

## A BIT from BITSIE

I spent the last few weeks of October assembling HomeHaven's Annual Report. What struck me with great force was the tremendous growth and development of our individual villages in the last 12 months. I decided to make a list of what we have done just in the last year. Here it is:

- *We stopped calling our geographic areas "neighborhoods" and started calling them "villages."*
- *We changed the boundaries of some of our villages.*
- *We recruited new leaders in areas where we had lost some.*
- *We established Steering Committees and other helpers in all our villages.*
- *We now rotate a presiding chairman of the Leadership Council meetings every two months.*
- *All villages have participated in successful membership drives.*
- *We are keeping in touch with all our members through our village "call circles."*
- *Best of all our villages are planning social, educational, and wellness activities in each village that supplement HomeHaven's program planning.*

In 2012 when we started to re-organize as what our national organization, the Village-to-Village Network, calls a hub-and-spoke structure, there was only one other village in the country that operated

that way. That was Marin County in California that had several towns on a highway going north of San Francisco up the coast. At the national meeting that Louis Audette and I attended in Seattle this October, HomeHaven was part of a panel of five hub-and-spoke villages that presented to a packed house of over 60 people, who eagerly took away the material all of us brought to describe how we operate.

HomeHaven holds enormous pride in and gratitude for the many volunteers in our six villages who provide rides, comforting phone calls and visits, share their houses for recruitment parties and other get-togethers, and help to plan and carry out fun, interesting, and instructive activities close to home.



Frances T. "Bitsie" Clark, Executive Director

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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 Friday, November 13.**



Generous support for HomeHaven News provided by:



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**VILLAGE LEADERS:** Susan Feinberg, Westville; Patty Langdon, Hamden; Cecilia Berner, Westville; Sheilah Rostow, East Rock; Judith Colton, Hamden; Margot Kohorn, Amity; and Judy Moore, Amity. Not pictured: Marge Andrews and Kim Rakusin, North Haven; Gretchen Kingsley, East Rock; Kate O'Brien, Amity; Virginia Wilkinson and Sara Ohly, Downtown/Wooster Square

## ... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 73 rides by volunteer drivers
- 29 visits by volunteer visitors
- 19 computer assists by volunteer computer helpers
- 24 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!!***

*Look for monthly reports giving rolling three-month totals.*

***"Thanksgiving was never  
meant to be shut up  
in a single day."***

– Robert Caspar Lintner



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Layout and design by PIROET

# HomeHaven's Annual Meeting 2015

by Jane Jervis

Sixty-five HomeHaveners gathered on Sunday afternoon at 1253 Whitney Avenue in Hamden for our fifth annual membership meeting. After opening remarks, President Louis Audette introduced the HomeHaven Board, thanking retiring members Bob Gifford and Lucy Hutchinson, and welcoming new member Patty Langdon. Bitsie Clark then introduced and welcomed all the new members who have joined HomeHaven since last year's meeting.

Dr. Bob Gifford then spoke about services from All About You (AAY), HomeHaven's preferred agency for providing members with skilled nursing and physical, occupational, and other therapies and services at home. Bob stressed that AAY's services must be ordered by a physician, and that most are covered by and billed directly to Medicare. If you are hospitalized or in rehab and need help after you get home, be sure to tell your doctor or discharge nurse that you are a member of HomeHaven and wish to have care from AAY. If you are at home and have a true medical emergency, call 911. In some cases, if you know (or think) that you will require skilled nursing at home, you may call AAY, but they will then contact your doctor to obtain his order for the service (if he agrees). There were a number of questions from members, and a lively discussion ensued.

Jane Jervis then shared some interesting results from the Village-to-Village national survey that HomeHaven participated in last winter. More than 90% of our members responded in personal conversations with 23 volunteer interviewers — an astonishing participation rate. Three-quarters of us hope to stay in our own homes for the rest of our lives, but 60% are not fully



*After the meeting, HomeHaveners socialize and sample the array of tasty offerings.*

confident that we will be able to get the help we need to do so. We have work to do! The number one answer to what's best about HH was that it's a good kind of insurance: "It's like having a wagon train set up to take us over the next set of mountains." We hope to continue to participate in this survey in the future, and look forward to having comparable information from other villages nationally.

A highlight of the meeting was the annual "Could Not Live Without YOU awards," presented to riotous applause by Bitsie Clark to Ellen and Bill Brainard, to Christa Sammons, and to Jeannie Drury. Following further Q&A with Louis Audette, members fell upon ample and delicious food and drink, provided as usual by our outstanding members.

*Note: The 2015 Annual Report was distributed at the meeting. Copies will be mailed to members who did not attend.*

## ***HomeHaven apologizes for a clerical error that left the following people off the annual report's donor list.***

Cathy & Victor Alfandre   Mary Barnes   Marsha Beller   Ellen Brainard   Madeleine Burbank  
Priscilla Canny   Diane & James Charney   Norman Chonacky   Constance Clement  
Joseph Crowley   Jeanne Drury   Sharyn Esdaile   Harvey & Susan Feinberg   Ann Feinstein  
Mary Flores-Harper   Elizabeth Gesler   Katherine Hay   Judith Hickey   Elaine Jackson  
Joel Jacobson   Gretchen & Charles Kingsley   Patricia Langdon   Elizabeth Langhorne  
Charles Lemert   Lowell Levin   Kaye & James Maggart   Celeste Markle   Thomas Martin  
Duke McCarty   Kevin McCarty   Barbara McGhie   Shannon McKane   Edith Meeks   Ellen Meeks  
Zeke Meeks   Judith Moore   Nancy Olson   Margaret Powell   Marilyn Rittner   Susanne Roberts  
Bruce Russett   Barbara Setlow   Judith Snow   Roberta Thornton   Betty Trachtenberg  
Mary & James Vines   Wendy Wells   Virginia Wilkinson   Werner Wolf



## HEALTH MATTERS

### How Your Body Changes in Winter, by Nissa Simon

The change from the sunny, balmy days of early autumn to the frigid air, snow, and diminished light of winter can affect your body in a variety of ways, some expected, some surprising. Here are a few of them.

#### **Blood pressure rising**

Low temperatures cause blood vessels and arteries to narrow, restricting blood flow and reducing oxygen to the heart, notes the University of Pittsburgh Medical Center. The heart must pump harder to circulate blood through the constricted vessels, resulting in increased blood pressure. That's the reason blood pressure is lower in July, on average, than February.

#### **Achoo!**

You don't get a cold from the cold weather, but some experts believe that frosty temps weaken the immune system, making you more vulnerable. In addition, cold and flu viruses thrive in cold weather and multiply more quickly than in summer. A cold nose gives these viruses a great opportunity to reproduce, so when you go outdoors, pull up your neck scarf to cover your nose and keep it warm. Still and all, that's no reason to forget tried-and-true advice: Keep your hands away from your face, wash your hands often, use a hand wipe on door knobs, phones, and computer keyboards, and try to avoid crowds.

#### **Foods that soothe**

Feeling cold sends a message to the body to heat up—and what better way than turning to foods that have soothed us for decades, those loaded with sugar (think doughnuts and chocolate cake) and starches (mac and cheese, french fries). These favorites still taste good, but they cause blood sugar to spike, then plummet, setting up a cycle of hunger pangs, overeating, and unwanted extra pounds. Knowledge is power: Reach for an apple or pear instead.

#### **Quick! Where's the bathroom?**

When it's cold, the body conserves heat by constricting blood vessels in the skin to protect against losing heat to the environment, a phenomenon known as cold diuresis. The theory—though it's been contested—holds that when this happens, more blood accumulates in the interior of the body, which tends to raise blood

pressure. In response, the kidneys pull out extra fluid to reduce blood pressure, which translates to the need to pee more often.

#### **Feeling SAD**

Although most people simply feel out of sorts when daylight gives way to darkness while the clock tells us it's still afternoon, a minority react with sadness, fatigue, excessive sleepiness, and trouble concentrating. Specific causes of this condition, known as seasonal affective disorder or SAD, remain unknown. A mild case can sometimes be relieved by taking a long morning walk outdoors. For more persistent cases, talk to your doctor about light therapy or antidepressants.

#### **Creativity and cold weather**

Talk about the pervading relationship between mind and body: Researchers recently sought to uncover the effect of warmth and cold on creativity. In their experiments, they found that people who were given a cup of hot tea or sat in a warm room were better at creative drawing, choosing gifts for others, or fitting objects into categories. When they were cold, the participants were better at recognizing metaphors and coming up with new pasta names.



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

Ron Bell   John Bett  
Phyllis Crowley   Gus Davis  
Frank Estes   Bill Graustein  
Belle Greenberg   Gretchen Kingsley  
Irene Miller   Kate O'Brien  
Trish O'Leary   Jerry Pollitt  
Jeffrey Sammons   Joel Silverman  
Arthur Staple



**A bequest to HomeHaven is  
a gift that keeps on giving!**

# Moving to Whitney Center

by Barbara Fussiner

*Note: Barbara was an enthusiastic member of East Rock Village and then of HomeHaven before moving to Whitney Center a year and a half ago. Although it has been a happy choice for her, it was not an easy decision. She writes, not to convince others to make the same choice, but to share her experience in the hope that others may find it helpful. This article is adapted from a longer version.*

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*Barbara, in her Whitney Center apartment, with Howard's painting of a vineyard in Provence, from one of their trips there.*

When Howard and I bought our house on Everit Street in 1968, I said I'd have to be carried out. I had moved a lot as a child, and I wanted our children to have a home base. I did not want ever to move again, and for some 45 years, I did not.

Our sons grew up, moved away. Even when Howard died in 2006 and I was left alone, I wanted to stay in my own home as long as possible. I knew about the village movement and, when I learned that a group of my neighbors was forming East Rock Village, I hoped it would be ready in my lifetime! I happily signed up.

The benefits I received started with transportation to medical appointments provided by volunteer drivers. I joined the Visitors' Committee and spent time with two remarkable women whose approaches to impending death carried great meaning for me. There were talks and discussions, trips to museums, concerts, and festivals. I benefited from the stimulation provided by these events and by the people I was meeting. My world was expanding at an age when I expected only loss. I became an advocate for HomeHaven. Although some people thought membership was too expensive, I knew I was getting value for my money in many important ways.

But gradually I realized that my large house was too much for me to manage alone. I rented out rooms,

but could not find tenants willing to help with maintenance. Then a close friend, who knew me very well, said, "Maybe you would be happier living among people closer to you in age."

I knew about Whitney Center and had visited friends there over the years, but I was passionately devoted to the village idea (and ideal) and felt that moving would betray my principles. However, I was not clear-eyed about my limitations. I could not face what my sons, my brother, and close friends could see — that I was sinking into depression.

As I began seriously to consider moving and selling the house, one of my sons hired a "declutterer" to help me wade through 45 years of furniture, appliances, books, papers, and more than 600 paintings. A close friend found new homes for furniture, a piano, and approximately 2000 books. I never actually agreed to move, but I was willing to give it a try, knowing I could change my mind.

A date was set. The furniture I chose to keep fit well into my one-bedroom apartment. Six or seven of Howard's paintings were hung the first day, so I felt at home right away. There was excitement in making the apartment livable. Some people compare it to going off to college, and I know what they mean. The many activities and events are stimulating, as college was for me.

I feared being lonely, giving up my privacy. I found myself having interesting conversations with people, reserving judgment of which might become friends. I appreciated the unwritten code of privacy — no one knocks at your door unannounced; residents call before visiting. I feared being isolated, far from New Haven. But Whitney Center provides transportation on demand, even to visit friends, and scheduled transportation for events, exhibits, and outings. I am more active now than I have been since my post-college years in New York, and no longer depressed.

And now for a word of advice. Wherever you live, find ways to help others. You get more out of life when you give some of your time and talent to others. I found that to be true with Home Haven, and it applies to Whitney Center too.

# RESPONSIBLE DOWNSIZING: Ridding Your Home of Unwanted Paint

by Elaine Piraino-Holevoet

*Responsible Downsizing is a periodic column that tackles the question of what to do with excess stuff — from household hazardous waste to books and clothing — one category at a time. Elaine Piraino-Holevoet is the graphic designer of HomeHaven News and the author of the blog [ontheroadtogreenness](#). Ways to cut waste and how to save resources are two of her favorite topics.*

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Downsizing is on most of our To Do lists — whether we are thinking of moving, or remaining where we currently live. It is a big project, with many decisions to be made along the way. Do I keep this? If I don't want or need it anymore, how do I get rid of it in the most responsible manner? This month's topic is PAINT. Even though Household HazWaste Central is now closed for the season, you can still get rid of your unwanted paint, both latex and oil, as long as you follow a few easy rules. Here's the story.

The U.S. Environmental Protection Agency (EPA) estimates that about 10% of all paint purchased in the U.S. is left over, around 64 million gallons annually! Much of this paint is disposed of improperly, leading to contamination of natural resources. And when the leftover paint is brought to hazardous waste collection sites, municipalities have to pay the fee for its proper disposal. This presents a huge problem.

In June, 2011, Connecticut became the third state (following Oregon and California) to pass Paint Stewardship Legislation. Under this law, paint manufacturers assume the costs of managing unwanted latex and oil-based paints. The program is funded by a "PaintCare Recovery Assessment Fee" charged to the consumer for each container of paint, from \$.35 for a half pint up to \$1.60 for five gallons. This nonrefundable charge is listed on the consumer's store receipt.

On July 1, 2013, PaintCare, a nonprofit organization established to represent paint manufacturers in the planning and operation of paint stewardship programs, rolled out [a program in Connecticut](#) designed to collect and recycle unwanted paint and coatings. Through a network of convenient drop-off locations consumers can drop off up to five gallons of unwanted oil and latex paint during the store's normal business hours. You can find the locations nearest you by entering your zipcode or street address [here](#).

The Paint Stewardship Program has a few important rules. PaintCare sites accept house paint and primers, stains, sealers, and clear coatings (e.g., shellac and varnish) but do not accept aerosols (spray cans), solvents, and products intended for industrial or

non-architectural use. Paint must be in its original container and the container must have a label and a secured lid. Open or leaking cans will not be accepted. For a complete list of "Program" or "Non-Program" Products, see [this pdf](#). You will still have to bring your "Non-Program" Products to [Household HazWaste Central](#) when it re-opens in the spring.

With 142 drop-off locations in Connecticut, responsible paint disposal couldn't be much easier.

*HomeHaven presents a benefit concert featuring*

## The Hot Flashes



**Wednesday, November 18, 7:30 pm  
at 24 Everit Street, New Haven**

The Hot Flashes are a tight vocal trio offering a wealth of beautifully performed tunes drawn from swing, jazz, bluegrass, folk, and blues genres, with American standards thrown in for good measure.

Seating is extremely limited and this show will sell out quickly, so please reserve your place by calling the HomeHaven office at 203-776-7378. The concert takes place at Louis Audette's house, 24 Everit Street. Park on the street and walk in the driveway between 22 and 32 Everit. **Donation is \$35**, payable at the door, and light refreshments will be served. Part of that donation will be shared with HomeHaven.

# COMPUTER CONNECTION: Block That Call!

by Christa Sammons

We've all been bothered by those unwanted telephone calls that interrupt dinner and pepper the rest of the day with false alarms. You can stop some of them. Here's advice from the Federal Trade Commission (FTC) website:

Consumers can register on-line for the national do-not-call registry by going to [www.donotcall.gov](http://www.donotcall.gov). To register by telephone, consumers may call 1-888-382-1222; for TTY call 1-866-290-4236. You must call from the phone number you wish to register.

From the website, you can enter three numbers in the registry at once. There's no charge for this service, and the FTC notes, contrary to some rumors, that it works for wireless numbers as well as land lines. Unfortunately, this is only a partial solution. Political and charitable organizations cannot be blocked in this way, nor survey or "informational" calls—only sales pitches and telemarketers.

If you want to take more vigorous action for your smart phone, there is generally a way to block callers of any kind. On my iPhone 6, for example, you simply add the number of the unwanted caller to your contact list, tap the contact as if you were calling the number, then tap "Block this caller" at the bottom of the screen. With email, you can usually relegate unwanted mail from specific addresses to the spam box, or check the opt-out box at a vendor's site.

Then there's the paper version of unwanted calls, junk mail. Reducing some of that not only helps us declutter our homes but is also environmentally

responsible. The Information Technology Task Force recommends this website: <https://www.catalogchoice.org/>. According to CatalogChoice, the opt-out actions of its members have to date saved nearly a million full grown trees and almost a billion gallons of water used to manufacture and recycle paper, which is not to speak of savings in emissions generated by the creation, distribution, and disposal of junk mail. The CatalogChoice website is easy to use. After entering your name, postal address, and email, there's a simple search for organizations whose mail you no longer want. (You need to have a piece of the unwanted mail handy so you can enter information from the mailing label.) The opt-out list includes charitable and political organizations as well as issuers of sales catalogs, cruises, and other types of special offers.

The November 2015 issue of Consumer Reports suggests further strategies for phone and paper: <https://www.nomorobo.com/> for blocking robocalls (the service has to be available from your carrier) and <http://www.optoutprescreen.com> to eliminate unsolicited offers of credit and insurance.

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## LINKING UP

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

From Jane Jervis: Another reason to join HomeHaven! "[The Lonely Death of George Bell](#)," a moving and powerful piece of reporting, describes what happens when someone dies completely alone.

From Fred O'Brien : All You Old So-and-So's: Don't slip up! The kids are listening. Find out why [here](#).

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

## ERVerse: GROWTH CHART

For many years we've made a mark  
Upon our cottage wall,  
To document in measures stark,  
The height of family all.

Children's growth from year to year  
Is there for all to see.  
And marks for grownups, too, appear.  
Who might the tallest be?

My line was once way up on top,  
And I was pleased as punch.  
But soon, both sons contrived a swap,  
And ate my mark for lunch.

But there was more that coaxed a tear,  
And threw me in a funk.  
For when they measured me this year,  
They found that I had shrunk!

— Bob Gifford, Doctor of Doggerel



## October Potluck in Westville



Among the Westvillians gathered at Celeste Markle's home are Pauline Duda, Bea Smirnoff, Hannah Winer, and Joe and Martha Dobrowolski. "We do these gatherings on an irregular basis but usually twice a year," says Village Leader Cecilia Berner. "It's an opportunity to reinforce our neighborhood and spend time together."

## October Art Gallery Tour



Curator of Indo-Pacific Art Ruth Barnes, third from left, describes an Indonesian loom to Patty Langdon, Wendy Wells, and Gloria Cohen, members of the second HomeHaven group to tour this eye-opening exhibit.

## Laughter, The Best Tonic A GRAVE ENCOUNTER

After trick-or-treating, a teen takes a shortcut home through the cemetery. Halfway across, he's startled by a tapping noise coming from the misty shadows. Trembling with fear, he spots an old man with a hammer and chisel, chipping away at a headstone.



"I thought you were a ghost," says the relieved teen. "What are you doing working so late?"  
"Oh, those idiots," grumbles the old man. "They misspelled my name!"

## TAKE A MINUTE!

HomeHaven's Household Services and Health Committees meet regularly to review the performance of its vetted service providers, adjust policies, and discuss ways to improve communications between vendors and members. If you've been helped by HomeHaven's referrals to service providers, call the office or drop us a note and tell us about the experience. Were you satisfied? Were there problems?

In the event of a misunderstanding or dispute, we're here to help but we need to know what's happened. If you're confused about procedures or having trouble with a vendor, call the office at 203-776-7378. You are not alone!

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## Dancing with Parkinson's Open House

Check out this program of gentle, creative movement for people with Parkinson's, other coordination or balance disorders, their companions, or anyone who just likes moving to music on **Tuesday, November 3, 1:30-2:45 pm, at the First Presbyterian Church, 704 Whitney Avenue**. The classes, administered by the Neighborhood Music School, meet bi-weekly at the above time and place and are free of charge, although donations are welcomed. Canes, walkers and wheelchairs are welcome too!

For more information, contact the instructor, Laura Richling, at 203-675-2390 or [lrchling@neighborhoodmusicschool.org](mailto:lrchling@neighborhoodmusicschool.org)

## Introducing New Members

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

Miriam Ratner ~ Westville

Anna & Jim Broker ~ Westville

Patricia O'Leary-Treat & Howard Treat ~ Amity





## BREAKFAST SEMINAR:

### The Impact of Financial Fraud on the Elderly

**Tuesday, November 10 – New Haven Lawn Club**

Older Americans are losing about \$2.9 billion every year to people who take advantage of them – and that's only for the cases that are actually reported. Elder fraud is occurring more frequently every year. Webster Bank and HomeHaven are offering this seminar to educate you about this growing trend so you do not become one of the next victims.

The breakfast and seminar are free, but seating is limited and reservations are required. Please call the HomeHaven office at 203-776-7378 to reserve your places. Registration begins at 8:00 am and the program will start at 8:30 and end at 10:00 am. The New Haven Lawn Club is located at 193 Whitney Avenue. There is ample parking.

*May your stuffing be tasty,  
May your turkey be plump,  
May your potatoes and gravy  
Have nary a lump.  
May your yams be delicious  
And your pies take the prize,  
And may your Thanksgiving dinner  
Stay off your thighs!*

– Grandpa Jones



## ONGOING GROUP MEETINGS

### PINS AND NEEDLES

**Monday, November 9, 3:00 pm**, at the home of Hannah Winer, 360 Fountain St., Westville. Please let Hannah know whether you will be coming or not. Meet for sewing, knitting, crocheting, handwork of any kind with good conversation and refreshments. For further information, please contact Jeanne Drury at [jeannedrury@AOL.com](mailto:jeannedrury@AOL.com) or 203-281-3227. **New members are always welcome.**  
**Monday, November 23, no meeting.**

### BOOK GROUP

**Monday, November 2, 10-11:30 am** at the home of Cecilia Berner, 159 Fairfield Street, Westville, 203-389-8876. The book for discussion is *The Secret History of Wonder Woman*, by Jill Lepore. Please let Cecilia know if you will be present. New members are always welcome. And coming up: **December 7**, *The Thing Around Your Neck* by Chimamanda Ngozi Adichie and **January 4**, *Ecstatic Cahoots: Fifty Short Stories* by Stuart Dybek.

### COOKING IN DIFFERENT LANGUAGES: Brazil.

**Monday, November 16, 6:30 pm**

**Sign-up deadline, Thursday, November 5, 6:30 pm.** (*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 [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com). If you don't use email, call her at 203-397-0492 or call the office. Once groups are set, they will work with the host(s) to determine the menu.

### MEMOIR WRITING GROUPS

There are openings in the very successful memoir writing groups. Have you toyed with the idea of writing your own memoir? You might want to write for your grandchildren, to tell them about your life and times. You might want to give your take on a story, or simply order the events in your life for yourself. Your memoir might take many shapes: a series of vignettes or a story that starts "I was born..." tales about your career, sets of relationships, even the pets you've owned!

The groups meet every other week for an hour and a half. Two people read their work—about 7 to 10 pages—and we discuss each in turn. Discussion goes in lots of directions, but is mostly focused on the way the piece is written and the conversation it generates.

If you're tempted, why don't you give it a try? For more information please call or e-mail Harriet Bergmann at 203-776-0703 or [hfb183@gmail.com](mailto:hfb183@gmail.com).



## Events: November



**Friday, November 6, 2:00 pm**

**Tour of the Thomas Darling House**

**1907 Litchfield Turnpike (Route 69), Woodbridge**

Built in 1772 by Yale graduate Thomas Darling, who served as magistrate, deputy to the General Assembly, and judge of the county's Probate Court, the house remained in the family until the town bought it in 1973. The furnishings are almost all original to the house, now the home of the Amity-Woodbridge Historical Society.

No fee, donations welcome. Parking on site. Please call or email the office if you plan to attend and so we can arrange car pools.

**Tuesday, November 10, 8:30 am**

**Breakfast Talk: "The Impact of Financial Fraud on the Elderly," New Haven Lawn Club**

**193 Whitney Avenue**

Free, but reservations required. Please call the HomeHaven office.

(For details, see article on p. 9.)

**Wednesday, November 18, 7:30 pm**

**Benefit Concert for HomeHaven featuring "The Hot Flashes"**

**at the home of Louis Audette, 24 Everit Street**

Come hear this wonderful trio, which sings in the style of the Andrews Sisters, and support the organization that supports you. Admission \$35. Space is limited so please call or email the office if you plan to attend. (For more, see p. 6.)

**Sunday, November 22, 4:00 pm**

**Concert by St. Petersburg Men's Ensemble Bethesda Lutheran Church**

**450 Whitney Avenue, New Haven**

The Bethesda Music Series is pleased to share with HomeHaven the return visit of this internationally known singing group. Its repertoire is wide-ranging, from ancient Russian chants and chorales to Russian folk and popular songs to modern Russian compositions. Admission is free; a voluntary offering will be taken at intermission.

And coming soon: "Amahl and the Night Visitors," **December 6, 7:00 pm.**

**Monday, November 23, 3:00 pm**

**Talk by Judith Hoberman, Elder Law Specialist Mitchell Library, 37 Harrison Street, Westville**

Ms. Hoberman practices Elder Law as a member of the Hamden firm, Shedd and Hoberman, LLC. She has practiced in the areas of Elder Law, Medicaid, and other public benefits for over 35 years, and was managing attorney of the Entitlements and Elderly Law Unit of New Haven Legal Assistance Association, Inc., before entering private practice in 1996.

She will speak about documents for medical decision-making and financial matters that serve as important tools in the event of incapacity.

**Saturday, November 28, 8:00 pm**

**Orchestra New England's Annual Colonial Concert United Church on the Green**

Here's your chance to hear Director James Sinclair as a colonial music master leading the orchestra in music of the period — always a very festive occasion.

Bring a friend and enjoy the special discount offered to HomeHaveners of \$35 for reserved seats and \$20 for general admission. That's two for the price of one! Call or email the office to reserve your ticket(s).

### From the Activities Committee

PLEASE HELP! There is always a reason when we ask you to sign up for an event. For example:

- Space is limited.
- Either there are only a certain number of tickets available or we must sell a specific number to get a group discount.
- We need to know if there is enough interest in undertaking an event
- Carpooling may need to be arranged.
- Food service may be involved.
- Probably most important, it helps HomeHaven keep records of members' interests and the numbers participating in activities to convey to prospective grant givers.

So please sign up when we ask you to. And please know that the committee is always open to your comments and suggestions!

**HOMEHAVEN OFFICE**

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