

Message from the President

In mid-October, Bitsie and I attended the national Village-to-Village conference in Columbus, Ohio. I knew we were going to have a good time when Bitsie was given an upgrade in her seat reservation on Delta as she passed the ticket taker. I was right behind her, and I asked the ticket taker if I was also upgraded. "No," she said, so I proceeded on down the ramp. Then, just before I entered the plane, she rushed up and said that I had also been upgraded: Bitsie and I now sat in Row 7 just behind first class, instead of Row 18. We were trying to figure out where to put our bags when a nice flight attendant from Atlanta took care of Bitsie's. In the process Bitsie told him that her 85th birthday was this month. After he stowed the bag, he announced to the whole plane that Bitsie was celebrating her 85th

birthday, and then gave us both a glass of wine from the cart. The passengers all applauded Bitsie, and that set the tone for our four-day excursion to Columbus.

While there, I was uplifted by a presentation by Dr. Bill Thomas.* We are not older adults, he said. We are Elders: people who have valuable experience and wisdom under our belts. We are in a position to be valued and trusted to give good advice. This happens in other cultures. Why not ours?

I began to think about ways we could serve our community at large, as well as those among our own

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Ready for takeoff! Flight Attendant James, Bitsie, and Peggy.



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members who need to be visited, given rides, and assisted. I remembered attending a ribbon cutting ceremony at New Haven Academy on Bradley Street, which re-opened this fall after two years of being renovated. I had met a young teacher at the ceremony who told me that his students were obligated to perform community service. So I made a date to talk with Greg Baldwin, the principal, on November 2nd, at 12:30 pm.

I told Greg that I was the new President of HomeHaven, and that I understood from one of his teachers that the students wanted to do service in the community. I suggested that HomeHaven would be open to their services. We could use help with our mobile phones. We could use help raking leaves and shoveling snow. We could use visitors to play board games or cards with some of our housebound members, or read to them. Students are required to do ten hours of community service each year, and Greg thought of several who might be interested in these projects.

In return, I suggested that our members could help students by tutoring or offering to proofread their reports. And I suggested that the students might be interested in interviewing some of our members for essay assignments. (I remember when my daughter

Marion had an assignment in school, to interview an “elder” person and write an essay about him or her.) Our volunteer drivers might also be helpful in transporting students to jobs raking and/or snow shoveling, or simply for visits to members who are not within walking distance of the school.

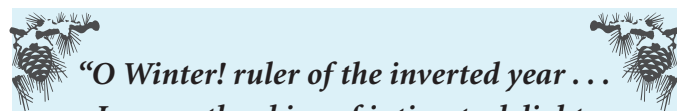
Greg promised he would talk to his people, and I said I would talk to my people and we would communicate by e-mail about when the first of these projects could begin. Maybe a small seminar about mobile phones, in either the conference room of the HomeHaven office, or my dining room, across the street from the school, would be a good start.

This is a beginning of service outside our own community into the community at large, and I am already feeling uplifted!



Margaret “Peggy” Atherton

* William H. Thomas, M.D., is an authority on geriatric medicine and an advocate for innovation and reform in long-term care. His book, *What Are Old People For?*, is available in the HomeHaven library.



*“O Winter! ruler of the inverted year . . .
I crown thee king of intimate delights,
Fireside enjoyments, home-born happiness,
And all the comforts that the lowly roof
Of undisturb’d Retirement, and the hours
Of long uninterrupted evening, know.”*

— William Cowper

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... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 83 rides by volunteer drivers
- 11 visits by volunteer visitors
- 8 computer assists by volunteer computer helpers
- 22 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.

MEET OUR MEMBERS: A Conversation with Judy Moore

by Margot Kohorn

When Judy Moore first heard about the Boston experiment of aging in place (Beacon Hill Village), it resonated deeply with her. Here were her own core values in action: creating community and helping those in need with the support of that community. It was also what she and her husband, David, had already been doing for their parents for many years, visiting them at least once a day, sometimes twice. David felt strongly that older people should be able to stay in their homes and Judy carried on their care after he died.



Judy Moore

As a recent widow, meeting new people was not on her agenda and she was concerned that repairmen would take advantage of her. But after four months of widowhood Judy found the inner strength to start healing and to carry on with her life. She learned that Orange had started a village and was holding a wine and cheese event in Woodbridge to seek new members in what would become the Amity Village, serving Orange, Woodbridge, and Bethany. It turned out that a number of attendees were in the same boat as she was so this created immediate intimacy among them.

Judy had spent 17 of her early years on the Yale campus, some of which included the years of World War II. Her father was the Master of Branford College; later he became Provost. Judy felt that Yale was in her blood, but what was really in her blood was caring for other people. Her memories of the war are varied: students exercising on campus, digging a victory garden for vegetables, saving metal cans, and looking at maps that showed battle positions. But the most poignant memory is how saddened her parents were when the students went off to war.

During this time Judy attended the Foote School. There she met children who came as evacuees from Oxford and Cambridge in England and she began to see a world beyond New Haven. She went to Wellesley College, where she studied French. The summer after her freshman year, she went to France with the Experiment In International Living, where young people from all over the world live with families, and camp and bicycle together.

After Wellesley, Judy obtained a Masters degree in education from Yale. One Thanksgiving Judy's mother encountered a solitary student, David, in the Yale post office. She invited him home for the family dinner. Seven years later Judy and David were married and moved to Brooklyn, where David always cooked their Thanksgiving dinner! After three years in Brooklyn they were back in Connecticut, with two small boys.

Judy volunteered at the West Rock Nature Center, where she enjoyed taking children around and the adult education program; she volunteered teaching Sunday School. But when the first bill for the boys' tuition came, Judy decided she needed a paid job and found one at the Association of Yale Alumni where she was rapidly promoted. She organized 15 reunions, and watched as the classes got bigger each year. Judy enjoyed the challenge of organizing large numbers of alumni into cohesive and compatible groups.

Judy is now one of the three leaders of Amity Village, and is an emeritus member of the Woodbridge Park Association. She spends time with her sons, one in Connecticut and the other in Maine, and with her four grandchildren.

Judy has long enjoyed birding both here and in exotic places where she meets fascinating people and finds amazing birds. HomeHaven is fortunate to have her among us.

Introducing New Members

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

Diane and Walter Ariker ~ Amity

Lenore Berkson ~ Amity

Joan Prum ~ East Rock



HEARING LOSS AND HEARING GAIN: Audiology Specialist Speaks

by Robert Gifford, M.D.

On November 7th, a number of HomeHaven members gathered at the Mitchell Library in Westville to hear Julie Bossenberry, Doctor of Audiology, give an illustrated talk on hearing loss and hearing aids. She began by emphasizing the damaging effects on hearing that we all suffer during a lifetime of cumulative over-exposure to loud noises in our environment. This damage is particularly directed at the auditory nerve that transmits impulses from the inner ear to the brain, and therefore becomes irreversible in time. While mild hearing loss is very common as we age, only one in seven individuals 50 years and older with hearing loss uses a hearing aid. Furthermore, not everyone needs a hearing aid unless the deficit begins to interfere with work and social interactions.

Individuals who are highly motivated to improve their hearing make excellent candidates for hearing amplification. Fortunately, most hearing impairments can be helped with an appropriate modern air-conduction hearing aid. Many types are currently on the market. However, it is essential first to be tested by a competent audiologist with an audiogram to assess the specific nature of the hearing loss and to fit you with the device. The HomeHaven audience was particularly interested to learn of the amazing digital complexity of today's various air-conduction hearing aids, offering far more than simple amplification of sound. For example, digital devices can now filter out background noise while promoting the clarity of speech and can make automatic adjustments depending on the external environment.

Dr. Bossenberry stressed that hearing aids do not restore hearing to normal, usually improving it by about one-half of the loss. Thus, the goal is not to restore normal hearing, but to significantly improve communicative ability and quality of life. Although a hearing aid for both ears provides the most benefit in balanced hearing, sound localization, better speech understanding, and better hearing in noisy situations, one hearing aid may be sufficient when hearing loss is minimal, especially if there is unilateral hearing loss. Most people like to avoid anyone knowing that

they wear a hearing aid and thus commonly ask for a mini version that will fit completely in the ear canal. However, larger, behind-the-ear hearing aids may be necessary to provide more features or to generate enough power.

Additionally, there are some patients who are unable to benefit from a standard air-conduction hearing device, but may benefit from one that transmits sound directly through the skull, a so-called bone-conduction hearing aid. Finally, there is a remarkable emerging technology in wireless and digital chip technology that promises even greater aid in the very near future. The cost of hearing aids was not discussed in this meeting but can be a serious barrier for many patients.



VILLAGE VERSE:

Shopping Days

Christmas comes but once a year.
When "Jingle Bells" pervade the air
And Rudolf's nose is everywhere.
The shops are full, the cupboard's bare,
And I have simply no idea
What gifts to buy that will give cheer.
Oh dear! Oh dear! Oh dear! Oh dear!

With friends we cut a tree each year
And decorate the branches bare.
Our family we hold so dear
Will come from far this day to share.
It is not Christmas day I fear,
It's "shopping days" and they are here.
Oh dear! Oh dear! Oh dear! Oh dear!

— Liz Wolf, Amity Village



**Remember Home Haven with a bequest —
A gift that costs you nothing during your lifetime.**



2016 HomeHaven Annual Meeting

by Jane Jervis

Sunday, October 30, found 75 HomeHaveners gathered for their Annual Meeting in the Putnam Room at the Whitneyville Church. Copies of the 2016 Annual Report, with information on services, activities, membership growth, and finances, all colorfully illustrated with photos and graphs, were distributed to those present and will be mailed to others.

Highlights:

- Bitsie presented a crystal trophy to Louis Audette for his three years of generous, creative, and caring service as president of the board;
- Peggy Atherton was crowned (literally) as incoming president (*below*);



- Bitsie emphasized the service of our many, many volunteers, recognized retiring board members, and introduced incoming ones;
- Bitsie announced the annual “Cannot Live Without You” awards to Phoebe Edwards, Bob Gifford (*above left*), Belle Greenberg, and Normand Methot (*above right*).



Then, in an unannounced surprise, the entire assembly toasted Bitsie’s birthday (*below*) with a spirited rendition, led by Jane Jervis and a group of HomeHaven choristers and accompanied on the guitar by Dan Rausch, of *Bitsie* (an adaptation, originally presented some years ago at *Mud Follies*, of the 1967 smash hit *Windy* by The Association).

The program was followed by HomeHaven’s traditionally extravagant buffet of favorite finger foods contributed by members, as friendships old and new flourished.

Annual Meeting photos by Kate Hay



RESPONSIBLE GIFTING: A.K.A. “Preventive Downsizing”

by Elaine Piraino-Holevoet



Each of us has important people in our lives whom we like to honor with tokens of love, gratitude, and affection. The quest to find meaningful gifts that will be enjoyed and not stowed can be daunting, expensive, and exhausting. I have

assembled a smattering of ideas for alternative gifting that I hope will help and inspire you.

Honor the Person Who Needs Nothing with a Gift that Keeps on Giving

- Consider making a gift to [Kiva](#) in his or her name. Kiva's mission is to connect people through lending to alleviate poverty. Here's how it works: You make a gift to Kiva in the amount of \$25 or more in honor of someone. Kiva notifies the individual about your gift with an invitation to search through the Kiva database of over 5,000 loans and select a borrower. When the loan is repaid, the process repeats!
- At [Oxfam Unwrapped](#) YOU choose the gift when you honor someone. (For example: A Christmas donkey for \$150 or a toilet for \$50.) You receive a humorous gift card to send.
- [Heifer International](#) works in much the same way. You can browse their gift catalogue [here](#).

Stuck with what to give a grandchild?

- How about the gift of an adventure with you? Check out the intergenerational offerings at [Road Scholar](#).
- Or consider a gift to his or her college fund. Ask your son or daughter for info on how to make a contribution. Or, set up a [CHET](#) account yourself and take the CT tax deduction.

If you want to give a tangible gift, try these ideas:

Edible Gifts:

- Homemade baked goods.
- A gift certificate to a favorite coffee shop, deli, or restaurant.
- Support a family farmer by shopping at [CitySeed](#) Farmers Market (Saturdays and Sundays until Dec 18) OR online through [Local Harvest](#) with its catalogue of over 5500 products including fresh fruits, nuts, dried fruits, and non-edibles from beeswax candles to clothing and baskets.

Shop for Good:

- Make someone's life better by shopping at [Ten Thousand Villages](#), a fair trade retailer, with an online shopping site AND a physical store on Chapel Street. The company strives to improve the livelihood of artisans in developing countries. According to the website, “\$140 million in sustainable income has been earned by makers who would otherwise be unemployed or underemployed since our founding in 1946.” See upcoming events on page 9 for a special opportunity to shop AND benefit HomeHaven.
- Shop to benefit a local not-for-profit such as [Creative Arts Workshop's Celebration of American Crafts](#). See upcoming events on page 9 for info on a special shopping afternoon at the Celebration for HomeHaven members.
- Shop at a museum gift shop: [Yale Center for British Art](#), [Yale University Art Gallery](#), the [Peabody Museum](#), or the [New Haven Museum Shop](#).
- Give a green and useful gift like LED lightbulbs, good for the environment and for the user's budget. [IKEA](#) is a great place to shop for these; it is the only type of bulb they sell.

Other Ideas:

- Do you have too many cookbooks? Pass some of them on, perhaps adding tabs for your favorite recipes and decorating with a gadget or two instead of a bow.
- Make a gift. Need an idea? Check out the current craft night sessions at [Sew Crafty](#), Audubon Street's newest addition.
- Do you have too many notecards? Give them, along with a selection of beautiful stamps, to someone who still likes to correspond the old-fashioned way.
- Divide and repot your plants. (Be sure to keep them warm when you transport them).
- If you have a skill you would like to share with someone, give the gift of lesson(s).

Happy Gifting!

P.S. If you add to your winter wardrobe during the holiday season, consider donating an equivalent item to [Helping Hands](#). It will save you space in your closet, and help HomeHaven, too!

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

COMPUTER CONNECTION: Keeping your Computer Up to Date

by Christa Sammons

My son the priest likes to tell this story. In the large parish where he worked some years ago, the pastor decided to upgrade the office computers from Windows XP to Windows Vista. This was a big change, traumatic for the staff, and one night during the transition, the chief secretary died in her sleep. It was rumored that poor Mrs. K. had been done in by Vista.

Your HomeHaven IT Task Force is here to assure you that keeping your computers up to date is not a lethal activity, and that you can always call on our volunteers to help. Let's talk about updates, upgrades, and replacements.

Updates are small "fixes" for a particular program on your computer. They're free and will pop up automatically on your screen. You should accept these updates because they make repairs to a program or operating system, patching security holes or correcting bugs that weren't obvious when the software was released. Updates also pop up on smart phones.

Upgrades are when you change an important program on your computer to a completely new version, Windows 7 to Windows 10, for instance. Sometimes upgrades are free, sometimes not. To my mind, it's the better part of wisdom not to jump on the upgrade bandwagon right away. Remember how everyone hated Windows 8? It faded before I even accepted it. Upgrades can admittedly be stressful. After you make one, your computer screen will often look entirely different; things you've learned how to do now have to be done in a new way. But it's better not to get too far behind with upgrades, because the change is cumulative. Getting behind by several versions of a program makes changing all

the harder. And eventually you will have to upgrade because the companies issuing these programs will stop supporting the old ones: they won't be able to be fixed if they break down.

How often do you need to replace your computer itself? Some guidelines I've read say every five years for a desktop, every three or four for a laptop because a laptop may be subjected to rougher treatment. Those of us who don't do a lot of high-tech or specialized computer work can probably keep our equipment longer, but there comes a time when an old computer should be replaced. It may not have enough memory for new programs or upgrades. It may become unacceptably slow because it's overloaded with newer, larger programs, or it may simply become incompatible with newer equipment and programs.



Happy Birthday to HomeHaven members with a birthday in December

Carol Bartlett Hans Bergmann
Henry Binder Jim Broker
Sue Eisner Rochelle Lambert
Constance LaPalombara
Cope MacClintock Alec Purves
Claire Staple Wendy Wells

or in January

David Belt Ann Feinstein
Judy Hickey Francesco Iachello
Wayne Meeks Bruce Russett
Arthur Taub Mary-Jo Warren



Laughter, The Best Medicine In Your Dreams. . . .

A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?"

"You'll know tonight," he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams."

Editors' Note: Readers sometimes suggest that we include community events—concerts, plays, art exhibits, talks—in our Events listings. Because the Newsletter's space is limited and such events are well-publicized elsewhere, our policy is to list only those in which a HomeHaven member is directly involved or members are specifically invited because of a connection with HomeHaven. From time to time, though, we will introduce a group, event, or activity with an article such as the one that follows. Although we cannot list its events regularly, we hope it will stimulate you to follow up on your own.

INTRODUCING: The Haven String Quartet by Sam Peterson

Among the advantages of living in the New Haven area is discovering events such as the beautiful concerts performed by the Haven String Quartet. We are pleased to announce—courtesy of HSQ—that HomeHaven members are invited to attend free of charge its concert on Saturday, December 10, at 7:30 pm, at the Unitarian Society of New Haven, 700 Hartford Turnpike, Hamden. The program includes works by Osvaldo Golijov and Benjamin Britten, among others. To sign up, call Kate at the office by 3 pm, Thursday, Dec. 8.

Since its founding in 2006, HSQ has thrilled audiences with its performances and has been featured in the *New York Times* and on NPR. Quartet players Yaira Matyakubova (violin), Gregory Tompkins (violin), Annalisa Boerner (viola), and Philip Boulanger (cello) are all graduates of the nation's leading schools of music.

But HSQ does far more than perform notable concerts. Indeed, perhaps even greater fans than its concert regulars are the more than 80 inner city youngsters of greater New Haven who are currently being introduced to and taught classical music on string instruments at no cost. Known as Music Haven, this HSQ program works with students and families to “empower young people through music.” It has been awarded four grants by the National Endowment for the Arts and recognized as “arts-in-education star” in *Chamber Music America* magazine. One way you can support such life-changing programs for local children is to donate string instruments (including those needing repair), music stands, and other musical equipment to HSQ.

For more information about Music Haven, explore its website <https://www.musichavenct.org>.

ONGOING GROUP MEETINGS

BOOK GROUP

No meeting in December.

Monday, January 9, 10:00-11:30 am, at the home of Jane Jervis, 36 Lincoln St., New Haven, to discuss *The Underground Railroad* by Colson Whitehead, a gripping fictional account of slaves who risked everything to get away from the South. RSVP to Jane at hh.jervis@comcast.net or 203-773-3505.

COOKING IN DIFFERENT LANGUAGES:

Holiday Cookies

Monday, December 19,
6:30 pm.

Bring a batch of your special holiday cookies for all to savor. Sign-up

deadline is Friday, December

9. (*Calls after that go to a wait list.*) Newcomers are always welcome at these lively explorations of the cuisines of the world. RSVP to Celeste Markle at c_markle@yahoo.com. If you don't use email, call her at 203-397-0492.

Monday, January 16, 6:30 pm: Armenian
Sign up deadline is Friday, January 6.

MEMOIR WRITING GROUPS

The groups meet on the second and fourth Mondays of the 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.

PINS & NEEDLES

Monday, December 12, 3:00 pm, at the home of Jeanne Drury, 30 Walden St., Hamden. RSVP to her at 203-281-3227 or JeanneDrury@aol.com. New members are always welcome. Bring your current handwork project along and enjoy the conversation and goodies while you work. Please ALWAYS let your hostess know whether or not you plan to attend.

Monday, December 26, 3:00 pm, no meeting.

Monday, January, 9, 3:00 pm TBA

Monday, January 23, 3:00 pm TBA





Events: December 2016 - January 2017



Saturday, December 3, 12 noon-8:00 pm

Sales Event at 10,000 Villages, 1054 Chapel Street Get your gift shopping done *and* benefit HomeHaven. We will earn a percentage of sales, and get to talk about HH to other shoppers. If you've never been to this fair trade shop, you're in for a treat.

Saturday, December 3, starting at 11:00 am

**Metropolitan Opera Connecticut District Auditions
Cooperative Arts & Humanities High School,
177 College Street, New Haven**

Auditions go on all day, with a break for lunch. Winners are announced at about 5:30-6:00 pm. Suggested donation \$20. *Please let the office know if you plan to attend.*

Tuesday, December 6, 3:00 pm

**Talk by Susan Feinberg, *Othello and Desdemona's Marriage: Consummated or Not and Why it Matters.*
Mitchell Library, 37 Harrison Street, Westville**

Think about it, re-read Shakespeare's *Othello*, and come hear what Susan has to say. She's a riveting speaker and will change your understanding of the play.

Wednesday, December 7, 4:00-6:00 pm

**HomeHaven Holiday Party at Louis Audette's home,
24 Everit Street, New Haven**

Come celebrate the holidays with your friends and add new ones in the true spirit of HomeHaven. Bring your favorite nosh (finger food) and enjoy the music. A perfect set up for a great time.

Saturday, December 10, 7:30 pm

Haven String Quartet:

Music from the Edge of Despair

Unitarian Society of New Haven,

700 Hartford Turnpike, Hamden

Parking is available on site. For more information see article, p.8. This concert is **free to HomeHaven members** who sign up. *Be sure to call the office to reserve your ticket before 3:00 pm on Thursday, Dec. 8th.*

Sunday, December 11, 7:00 pm

Amahl and the Night Visitors,

an opera by Gian Carlo Menotti

Bethesda Lutheran Church, 450 Whitney Avenue

Part of the Music Series at Bethesda, the opera tells the story of a poor shepherd boy and his encounter with three kings and the healing of his leg, told with humor and poignancy and music that is accessible to audiences of all ages. Admission is free.

Tuesday, December 13, 2:00-4:00 pm

Private Sales Event Creative Arts Workshop

Two hours are reserved for you and your HomeHaven friends to enjoy beautiful objects produced by local artists and to find perfect holiday gifts. All this with tea and goodies, and a chance to support the Creative Arts Workshop!

Free parking will be available in the Audubon Court Garage. *Please call or email the office to register for this event.*

Thursday, January 5, 9:23 MetroNorth train

**Jerusalem: 1000-1400, Every People Under the Sun
Metropolitan Museum of New York**

The Holy City played a key role in shaping art of great beauty and fascinating complexity during this period. Many works have never been shown in the US. Also showing: **Masterpieces of Native American Art.**

Meet on the MetroNorth platform to ride into the city and cab pool to the Museum. Browse on your own or with friends and lunch at any one of several eateries within the museum. Return home on your own. We suggest snacks on the train so you can lunch later when the crowds aren't so great.

Registration is required for this trip so please call the office to sign on.

Thursday, January 26, 11:00 am

"Road Trip" Exhibit with Amy Durbin,

Director of Education, followed by Lunch

New Haven Museum, 117 Whitney Avenue

Remember road trips in the family car? Playing simple games, singing rounds, and taking in the sights? Guest Curator Mary Donaghue has included items from the collection of Richard Longstreth, renowned architect and author of *Road Trip: Roadside America*, from *Custard's Last Stand* to the *Wigwam Restaurant*.

Lunch provided at the Museum. Tour and lunch \$15, tour only \$5. *Deadline for registering for the tour is Monday, January 23.*

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