

Message from the President: Reflections, One Year Later

It has been a year since I was elected President of HomeHaven. Looking back, one thing that stands out in my memory is the idea that we should reach out into the community-at-large to serve others. It is in serving others that we help ourselves.



About a year ago, I made a date with Greg Baldwin, principal of New Haven Academy, to see what we could do to help each other. Academy students are required to serve the community 10 hours each year in order to graduate. I told him that even though there was no requirement for members of HomeHaven to serve the community, it was a recommendation of our Strategic Plan. So we agreed to serve each other in a reciprocal way. Some East Rock Villagers met with small groups of Academy students each month and presented seminars in art, serving in the armed forces, gardening, building with renewable energy, researching ancestry, and building model airplanes and ships. The Academy students helped HomeHaveners with leaf raking and the shredding project in June. All of these projects were facilitated by their Parental Liaison, Ramona Knox.

In September, Ramona and I met to discuss plans for this school year. We decided to begin by getting

volunteers from the Academy and letting them lead us in the direction they wanted to go. Six student volunteers discussed ideas and decided they would like to teach HomeHaven members how to get the most out of using their cell phones. Secondly, they asked if Louis Audette would teach them how to build models from kits such as those he has used. Louis has agreed to work with the students to help them build the model airplane, cottage, or boat of their choice.

Another project that remains in my memory was initiated by Yale New Haven Hospital (YNHH). It too was a way of helping the community, both

continued on page 2

IN THIS ISSUE:

At Your Service	page 2
Bitsie's Farewell.....	page 3
In Memoriam	page 4
Household Services	page 5
Member Birthdays	page 5
Volunteer Voices	page 5
Health Matters	page 6
Computer Connection	page 7
Village Verse	page 7
Laughter	page 7
HomeHaven Helps	page 8
Linking Up	page 8
Ongoing Events	page 8
Upcoming Events	page 9

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 Tuesday, November 14.**



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Message from the President *continued from page 1*

patients and the Hospital itself. When the Hospital discharged patients suffering from congestive heart failure, thinking they could safely return home, but the patients then had to be re-admitted, the Hospital was fined. HomeHaven and Shoreline Village in Branford agreed to oversee the patients and help them avoid readmission and stay at home. The Hospital would pay the membership fees of these patients in either Village for three months. If they did not need to be readmitted, the Hospital would continue paying the patients' dues for another three months.

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 59 rides by volunteer drivers
- 25 home visits by volunteer visitors
- 2 computer assists by volunteer computer helpers
- 18 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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One patient, a man approaching age 75, was discharged to our care and Kaye Maggart and I formed a team to visit him once a week. He had a Siberian husky, his constant companion and best friend. Kaye and I also became good friends. We saw him through his 75th birthday on June 12, and then all the way to his 76th. The doctor is pleased because he has been able to stay out of the hospital for two years.



Peggy and Kaye celebrate a birthday with a friend.

His worst days came when soon after his 76th birthday his beloved dog died. His friend, the dog warden, offered him another Siberian husky to take care of, a dog that had lived in a crate because no one wanted to adopt him. Because our friend was willing to take care of a homeless dog, he too was given a new lease on life and is still living in his own home. The cooperative program with the Hospital is no longer being conducted, but we still have contact with this man, and he has helped us in the same way that the dog has helped him.

Peggy

Margaret "Peggy" Atherton

***"As we express our gratitude,
we must never forget that the highest
appreciation is not to utter words,
but to live by them."***

- John Fitzgerald Kennedy



Bitsie's Farewell
October 5, 2017

Over a hundred Bitsie Boosters turned out on October 5 to celebrate her six and a half years as executive director of HomeHaven, and to wish her well as she enters retirement — the next stage of her extraordinary life. First, drinks and *hors d'oeuvres* under the tent, and a catered dinner in the Whitneyville Cultural Commons. Then — MC'd by Louis Audette — accolades by Peggy Atherton, Hal Spitzer, Jane Jervis, and Bill Brainard, plus Bitsie's life story in verse by Bob Gifford, and presentation of a memory book assembled by Jeannie Drury and beautifully bound and boxed by Sheilah Rostow.



Photo with cake by Lauri Lowell, all others by John Sawyer



IN MEMORIAM

DRIKA AGNEW PURVES

(1940 – 2017)

Drika Agnew Purves died peacefully of congestive heart failure on September 19. She is survived by her husband Alex, her brother, two nephews, a great nephew, and a great niece. A memorial service will be held at 11:00 on December 16th at St. John's Episcopal Church in Washington, Connecticut.



worked at Viking Press, and married Alex in 1975. In 1976 they moved to New Haven, where Alex joined the faculty of the Yale School of Architecture and Drika worked at the Beinecke Rare Book and Manuscript Library. Each summer they relished their quiet time on Codfish Island in the St. Lawrence River.

Very active in her communities, Drika loved working with young people at New Haven Reads. She was genuinely interested in others and was tireless in reaching out to her many friends for whom she maintained a deep and lasting affection. All who knew her will be cheered to recall her bright eyes, her disarming smile, and her elegant hats. They will cherish the memory of her generous and indomitable spirit, her curiosity, her joy, and her courage.

Drika graduated from Smith College in 1962, and earned a Master of Library Science degree from Simmons. She worked at the Boston Museum of Fine Arts and MIT before moving in 1968 to London where she worked at the Royal Institute of British Architects and the Building Design Partnership. Returning to New York in 1971, she

DAVID L. BARTLETT

(1941- 2017)

On October 18 hundreds of friends gathered for a service at Yale Divinity School to mourn the death and celebrate the life of David Bartlett, who died on October 12. A former teacher and administrator at several institutions, including Yale Divinity School and, more recently, Columbia Theological Seminary in Decatur, Georgia, David was admired as a pastor, preacher, scholar, teacher, author, and editor, but treasured more, by those who knew him, for his warm generosity and unique sense of humor.

He and his wife Carol joined HomeHaven after returning to Hamden two years ago and have endeared themselves by their enthusiasm for helping others. David's death was unexpected, the result of injuries suffered in a fall in late June. Besides Carol, he is survived by his sons Ben and Jonah, Jonah's wife Elizabeth, two brothers, and two sisters.



“When people die, they cannot be replaced. They leave holes that cannot be filled, for it is the fate — the genetic and neural fate — of every human being to be a unique individual, to find his own path, to live his own life, to die his own death.”

- Oliver Sacks (1933-2015)



Memo from the
Household Services Committee:
WINTER!



That time has come again: we have to think about SNOW. Check with the people who plowed your driveway and shoveled your walk last year, to make sure they'll be there when you need them. If not, call the HomeHaven office for recommendations.

PLEASE TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please tell us about the experience.

**We'd like to know how things turned out.
203-776-7378**



Happy Birthday to HomeHaven members with a birthday in November

- David Belt John Bennett
Susan Bers John Bett
Phyllis Crowley Gus Davis
Frank Estes Bill Graustein
Belle Greenberg Gretchen Kingsley
Rita Lipson Irene Miller
Kate O'Brien Trish O'Leary-Treat
Jerry Pollitt Richard Resch
Jeffrey Sammons Joel Silverman
Arthur Staples



**Volunteer Voices in the Community:
Sheilah Rostow**

Interview by Kaye Maggart: This is the first in a series about HomeHaven members who volunteer in the wider community for organizations that would welcome additional help.

KM What is the volunteer project you are currently working on?

SR I am helping to inventory beautiful objects by local artists at Creative Arts Workshop (CAW) for the 48th annual Celebration of American Crafts from November 26-December 24, 2017. For me, opening the artists' boxes as they come in for display is like Christmas morning!

KM Do you need help from other volunteers for this Celebration? When?

SR Yes! We need help with the inventory and set-up of arts and crafts submissions in November — especially November 7-18 — and with sales in the three galleries November 26-December 24, from Wednesday-Sunday, 11:00 am-6:00 pm,

KM Is there training? How much time is involved?

SR Yes, training is provided for all volunteers and is scheduled by arrangement. Work shifts during the Celebration usually average about two or three hours. As a bonus, volunteers get a 10% discount on the unique creations in pottery, fiber, and jewelry — just to name a few.

KM How can HomeHaven members contact you if they would like to help with this event at CAW?

SR One way is to email me directly — sbract3@comcast.net. Or check the HomeHaven website or call the office at 203-776-7378 for my phone number, or call Creative Arts Workshop at 203-562-4927. What better way is there to get in the holiday spirit than to surround yourself with beautiful gifts while you support the arts in New Haven?



HEALTH MATTERS: Vaccines for Older Adults

by Robert Gifford, M.D.

Although vaccines are not always perfect, they can definitely prevent or ameliorate certain infections, some of which can be deadly. They can also help protect people around you from getting sick. Most vaccinations induce immunity by promoting the development of a specific antibody which is expected to be durable. However, some vaccines require boosters to sustain protection. If you are known to be immunocompromised or have a malignant condition affecting the bone marrow or lymphatic system, you should check with your physician before receiving some of the vaccines listed below.

Here are the vaccines that all healthy older adults should definitely get, even if they had previously been given in childhood. Although some vaccines prevent an infection for the rest of life, others do not, and a booster dose is needed after a certain number of years.

1. Influenza (flu) vaccine — once yearly:

Influenza is a virus that can cause fever, chills, muscle aches, cough, and sore throat, a condition known as “the flu.” It can even cause pneumonia or pave the way for a superimposed serious bacterial pneumonia. Since the virus changes its molecular structure each year, you need a new vaccine each year, designed to produce antibodies against the new structure. This year, there is a high-dose version of the influenza vaccine, recommended for adults aged 65 or older.

2. Diphtheria – Td booster once every 10 years:

Diphtheria is a bacterium that can cause a severe infection of the throat that can lead to serious obstructive breathing problems. If you have received three primary doses of diphtheria toxoid (Td) in the past, it is recommended that you have a Td booster every 10 years.

3. Tetanus – Td booster once every 10 years or

after sustaining a dirty wound: Tetanus is a bacterium that can grow in a dirty wound and its toxin can cause muscles to work abnormally. If you have received three primary doses of tetanus toxoid (Td) in the past, it is recommended that you have a Td booster every 10 years.

4. Pertussis (“whooping cough”) – one dose of Tdap vaccine only if your past vaccination status re pertussis is unknown. In the past,

most of us received a vaccine for Diphtheria, Pertussis, and Tetanus that was combined into one shot, referred to as DPT. Pertussis is a very contagious disease caused by a bacterium that can cause a severe obstructing breathing illness in babies. However, it can also make older children and adults sick with a prolonged persistent cough, particularly as immunity from childhood immunization begins to wane. Recently, there have been several local epidemics of pertussis in communities where parents have refused to immunize their children. Adults with an unknown or incomplete history of a 3-dose primary series with tetanus and diphtheria vaccines should complete the primary series that includes one dose of Tdap.

5. Pneumococcus — Adults 65 years or older should receive the 13-valent pneumococcal conjugate vaccine (PCV13) followed by the 23-valent vaccine (PPSV23) one year later and a booster every five years.

Pneumococcus is a bacterium that commonly causes a severe, life-threatening pneumonia or even meningitis in the elderly. This infection can be prevented or made less severe with prior immunization.

6. Herpes Zoster (“Shingles”) — Adults 60 years or older should receive one dose of herpes zoster vaccine regardless of whether they have had a prior episode of shingles.

Herpes Zoster, or “shingles,” is caused by the same virus that causes chicken pox (Varicella) in childhood. It can remain in the body for many years after chicken pox and be reactivated as a painful skin rash with blisters that follow the path of underlying nerves.

7. Measles, Mumps, and Rubella (MMR):

If you have definitely had these diseases in the past, or if you can document receipt of the MMR vaccine in the past, you do not need further immunization. Healthcare workers should receive two doses of MMR at least 28 days apart.

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.

COMPUTER CONNECTION: “Rodent” Control

by Christa Sammons and Harriet Bergmann

When you move your mouse, does the cursor skitter around your computer screen uncontrollably as though it's being chased by a particularly eccentric cat? Or is it a languid cursor, making you pick up and reposition your mouse to get the cursor from one corner of the screen to the other? Either situation can be easily fixed. Here's how.

On a PC, click the start button in the lower left corner of the screen. Then click “control panel,” typically one of the basic options in a short column beside the longer list of programs. The control panel is where you go to change settings on your computer, and you will see that there's quite an array of choices. Click on “mouse,” and then on the tab “pointer options,” pointer being another word for cursor. There you can adjust the speed at which the mouse controls the cursor by sliding the dot toward slow or fast. If you're using a trackpad instead of a mouse, its speed can be adjusted in the same way by clicking the trackpad icon on the toolbar or from the control panel.

On a Mac, click on the apple on the far left of the toolbar across the top of your screen. Choose “System Preferences” from the pull-down menu and

click on it to open a page showing all the options for your Mac. Click on mouse or trackpad. On the page that comes up, make sure that “Point and Click” (the first of three options) is pressed (darker). There are lots of things that can be changed, among them “Tracking Speed,” which appears toward the bottom of this screen, where there's a slider bar you can adjust from “slow” to “fast.” Chose a midpoint and adjust from there as you like.

Changing the speed of the mouse or trackpad is just one way of making your computer easier to use. On the control panel or system preferences page, you may see something called “ease of access center” or some variation of accessibility. This option typically gathers a variety of settings that might help us older computer users, such as a magnifier tool and a narrator. Installing these applications can be somewhat complex, but HomeHaven volunteers are always ready to help. Call Kate for an appointment: 203-776-7378.

Christa Sammons and Harriet Bergmann are members of HomeHaven's Information Technology (IT) Task Force.

Village Verse: Mind the Time

Spring ahead, fall back,
For clocks, a cute reminder.
But how do I reset my brain
Aheader or behinder?

For several days I'm none too sure:
Is it sooner now or later?
If only I could set a dial
On my mental regulator!

— Ellen Brainard, *East Rock Village*

LAUGHTER, THE BEST MEDICINE: Be Careful What You Ask For

A bank robber pulls out a gun, points it at the teller, and says, “Give me all your money or you're geography!”

The puzzled teller replies, “Didn't you mean to say ‘or you're history?’”

The robber growls, “Don't change the subject!”

***“Time flies like an arrow.
Fruit flies like a banana.”***

- Groucho Marx



IT'S TIME TO FALL BACK!

Turn your clocks back one hour before going to bed on November 4th!

HomeHaven Helps

by Jane Jervis

SVETLANA

Like many of us, Svetlana (not her real name!) was captivated by the description of Beacon Hill Village in the *New York Times*. Living alone, she was concerned about support structures for her future. So she joined the planning board of East Rock Village as soon as she retired in 2009.

Svetlana had long been involved in the New Haven community, with many robust professional and social connections, but her job in the administration of trusts and not-for-profit organizations made her a commuter to Hartford. As she faced retirement she needed to reconnect. Working in a start-up, Svetlana discovered new uses for her skills and developed new skills.

When ERV ran out of money, she organized a fund development program and raised money to both strengthen the budget and provide a nest egg for the future. As ERV grew and became HomeHaven, she took great satisfaction from having played a key role in its survival. She knows it will be here for her when she needs it.

Svetlana never expected ERV to give her good friends and stronger and deeper connections in her immediate neighborhood — it has. And by helping create a community of support for members as they aged, she learned that asking for help is natural, not an imposition. She is inspired by knowing HomeHaveners who are living well right to the end of their lives, and she understands the saying, “Aging is inevitable; growing old is a choice.”

If you would like to be interviewed for this feature, please contact Jane at hjervis@gmail.com.

LINKING UP

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

[“One Last Question Before the Operation: Just How Frail Are You?”](#) by Paula Span in the *New York Times*.

ONGOING GROUP MEETINGS

BOOK GROUP

Please Note: Next Meeting January 8, 2018.

Members will meet to discuss books each has read since the September meeting. New members are very welcome.

COOKING IN DIFFERENT LANGUAGES:

Sicilian

Monday, November 20, 6:30 pm

Sign up deadline: Friday, November 10.

Newcomers are always welcome. It's a great way to get to know other HomeHaveners and have fun—and a delicious meal! Since it is essential to have an accurate count of attendees in the early stages of planning, please be sure to RSVP to Celeste by the deadline at c_markle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. Please also call Celeste for any other information.

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 wish to attend a meeting and see how it works, please contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

PINS & NEEDLES

Monday, November 27, 3:30 pm at the home of Cecilia Berner, 159 Fairfield Street, Westville. RSVP to her at 203-389-8876 or ceciliaberner@sbcglobal.net. Please let her know whether or not you plan to attend. Note that the group now meets on the fourth Monday of the month. Bring whatever project you are working on and enjoy good company and refreshments. New members are always welcome. For more information please call or email Jeanne Drury at 203-281-3227 or JeanneDrury@gmail.com.

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



Events: November



Monday, November 6, 11:00 am

Guided Tour of Exhibit: *Modern Architecture in British Mandate Palestine*

Yale School of Architecture, 180 York St, New Haven
Walking around a historical city, we are able to intuit the social and cultural intentions that produced it. This is a study of how, at a particular place and moment in history, architecture served to define the boundaries between the individual and the collective.

Sign up is required for this event. Please call or email the office ASAP.

Saturday, November 25, 8:00 pm

**Orchestra New England's
38th Annual Colonial Concert**

United Church on the Green, New Haven

Maestro James Sinclair, founder and conductor of Orchestra New England and a member of HomeHaven, brings back colonial New Haven with music by Haydn and Handel, and with candlelit, full-costume theatrical highjinks. This is a delightful way to begin the holiday season.

Tickets are \$35 for reserved seats, \$20 for general admission. **Please call the office for more information and to reserve your tickets.**

Tuesday, November 28, 2:00-4:30 pm

**The Celebration of American Crafts
48th Annual Show**

**Exclusive hours of sales to HomeHaven members
Creative Arts Workshop, 80 Audubon Street**

Here's your chance to do your best Christmas shopping during the very early days of the sale, with only your fellow HomeHaveners in attendance. As you check off the names on your list you will also be supporting the invaluable programs of the Creative Arts Workshop—a win-win situation if there ever was one. Come early, shop long, and enjoy the light refreshments.

PLEASE RSVP!

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

MUSIC by Special Delivery:

If you would like a November-December calendar of Yale School of Music concerts, contact HomeHaven member Helen Robinson at helenrobinson32@yahoo.com. Helen has offered to deliver the calendars by hand or by US mail to members who are interested.

COMING IN JANUARY

Sunday, January 7

Wadsworth Atheneum, Hartford

Lunch 12 noon; guided tour of exhibit *Sublime*

***North: Romantic Painters Discover Norway*, 1:00 pm;**

Concert by the Haven Quartet: *Romantic Music by Scandinavian Composers*, 2:00 pm.

This is a truly wonderful and exciting linking of art and music. The tour will be led by the curator of the show, Oliver Tostman. The Haven Quartet is well known as a fine group.

Costs: museum entry fee and tour \$20 (members, \$15), with the concert free. *Prix fixe* lunch in the café, about \$17.25-\$20. It is possible to go by train to Hartford but we are trying to get a bus for about the same price (\$22+) as round-trip train fare. Rounding up, the total should be about \$65. We'll keep you posted. Meantime, **please call the office ASAP if you are interested in taking this special trip so we can proceed with arrangements.**

***“For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.”***

- Ralph Waldo Emerson

HOMEHAVEN OFFICE

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