louisiana, informed herself by using Annelies and her group in passing an Adult Protective Services Law.

Morry Sheehan, an identical twin, was born in Louisville, Kentucky. During the war years, the family bought a dairy farm in the country. Among other animals, Morry and his twin, Fred, had a dove, which lived under their bed, and turtles in the bathtub. He attended small local schools until his family moved to Florida, after Morry had a dangerous mastoid infection and spent a week in the hospital. He and Fred attended a small private school there where, Morry said, “It all came together.” He learned to read and read so well that he borrowed his grandparents’ copy of *Moby Dick* to enjoy on his own. The family moved back to Louisville in 1951, where the boys attended a new private country day school, which enabled them to get into the colleges of their choice, Dartmouth for Morry and Princeton for Fred. After belonging to ROTC in college, Morry served in Intelligence at Fort Holabird and then at Schwetzingen, near Heidelberg, Germany. He had a wonderful time in the army, traveling a lot, having beers with his superior officers, and enjoying the excellent dollar exchange. There he met Annelies in 1963.

Morry’s and Annelies’s families took to each other and spent many vacations and holidays together in Europe and the States. Morry continued working at Doubleday, and in 1986 was transferred to Connecticut. In 1990 the company was acquired by the telecommunications conglomerate Bertelsmann and Morry’s job was downsized, along with many others. Morry and Annelies sold their house, put their belongings in storage, and travelled for five months in South and Southeast Asia. While working in Connecticut, Morry had met Henry Berliner of the Foundry Bookstore, and they had become close friends, along with all of Henry’s family. The Berliners’ love of New Haven influenced the Sheehans to move to Hamden in 1992. The Sheehans still love to travel and enjoy their ever-larger circle of friends in the area. Early members of HomeHaven, Morry is a member of the Memoir Group and Annelies is part of the leadership team in North Haven Village.

HEALTH MATTERS: Inflammatory Arthritis

by Robert Gifford, M.D.

As we all know from having had small infections in our skin, the word inflammation generally means that there is redness, swelling, increased warmth, and pain of the affected area. The medical term used to describe inflammation is the suffix *-itis*, appended to the area involved. For example, when an area of skin is inflamed, we call it dermatitis; when the liver is inflamed, we call it hepatitis, and so on. The word **arthritis** implies an inflammation of the **lining of a joint (synovium)**, or more precisely, **synovitis**. Inflammation is virtually always the result of the body's natural defense mechanism mounting a furious attack on some kind of foreign invader, or perhaps even on an abnormal protein no longer recognized by the immune system as "self" (auto-immunity). The attack increases the local blood supply to transport various types of white blood cells and immunologic molecules to the scene of battle and the joint becomes swollen and warm to the touch.

There are many agents that can provoke inflammation in a joint. **Bacteria** can sometimes gain access to a joint either directly (from a puncture wound, for example) or through the blood stream and can cause a serious so-called **septic arthritis**. **Viruses**, such as rubella (German measles) and others, can also get into joints, although the synovitis is generally self-limited. The **Lyme Disease parasite** can also cause a true arthritis as part of its clinical course. Even **crystals of uric acid** can sometimes precipitate an intense inflammation in the synovium, a condition known as **gout**.

However, there is another, more common, more complex type of inflammatory arthritis known as **rheumatoid arthritis** in which the synovium of multiple joints becomes inflamed. If not controlled, it can become chronic, destructive, and debilitating. Its cause is more obscure, although recent research has provided much insight into an **autoimmune mechanism**. In these disorders, the inflammation is not due to an invading infection or foreign body but instead represents a directed autoimmune attack against various structurally changed proteins in the synovium itself that are seen by our immune system as a foreign substance and thus as fair game for an inflammatory attack on our own tissue. Both genetics and environmental events seem to be involved in helping to explain why these foreign altered proteins show up in the synovium of some people. For

example, cigarette smoking in a patient with a family history of rheumatoid arthritis may be one of many risk factors.

Rheumatoid arthritis can often be recognized clinically. It often starts with an unusual duration of morning joint stiffness, but slowly, over time, becomes evident as a few swollen, tender joints, often in a symmetrical distribution. The small joints of the hands are common targets, especially the second and third finger joints and wrists. However, any joint can be involved. Sometimes there are also small firm rheumatoid nodules that develop near joints such as the elbow. The synovium, normally a very thin membrane, becomes visibly swollen, warm, and laden with inflammatory cells that, in time, can begin to take on the characteristics of an invasive tumor that can destroy the joint cartilage and later, even the bone itself. Some of this inflammation can be reduced with the use of anti-inflammatory medications such as aspirin, ibuprofen, or naproxen, and sometimes hydroxychloroquine and sulfasalazine. But if the disease continues to progress, more potent agents such as methotrexate, a drug that inhibits cell replication, may be employed. If methotrexate fails to control the joint inflammation, there are now several new disease-modifying biological agents designed to block the immune response, sometimes with near miraculous improvement. However, these agents are expensive and can also block the normal immune response to infectious agents such as tuberculosis, so close follow-up by a rheumatologist is essential. A similar destructive arthritis can also be associated with the skin disease, called psoriasis, but the underlying mechanism is less clear.

Dr. Gifford (aka Bob or the Doctor of Doggerel) is Professor of Medicine Emeritus at Yale University School of Medicine and former Chair of HomeHaven's Health Committee. He writes this column in collaboration with members of the Committee. Suggestions for subjects are welcome and may be sent to Bob at bobbygi32@gmail.com.

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

News and Notes from the Household Services Committee

by Wayne Meeks, Chair

Wait, what happened to summer?? Seasons have a way of sneaking up on us, and we count on Bruce Lawler, our own Certified Aging in Place Specialist, to remind us of those chores that come round with the changing seasons. Here's his list for this month:

- Have you scheduled a furnace cleaning & inspection?
- Have you arranged for a chimney cleaning & inspection?
- Have you scheduled a late fall gutter cleaning & inspection?
- Do you have carbon monoxide & smoke detectors? Have you tested them?
- Are your doors & windows in good condition?

- Do you need to remove window air conditioners?
- Are your outside walkways and stairways in good condition?
- Are you worried about losing power? Thinking of buying a back-up generator?
- Have you checked with your snow removal person to be sure you are still on his list?

Remember, HomeHaven keeps a list of vetted contractors, as well as recommendations from members, to help manage these chores. Just call the office for suggestions.

And if you are planning a more extended project, for a fee Bruce would be glad to help with organization and supervision.



ACTIVITIES: Evening Cruise through the Thimble Islands

by Patty Langdon

It was a beautiful August evening, after a long hot summer, when we set out from Stony Creek on the Volsunga IV. Our captain told us about the islands as we passed by, stories of enormous wealth, of Captain Kidd, of mother-in-law trouble. We enjoyed our picnics and talking with new and old friends as we passed one beautiful sight after another. We witnessed a spectacular sunset and an accompanying shadow moon, almost full, as we returned to the dock, happy after our voyage around the Thimbles.



COMPUTER CONNECTION: Some Things to Know About Internet Service Providers

by Christa Sammons and Norman Chonacky

An Internet service provider (ISP) is a company that sells you computer access. Connection usually happens through one of several wired technologies—a special telephone line (abbreviated DSL for “digital subscriber line”), copper cable (often along with a TV signal), or fiber-optic (glass cable instead of copper), available in some places. Satellite connections are wireless (like broadcast radio) and used mainly in rural areas.

Each of these “broadband” technologies has a different delivery speed (think words per second) called bandwidth, from slowest (DSL) to fastest (fiber-optic). The transmission speed of all these connections is fixed by the speed of light, but the rate at which information is delivered is determined by connection bandwidth—a combination of spread and density. Think of each connection as a highway with cars travelling at a fixed speed limit. Each car contains a fixed number of passengers (information). But the spacing between the cars varies widely for information traveling on a given connection technology. Of the connection technologies just mentioned, DSL spacing is longest, glass fiber the shortest.

Broadband connections are “multi-channel,” simultaneously transmitting many types of data (e.g. voice, video, text), each in a separate channel. Like a highway, a given broadband connection has a fixed width, divided into multiple adjustable-width channels—or lanes, to continue the highway metaphor—depending on how many types of data or users it must simultaneously accommodate. This is why, in deciding what bandwidth is suited to your needs, you should consider both how responsive you wish an individual user’s connection to be, but also how many simultaneous users of the connection you need to accommodate.

You might want to consult “The Ultimate Guide to Choosing an Internet Service Provider” (<https://www.thesimpledollar.com/internet-service-providers/>) for further reference. Author Trent Hamm, originator of the website The Simple Dollar, gives basic definitions of the terms involved and explains the technologies along with the advantages and disadvantages of each.

Around the New Haven area, we are generally limited to Frontier and Comcast for Internet access. Frontier

is a DSL service; it gets slower the further you are from the company’s transmitting stations. Comcast is a cable service. It can get slower the more customers in the neighborhood are accessing the Internet at the same time. If you have a choice, ask around about your alternatives, especially which company has the best service record in your area.

VILLAGE VERSE: Pipe Dreams

If I could live my life again, I’d learn to play the bass,
Enraptured by the deep-toned sounds
that I could then embrace.
I’d join a band for Dixieland that practiced once a week
And pump my foot with every beat,
perfecting my technique.

I’d also join musicians who play music called baroque,
Be part of their continuo and master every stroke.
I’d revel in Vivaldi, Mr. Telemann, and Bach,
Give substance to their music and its underlying spark.

I’d audition for the symphony, a demanding
role for me,
For that music is more difficult, I think you may agree.
But the joy of playing Mozart, or works
by Johannes Brahms,
Would bring an inner peace to me, like reading
all the Psalms.

But wait! Practice would be required for several
hours each day!
And I’m not entirely certain I could live my life
that way.

Do I really want to sacrifice full-time to music art?
Forsaking other joys for me, may not be very smart.

Life presents competing dreams, but we cannot
live them all.

We each must choose a certain path and make
that judgement call.

So I will simply dream the life I might otherwise
have had

If I had picked another route when I was just a lad.

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

Volunteer Voices in the Community: Carol Cheney

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 What is the New Haven Preservation Trust? How did you become involved with it?

CC The New Haven Preservation Trust (NHPT) is a nonprofit organization, founded in 1961, to honor and preserve New Haven's architectural heritage. It functions mainly through public advocacy, education, and collaboration. I became involved with it recently as the owner of King's Block — built in 1816 — at the corner of Grand Avenue and Front Street in Fair Haven. It is the oldest surviving Federalist commercial building in the New Haven area. When the NHPT invited me to be on the Board, it seemed like a natural fit.

KM Have you always been interested in local history?

CC Yes, I have an inclination toward historic places because my ancestors founded a large silk manufacturing business in Manchester, CT, in 1838, called Cheney Brothers. The mill complex and housing was made a [National Historic Landmark](#) in 1978. I do lots of volunteer work for the Cheney Homestead and museums.

KM How does NHPT assist in saving historic properties?

CC Two ways: First, our Preservation Services Officer provides expert technical assistance to home owners and consults on threatened historic buildings. For example, if you are buying a historic property, the NHPT officer can advise you on available tax credits. Second, if you are concerned about a threatened

historic property, the Trust can advocate for that property before the New Haven Historic District Commission. It has helped save many historic buildings this way, including the New Haven Free Public Library, New Haven City Hall, the John Davies Mansion, Union Station, and most recently the Canal Dock Boathouse.



The renovated Davies Mansion, now known as the Yale Betts House

Michael Mansland, Yale University

KM How can HomeHaven members learn more about volunteering at NHPT?

CC A great way is to come on a NHPT guided tour or attend a lecture. You can learn about volunteering opportunities at www.nhpt.org. HomeHaven members are also warmly invited to the Annual Meeting on October 4th at the Yale Divinity School. There will be speakers, a silent auction, and refreshments. Pat Kane, co-chair of the Stewardship Committee (and a HomeHaven member) and I would like to meet you!

KM Has volunteering like this made a difference for you? How?

CC If you want to meet people and learn new skills, volunteering offers endless possibilities. For me, some highlights have been co-chairing a college presidential search and participating in various strategic planning processes. Over the years, I have enjoyed serving on several boards—the New Haven Museum, the Mary Wade Home, Lauralton Hall, the Chamber of Commerce, and the Cheney Family Association. The important thing is knowing that whatever the task might be, you are helping the organization live its mission by lending your time and talent—that is a strong motivator for me.

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 or call the office for other contact information.*

LAUGHTER: THE BEST MEDICINE

What Goes Up. . . .

A country farmer from Pennsylvania and his wife and son finally save enough to travel to the big city for a vacation. They visit a shopping mall and while the mother is shopping, the father and son are standing in awe in front of an elevator. As they watch, an elderly lady walks into the strange silver doors and the doors close. The father and son watch as the numbers go up, and then back down. When the doors open, a beautiful young woman walks out. The father leans over and whispers to the boy, "Son, go get your mother!"



Happy Birthday to HomeHaven members with a birthday in October

Jean Adnopoz Mary Barnes
 Betsy Barnston Norman Chonacky
 Bitsie Clark Helen Cooper
 Martin DeGennaro Marlene DeMarque
 Joe Dobrowolski Gene Festa
 Howard Garland Karlee Gifford
 Ursula Hindel Hanna Hyland
 Maija Jansson Ernest Kohorn
 Kaye Maggart Celeste Markle
 Susan Matheson Fred O'Brien
 Sara Ohly Rebecca Raffaelli
 Mikki Ratner Helen Robinson
 Morry Sheehan Alice Simon
 Steve Victor Barbara Wareck



"Spooky wild and gusty; swirling dervishes of rattling leaves race by, fleeing the windflung deadwood that cracks and thumps behind."



- Dave Beard

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

"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:

- 39 rides by volunteer drivers
- 24 visits by volunteer visitors
- 2 computer assists by volunteer computer helpers
- 28 referrals to volunteers or vetted providers for household help

Note: Members often call a service provider more than once without informing the office. You can help us keep records by always letting us know each time you use a provider we recommended. ***It's important!!***

Look for monthly reports giving rolling three-month totals.



Events: October



Friday, October 5, 8:00 pm

Capitol Steps

Quick Center for the Arts, Fairfield University
200 Barlow Road, Fairfield CT

For 35 years, the Capitol Steps have refined political satire into an art form. They turn the headlines of the day into song parodies and skits, which convey a special brand of satirical humor. They come to Connecticut offering some much needed laugh therapy. Tickets are \$50 and \$60, with a 10% discount for persons over 65 or a group discount for groups of 10 or more. Call the HH office to register. Carpools will be arranged.

ONGOING GROUP MEETINGS

COOKING IN A DIFFERENT LANGUAGE:

To be decided

Monday, October 15, 7:00 pm

Sign-up deadline is Friday, October 5.

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 or 203-397-0492, or call the office. Please also call Celeste for other information.

MEMOIRS WRITING GROUPS

Mondays, October 8 and October 22

For information or to attend a meeting, please contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

PINS AND NEEDLES

Monday, October 22

at the home of Jeanne Drury

Bring a project and enjoy the company, lively discussion, and refreshments. New members are always welcome on the fourth Monday of the month. To RSVP, contact Jeanne at JeanneDrury@aol.com or 203 281-3227.

FALL FOCUS ON CANCER: TWO TALKS

HomeHaven’s Health Committee has put together a two-part lecture series on some of the latest developments in cancer treatment and research by leaders in the field. Dr. Jeremy Kortmansky is an oncologist affiliated with Yale-New Haven Hospital. Dr. Katerina Politi is an Associate Professor in the Department of Pathology and the Yale Cancer Center.

Thursday, October 25, 5:00 pm

Dr. Jeremy Kortmansky, “Cancer for the Layperson”
Community Room, University Towers,
100 York Street, New Haven

Monday, October 29, 5:00 pm

Dr. Katerina Politi, “New Cancer Therapies: How They Work and What Happens When They Stop Working”
Community Room, University Towers,
100 York Street, New Haven

Sunday, October 28, 4:00 pm - 6:00 pm

HomeHaven Annual Membership Meeting
Whitneyville Cultural Commons, Whitney Room,
lower level, 1253 Whitney Avenue

The Annual Report, the “We can’t live without you” awards, delicious potluck. Detailed invitation to come.

AND COMING IN NOVEMBER:

“A Closer Look at Assisted Living,” a presentation by Benchmark Senior Living. What is assisted living, and where does it fit into the continuum of care? How do you know if that’s your next move? Film, discussion, buffet lunch, and tour. Register at the HomeHaven office.

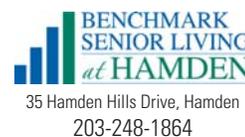
Wednesday, November 7, 11:30 am - 1:30 pm

Benchmark at Hamden

Thursday, November 8, 11:30 am - 1:30 pm

Coachman Square, Woodbridge

Generous support for HomeHaven provided by:



Click on the logos to go to the websites.

HOMEHAVEN OFFICE

👉 203-776-7378 👈

info@homehavenvillages.org