

Message from the President

It is hard to believe nearly two years have gone by since I became President of HomeHaven on October 1, 2016. It has been a good two years for me from the very beginning.



I first heard about the Village to Village movement when I read in the *New York Times*, in 2003, that the Beacon Hill Association had formed a “village” so that neighbors could remain in their homes as they aged. I loved the idea then, and I still do.

In 2009, we moved to New Haven. Jane Jervis, who lives across the street, invited me to her house, told me about East Rock Village (just getting started) and asked what I would like to do as a volunteer. I was delighted to hear there was a local Village, and to realize I could belong to it.

I told her I would like to take flowers to people who were housebound, hospitalized, or otherwise isolated, and eventually I joined the Visitors Committee and got to know Bitsie Clark, then Executive Director of HomeHaven. Bitsie and Jane were role models for me, both of them “aging gracefully in place” by remaining active and helping others

In 2014 I joined HomeHaven’s Board and I joined the Governance Committee, while continuing on the Visitors Committee. Governance gave me a new interest in the organization, and by 2015 I became Vice President of the Board, working with Louis Audette, President. In 2016, I was elected President, and Bill Brainard became Vice President. For the past two years, he and I have met almost every week, along with the Executive Director, Bitsie Clark and then Lauri Lowell. Bill has kept me on track, and has been a great teacher. I am very grateful for his leadership.

In fact, as I look back on these past two years, I am overwhelmed with gratitude for the many people who make HomeHaven the wonderful organization it is.

For Louis Audette who has continued producing the *Mud Follies* each year; and who also produced (with Seabury At Home) our great fundraiser for 2017: “Vince Giordano and the Night Hawks” at Southern Connecticut State University.

For Lauri Lowell who has been indefatigable since she joined HomeHaven in 2017 as Executive Director. She has managed several committees, including the Village Council; Activities, chaired by recently retired Sophie Powell; Visitors, chaired by Lynda West; Household Services, chaired by Wayne Meeks; Information Technology, chaired by Jim Maggart; and Health, chaired by Ron Rozett.

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Message from the President *continued from page 1*

For the Village Council made up of the Village Leaders: Hamden: Judith Colton and Patty Langdon; East Rock: Gretchen Kingsley and Mary Barnes; Westville: Susan Feinberg and Cecilia Berner; Amity: Judy Moore and Peter Wells; Downtown: Phoebe Edwards and Leon Plantinga. How could we function without them?

For the members of the Board, including Patty Langdon, Joe Dolan, Sheila Rostow, Kaye Maggart, Geoff Permison, Pam Stanton, Jane Wisialowski, Renee Drell, Cecilia Berner, Fred O'Brien, and the Chairs of the Board Committees: Bill Brainard, Frank Estes, and Jane Jervis.

For our two staff members: Kate Hay and Lydia Bornick, who manage to complete the work of HomeHaven to my greatest satisfaction.

For the Pearl Mestas of HomeHaven during my tenure: Jeannie Drury and Celeste Markle.

And finally for Ellie Brainard, the peerless editor of this Newsletter, and Jane Jervis who is co-editor.

I look forward to 2019, under the administration of our new president, who will be elected by the Board at its Annual Meeting in September. Keep posted!

Margaret "Peggy" Atherton

SAVE THE DATE... September 30
TREASURES & TRASH HomeHaven Tag Sale
Declutter and Support HH at the same time!
Planning meeting Sept. 5 at 9:30 in the Office
Contact Gretchen Kingsley gma322@gmail.com

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.

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

"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:

- 33 rides by volunteer drivers
- 23 visits by volunteer visitors
- 4 computer assists by volunteer computer helpers
- 21 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.

CONSULTATION IN PROVIDENCE

by Jane Jervis



On Saturday July 28, five HomeHaveners traveled to Providence RI as guests and consultants to the Board of Providence Village, a recently formed Village that has sought our advice about how to form a hub-and-spoke structure. They rented a van and came to fetch us and return us home.

Bitsie Clark had been working with their president Cyrus O’Neil to plan this visit. She was joined by Lauri Lowell, Peggy Atherton, Patty Langdon, and me. We met with the Providence Board at a local retirement center and started the evening with a one-hour panel discussion. We were asked how we made the transition from East Rock Village to HomeHaven;

how HomeHaven, the Leadership Council, and the Executive Director work together; what the present make-up of HomeHaven is; how we start up new villages; and what challenges, surprises, and successes we have had. It was quite a challenge! But they asked great questions and we learned about ourselves from having to answer them. Then we were served a buffet supper and broke up into separate tables — one of us to each table — with different topics assigned: fundraising, governance and management, member benefits and programs, and members and volunteers. We really sang for our suppers!

As an after-dinner treat, we were taken to visit WaterFire Providence (<http://www.waterfire.org>), an annual festival in downtown Providence sponsored by the arts. It was spectacular – and very crowded, with streets, sidewalks, and riverbanks jammed with people of every age and kind. Large braziers filled with blazing logs lighted the rivers as boats of all sorts paddled, rowed, and motored through them accompanied by music and drumming. It was a challenge to keep our little group together – Bitsie and I held hands tightly throughout the evening.

Finally, exhausted, we piled back into the van and were delivered back to New Haven by midnight. Exhaustion did not, however, interfere with the lively conversations that flowed nonstop in that van. We look forward to a continuing relationship with Providence Village, for mutual enjoyment and benefit.



Top, left to right: Jane Jervis, Peggy Atherton, Bitsie Clark, Patty Langdon, and Lauri Lowell in Providence. Above: Spectacular lanterns weaving through bonfires. Right: The HomeHaven crew with some of our hosts.

COMPUTER CONNECTION: Help Gratefully Received

by Christa Sammons

I often encounter HomeHaven members who believe I'm an advanced techie on account of these columns. Few things could be further from the truth. While I'm pretty good at finding information on the Internet and translating computerese into plain English, I'm next to helpless when it comes to the nuts and bolts of computers. I can't even change the ink cartridge in my printer without assistance! So last spring when we were having trouble with our home computer network,

I asked for help from HomeHaven. On June 12, IT Committee member and volunteer John Sawyer spent two hours at our house, getting the network up to speed and making some other things work a whole lot better.

Here's the history of our problem. After a complete outage—TV, Wi-Fi, and landline telephone—Frontier came and got things up and running, in the process of which they changed our Wi-Fi password. After Frontier's intervention, though, my husband's computer, which is some distance from the modem, was receiving only a weak signal and completely balked at some tasks. We had no idea what was wrong.

First John reset our modem, no easy task. Then it turned out that Frontier had failed to reset the router, which is supposed to relay the Wi-Fi signal from the modem to my husband's computer. The router knew only the password we'd used before Frontier's intervention, so it couldn't get any information from the modem. After John updated the router, my husband's computer worked fine. John also changed the complex new Wi-Fi password Frontier had left us with to something we could remember.

Then John fixed my printer! Ever since I got a new computer last winter, communication between it and my printer broke down periodically. John found a new driver for the printer online and installed it on my computer. Now the printer and computer get along perfectly.

One reason I'm writing all this is to let HomeHaven members know that they should never hesitate to ask for help. Maybe I (as your columnist!) should have known how to fix our network, but I didn't. I wasn't ashamed to ask for assistance, and John seemed happy and pleased to share his extensive expertise. Other volunteers would be too; members need only to ask. Just call the office and Kate will take it from there.

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.

LAUGHTER: THE BEST MEDICINE

Wisdom from Abroad



Sign posted on a walking trail in England.
Who is being warned of whom?

AND...Did You Know?

Monday September 17 is a national holiday in Japan, celebrated for more than 50 years on the third Monday of September:

RESPECT FOR THE AGED DAY!

**Create your enduring legacy
with a bequest to HomeHaven.**

Volunteer Voices in the Community: Anne Schenck

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 Schooner Project? How did you come to be involved with it?

AS The Schooner Project was originally an independent non-profit organization based on the ship itself, but in 2017, it became an arm of the New Haven Land Trust. I have been on the Board of the Land Trust for many years and watched the Community Garden Program grow under the leadership of our Director, Justin Elicker. The gardens flourish all across the city. Now we have welcomed the addition of a sailing program to our organization.

KM Does the Land Trust still own the big schooner?

AS No. The Schooner leadership sold it before the merger with the Land Trust. They decided instead to expand its summer sailing camp program, which takes place in the harbor near the Sound School beside the Long Wharf Nature Preserve. The goal was to include lessons in the wetlands environment as well as boating, but keep the Schooner Camp name.

KM Has the Schooner Camp grown?

AS Yes, wonderfully! This summer there are 71 campers – ages 4 to 14 – with 11 counsellors. Half of the campers come from the inner city and receive financial aid. This group of little ones just passing us are looking for fiddler crabs in the marshes.

KM How can HomeHaven members help the Schooner Camp Project?

AS People can either donate to the Schooner Summer Camp through the New Haven Land Trust [here](#) or ask about volunteer opportunities [here](#).



Anne Schenck with Justin Elicker, New Haven Land Trust Exec. Director

KM Is the NH Land Trust also an advocacy group? Can members help directly with local land preservation issues?

AS Yes. We worked hard in 2016, for example, to stop the planned highway exit off I-95 that would have gone right through the Long Wharf Nature Preserve — by the Schooner Camp. Thanks to coverage from the *New Haven Register* and pressure from Senator Blumenthal and others, the exit was redesigned. We welcome help on environmental land issues as well.

KM Can you tell me about your other volunteer efforts in New Haven?

AS Well, I'm on the Board of the Edgerton Garden Conservancy and am a docent in the Greenhouse when school children come in to see the Tropical Rain Forest. I also have a community garden at Edgerton.

KM Are there volunteering projects — besides the Schooner Camp at the Land Trust — that you have especially enjoyed?

AS Over the years I've worked on countless fundraisers for different organizations. One unusual volunteering job I've had is to monitor elections with members of the League of Women Voters at the different New Haven Housing Authority apartment buildings. And I've helped to register voters. Don't ever forget to **vote**, everybody! If you need help to get to your voting place, I'll drive you!

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.

HEALTH MATTERS: Irritable Bowel Syndrome

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

Irritable bowel syndrome (IBS) or spastic colon is a common chronic disorder of the large intestine (colon) of unknown cause affecting about 5–15% of the population. IBS is characterized by crampy abdominal pain, usually affecting the lower abdomen, relieved by defecation. It is usually accompanied by bloating and either diarrhea or constipation, a feeling of not being able to fully empty the bowel, flatulence, and a sense of urgently needing to have a bowel movement. Interestingly, there are no structural changes in the bowel accompanying the patient's symptoms. IBS can begin during childhood or adolescence but most often appears in adulthood lasting into advanced age. IBS does not have a single cause.

There are three types of IBS:

- The diarrhea-predominant form affecting about one-third of patients with the disorder;
- The constipation-predominant form affecting roughly half of patients; and
- The mixed or alternating form affecting 20% of patients.

Diarrhea-predominant IBS can result in the sudden urge to have a bowel movement, causing anxiety and a compelling need to find a toilet. Stools in this type of IBS are characteristically loose and may contain visible mucous.

Constipation-predominant IBS with three or fewer bowel movements per week is characterized by crampy abdominal pain with the passage of dry, hard stools. It is often accompanied by a sensation of not being able to fully empty the bowel, leading to uncomfortable and unnecessary straining.

In mixed IBS, symptoms tend to be more frequent with severe cramping pain. Typically, the pain is relieved by having a bowel movement.

It is important to note that IBS does NOT result in bloody bowel movements. Abdominal pain with bloody BMs is not IBS and requires urgent medical investigation.

Abdominal bloating and flatulence are prominent features of IBS in most patients. More than 80% of IBS patients report bloating and cramping with both symptoms occurring most commonly in constipation-predominant or mixed types of IBS.

Fatigue and poor sleep quality also are commonly associated with IBS: difficulty falling asleep, frequent waking during the night, and feeling unrested in the morning. Sometimes poor sleep quality is a predictor of more severe gastrointestinal symptoms the following day.

Many studies have demonstrated that stress exacerbates IBS symptoms. While anxiety and depression are commonly associated with IBS, it is not clear which comes first. Whichever it is, anxiety and IBS symptoms reinforce each other in a vicious cycle.

Most IBS sufferers report that specific foods cause attacks of cramps, bloating, and constipation/diarrhea. The cause is a mystery. Some trigger foods are fairly common and include gas-producing foods such as lactose, gluten, and FODMAPS (**F**ermentable **O**ligo-, **D**i-, and **M**ono-saccharides, and **P**olyols). These carbohydrates are poorly absorbed in the small intestine and, consequently, are fermented by bacteria as they pass into the large intestine, resulting in production of gas, bloating, and flatulence. Oligosaccharides are found in wheat, rye, onions, garlic, Brussels sprouts, and cabbage while polyols are found in fruits – apples, apricots, avocados, cherries, peaches, pears, plums, watermelon – and some vegetables including cauliflower and mushrooms. Importantly, polyols including maltitol, mannitol, sorbitol, and xylitol are used as non-sugar sweeteners found in chewing gum and breath mints.

Management of IBS involves lifestyle modifications including a low FODMAPS diet, relaxation techniques, exercise, and regular consumption of water. Eliminating FODMAPS helps 75% of IBS sufferers within one week, but the long-term use of this diet may have adverse effects. Restricting digestive stimulants such as caffeine, alcohol, spicy foods, and carbonated beverages may help reduce IBS symptoms in some people, as may increasing fiber in the diet.

Hypnotherapy has been helpful in some patients. As a last resort, antispasmodic medications to reduce intestinal cramping are often useful.

Dr. Rozett is a member of Hamden Village and serves as Chair of HomeHaven's Health Committee. He has been on the faculty of the Yale School of Medicine, was medical director of the Community Health Care Plan (CHCP), and an administrator at Gaylord Hospital. He is currently on the Board of Directors of Whitney Center.

NEWS FROM OUR VILLAGES:

Amity Village

A large number of Amity Villagers gathered on Bastille Day to enjoy traditional French soups prepared by Wendy and Peter Wells at their home in Woodbridge.

Later in the month smaller groups carpooled to Norfolk where they shared a picnic on the lawn and attended a chamber music concert.



Pre-concert picnic at Norfolk

East Rock Village



The ferry arriving

On Thursday August 9, Gretchen Kingsley entertained a group of East Rockers on Gray Rock Island in the Thimble Islands. A delightful day was had by all—unique individual sandwiches, zucchini soup, petite sweet plums of yellow and red, shaded porch, great conversations, and ferry pickup as predicted. Kerry Snyder even swam all the way around the island before lunch!



Kerry climbing out



Happy Birthday to HomeHaven members with a birthday in September

Louis Audette Wendy Bell
Bob Berner Cecilia Berner
Sylvia Garland Bob Gifford
Margot Kohorn Patty Langdon
Marc Mann Margaret Mann
Sarah Pace Pam Stanton
Howard Treat Flora Van Dyke
Herb Winer



Introducing New Members

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

Margaret and Marc Mann ~ Hamden
Bob Sandine ~ Hamden



IN MEMORIAM
BARBARA PARRY, NÉE PFEIFFER
12/6/19 – 7/3/2018



Barbara Parry was an early joiner of East Rock Village; she died early this summer. Barbara was born in Philadelphia and grew up in Detroit. She earned her BA and MA in French from UC/Berkeley, and also studied at the University of Laval, Quebec. She married Adam M. Parry in 1948, and had three children.

Barbara moved to East Rock in 1965, and earned an M.Phil. from Yale in 1972. She taught French at Southern Connecticut from 1966 until her retirement in 1989, after which she continued to teach as an adjunct for several years, focusing on English literature and designing her own original courses. She was an enthusiastic and motivated educator dedicated to bringing the pleasures of reading to her students.

She had a wide circle of friends of all ages from all over the world, including college friends, students past and present, colleagues, fellow dog-walkers, and kindred spirits from all walks of life. Her house was always a hive of activity and center of conversation and cultural commentary. She was a lover of books and literature, a great proponent of French culture, and a lover of nature. She traveled extensively and shared her experiences in writing and speech. Her charm and sense of humor were a delight to friends and family, and survived all adversity.

In her later years she devoted herself to her grandchildren and provided them with many unforgettable experiences. Barbara was an inspiration to many people, and she will be missed.

Barbara is survived by two children, eleven grandchildren, and six great-grandchildren. Donations may be made in her name to the [Center for Biological Diversity](#), or the [Smile Train](#).

VILLAGE VERSE: Aging

Who is that old man in the bathroom glass?
The folds of his skin have shriveled. Alas!
Hair once so black is now thin and like snow.
He's surely a stranger I don't think I know.

The tendons and veins on the backs of his hands
Protrude through the skin like moveable strands.
And the muscular arm that he once loved to show
Is now flabby and soft as the full risen dough.

How did this old man get into my room?
He's someone I know, I have to assume.
My wife said I'm watching a slow pantomime,
A play that was written by old father time.

She judged my foreboding as only skin deep.
"There is more to our lives than the body's upkeep.
There is love for each other, for music, and friends,
And great times with our family before it all ends."

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

WHERE DID THEY GO?

Kerry Snyder is compiling a list of former members of HomeHaven. If you know someone who was once a member and isn't anymore, and if you know why – Moved to be close to children and grandchildren? Entered a retirement community, assisted living, or nursing home? Died? Other? — please let Kerry know: keralajs@gmail.com

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*: [The Illness Is Bad Enough. The Hospital May Be Even Worse](#). Older patients are particularly vulnerable to "post-hospital syndrome," some experts believe, and that may be why so many patients return.



Events: September



Thursday, September 13, 10:00 am meet at the Office Visit to Dudley Farms Museum in Guilford 2353 Durham Road at Rtes 77 and 80

Enjoy a gentle sense of farm life in 1900 with a guided tour of the farm, including the farmhouse with furnishings and stories of the lives of its inhabitants. The barns and outbuildings give a unique glimpse into a working farm of the time, with displays of tools, farm equipment, and animals, and with period flower and herb gardens, a kitchen garden, cropland, meadows, and woods.

We will carpool to Guilford for a picnic lunch in Guilford with drinks and sandwiches from Nica's, to be paid for by participants. Please call the office to register, and volunteer to drive or ask for a car pool.

Thursday, September 20, 9:00 am — All Day "Vikings in Connecticut" at The Mystic Seaport Museum

Join YUWO in a private tour, lecture, and lunch at the exhibitions. Sample Scandinavian fare, watch traditional faering sailing, and see a Nordic boat-building demonstration. There will be hands-on activities and games for children and adults throughout the day, and a special Planetarium show on Viking navigation. You must register and pay \$75 by September 10. For more information and a registration form, contact Winnie Selbert at winnieselbert@gmail.com or 203-458-6516. A bus will leave Exit 10 on I-91 at 9:00 am, and Exit 58 on I-95 at 9:30.

Friday, September 28, 10:30 am meet at the Office New Britain Museum, 56 Lexington Street

Featuring a "Walk-in Masterpiece Tour" of some of the amazing pieces in the oldest museum featuring American art in the United States. The entry fee is \$12.00 for seniors with no additional charge for the tour (see note). The tour starts at 1:00. Car pools plan to arrive around 11:30 for an early lunch in the delightful café right in the museum. There is also a small gift shop and outside a wonderful park designed by Fredrick Law Olmsted. Call the office soon to volunteer to drive or to arrange to join a car pool. Note: you may be able to get a free museum pass for groups of 4 at your local public library; ask now — they go fast.

HOMEHAVEN OFFICE

📞 203-776-7378 📞

hkateh@gmail.com

ONGOING GROUP MEETINGS

COOKING IN DIFFERENT LANGUAGES:

Fall Harvest

Monday, September 17, 6:30 pm

Sign up deadline is Friday, September 7.

Not a language or a country this time, but our usual harvest celebration, cooking with locally available produce. New members are always welcome—a great way to get to know other HomeHaveners. Since it is essential to have an accurate count of attendees in the early days of planning, please be sure to RSVP to Celeste Markle by the deadline at c_markle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. Please also call Celeste for any other information.

MEMOIRS WRITING GROUPS

Monday, September 24

at the home of Harriet Bergmann

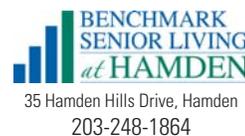
Harriet will notify members of the reading schedule. The groups meet on the second and fourth Mondays of the month for an hour and a half. New members are welcome. For more information or if you wish to attend a meeting to see how it works, please contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

PINS AND NEEDLES

There will be no meeting this month.

When we resume in October, bring whatever project you are working on and enjoy the good company, lively discussions, and refreshments. New members are always welcome at these regular meetings on the fourth Monday of the month. Call the Office for information.

Generous support for HomeHaven provided by:



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