

A BIT from BITSIE: Summertime at HomeHaven is always strange!



We in the office always think we can get a lot done in the summer. We know that some of our members are away for two or three months, but we forget that almost everyone is away for shorter vacations, or has friends, relatives, or grandchildren visiting, so that scheduling meetings becomes a nightmare. However, our staff and volunteers have persisted and we have accomplished a lot during the past three months of what turned out to be a very hot summer.

We planned and carried out some wonderful trips and excursions: The Yale Art Gallery tour of *3,000 Years of Andean Textiles*; a fascinating visit to the great neurosurgeon Dr. Harvey Cushing's collection of human brains at the Yale Medical School; a trip to the Guilford Keeping Society's Thomas Griswold House and Medad Tavern, which our Activities Chair, Sophie Powell, said was the "best historical house tour I have ever taken." (See more about this trip on p. 5.) We also managed, on the hottest day in July, to take a boat ride to the Kingsley's house in the Thimble Islands, where we basked in the coolest breezes, and we ended the

summer with a delightful evening in Edgerton Park seeing the Elm Shakespeare Company's production of "A Midsummer Night's Dream."

Our Membership Committee and its task groups have met throughout the summer to redesign our recruitment brochure, update our follow-up protocols, and set in motion a major membership drive that offers "One month free to all new members joining in August and September." The Committee is planning several information sessions at houses of worship, clubs, and other institutions, and some of our villages have already set dates for membership recruitment parties before the special offer expires. We urge all of

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*"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."*

— Helen Hunt Jackson

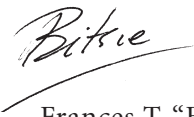
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you to think about neighbors and friends who might be interested in joining HomeHaven. Call us at the office with their contact information and we will send them material and encourage them to join us.

Most important, HomeHaven is busy planning for the future. Our Strategic Plan Committee has spent several months reviewing what we have accomplished in our first four-year plan and is now developing directions for our board to consider for progress and growth over the next four years. We are interested in expanding our reach to use the knowledge and expertise HomeHaven has developed to become active advocates for the health and well-being of our community's older adults. We are already sharing our story with organizations such as the New Haven Housing Authority and the Center for Disability Rights. We plan to find ways to play an active role in advocating for government and funding agencies to prioritize support for the well-being of the elderly population. We will have much to report to you after our board retreat in September.



Frances T. "Bitsie" Clark, Executive Director

AT YOUR SERVICE!...

At Your Service will resume next month with a wrap-up of services rendered to our members during the previous three months.

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IN MEMORIAM JOAN JACKSON (1922-2016)



HomeHaven extends condolences to the family and friends of Joan K. Jackson, a member of Amity Village, who passed away in her home in Bethany on Sunday, August 14.

Joan was born in Parkhill, Ontario, Canada. She graduated from McGill University with a BA in sociology and anthropology and a subsequent MA. She married Stanley Jackson, MD, in 1945. After earning her PhD in sociology in 1955 from the University of Washington in Seattle, she published pioneering work on alcoholism and tuberculosis and the effect of alcoholism on the family. She also served on community, state, and national boards that provided treatment services to those affected by alcoholism. In 1964 the Jacksons moved to New Haven, where Stanley became a faculty member with the Yale Departments of Psychiatry and History of Medicine. Joan partnered with him in his research and fulfilled numerous editorial duties while creating a warm and welcoming home for family, friends, and legions of medical students, residents, and medical school colleagues.

The Jacksons moved to Bethany in 1976, where Joan became involved with community affairs and activities. After her husband's death in 2000, she accepted board membership in *Learning in Retirement*, served as a polling supervisor, and made valuable contributions to committees working to strengthen the community of Bethany and the town's Democratic organization. She joined HomeHaven in January, 2015, and was an active participant in a number of Amity Village meetings, where she added to the lively discussions.

Joan was a remarkable person: smart, wise, with a flashing sense of humor. She was an engaged mentor, a generous friend, a trustworthy confidant, and a long time beagle lover. She is survived by her sister Margaret Potter of Jupiter, FL; her brother Donald Currie of Narbonne, France; and numerous nieces, nephews, grandnieces and nephews, and a great grandniece. She leaves many loving and loyal friends who relished their connection to her.

MEET OUR MEMBERS: A Conversation with Ellen and Frank Estes

by Margot Kohorn

Ellen and Frank Estes have been active members of Amity Village for more than a year, enjoying the warm camaraderie it offers. They are an attractive and beguiling couple: Ellen describes herself as a dancer and Frank as a “recovering lawyer.” In fact they are both lawyers. But law is only their common language, not their passion. Their common passion, as well as each other, is the performing arts. They met at Jonathan Edwards College at Yale auditioning for parts in the musical *Kiss Me Kate*. Ellen heard a gorgeous male voice. The Voice then walked on stage along with the most beautiful blue eyes she had ever seen, wrapped up in a guy named Frank Estes. *Kiss Me Kate* was followed by a production of *Damn Yankees* in which again they had leading roles.

When Frank graduated from Yale College and Ellen from Yale Law School, Frank moved to California to attend Stanford Law while Ellen moved to New York to practice law. The strain of a long distance relationship and the high cost of telephone calls became too much for them. They decided to get married and Ellen moved to California. Shortly after Frank’s graduation, he was drafted into the army, serving in the Judge Advocate’s Office, first in Oakland and then in Viet Nam. Where he was stationed, most trials were run by non-lawyer officers, and Frank and the other lawyers there spent a lot of time individually helping them prepare their cases. Frank and his boss figured it would be considerably more efficient to do some group training, so they set up the self-styled Cam Ranh Bay School of Law to teach the officer population the rules of evidence and military criminal procedure. It was the closest Frank would ever come to achieving the status of Professor of Law.

When Frank returned from Viet Nam the couple moved to Greenwich, CT, Ellen joining a major Wall Street law firm and Frank one in Bridgeport. After three years of daily commuting on the New Haven Railroad, Ellen thought she might not live to the age of 35 if this way of life continued, so she began looking for a job in Connecticut. At that time most Connecticut law firms did not hire women lawyers, so she had to widen her horizons. Not only did she expand her horizons but she also forged exciting new trails both for her own career and for women generally. She became the Director of Financial Aid at Yale, the first woman to fill that post at an Ivy League school: Kingman Brewster, then President of



Frank and Ellen Estes

Yale, invited her to be the Legal Counsel for the new Capital Campaign at Yale. After that she became the first Director of Development at Long Wharf Theatre, coming back to her first love, the theater! She now has her own consulting practice helping nonprofit organizations raise money through planned gifts. She also teaches a series of seminars, “Planned Giving, Plain & Simple.” Ellen and Frank now spend their “leisure” time doing what they most love — singing, dancing, water skiing, wind surfing, snow skiing, and travel. But we are happy to know they still have time for being actively involved in HomeHaven!

Introducing New Members

HomeHaven is delighted to welcome the following members who joined us in July and August.

Katie Feidelson ~ Hamden Village
Polly and Andy Fiddler ~ East Rock Village
Ingeborg Glier ~ Downtown Village
Rose Rudich ~ Amity Village



HEALTH MATTERS: Listen Up!

by Nissa Simon

Here's the lowdown on healthy eating: The best-for-you diet consists mostly of vegetables and fruits, beans, lentils, seeds, whole grains, and two weekly servings of fatty fish. Along with routine physical activity, these foods will help your heart, help your weight, and help your hearing. Help your hearing? Yes. Research has found that people who consume their calories from these better-quality foods have better hearing.

Keep in mind that no food, drug, or supplement can reverse damaged hearing, but sticking to healthy foods (with, of course, an occasional gooey treat) may help slow the progression of some types of hearing loss. Here are some of those foods.

Bananas

America's favorite fruit is rich in potassium, a mineral that helps regulate the body's fluid levels. The ear depends on a supply of potassium to translate sounds into electrical impulses that the brain can recognize as words. With age, potassium levels naturally drop and the ear is particularly sensitive to these changes, so including bananas in your diet may help slow age-related hearing loss. **Listen up:** Other potassium-rich foods include leafy greens, pinto beans, and avocados.

Pumpkin Seeds

The magnesium found in pumpkin seeds helps protect your ears. Just half a cup provides nearly 100 percent of the daily requirement for this mineral. If you're interested in the science, magnesium helps expand blood vessels and can improve circulation, even in your inner ear. This nutrient also helps control the release of glutamate, one of the major contributors to noise-induced hearing loss. **Listen up:** Almonds, cashews, flaxseed, pecans, and pine nuts are also rich in magnesium.

Asparagus

Folate-rich asparagus is a good friend to your ears. One study of nearly 3,000 men and women over 50 found that low blood levels of the antioxidant folate (vitamin B9) were associated with an increased risk of hearing loss, but those with higher blood levels had a significantly lower risk. Researchers believe that folate protects against damage to the delicate inner ear hair cells. **Listen Up:** Lentils, broccoli, and strawberries are also rich in folate.

Fish

Adults who ate two weekly servings of fish rich in omega-3 fatty acids had almost half the risk of developing age-related hearing loss compared with men and women who ate fish less than once a week, according to a study from the University of Sydney (Australia) of almost 3,000 men and women over 50. The researchers note that it may be that omega-3s increase blood flow to the cochlea, a part of the ear vital for good hearing. **Listen Up:** Fatty fish like salmon, mackerel, albacore tuna, lake trout, and sardines are all rich in omega-3s.

Sweet Potatoes and Almonds

Another study from the same Australian research team found that adults who consumed the most vitamins A and E, either from food or supplements, had a significantly lower risk of developing age-related hearing loss compared with those who ate the least. Sweet potatoes are rich in vitamin A and almonds provide vitamin E. **Listen Up:** Apricots, cantaloupe, carrots, grapefruit, and lettuce are also good sources of vitamin A; sunflower seeds, avocado, beet greens, and Swiss chard provide substantial amounts of vitamin E.

LINKING UP

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

["Alzheimer's Patients Keep the Spark Alive by Sharing Stories,"](#) an article by Jane E. Brody, describes workshops for couples in which one or both are beginning to suffer from dementia. The workshops help couples reminisce about what brought them together, memories that often survive even advancing dementia, and that bring joy and love back into the present. Anybody interested in trying this through HomeHaven?? Call the office.

["New Medicare Law to Notify Patients of Loophole in Nursing Home Coverage"](#) Starting in January, hospitals must notify patients that if they are kept "under observation" and not formally admitted for more than 24 hours, they may incur significant costs, not covered by Medicare, both in the hospital and in nursing homes.

We welcome your comments about these links and your suggestions for others.

HomeHaveners Visit Historic Guilford



Griswold House

Our thanks to Mimi Sommer and Patty Langdon, both of whom sent us enthusiastic descriptions of their visit to historic Guilford in July. This article combines their reports.

So many of our activities nowadays focus on the future: a new model iPad, a deluxe GPS for driving, Skype to talk with distant family and friends. A recent visit by eight HomeHaven members to a pair of fascinating old buildings in nearby Guilford, the Thomas Griswold House and the Medad Stone Tavern, reminded us of the richness of life in earlier times. Both are now maintained as museums by the Guilford Keeping Society.

The Griswold House, built about 1774, was home to descendants of Thomas Griswold Jr., the village blacksmith, who had settled in Guilford in 1695. A New England saltbox dwelling, it was purchased in 1958 and restored by the Guilford Keeping Society. Docent Louise Odermatt led our group on a tour of the Museum's two floors, where we admired handmade linens, early 19th century furnishings, and the main floor fireplace. One of the most charming possessions was an 1841 map of the then-known world, drawn by eight-year-old Ruben Stone, with precision hand lettering and a beautifully decorated border. In recent years, Guilford fourth grade teachers had their pupils copy this map, using their own decorating skills. We were shown several examples, which had given pleasure to students and teachers alike.

After the tour, we drove to the Medad Stone Tavern, erected in 1803 on what the builder thought would be the turnpike between New Haven and New London. The toll road was never completed so the tavern never

became a travelers' gathering spot, but it remains an interesting place to visit. After a delicious lunch, the curator, Pat Lovelace, assisted by Pat Johnson, gave us a tour. A gracious building with high ceilings, 14 rooms, 10 fireplaces, and colorful decorated walls, it was bequeathed to the Guilford Keeping Society in 2001. It houses a unique archive of old photographs, letters, and diaries, including an accounting of the army's stores at Fort Ticonderoga during the Civil War. There is a wonderful series of exquisite miniature buildings in the basement; the basket-making shop is pictured below.



TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please call the office or drop us a note and tell us about the experience.

Were you satisfied?

Were there problems?

We'd like to know how things turned out.

203-776-7378

COMPUTER CONNECTION: Trading Photographs

by Christa Sammons

I hope that you all took lots of pictures with your iPhones over the summer. I try to save only the best ones so that I'm not faced with an overwhelming number of images to deal with. Here are a few things you can do with your iPhone photographs.

1. We've talked about **backing up** computer files in the past, and digital photographs are no exception. You don't want to lose those precious memories! So the first thing to do is to tap "Settings" on the iPhone screen and scroll down to "Photos & Camera." Touch the arrow at the right of that line, and then turn on "iCloud Photo Library" by tapping the "button" on the right so that it turns green. In the next line, you might want to choose "Optimize iPhone Storage" by tapping the right end of that line until you see a blue check mark. The first action backs up all your photos in iCloud, Apple's cloud storage site, and allows you to access them from other devices, even a PC computer. Optimizing storage means that the originals are stored in the cloud, while copies suitable for display on a smart phone are stored in your phone, saving storage space there.

2. Maybe you want to **send a photo** to someone. Go to your collection of photographs by tapping the Photos icon. Find the picture you want to share. (This is your problem! If you've done nothing to organize your photographs, they'll be in chronological order. You can scroll through them by tapping "Photos" at the bottom of the page.) Tap the photo in question, then tap the box with an arrow sticking out of it at the lower left corner of the screen. The photograph will be shown at the top of the screen in a row of other pictures. It will have a blue circle with a check mark in it because you "selected" it. You can scroll through the series of pictures at the top of the screen and select other photographs to send by tapping them so that they also have blue circles. The lower part of that same screen shows various ways to "share"

your selected pictures. Tap "mail" to send them to a friend via email. A familiar email screen will appear; tap "To" to bring up the online keyboard. (To add a comment, tap an insertion point in the white space below the rule under "Subject.") Don't try to send too many at once, though; email has its limits.

3. Sometimes you want to **keep a photo** someone else has sent you via email. To do this, tap the curving arrow on the bar under the image (it's fourth from the right on my phone), then tap "Save Image." The image will be saved to the photograph collection in your iPhone, in chronological order according to when it was taken.

Coming soon: How to organize iPhone photographs into albums.

Christa Sammons is a member of HomeHaven's Information Technology (IT) Committee.

VILLAGE VERSE: Bridges

A bridge links us to other lands,
Places where the mind expands.
It opens up to brand new friends
And countless other dividends.

A bridge, in time, may be replaced,
Old structures and ideas erased.
But soon another span appears,
That leads us on to new frontiers.

A bridge is like a gateway arched,
Assisting change if life is parched.
We've all crossed one along the way,
That helped us make a getaway.

There's one last bridge that's left to cross,
Perhaps our greatest albatross.
For now, though, I am satisfied
To stay alive on this safe side.

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

***In the moment of crisis,
the wise build bridges
and the foolish build dams.***

— Nigerian proverb

RESPONSIBLE DOWNSIZING: Helping Others, Helping HomeHaven.

by Elaine Piraino-Holevoet

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 no longer want it, how do I get rid of it in the most responsible manner? If you find yourself with gently used items you no longer need, consider donating them to Helping Hands. You will be helping HomeHaven as well! Let me tell you how.



Helping Hands Community Thrift Store and Furniture Bank was created in 2010 by partners Steve Greenberg, Allen Klein, and Karen Greenberg. The Thrift Store, located at 334 Boston Post Road in Orange, is filled with gently used items donated by supporters of over 150 area non-profits. Most of the store's proceeds benefit the Helping Hands Furniture Bank, housed in a separate location. Open on a referral basis to clients of partnering organizations, the Furniture Bank provides mattresses and furniture to those in need for a small administrative fee. But 12% of the sale price of each item is earmarked for the nonprofit specified when the donation was made.

HomeHaven recently completed the application process and is now officially designated as a Helping Hands "partner." What this means is that your unwanted items can now be put to good use AND benefit HomeHaven. This is how it works:

- Drop your donation off at the rear of the Helping Hands Store during store hours (or arrange for a pick-up of larger items by calling 203-782-4800).
- Upon receipt, your donations will be barcoded to HomeHaven.
- A HomeHaven volunteer will send you a thank you that you can use for tax deduction purposes.
- After your donated items are sold, HomeHaven will receive a check for 12% of the sale price.

Some of the many gently used items Helping Hands accepts include: clothing, jewelry, knick-knacks, books, toys, kitchen utensils, furniture, and small appliances (in working order). There are a few items they do NOT accept including: lamps without shades, computers, wheelchairs, car seats, shower benches, and cribs. For more details, visit the [website](#) or call 203-782-4800.

Think of the benefits:

- Your unwanted items will find a new home with those who can use them.
- Their sale will help those in real need.
- A portion of the sale will help HomeHaven.
- You can claim a tax deduction.

Helping Hands Community Thrift Store hours are Monday-Friday: 9:30 am to 8 pm, Saturday: 9:30 am to 6 pm, and Sunday: 10 am to 5 pm.

Your donation to Helping Hands will be a win-win!

Elaine Piraino-Holevoet is the graphic designer of HomeHaven News and the author of the blog [ontheroadtogreenness](#).



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

Louis Audette Wendell Bell
Cecilia Berner Bob Berner
Walter Cahn Sylvia Garland
Bob Gifford Margot Kohorn
Carolyn Kovel Patty Langdon
Sarah Pace Heskell Shamoon
Howard Treat Flora Van Dyke
Herbert Winer



Laughter, The Best Medicine: Going for the Gold?

John was a construction foreman. One day he tumbled from a scaffold. Amazingly, after a triple flip and a midair 240, he managed to break his fall by grabbing onto parts of the scaffold on the way down. He landed on his feet and received only minor scratches. Embarrassed by the fall, he started to climb back up to continue working. Then he noticed his co-workers holding up hastily-made signs. They read 9.6, 9.8, and 9.4

More Laughter: “Paraprosdokians”*

- *Artificial intelligence is no match for natural stupidity.*
- *I’m great at multi-tasking — I can waste time, be unproductive, and procrastinate all at once.*
- *He who laughs last thinks slowest.*
- *Change is inevitable, except from a vending machine.*

*Yes, a real word. Check your online dictionary.

At the Yale Art Gallery

A tapestry from *Weaving and the Social World*



HomeHaveners who toured the exhibition in August called it “incredible,” “amazing.” Subtitled *3000 Years of Ancient Andean Textiles*, the exhibit continues until September 18. Don’t miss it! The Yale University Art Gallery is open every day except Monday and admission is free.

ONGOING GROUP MEETINGS

BOOK GROUP

Monday, September 12, 10:00 - 11:30 am at the home of Jane Jervis, 36 Lincoln St., New Haven. Meet to compare notes on books read over the summer and to select books for the fall. Newcomers always welcome.

RSVP to Jane at 203-773-3503 or hh.jervis@comcast.net.

COOKING IN DIFFERENT LANGUAGES:

Local Harvest

Monday, September 19, 6:30 pm.

Using autumn’s bountiful local ingredients, you may take your recipe from any cuisine. **Sign up deadline is Friday, September 9. Please respond by then! It is crucial, in the early stages of planning, to have an accurate count of attendees.**

This month RSVP to Kate Hay at the office: 203-776-7378 or hhkaateh@gmail.com.

PINS AND NEEDLES

Monday, September 12, 3:00 pm at the home of Jeanne Drury, 30 Walden Street, Hamden. Please RSVP to Jeanne at 203-281-3227 or JeanneDrury@aol.com. Bring whatever project you are working on and enjoy good company and refreshments.

Monday, September 26, 3:00 pm at the home of Mary Barnes, 54 Lincoln Street. RSVP to Mary at 203-745-3930 or jim.marybarnes@gmail.com. **New members are always welcome.** For more information, contact Jeanne Drury. Please always let your hostess know whether or not you plan to attend.

MEMOIR GROUP

The groups meet on the second and fourth Mondays of each month for an hour and a half. For more information or if you would like to attend a meeting to see how it works, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

Create your enduring legacy with a bequest to Home Haven.



Events: September



Wednesday, September 21, 3:00 pm

“COPD”--A Talk by Dr. Robert Gifford

Mitchell Library, 37 Harrison Street, Westville

Dr. Gifford, Professor Emeritus of Medicine at Yale, known and loved by HHers as “Doctor of Doggerel and All Things Medical,” will continue his series on medical topics. His presentations are as wonderfully clear as are his answers to questions. You will learn a lot.

Please let the office know you plan to attend.

Tuesday, September 27, 3:00 pm

Louis Audette and Jeanne Drury

“Some Insights from a Trip to China”

Home of Louis Audette, 24 Everit St., New Haven

Louis Audette and Jeanne Drury will reflect upon, and show pictures of, their recent Viking tour “Undiscovered China”. Like all Viking journeys, the tour was an elegantly managed array of selected experiences, pitched to the positive until Jeannie was brought low in the village that inspired *Lost Horizons*, giving her and Louis a dramatically expanded perspective—from the pulmonary unit in a provincial hospital to the luxury of the usual five star offering. All told, a life affirming and fascinating odyssey.

Park on the street and walk down the long driveway between 22 and 32 Everit St. Space is limited, so be sure to RSVP to the office if you plan to attend.

Audette Exhibition

An exhibition of paintings by Anna Held Audette, late wife of Louis Audette, continues through December 11 at the Noble Maritime Collection on Staten Island. The exhibition, *Modern Ruins*, which opened on July 5, includes a selection of Audette’s large paintings, some of which were done in ships’ boneyards on the Staten Island shoreline. She had been intrigued and inspired by the work of John A. Noble which portrayed ruins in the Age of Sail. The Noble Maritime Collection is on the grounds of Snug Harbor Cultural Center, 1000 Richmond Terrace, Staten Island, NY. Open to the public Thursday through Sunday, 1:00 to 5:00 pm. For more information visit the [museum website](http://museumwebsite) or call (718) 447-6490.



PLEASE RSVP!

There’s always a reason for this request: space or tickets may be limited; transportation or food service may be needed; keeping track of members’ interests helps us plan future events. So please sign up when we ask you to. And please know that the Committee is always open to your comments and suggestions.

Another Invitation to Download!

Not to your computer but from your shelves, cabinets, and cupboards! The Edgerton Park Conservancy is accepting donations for **Sunday in the Park**, its annual fair, auction, and sale, to be held on Sunday, September 18. Antiques and collectibles, kitchen and dining ware, toys and books (no reference, finance, textbooks, or periodicals) may be delivered to the Carriage House on Friday, Sept. 16 (9 am - 4 pm) and Saturday, Sept. 17 (9 am - 1 pm). Excluded are records, clothes, bedclothes, and luggage. All contributions are tax deductible. Access to the Carriage House is from Edgehill Avenue between Cliff and Armory Streets. For more, visit here.

HOMEHAVEN OFFICE



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