

A BIT from BITSIE:

A major opportunity is coming our way in late September — on Monday, September 25, to be exact — at 5:00 pm at the Bethesda Lutheran Church in New Haven. That is when HomeHaven members and their friends will have a chance to hear a one-hour talk by the famous Dr. Atul Gawande, MD, MPH, broadcast in live stream video exclusively for members of the Village to Village movement nationwide. Our founding village, Beacon Hill Village in Boston, is celebrating its 15th anniversary by making this extraordinary opportunity available to all of us.

Exactly who is Dr. Gawande and why is he important? Let me begin by telling you an interesting story.

A week ago while our office manager, Kate Hay, was on vacation, we had HomeHaven volunteers at the front desk. Usually in the summer, afternoon phone calls slow way down so we encourage our volunteers to bring a book to read. One of our volunteers told me that her current book club selection was sort of “tough going” but she was working her way through it while she sat at the desk. She and I got into a conversation about Dr. Atul Gawande and she indicated that she had not yet read his famous book, *Being Mortal*. I told her about an extraordinary story he tells about people in nursing homes and then showed her the pages in *Being Mortal* where it is. She started to read it and within minutes her entire demeanor changed. For the next half hour she became intensely engaged and absorbed — almost still. It was obvious that what she was reading was of the greatest interest and import —



she didn't move. What this enormously knowledgeable doctor is saying about how we get sick or stay well or get older or keep vital or care for ourselves or others is so unique, so eye opening, and so amazing that it changes the way we look at ourselves and at life in general.

Being Mortal was written in 2014. Dr. Gawande is continuing to learn and discover new medical, scientific, psychological, and social facts about human beings every day and to share them with others through spellbinding articles, lectures, and talks.

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His talk with us on Monday, September 25, at 5:00 pm at Bethesda is titled: **“The Value of Community and Choice as We Grow Older”**

DON'T MISS IT – YOU'LL BE OVERWHELMED BY WHAT YOU LEARN!

Dr. Robert Gifford, Chair of HomeHaven's Health Committee, will facilitate a question and answer period from 6:00 to 6:30 pm. (For directions and parking, see Events, p. 10.)

Bitsie

Frances T. “Bitsie” Clark, Executive Director

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 68 rides by volunteer drivers
- 10 home visits by volunteer visitors
- 6 computer assists by 3 volunteer computer helpers
- 6 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.

HomeHaven News

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IN MEMORIAM

ANN McCLEERY

(1938-2017)

HomeHaven extends condolences to the family and friends of Ann “Nancy” McCleery of North Haven Village, who passed away peacefully at Connecticut Hospice in Branford on July 15, surrounded by her loving family. Nancy, as she was known by family and friends, is survived by her husband, Raymond E. Cestar, Jr., and by sons Christopher K. Downs of New Haven, Michael D. McCleery and his wife Jennifer of North Haven, and Matthew W. McCleery and his wife Elizabeth of Guilford, and by eight grandchildren.



A career educator who earned a BA from Vassar College and an MAT from Yale, Nancy taught English first at Cheshire High School, then for several years at New Haven's Hillhouse High. She also began teaching night classes in American and British literature and English composition at Southern Connecticut State University. In what became a 35-year career at SCSU, Nancy particularly enjoyed mentoring future high school teachers. A dedicated teacher who loved her students, she was a life-long student herself, earning a second master's degree mid-career from Wesleyan University, studying at Oxford University in the summer, and auditing numerous classes at Yale.

Though she loved teaching, Nancy considered raising and educating her three sons to be her most gratifying life's work. She delighted in spending time with her grandchildren, attending their sporting events, recitals, and family parties. An intrepid traveller, Nancy ventured on numerous trips to the British Isles and Europe, often with her sister Marian. In retirement, she continued to teach, serving as a docent at the Yale Center for British Art for 25 years. She enjoyed the friendships she made through YUWO and her book group, always happy to join friends for a lunch out or a trip to New York. She was an avid reader, frequent movie-goer, and loved attending the theater.

MEET OUR MEMBERS: A Conversation with Kathy and Eric Denardo

by Patty Langdon

I interviewed Kathy and Eric Denardo in their much loved and lived-in back room, which they added onto their house after they moved to Hamden. A huge maple sits majestically in the back yard and an enormous Frank Stella hand-colored print adorns the inner wall.

Eric grew up in the Newark area, which had been a manufacturing town where one could get everywhere on public transportation. He attended Princeton where, as he puts it, he “learned from his freshman professors John Archibald Wheeler and Emil Artin that he could not make the front rank in theoretical physics or pure math.” (He was technically an electrical engineer.) After graduating he went to work for AT&T and became interested in Operations Research (the use of quantitative analysis to bring operational issues into focus), which stood him in good stead. He attended graduate school at Northwestern and while still there was surprised and delighted to receive a job offer from the RAND Corporation. He worked at RAND part time during graduate school and full time for three years, when a job offer came from Yale. He accepted and was part of the Administrative Sciences Department — Organizational Behavior and Operations Research — under Chairman Chris Argyris. Eric ran the graduate program as an untenured Associate Professor. Wishing to hire a particularly brilliant scholar, he asked the chairman to request another faculty slot for the department. The chairman told Eric to do it. He did and was amazed that the request was granted by the Associate Provost, George D. Langdon.

Kathy grew up in St. Paul and spent summers at her family’s lake cottage, where she loved swimming and canoeing. She attended the University of Minnesota and met Eric in the fall of 1964. Friends set them up on a blind date when Eric was attending a professional conference in Minneapolis. They are both only children and took to each other immediately. In June of 1965, Kathy graduated from the University and Eric received his PhD. They were married in September, and moved to Southern California. Kathy, a physical therapist, began her working career in rehabilitation at St. John’s Hospital in Santa Monica. She enjoyed her work but missed the seasons and wasn’t sure she wanted to bring up children in a Southern California beach community, so was happy to move to Connecticut.



They have one daughter, Lara, who, with her husband, has an adorable two-year-old, Lillian. Eric and Kathy visit them often in Chevy Chase, Maryland. Some of Lara’s colorful paintings grace their Hamden dining room.

Thinking that New Haven didn’t have much “real” snow, they decided to embrace winter and took the last room at the Topnotch Resort in Stowe, Vermont, one Presidents’ Day weekend. They went cross country skiing at the Trapp Family Lodge and loved it. Not normally instant decision makers, they bought a time share at the Trapp’s that very weekend. After 10 years, they decided to build — and found a handsome piece of land and a builder they admired through a Yale colleague. They live near acres and acres of conserved land, with plenty of space to cross-country ski, snowshoe, and hike. Kathy retired at 65 and they spend much of their time in Stowe, summer and winter.

The Denardos sat across from Judith Colton and Wayne Meeks at lunch some time ago at a Koerner Center event in New York. Hearing about HomeHaven from Judith, they soon joined, mostly, says Eric, to help other people. They both feel strongly about being good neighbors. They looked after the lady next door to them for many years, until her death in 2017. They have found much to their liking at HomeHaven and have made new friends. Kathy participates in the Pins and Needles group. Eric is a volunteer driver and a member of the Hamden Core Team.

HEALTH MATTERS: Understanding Sugar: Our Source of Energy

by Robert Gifford, M.D.

Evolution has found a unique way for the cells in our body to fuel life itself by “burning” a special form of sugar known as glucose. Of course, glucose is not really burned, but through a complex set of chemical reactions within cells, glucose is transformed chemically to other compounds and in the process, provides high energy phosphate bonds (ATP) that power the system, much as a battery powers a mechanical device. Every cell in our body needs a continual source of ATP to function and remain alive. The energy provided by the combined effort of all the cells in our body makes motion possible, produces body heat, sustains our brain’s ability to think and remember, and sustains many other vital functions. Since the glucose molecule is so essential to the process of life, we should know where it comes from and how our body gets it.

Although the word “sugar” is a general term for sweet, soluble carbohydrates from plants, there are several specific types of simple sugars that are chemically related. These include sugars such as glucose, fructose, lactose, galactose, sucrose, and maltose. The human intestine, however, can directly and rapidly absorb only glucose, galactose, and fructose. Many other carbohydrates are essentially chemical combinations of different sugars that first must be slowly broken down to one of these three simple sugars before they can enter the blood stream and be available to the energy cycle. Fortunately, we have enzymes in our saliva, stomach, pancreas, and small intestine to easily split most carbohydrates into one of the three absorbable forms. Once in the body, our liver can convert galactose and fructose to glucose and make it available to the energy cycle.

Sucrose (table sugar), is a molecule that is a linkage of glucose and fructose and must be split into those components by an intestinal enzyme called sucrase before they can be absorbed. Lactose (the sugar form in milk products) is a linkage of glucose and galactose and must be split into those components

by an intestinal enzyme called lactase. (Occasionally, some people lack enough lactase and as a result have digestive problems when eating milk products.)

Starch is a more complex carbohydrate that consists mainly of glucose molecules firmly joined together in long chains. These chains must be slowly broken down by enzymes in our digestive track. Saliva starts the process of digestion in the mouth. Then, pancreatic juices split it further into molecules of maltose, and then an enzyme in the lining of the small intestine (maltase) splits the maltose into glucose for absorption into the blood. Starch is the most common carbohydrate in human diets, found in potatoes, wheat, corn, and rice.

The sugar industry has taken full advantage of the rapid and easy intestinal absorption of glucose and fructose, by first converting the starch in corn to maltose to make corn syrup. And since each molecule of maltose consists of two molecules of glucose, the industry has developed a way to make high-fructose corn syrup (HFCS) by converting the glucose to the sweeter tasting fructose that then becomes the main ingredient of inexpensive sugary drinks sold so widely to children and adults. The rapid direct absorption of an excessive quantity of fructose provides an excess of sugar for the body’s needs that is then converted by the liver to fat. This mechanism has been a major cause of the current epidemic of obesity.

Alternatively, food sources consisting of complex carbohydrates such as wheat, corn, rice, oats, barley, quinoa, and rye, and found in fruits, vegetables, and legumes, take time to be enzymatically broken down. The sugars that are produced are thus more slowly and incompletely absorbed. These foods also contain fiber, vitamins, and other important nutrients and thus provide a more natural food substance for good health.

Coming next month: A follow-up article about sugar and diabetes.

Create your enduring legacy
with a bequest to Home Haven.

Dr. Gifford (aka Bob or the Doctor of Doggerel) is Professor of Medicine Emeritus at Yale University School of Medicine and Chair of HomeHaven’s Health Committee. He writes this column in collaboration with members of the Committee. Suggestions for subjects are welcome and may be sent to Bob at bobbygi32@gmail.com.

LIGHTHOUSE TOUR

by Jane Jervis



On August 10 – a spectacularly beautiful day – 21 HomeHaveners went to sea in the *Sea Jet*, “a high-speed, smooth-sailing catamaran capable of cruising at 30 knots,” to view the lighthouses (and a castle or two) in and around New London’s harbor and Fishers Island Sound. Most of us took the train from New Haven, though a few opted to drive. Some of us brought our lunch, while others bought sandwiches in the terminal or on board.

We were entertained by a highly skilled and well-informed narrator who related the histories (including ghosts) of the individual lighthouses, as well as of the celebrities who live or lived along the coastlines. As the *Sea Jet* passed close to a lighthouse, it would stop and turn in place 360 degrees, so that we could see it up close through huge windows no matter where we were seated in the boat. Returning to port, we waved to a submarine with its two pilot boats heading out to sea. Our guide, stopping to chat with some of us on



his way out, posed a riddle: What is the name of the device that allows the Coast Guard to see through the hulls of boats? (Answer: a porthole.)

Lighthouse photos
by Peter Wells;
others by Jane Jervis.



RESPONSIBLE DOWNSIZING: Sharing the Joy of Music

by Elaine Piraino-Holevoet

Things that have provided the greatest pleasure over the years are the most difficult to give up. Musical instruments often fall into this category. When you decide that you are finally ready to part with such a treasure, it becomes easier if you can find it a good home. If you find yourself with an instrument to give away and you don't have a particular person in mind to give it to, rejoice! There are two groups in New Haven actively seeking such donations.

The first is [Music Haven](#) whose mission is to "give all kids a chance to play." Young musicians enrolled at Music Haven study with and are mentored by professional resident musicians, from elementary school until they graduate from high school — tuition free!

When it was founded in 2006, Music Haven served 20 students; it now serves nearly 80 students and their families and offers 250 hours of music instruction per week. Its expanded programming includes workshops and performances throughout the region and new initiatives to support their students as they prepare for college. In 2016, Music Haven began a collaboration with IRIS to bring workshops, and then violin lessons, to refugee children.

"I got roots. It made my circle bigger."

— Music Haven student, age 11

Music Haven relies on community support to carry out its mission. Besides monetary gifts, donations of instruments in the violin family are particularly welcome. To donate a violin, viola, or cello, fill out the form at [this link](#). If you would like to donate a piano, or instrument supplies such as music stands, strings, cases for instruments, sheet music, or other items, please email yaira@musichavenct.org with details about your proposed gift.

The second organization is the [Neighborhood Music School](#) (NMS): "Creating community, sparking potential and sharing joy through the arts." Founded in 1911 as part of the settlement house movement serving new immigrants to New Haven, NMS now serves more than 2,700 students from 80+ cities and towns annually and provides tuition support for over 500 of them. Students of all ages receive individual and group instruction in music, dance and drama and participate in over 100 weekly ensembles. It, too,

works with IRIS to support education opportunities for refugees.

NMS will "gratefully accept" donations of working instruments, sheet music, and office supplies on a case-by-case basis. (Visit [this link](#).) For more information, contact Brandon Gallego, Development Associate, at (203) 624-5189, ext 15 or email bgallego@neighborhoodmusicschool.org.

"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife."

— Kahlil Gibran

Think of the joy and opportunities your gift can bring! Both groups advise you to get an appraisal for tax purposes before making your donation. This is your responsibility and not something they can provide.

Sam Ash Music, 95 Amity Road, New Haven, (203) 389-0500, will appraise woodwinds, drums, and instruments in the guitar family. There is no fee for a simple appraisal; it may go up to \$30 if a particular instrument requires more research. It is a good idea to check with the store manager before heading over.

Audubon Strings, 63 Audubon St, New Haven (203) 772-4722, does appraisals of instruments in the violin family for a fee of \$75.00 during [posted hours](#). Call ahead and speak to Nancy. Selling your instrument and donating a portion of the proceeds is another option. Audubon Strings consigns instruments in playing condition. Repairs, if needed, can be done there for a fee. If you put an instrument in the shop and it sells, 25% goes to the shop, 75% to you.

What to do with a piano is a tougher nut to crack. If you have a piano you no longer need, you might try checking with local piano teachers or piano tuners; they sometimes know of people looking for an instrument. Also, [this article](#) by Eric Johnson, "High-End Piano Guy" whose workshop is in Westport, offers some good suggestions.

Good luck with your downsizing! If you have comments, or suggestions for future columns, please let the editors know.

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

NEWS FROM OUR VILLAGES:

Westville by Susan Feinberg

On four Tuesdays last June, a group of dedicated Westvillains met under the leadership of Susan Feinberg to study Shakespeare's *King Henry IV, Part I*. Susan, co-leader of Westville Village and a former English teacher at the Hopkins School, was inspired by an earlier study group (led by Hamden Village's Elizabeth Dreyer on the medieval anchoress Julian of Norwich) to offer her Village members the opportunity to explore *Henry IV* and help her think through some of her questions about the play. Thirteen members signed up for this task of close reading and serious discussion. They reacquainted themselves with the genius of Shakespeare's language and the depth of his thinking. They were often reminded of the uncanny parallels between the politics of Henry IV's world and our own. The complicated relationship between Hal and Falstaff, which has always troubled Susan, was a major focus of the discussions. Laughter abounded during each session along with thoughtful discussion generated by the excellent questions of the participants. Everyone enjoyed the experience so much that all agreed to continue in October with a close look at *Henry V*.



Happy Birthday to HomeHaven members with a birthday in September

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



Amity by Liz Wolf

On July 21st, for the third year a small group from Amity Village drove to a Yale School of Music concert at the Battell Stoeckel Estate in Norfolk. After a picnic in pleasant sunny weather on the estate grounds, they listened to the Brahms and Dvorak concert which featured, among other musicians, the well-known pianist Peter Frankl.



Above: These folks know how to picnic! Libby Meyer, Werner Wolf, and Ursula Hindel, as Werner begins to serve *THE FISH* (below), a Liz & Werner Wolf team creation: "salmon in the center behind 'scales' of imitation crab and bits of mild red pepper and anchovies in the tail!" Accompanying it were very special salads ("not a lettuce leaf anywhere") brought by Libby and Ursula.



HomeHaven Helps

by Jane Jervis

This feature for our Newsletter describes ways in which HomeHaven has helped our members. All names have been changed to protect privacy. If you would like to be interviewed for this feature, please contact Jane at hh.jervis@comcast.net.

Abigail

Abigail (not her real name) was a fiercely independent woman living alone in a big house on a hill. Her life had not been easy, but she had excelled in two different professions and had always been generous in helping others professionally. But she was shy and proud, and after retirement she became isolated.

A friend persuaded her to join HomeHaven and she agreed, but only because it needed her support, she said. She participated occasionally because it was good for other people, she said, but she reluctantly admitted that she enjoyed it.

After some years, she began to be frightened of being alone at home, and an HH friend made her a small pouch so she could wear her cell phone at all times. That helped. As her COPD worsened, she started having trouble breathing and managing. HomeHaven volunteers helped her with driving and shopping, and members visited her regularly.

Eventually, Abigail said she wanted to die but without pain, and she emphatically did not want to go to a hospital or nursing home. Working with her family (who lived abroad), HomeHaven set her up with oxygen and introduced her to Hospice at Home. She died peacefully at home as she had wished. And HomeHaven organized a lovely memorial service for her that brought friends and family from far and near.

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.

We'd like to know how things turned out.

203-776-7378

A MATTER OF BALANCE A Fall Prevention Awareness Event

Saturday, Sept 23, 9:00 am- 2:00 pm

Cronin Auditorium, St. Rafael Campus, YNHH
Sponsored by Yale New Haven Hospital (YNHH) CareCard program, YNHH Hospital Auxiliary, and the Connecticut Older Adults Collaboration for Health (COACH), a project of the Yale School of Medicine, *A Matter of Balance* is designed to teach older adults and their loved ones how to lower the risk of debilitating falls. The free program will feature talks by experts on preventing falls, determining your fall risk, nutrition and healthy bones, and an exercise demonstration to improve balance. Free screenings (by appointment) for blood pressure, balance, hearing, vision, and medication review will be available, along with refreshments, giveaways, plenty of helpful information, and free parking. To register or for more information, call 203-789-3275.

"My favorite poem is the one that starts 'Thirty days hath September' because it actually tells you something." – Groucho Marx

Introducing New Members

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

Betty Berner ~ North Haven

Martin DeGennaro ~ East Rock

Rebecca Raffaelli ~ Downtown



LINKING UP

Links to items of interest recommended by newsletter readers. We welcome your comments about these links and your suggestions for others.

["Caregiving is Hard Enough. Isolation Can Make It Unbearable."](#) An article by Paula Span on how caregivers often find themselves trapped at home, neglected by friends and family members who don't understand how to help.

Also:

["Stop Treating 70- and 90-Year-Olds the Same."](#) Human diversity reaches its apex in old age, but health care doesn't reflect that. Guidelines treat us all as "over 65" though we demonstrate a wide range of wellness. From 65 to 100 represents a 35-year time span. We should not be lumped together.

And:

From the Business Section of The New York Times, [brief reviews of books](#) that may be of interest for our members: *Being Mortal*, by Atul Gawande; *The Thirty-Six Hour Day*, by Nancy L. Mace and Peter V. Rabins, about caring for someone with dementia; *A Bittersweet Season*, by Jane Gross, for adult children who are caring for their parents and themselves; and *Being My Mom's Mom*, by Loretta Anne Woodward Veney, an upbeat story by a daughter caring for her mother.

LAUGHTER: Dog Days

Terrible day," said the Great Dane as he complained to his master. "Work was bad, but then I got on the bus and it was completely packed with small dogs."

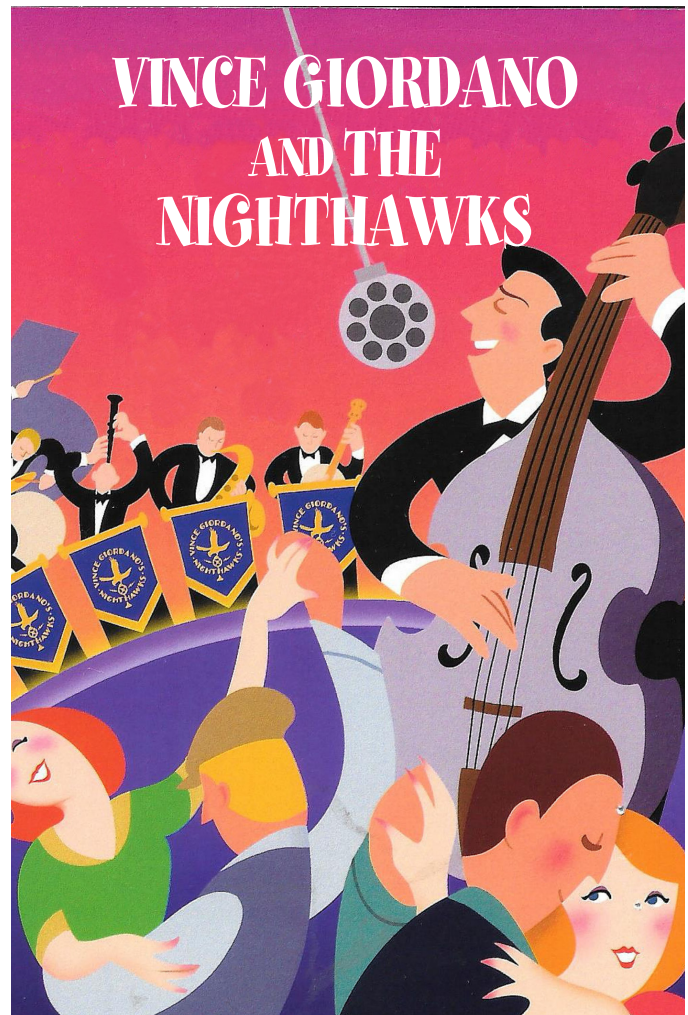
"Well," replied the master, "that's what you get for riding during peke hours."

VILLAGE VERSE

Grackles

There are blue-headed birds we call grackles,
Whose arrival lifts other birds' hackles.
For when they come to feed
They eat ALL the seed.
I'd like to put those grackles in shackles.

— Liz Wolf, Amity Village



a benefit for HomeHaven, Inc.

Thursday, September 14 • 8:00 PM

Tickets \$35.00

Michael J. Adanti Student Center, SCSU
345 Fitch Street, New Haven, CT

Vince Giordano and the Nighthawks generally play to sell-out crowds who find it hard to resist the infectious music and end up dancing in the aisles. Thanks to the efforts of Louis Audette, HomeHaven and Seabury at Home are bringing them to New Haven for a benefit concert to help HomeHaven expand its services and outreach to the community.

Parking is available at the Southern Connecticut State University garage, with frequent shuttle buses to the Ballroom at the Adanti Student Center. For a campus map, click [here](#).

Call the HomeHaven office now to order your tickets — (203) 776-7378. Don't delay!



Events: September



Thursday, September 14, 8:00 pm

Benefit Concert

Vince Giordano and the Nighthawks

Southern Connecticut State University:

Adanti Student Center

345 Fitch Street, New Haven

Help support HomeHaven and have a ball with this band that is renowned for preserving and authentically presenting 1920s and 30s jazz and popular music.

For more information [see](#) page 9.

Monday, September 25, 5:00 pm sharp

Doors open at 4:30 pm

Dr Atul Gawande's talk live-streamed from Boston

Bethesda Lutheran Church – 450 Whitney Ave.

or 305 St. Ronan St., New Haven

Come early so as not to miss any part of this live broadcast celebrating the 15th anniversary of Beacon Hill Village and the movement it inspired. Stay for discussion, led by Dr. Bob Gifford. For more, see p. 1.

Parking is available in the Church lot, accessible from 450 Whitney Avenue. There is street parking on both sides of St. Ronan Street.

Audette Exhibition

An exhibition of paintings by Anna Held Audette, late wife of Louis Audette, opens on Wednesday, September 6, at the New Haven Lawn Club, 193 Whitney Avenue. "ANNA HELD AUDETTE: Selections From the Artist's Portfolio" continues through Saturday, October 28. There will be a reception, open to the public, on September 12 from 5-7 pm with a presentation by Louis at 6 pm. Call the Lawn Club at (203) 777-3494 or visit its [website](#) for more information.



Old New Haven



Gold Tractor

ONGOING GROUP MEETINGS

BOOK GROUP

Monday, September 11, 10:00 –11:30 am at the home of Marge Andrews, 1471 Ridge Road, North Haven. Discuss books read over the summer and choose books for the new season. RSVP to Marge at 203-288-0684 or norman.s.andrews@snet.net whether or not you plan to attend. New members are always welcome.

COOKING IN DIFFERENT LANGUAGES:

Local Harvest

Monday, September 18, 6:30 pm

Sign-up deadline: Friday, September 8

After September 8, signees will be informed of host(s) and (venues) and will coordinate menus with hosts. **Newcomers are always welcome.** To sign up, or for more information, contact Celeste Markle at 203-397-0492 or c_markle@yahoo.com.

MEMOIR WRITING GROUPS

The groups meet on the 2nd and 4th Mondays of the month. There are now three groups. Two—meeting at 10:30 am or 1:30 pm—have room for one new member. Try it out! For more information, contact Harriet Bergmann at hfb183@gmail.com

PINS AND NEEDLES

Monday, September 18, 3:30 pm at the home of Jeanne Drury, 30 Walden Street, Hamden. Be sure to call or email Jeannie at 203-281-3227 or JeanneDrury@aol.com to let her know whether or not you plan to attend. **New Members are always welcome.** Bring your latest handwork project to work on while enjoying refreshments and wide-ranging conversation. For more information, please call or email Jeanne Drury (*see above*).

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