



Message from the President

Many of our members are reading and discussing Atul Gawande's *Being Mortal*, a thoughtful study of how doctors fail patients at the end of life, and how they can do better. For me, the most interesting section of the book tells about the evolution of various arrangements to address the process of aging, and the tension between the desire for independence and self-determination felt by seniors who are still in relatively good health and the bureaucratic imperatives imposed by institutions in return for security and health support. In the late 20th century there was a remarkable popular and governmental reaction to custodial health care, particularly as it was characterized by the boredom, loneliness, and helplessness attributed to nursing homes. Important management, administrative, and architectural initiatives led to assisted living facilities which, initially, offered liberal freedoms and living choices. Not surprisingly, these improvements were so successful that they drew the attention of commercial interests, and the early, progressive assisted living facilities were gradually taken over by corporations that have, by now, reintroduced bureaucracy and rules.



Over the last 20 years, however, a wide spectrum of alternative living situations has developed for the elderly, ranging from aging in one's own home to sophisticated Continuing Care Residential Communities with full blown skilled nursing capabilities. Aging in place, the fundamental principle of the Village movement, is the subject of Stephen Golant's book, *Aging In The Right Place*. Golant takes issue with the purported benefits of aging at home and suggests that "residential inertia" underlies the more cheery representations of

its proponents. He maintains that aging at home, even if it preserves one's freedom of choice and living style, doesn't factor in the issues of declining health and the large effort of building and maintaining a disciplined volunteer assistance network. The caregiving institutions he supports, however, often cost more than middle income people can afford.

By now, as HomeHaven and the other leading villages have shown, there are other opportunities for members who prefer a culture of sharing and cooperation. We're working to build appealing approaches to the issues of aging, frailty, and isolation. HomeHaven is trying to find the best ways to keep aging at home as engaging and secure as possible,

continued on page 2

IN THIS ISSUE:

Member Birthdays	page 2
City-Wide Open Studios	page 2
Meet Our Members	page 3
Health Matters	page 4
Sharing Our Stories	page 5
Home Matters	page 5
Computer Connections	page 6
Laughter	page 6
September Events	pages 7, 8 & 9
ERVerse	page 8
Ongoing Group Meetings	page 9
Upcoming Events	page 10

Generous support for HomeHaven News provided by:



Click on their logos for more information on our sponsors.

Message from the President *continued from page 1*

but we know it's not for everyone. There are, of course, people who prefer the perceived comfort of a homogeneous environment where many, if not most, of the decisions of daily life are made for them. But for those who want it, there is a unique advantage to being part of a reliable network of caring friends and neighbors. Certainly there are professional caregivers in eldercare facilities whose empathy is rare and precious. But I think the gratification gained from helping friends has a feeling of authenticity for the providers not usually experienced by rank and file caregivers, for whom it's often just a (poorly paying) job. Sharing companionship and assistance can be a spirit-fulfilling experience for both the giver and the recipient. Our members are experiencing this gratification because, in the village setting, caregiving is voluntary, not contractual.



Louis Audette, President



***Happy Birthday to HomeHaven
members with a birthday in October***

Mary Barnes	Elizabeth Barnston
Norman Chonacky	Bitsie Clark
Helen Cooper	Joseph Dobrowolski
Gene Festa	Howard Garland
Karlee Gifford	Ernest Kohorn
Celeste Markle	Susan Matheson
Edna McCoy	Fred O'Brien
Sara Ohly	Sylvia Perry
Helen Robinson	Morris Sheehan
Alice Simon	Betty Trachtenberg
Cheever Tyler	Steve Victor



CITY-WIDE OPEN STUDIOS: HomeHaven Artists Show Work

Every year New Haven's ARTSPACE organizes a spectacular set of October weekends known as City-Wide Open Studios, when artists from all over the Greater New Haven area show their work in their own home studios, at Erector Square, or in this year's Alternative Space, The Goffe Street Armory. For more information, go to www.cwos.org.

HomeHaven is proud of its artist members who are taking part in this event:

Oct 10 & 11

Paintings by the late **Howard Fussiner**,
East Rock Village
Alternative Space, Goffe Street Armory,
290 Goffe Street, New Haven

October 17 & 18

Constance LaPalombara, East Rock Village
Studio at 85 Willow Street, New Haven

October 24 & 25

Phyllis Crowley, East Rock Village
Nancy Eisenfeld, North Haven Village
Irene Miller, Amity Village
Erector Square, 315 Peck Street, New Haven

Please visit and enjoy the work of our extraordinary HomeHaven Artists!

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

HomeHaven News

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

Jane Jervis, *Associate Editor*
hh.jervis@comcast.net

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

info@homehavenvillages.org

Layout and design by PIROET

MEET OUR MEMBERS : A Conversation with Sara Ohly

by Ellen Brainard



Sara with grandchildren Lily and Miles

Picture Sara, then a 19 year old volunteer tutor, and Egidio, a six year old from Sicily who spoke little English, reading together: “One fish, two fish, red fish, blue fish...” Egidio lost his shyness; learned letters, numbers, colors. Sara, delighted, embarked on a lifetime of teaching and exploring issues of immigration and assimilation: as a Peace Corps volunteer in Turkey in the 1960s, as an anthropologist studying Turkish immigrants in the Netherlands in the early 1990s, and nowadays as a volunteer tutor at IRIS (Integrated Refugee and Immigrant Services) and co-leader of a course on Islam at ILR (Institute for Learning in Retirement).

After graduating from Vassar in 1964, Sara went to Turkey to teach with the Peace Corps. Life in a Muslim country was difficult for a single woman—a first-hand experience of culture shock. But Sara coped, learned from her mistakes, and came to love Turkey, its people, and the language. She has revisited several times, jumps at the chance to speak Turkish when she overhears it. The response is always surprise, pleasure, and often a new friend.

When her Peace Corps service ended in 1966, Sara enrolled in a one-year graduate program in English literature in Edinburgh. At Christmastime, cold and dark in Scotland, she went home for the break. Her parents had made plans to spend New Year’s in Vermont with old family friends—the Ohlys. Sara and Nick had known each other growing up. By now, he was studying architecture at Harvard. They

skied together, got reacquainted. A year-and-a-half later, they married and in the fall of 1968, came to New Haven. Nick began work at Roche-Dinkeloo & Associates and Sara taught high school English to patients at the Yale Psychiatric Institute. In 1971, they bought the beautiful house on Wooster Square where Sara still lives. The mature cherry trees that now grace the square were planted a year or two later. Here, they raised their sons, Derek and Jack, born in 1975 and ’78. Nick died suddenly in November, 2007, yet his presence still fills their home—a mobile in the entryway, sketches, paintings, photographs on the walls, sculptures of wood and wire, a sofa that he and Sara made together. The house reflects Sara’s personality too—warm, welcoming, caring. We talked in the back garden, under the arbor bearing grapes from which Sara makes pies. There are two apartments at the back. Sara likes the multigenerational feel her four young tenants add to the place. Her own family has become multigenerational too. Jack lives with his wife and three-year-old son Ben in Brooklyn; Derek, in Arlington, MA, with his wife and children—Miles, eight, and Lily, six. Sara visits both families frequently.

While her children were young, Sara taught ESL courses in New Haven’s Adult Education program. In the early 80’s, she returned to school herself, earning an M.A. in Yale’s International Relations program, and in 1994, a PhD in Anthropology. The question she kept asking was, “What is it like to be a Muslim in a non-Muslim country?” The mass migration of Turkish workers to Germany and the Netherlands, beginning in the 1960s, made the issues vivid and urgent, and the Netherlands the perfect place for fieldwork. Sara, Nick, and the boys, then 11 and 15, spent a year in the Hague, while Sara gradually gained the confidence of people in the Turkish community and learned about their lives. From 1995 until 2000, she taught anthropology at Connecticut College and Wesleyan.

With Nick’s death, Sara’s life changed dramatically. She keeps busy with ward politics, neighborhood activities, teaching at ILR, and helping students at IRIS with English, but even more with her warmth and genuine interest in their lives. Yoga classes, Vintage Voices, and a close-knit recorder ensemble take her to the Neighborhood Music School several times a week. And visits with her sons and their families—especially when she is called upon for child-care!—bring her special joy.

HEALTH MATTERS: Foods that Fight the Flu

by Nissa Simon

(This article was adapted from material that first appeared in the AARP Bulletin.)

Flu season's upon us. To protect yourself, get a flu shot, wash your hands often, and stock your kitchen cabinets and fridge with foods that will keep you healthy and lower the likelihood that you'll be laid low by this nasty bug.

Almonds

These popular nuts are a rich source of the antioxidant vitamin E, which helps your body ward off viral infections. To maximize vitamin E absorption, opt for chopped almonds, almond butter, or almond oil.

Black-eyed peas

These lovely legumes are rich in zinc, an essential trace mineral that keeps your immune system in working order. Pinto beans, peanuts, roasted pumpkin seeds, and wheat germ are other good choices.

Carrots

Bright orange carrots, as well as sweet potatoes, pumpkin, and squash, are rich in beta carotene. Dark green vegetables, including kale and spinach, are another unexpected source. Beta carotene is a powerful antioxidant that increases the number of infection-fighting cells and revs up the performance of the immune system to ward off respiratory infections.



Garlic

It may not help your breath, but garlic can help protect you from viruses that cause the flu, thanks to several naturally-occurring plant compounds. One of them, allicin, is a potent substance that prevents the growth of disease-causing microorganisms. For garlic to deliver its full flu-fighting punch, crush it or chop it about 15 minutes before you plan to use it.

Milk

Vitamin D, found in fortified milk, plays a major role in regulating the immune system and protects against flu and other upper respiratory infections. Orange juice, cereal, and yogurt are also often fortified with vitamin D.

Mushrooms

A flu-fighting nutritional powerhouse, mushrooms heighten the body's resistance to viral infections by increasing the activity of natural killer cells, a vital part of the immune system. They are also rich in selenium; low levels of selenium have been linked to an increased risk of developing more severe flu.

Pomegranates

This luscious fruit is packed with powerful disease-fighting antioxidants that help the immune system work more efficiently to protect against viral infections. Laboratory research suggests that the pigments that give pomegranates their brilliant color limit the ability of the flu virus to invade human cells.

Tea

Green, black, and oolong tea all contain naturally-occurring compounds that reduce the chances of developing the flu, including L-theanine, an amino acid found naturally only in tea, and quercetin, a powerful antioxidant. Decaffeinated teas also contain L-theanine, but herbal teas do not.

Tomatoes

Vitamin C-rich tomatoes help fight colds and flu by boosting the body's natural defense system in the same way as their citrusy relatives. One medium tomato provides 40 percent of the daily value for vitamin C, so have a glass of tomato juice at lunch and treat yourself to pasta with tomato sauce for dinner.



R.I.P.
YOGI BERRA (1925-2015)

"You can observe a lot just by watching."

*"He hits from both sides of the plate.
He's amphibious."*

"It gets late early out here."

*"When you come to a fork in the road,
take it."*

"It's deja vu all over again."

SHARING OUR STORIES: A Member's Fall

by Patty Langdon

Being fairly active and in good health, I did not expect to be using any of HomeHaven's health care options or to be in need of any assistance from its membership anytime soon. When I foolishly tried to reach a high shelf by standing on a wobbly antique chair recently, I fell flat on my back on the hard tile floor. I thought to myself "You're in trouble!" Although nauseous, I found I could walk. A call to 911 brought three young men within minutes, who looked me over and called an ambulance. After 10 hours in Yale's Emergency Room, it was decided that no operation was necessary and I was sent home with three fractured vertebrae, a brace, a prescription for oxycodone and a referral, at my request, to *All About You*, HomeHaven's preferred health care agency.

Word of my fall spread quickly in response to an email to my HomeHaven village leader. Her communications to the HomeHaven office and to various officers

and members brought almost immediate results. A HomeHaven member showed up at my door with a grabber the next day, another mailed me one for upstairs, as well as a sock-putter-on and a shoe horn. Members brought delicious food, sometimes staying to share the meal they'd brought. I received phone calls and visits, offers of errand running and grocery shopping, library books were returned – a member even weeded my front yard. *All About You* provided physical therapy in my home, which helped enormously. A friend, who was staying with me, was even more astonished than I with the amount of friendly concern and whole-hearted support that each new day brought from the HomeHaven community.

So, to current members and to those of you who are thinking of joining HomeHaven — take it from me. You never know when you might need help — and you might be amazed at what you receive.

HOME MATTERS

by Louis Audette

Now that summer is officially over, it's time to think about getting ready for colder weather.

1. Get your furnace and ductwork cleaned.
2. Inspect your roof for loose shingles and tiles.
3. After leaves have fallen, clean your gutters so they don't clog and have to carry heavy ice loads.
4. If you have had problems with ice dams, get an electrician to install heating tape at your eaves.
5. Caulk spaces around doors and windows.
6. Arrange to have storm windows installed.
7. Drain outside faucets and sprinkler systems. Bring in hoses.
8. Make sure pipes in unheated locations are well insulated.
9. Make arrangements for snow management and plowing now, before the limited number of providers is completely booked up!

HomeHaven has a roster of vetted service providers who can help you with these chores. Call the office at 203-776-7378 for a referral.

... AT YOUR SERVICE!

In the past year, HomeHaven provided members with:

- 216 rides by volunteer drivers
- 105 visits by volunteer visitors
- 58 computer assists by volunteer computer helpers
- 72 referrals to volunteers or vetted providers for household help

Note: Members often make repeat calls to a service provider without informing the office. You can help us keep accurate records by letting us know every time you use a provider we recommended. ***It's important!!***

This is the first of a series of reports of services provided to our members. Look for monthly reports giving rolling three-month totals.

TAKE A MINUTE! If you've been helped by HomeHaven's referrals to service providers, please call the office (203-776-7378) or drop us a note and tell us about the experience.

Computer Connections: “Back it up!”

by Christa Sammons

No, that’s not my husband telling me how to maneuver the car out of a tight parking space, that’s your HomeHaven Information Technology Task Force advising you to secure the programs and files on your computer by making extra copies of them and storing them elsewhere. If your computer should malfunction in a big way or you accidentally delete something, these back-up copies can be used to restore your files

In the best of all worlds, our computers would be backed up 100% with automatic updates—all programs, data files, and photographs then could be restored from back-up copies if something went very wrong. More realistically, there are a few shortcuts you can take yourself for selectively backing up particularly important files—for instance your work in progress, your financial accounts, or those precious photographs of Fluffy the Cat destroying the sofa. **HomeHaven’s computer volunteers are ready to help you with these short cuts or with installing an automatic system if you want to do that.**

Here are some examples of shortcuts you might try.
(1) Buy a flash (thumb) drive for a few dollars, plug

it into a *USB* port in the side of your computer, and then copy selected files onto it for safekeeping. (2) Email the important files to yourself as attachments. This puts them in *cloud storage* where you get your mail from, retrievable if you lose them on your main computer. (3) Subscribe to a service for free or inexpensive *cloud storage* such as *Dropbox*, which, like email, puts your files “out there,” although protecting them with a password. (“The cloud”—in case you always wanted to know but were afraid to ask—is not a bunch of digital files blowing around in the sky, but farms of earthbound computers maintained by various companies.)

All this may sound a bit daunting, but remember that HomeHaven’s computer volunteers are ready to help you with any of these alternatives—manual or automatic. Just call the office at **203-776-7378** to set up a consultation. Don’t lose another file. Back it up!

We’ve been talking here about desktop and laptop computers. It’s also important to back up tablet computers and smart phones, the subject of a future column.

LAUGHTER, THE BEST TONIC: Senior Setting Password

WINDOWS: Please enter your new password.

USER: cabbage

WINDOWS: Sorry, the password must be more than 8 characters.

USER: boiled cabbage

WINDOWS: Sorry, the password must contain 1 numerical character.

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have blank spaces

USER: 50boiledcabbages

WINDOWS: Sorry, the password must contain at least one upper case character.

USER: 50DAMNboiledcabbages

WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.

USER: 50DamnBoiledCabbagesGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation.

USER: VeryFrustrated50DamnBoiledCabbagesGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.



HomeHaveners Tour Shubert

by Cecilia Berner

The Shubert Theatre has been around New Haven since 1914 and many of us have attended plays, musicals, operas, and ballets in this wonderful theatre. But who has been backstage? On September 21, 12 HomeHaven members got a personal tour. We saw the Stage Door, the loading dock (a small garage-sized door), the stars' dressing rooms (spartan but clean), make-up rooms, costume room, and the "rope wall" which operates EVERYTHING. Best of all, we saw the "mural wall," which has painted posters of many plays signed by the actors and crews, including Christopher Plummer, Rex Harrison (*My Fair Lady* opened at our Shubert), Robert Redford (so VERY young), and Marlon Brando to name a few. Many of the old murals were destroyed during a recent remodel of



the backstage area, but HomeHaven's own Cheever Tyler photographed and preserved them all in a historical coffee-table book.

After the tour, half of the group strode off to Harvest for a delicious lunch.

Above: Irrepressible Bitsie; and Hal Spitzer with Yul
Below: The theater-going crowd in the Shubert Lobby



ERVerse: LICE

Why was my grandson scratching his head?
Self-conscious movements or
something instead?

The answer I got was short and precise:
This nice little boy was infested with lice!

The news sent a shockwave throughout
the whole house;

And I feared that my own scalp might
harbor a louse.

So we cleaned all the pillows, the blankets
and sheets,

And combed through my locks with many
repeats.

We found only dandruff, some dirt and gray
hair,

But happily, no crawling creatures were there.

But what if my head had been found
pestilential?

Would I have been labeled as truly licentious?

— Bob Gifford, *Doctor of Doggerel*

HOT LINKS

Have you ever noticed those little corporate trademarks across the bottom of the first page of the HomeHaven newsletter? They're the logos of our generous sponsors, and they're "hot." If you're reading the newsletter on a computer and you click a logo, you'll be automatically whisked to that sponsor's website. Try it!

LINKING UP

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

"At last...a sports hero kids our age can look up to!" says Fred O'Brien, who recommends this story from the [New York Times](#).

We welcome your comments about these links and your suggestions for others. Send responses to the editors (p. 2) or the office.



North Haven Village September Outing



The North Haven Village Luncheon Group gathered at the Watch Factory Restaurant in Cheshire in September. Left to right: Roxanne Turekian, Co-Chairs Kim Rakusin and Marge Andrews; Jack Rakusin, Joel Silverman, and Emily and John Bett. Not pictured: Alice Simon and Norman Andrews.



Sarah Pace and Cecilia Berner



Sophie Powell and a museum volunteer

Whitney Museum Tour

by Sophie Powell

On September 16th, eight HomeHaveners went to New York to see the new Whitney Museum of Art. Arriving at noon with timed tickets pre-purchased online, we moved smoothly through the spacious, welcoming lobby to elevators to the 8th floor Café. Before sitting down to lunch, we could not resist the pull of the balconies and their spectacular views. Since we were all seeing this extraordinary new building for the first time, it was particularly pleasurable to tour at our own paces while occasionally seeing another HomeHavener with whom to share impressions. Expectations were high and we were not disappointed.



Whitney Museum, photo © Nic Lehoux

Ongoing Group Meetings

PINS AND NEEDLES

Monday, October 12, 3:00 pm at the home of Cecilia Berner. Please call or email her at 203-389-8876 or ceciliaberner@sbcglobal.net to let her know you plan to attend.

Meet for sewing, knitting, mending, hand work of any kind, wide-ranging conversation, and refreshments. New members are welcome.

Monday, October 26, 3:00 pm at the home of Arlene Goldblatt. RSVP to Arlene at 203-776-1550 or email arlenegoldblatt@sbcglobal.net if you plan to attend.

BOOK GROUP

Monday, October 5, 10-11:30 am at the home of Gretchen Kingsley, 420 Humphrey St., to discuss Hilary Mantel's *The Assassination of Margaret Thatcher*. This collection of stories from the two-time Man Booker Prize winner has been called vastly entertaining, breathtaking, and full of her black, subversive humor. New members are always welcome. **Please call the office to let us know you plan to attend.**

COOKING IN DIFFERENT LANGUAGES: Austrian

Monday, October 19, 6:30 pm

Sign up deadline, Thursday, October 8.

(Calls after that go to a waiting list.)

Newcomers are always welcome at these lively explorations of the cuisines of the world. **RSVP** to Celeste Markle at cmarkle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. Once groups are set, they will work with the host(s) to determine the menu.

MEMOIR WRITING GROUPS

The two ongoing writing groups have resumed meeting at times convenient to their members. New members are welcome. For more information, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.



Events: October



Thursday, October 1, 3:30 pm

Susan Feinberg Lecture: "Elijah: The Prophet who defined the Essence of God," at Congregation Beth El-Keser Israel (BEKI), 85 Harrison Street, Westville. *Please note change of venue.*

Inspired by Wayne Meeks' lectures on Dura-Europos, Susan re-examines the prophet Elijah to try to answer the following questions: Why do the wall paintings in the synagogue at Dura-Europos feature Elijah? What is Elijah's relationship with King Ahab or his wife Jezebel? What is the significance of the miracles he performs? Why is he so revered by Jews *and* Christians? And, finally, how does he define the essence of God? Susan encourages you to read 1 Kings, Ch. 16:29-Ch. 19 and 2 Kings, Ch. 2:1-14 in preparation for her talk.

Parking is available on site. From downtown New Haven taking Whalley Avenue, at the next light after Blake Street turn right into Harrison Street. **Please call the office if you plan to attend.**

Thursday, October 8, 10:45 am

Tour of the Indo-Pacific Collection at the Yale University Art Gallery, 1111 Chapel Street, New Haven, followed by lunch at Harvest.

Dr. Ruth Barnes, inaugural Thomas Jaffe Curator of Indo-Pacific Art, will lead the tour. She received her doctorate from Oxford University and was previously textile curator at the Ashmolean Museum. This newest collection at the gallery includes ethnographic sculpture, with spectacular examples of ancient carvings, and ceremonial objects; ancient Javanese gold; and some 600 Indonesian textiles of spectacular quality. You won't want to miss this.

Attendance is strictly limited to 15 members with a waiting list for a possible second tour at a later date. **You must sign up to attend this tour**, so please call or email the office if you wish to attend the tour and the lunch as well.

Friday, October 23, 3:00 pm

Professor Sam Peterson on "Bridging the Islamic and Western Worlds" Whitney Center, 200 Leeder Hill Road, Hamden.

Professor Peterson, Middle Eastern specialist and

HomeHaven member, will discuss how the Islamic world perceives its own culture, customs, and concerns, and how in turn, traditional Western views of the Middle East often limit understanding of the Muslim world. Rather than a "clash of civilizations," differences are more to be celebrated than feared. To illustrate, Professor Peterson will cite personal experiences from sixty years of living and traveling in the Islamic world.

Parking is available on site or on the street. From downtown New Haven, take Whitney to Putnam Ave. Turn left onto Putnam. At the 3rd light turn right onto Leeder Hill Drive. Use the 2nd Whitney Center entrance and follow directions to visitors' parking on the top level of the garage. Proceed to the entrance, where the location of the talk will be posted. **Please call or email the office if you plan to attend.**

Sunday, October 25, 3:30 pm

HomeHaven Annual Meeting

1253 Whitney Avenue (corner of Putnam Avenue) in Hamden.

Come learn what we've accomplished this year and what is planned for the next, meet your old friends, and make new friends among our many new members. Bring your favorite, easy-serve finger food for another of HH's fabulous spreads. In other words, expect another convivial HH event.

From downtown New Haven, 1253 Whitney is on the right just past the Putnam intersection. This beautifully re-configured Whitneyville church is wheelchair accessible with parking on site or across the street. **If you plan to attend please call or email the office.**

HOMEHAVEN OFFICE

☎ **203-776-7378** ☎

hhkateh@gmail.com



*Listen! the wind is rising,
and the air is wild with leaves.*

*We have had our summer evenings,
now for October eves.*



— Humbert Wolfe

*A grandmother pretends she doesn't
know who you are on Halloween.*



— Erma Bombeck