



Message from the President

It seems that the only place people over 70 are depicted on television nowadays is in ads for prescription medications during the network news. We're shown playing with the grandkids or touring (Hey, *should you be riding a bike on that drug?*). The implied message is that our place is on the sidelines, and we should be glad. I strongly protest such stereotyping by the advertisers. The truth about our place and this time in our lives is:



1. We don't have to do what we've been doing all along, especially our jobs.
2. We don't have to bow out gracefully from society. In fact, we are particularly well-positioned to speak out, act out, and make noise in the public realm.
3. HomeHaven's Mission Statement includes these words: "We help our members remain active in their communities." We seniors can add value to the social discussion; we are old enough to remember useful things that may be going out of style, such as individual decision-making, personal responsibility, courtesy, and rational civil discourse.
4. Doubtless the world we live in is full of people who are younger than we, and who are largely uninterested in our opinions. But how is that any different from our child rearing years? We need not be shy about our opinions; engagement in public issues is rewarding in itself. The world we will be leaving them is in tough shape but we can still fight to right the ship.

5. When we speak out in the public arena, we speak with a growing cohort of citizens who are diligent in public participation. It is an abdication of our civic duty to be reticent about our opinions.
6. Most of us are evolved enough to realize that the world we leave behind will benefit from whatever wisdom we can share while we're still in shape to do it.

The problems facing our society now are dire and it may be that the current situation is dominated by those making it worse rather than better. But we can help swing the pendulum toward life, and in favor of

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the survival of the planet and rationality; we needn't be shy about coaxing it in the right direction. I submit that we, who have benefited mightily from our social systems and our own efforts, should (and should want to) share what we have learned with the world as long as we are here.

Getting rid of plastic bags is nice, but addressing the threats to a functioning civil society, indeed to our very existence, may well be the more urgent job. How we choose to speak out and what we say is an individual choice, but our status as elders gives us the right — indeed, the *duty* — to keep nudging those whose actions we see as negligent or worse toward behaviors conducive to humanity's continued survival. How and where you participate in public matters is your business. But let's not be shy about helping the heedless to get right with the universe. We can and should do it — and still go on vacations and play with the grandkids.

*Tho' much is taken, much abides; and tho'
We are not now that strength which
in old days
Moved earth and heaven, that which we are,
we are;
One equal temper of heroic hearts,
Made weak by time and fate, but strong
in will
To strive, to seek, to find, and not to yield.*

— Ulysses, Alfred Lord Tennyson

Fred O'Brien

HomeHaven News

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HomeHaven's Mission Statement

We help our members remain active, independent, and productive as they grow older in the comfort of their homes and communities. We provide social and educational activities, companionship, volunteer opportunities and services, and referrals to qualified professionals.

PLEASE JOIN US!

For information, call the
HomeHaven office at 203.776.7378
Email info@homehavenvillages.org
or stop in at
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511

"The best way to find yourself, is to lose yourself in the service of others."

- Mohandas Gandhi

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 78 rides by volunteer drivers
- 29 visits by volunteer visitors
- 9 computer assists by volunteer computer helpers
- 17 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 accurate records by always letting us know each time you use a provider we recommended. Thank you. It's important!!

Look for monthly reports giving rolling three-month totals.

INTRODUCING ELISABETH ANTON: Membership and Activities Coordinator

by Lauri Lowell



HomeHaven is delighted to welcome Elisabeth Anton, our new Membership and Activities Coordinator, a position previously held by Lydia Bornick.

Elisabeth felt drawn to apply when she stumbled upon our job posting at the

Divinity school — which in itself is a mystery, since we didn't post it there! In many respects, she will pick up where Lydia left off last April and is already bringing innovation to her various duties.

When we interviewed Elisabeth, we inquired about her interest in HomeHaven. She cited her experience as a very young woman, when she left Yale after her freshman year to take care of vulnerable family members. She noted that her culture and upbringing as a Cuban-American emphasized respect and caring for elders. She was able to return to Yale four years later to earn a BA in English literature, and went on to get a Masters in Comparative Literature at UC Berkeley and an MBA from Wharton in Finance.

Elisabeth comes with an impressive resume in international banking, having worked for major firms in Madrid and Dubai, then founding a 'boutique'

consulting firm which she ran out of an office in London. She is passionate about the status of women in modern society and lived in Zanzibar while researching a novel about homeless women. She is currently working on a book about women's admissions to Yale College and graduate programs. Her writing career also includes fiction, nonfiction, and technical and grant writing.

Elisabeth came back to New Haven a little over a year ago and enjoys living here, taking advantage of all the city and university have to offer. Conveniently, her apartment is just a block from the HomeHaven office (no snow days for her!).

Elisabeth enjoys organizing and decluttering and did a whirlwind job getting things organized in her space in the HH office. She then took on the two storage closets and HH's entire filing system! She loves storytelling for her own pleasure and self-expression and has ideas about introducing storytelling as a new activity for our members.

Many of you will meet Elisabeth at management committee meetings, such as Recruitment, Activities, Visitors, Leadership Council, and Health and Wellness, as well as at HH-wide events and programs. I hope you will help us welcome our newest member of the staff. You can reach her at the office or email her at Anton@HomeHavenVillages.org.

HOMEHAVEN ACTIVITIES: Thimble Islands Cruise, August 22

by Patty Langdon

The weather cooperated and 28 HomeHaven members embarked on the annual Thimble Islands cruise. Most brought picnic food — shrimp, cheese & crackers, and various homemade goodies were shared among the passengers as we enjoyed the glorious views of cottages and mansions on island after island. It was wonderful to see old friends and to meet new ones in this relaxed setting. It seemed as though we were far away from the cares of the world.



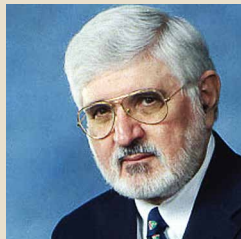
Photos by Patty Langdon

Left: George Jafferis and Celeste Markle
Center: Rick Allen and Manana Sikic
Right: Pat Allen and Liz Wolf

IN MEMORIAM

ARTHUR TAUB (1932 - 2019)

Arthur Taub, a member of Westville Village, died on Monday, July 29, at the age of 87. He was born on January 4, 1932, in Brooklyn, New York. He is survived by his wife, Sheila; his son, Ethan, and daughter-in-law, Lisa; his brother, Robert, and sister-in-law, Susan; and his three grandchildren, Alexandra, Ephraim, and Jeremy.



Dr. Taub held a BA degree from Yeshiva University, MA and PhD degrees from MIT, and a medical degree from Yale University, where he was first a researcher and then a clinical professor of neurology. He went on to establish a private

practice in New Haven in which he was active for many years. Having begun as a scientist in the field of pain research, he devoted his clinical career to the diagnosis and treatment of pain. He was one of the founding members of the International Association for the Study of Pain. Because of his expertise in the medical and psychological aspects of pain, he was often sought out as a consultant in medico-legal cases.

When not engaged in his professional duties he read scholarly works in a wide range of areas, including mathematics, physics, ancient and modern history, and religion.

He was devoted to his family and his patients and will be greatly missed by them.



BRIAN SKINNER (1928 - 2019)

Brian Skinner, a member of Downtown Village, died on August 21, at the age of 90. He is survived by his wife Cathy and their daughters Adrienne, Stephanie, and Thalassa. Brian, a professor of geology and geophysics at Yale since 1966, was a pioneer in mineralogy and economic geology and a legendary educator who inspired numerous students to pursue careers in geology.

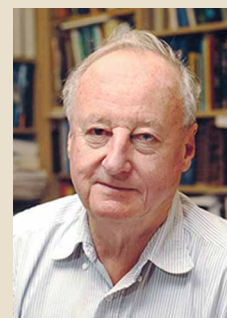
Brian John Skinner was born in South Australia. He earned a Bachelor's degree in geology and chemistry from the University of Adelaide in 1950 and a PhD in geology in 1955 at Harvard, where he met and married Cathy. A lecturer in crystallography at the University of Adelaide from 1955 to 1958, he returned to the US as a research geologist at the US Geological Survey until he was recruited by Yale in 1966 with an eye to his heading the Department of Geology & Geophysics.

One of the world's leading experts on the crystallography and geochemistry of metallic

ores, Brian's work ranged broadly through resource management and sustainability, and touched on the mining industry, lava lakes in Hawaii, the mineralogy of sea floor rocks, and early analysis of lunar rocks from the Apollo 11 mission. Brian

was a prolific author of numerous papers and books including several popular introductory texts such as *Blue Planet*, *The Dynamic Earth*, and *An Introduction to Physical Geology*. He was an immensely popular instructor, and served the scientific community as a leader in several professional societies and editor of a scientific journal. He received many honors, including two honorary doctorates.

Yale and the geological community have lost a scientific leader and a beloved educator. HomeHaven has lost a friend.



MEMO from the HOUSEHOLD COMMITTEE

UH OH!! FALL'S UPON US!! JUST AS WE BECAME USED TO SUMMER, IT'S OVER!

Fall will soon be here. Now is the time to be proactive about preparations for the next season.

- Are your storm doors and windows in good condition?
- Is there cracking in concrete or brick areas such as porches, walkways, and driveways?
- Have you arranged for chimney cleaning and inspection?
- Have you checked with your snow removal person to make sure that you are still on their list?
- Have you scheduled a Fall gutter cleaning and inspection?
- Do you have smoke/carbon monoxide detectors and have you tested them? By the way, if you don't have them, now is the time to get them and make sure that they are in each of your bedrooms and within 15 feet of a bedroom door in the hallways outside of the bedrooms.
- Are you worried about losing power and considering a generator?

We can help you find specialists to deal with all of the above. Call the office and ask for the right person to help solve your problems. We also have service providers who can help with the following:

- Finishing any outdoor projects. Get them done before the weather turns.
- Putting outdoor furniture away.
- Removing window air conditioner units.

AND HERE IS A WAY TO HELP YOUR FELLOW HOMEHAVENERS: We would like to increase our list of handymen and housekeepers. If there is someone who has worked successfully for you as either a handyman or housekeeper and is willing to be vetted and added to our list, please call the office and let us know who they are. Thanks so much!

A Suggestion to Help HomeHaven by Judith Colton and Wayne Meeks

OMG! If you make a QCD from the RMD of your IRA, you can help HH and save \$\$ that otherwise would go to the IRS! OK — let us explain...

Most of us are in the age group where we are required to take minimum distributions (RMDs) from certain retirement accounts such as IRAs. If, like us, you are fortunate enough not to need all of these extra funds to live on, you can avoid paying income tax on that additional income by contributing directly to qualifying charities. You must be 70 ½, which isn't hard for most of us; you can only make these contributions from IRAs; and you need to set up a direct transfer through the holder of your retirement funds.

The two of us have now done this for the second year in a row. We used to make donations and get tax deductions for them, but that is no longer possible due to changes in federal tax law. Last year, we learned from a fellow HomeHaven member about this way of making charitable contributions, and it has allowed us to continue our practice and benefit ourselves as well. It's easy, it reduces our taxable income, and it makes a very big difference to HomeHaven as well as to other organizations. In fact, we're going to do all our contributing, large and small, this way before the end of the year. If you'd like to know more about the tax advantages of doing this, talk to your tax preparer.

So do consider making QCDs (Qualified Charitable Distributions) out of your RMD and join us in helping HH!

Introducing New Members

HomeHaven is delighted to welcome the following member who joined us in July.

Bobbi Miller ~ Amity Village



HEALTH MATTERS: Evaluating Functional Ability

by Ron Rozett

As members of HomeHaven we are primarily focused on aging in place — in our homes and in our own neighborhoods with long-time friends nearby. We are committed to helping each other achieve this goal. Realistically, however, for at least some of us the time may come when that is no longer possible. We may require more assistance than can be provided in our homes for practical or financial reasons.

The question is how do you know when this is the case, when moving to a retirement community or an assisted living facility is necessary. This is an uncomfortable issue for all of us. In this article we want to provide you with a framework to understand the issue as objectively as possible. Of course, some of us will reach the point that we are not aware of our limitations, so people who care about us will need to make this difficult decision.

Professionals use straightforward criteria to establish a person's need for help to get along at home. These have been organized into two sets of activities of daily living (ADLs), one basic and the second more complex functions called instrumental (IADLs).

ADLs were originally designed to evaluate the ability of hospitalized patients to manage routine tasks, on their own or with minimal help, allowing them to safely return home. They are classified in six categories:

1. Bathing and grooming including shaving, tooth brushing, and hair brushing;
2. Dressing: choosing appropriate garments and being able to dress and undress without experiencing major difficulty with buttons, zippers, and other fasteners;
3. Eating: being able to feed oneself;
4. Transferring: being able to change position as in standing from lying down or from sitting;
5. Continence: the ability to control one's bowels and bladder or manage one's incontinence independently;
6. Toileting: being able to get on and off a toilet.

Individuals may experience difficulty with one or more of these functions and still be able to live at home independently or with some help; but major problems with multiple activities make it nearly impossible to live independently at home.

IADLs measure more complex tasks requiring physical ability, sound judgment, and organizational skills. They provide a more complete picture of a person's ability to live safely and independently.

IADLs include the following:

1. Using the telephone: being able to find phone numbers and accurately dial them;
2. Managing medications: taking the appropriate medication at the specified dosage at the correct time;
3. Preparing meals: making appropriate food choices and preparing meals safely;
4. Maintaining the home: doing or arranging for housekeeping chores, including laundry;
5. Managing finances: budgeting resources, writing checks, paying mortgage/rent and other bills on time;
6. Shopping: being able to shop for groceries or other necessities and transport purchases from store to home;
7. Using transportation: being able to drive or use public transportation for appointments, shopping, visiting, etc.

Again, difficulty with one or more IADLs does not mean you can no longer age at home providing help is available for those activities you cannot manage independently. Together ADLs and IADLs provide useful, reasonably objective measures to help us make important decisions for ourselves or people we care about.

Dr. Rozett is a member of Hamden Village and serves as Chair of HomeHaven's Health Committee. He has been on the faculty of the Yale School of Medicine, was medical director of the Community Health Care Plan (CHCP), and an administrator at Gaylord Hospital. He is currently on the Board of Directors of Whitney Center.



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

Louis Audette Bob Berner Cecilia Berner
Sylvia Garland Bob Gifford
Margot Kohorn Patty Langdon
Marc Mann Margaret Mann Sarah Pace
Pam Stanton Flora Van Dyke Herb Winer

COMPUTER CONNECTION: Big Brother is Watching

by Christa Sammons

The first time it happened to me, I chalked it up to coincidence. I had just left a Bed, Bath & Beyond store when an advertisement for the same retailer popped up on my phone. That was probably no coincidence, though, but rather the work of a location service communicating with my phone.

Supermarkets and other retailers commonly use small, inconspicuous, wireless transmitters called Bluetooth beacons to track customers in the store, noting what they purchase and where they pause, indicating possible future interest in a product. It may not help to turn off Bluetooth on your phone. If you have the store's app, it's likely communicating with the beacons, and many familiar apps we all use have Bluetooth beacon receptors embedded in them. Information gathered by the beacons is processed and stored by marketers who develop profiles of the customers in order to target them with specific advertisements and coupons.

That might be well and good—I for one like coupons—but the problem is potentially much broader. According to an article by Michael Kwet ([“Retail stores track your every move,” *New York Times*, 16 June 2019](#)), location information is often combined with data from the beacon-receptive apps on your phone to create a much more detailed personal profile. Apple and Google track

location and allow location-trackers to be embedded in their apps; Facebook has sent free beacons to retailers.

What can you do if you don't like being surveilled? You could leave your mobile phone at home when you go shopping, but none of us, I think, wants to do that. There are apps for detecting the presence of beacons, but no way to know what information they're collecting, how location data is being combined with other information, or whether a particular store has rented its beacons to another retailer, or secured its beacons to begin with. Mr. Kwet concludes that “there is simply no transparency.”

All this is said to bother older people more than it does young folks, who take such invasion of privacy as a fact of modern life. I don't really mind it either: a lifetime of frugal habits has armed me against “special offers” and targeted advertisements. What I worry about is the possible political application of the technology. I recently reread Orwell's *1984*. Winston Smith could at least keep his diary a secret by sitting behind the Telescreen while writing. Bluetooth beacons have a 360-degree range.

Christa Sammons is a member of HomeHaven's Information Technology (IT) Task Force. Suggestions for subjects are welcome and may be sent to Christa at christa.sammons@gmail.com.

VILLAGE VERSE: Rosa Multiflora

I first saw her on a path as she was clinging
to a fence,
And as I looked at her again, my interest
grew intense,
Her dress was silken white with green
garlands in her hair.
The fragrance of expensive perfume wafted
through the air.
I moved a little closer, and her essence
was divine
And although she spoke no words at all,
she wore a little sign
That clearly spelled her foreign name of
Rosa Multiflora.
Then I saw why neighbor friends did not
at all adore her.

For up and down the fence line were her
family members all,
Crowding out all others in a
never ending sprawl
Of branching arms and legs that bristled
with sharp spikes,
That tore into my skin with painful
bloody strikes.

I learned she came from Asia, moved from
there to here
To stimulate our native rose, a fact that's
very clear.
She was once a welcome immigrant when
just a single clump.
Thank goodness that our president was
not then Donald Trump!

— Bob Gifford, Doctor of Doggerel

ONGOING EVENTS

COOKING IN DIFFERENT LANGUAGES:

Local Harvest

Monday, September 16, 6:30 pm.

Sign-up deadline, Friday, September 6

Join us for delicious food and engaging conversation. New members are welcome. To enable planning, RSVP by the sign-up deadline to Celeste Markle at c_markle@yahoo.com or 203-397-0492, or call the office. Please call Celeste for other information.

DINING OUT AROUND THE WORLD

Tuesday, September 10, 6:00 pm

Ristorante Luce in Mt. Carmel

Signup required by Friday, September 6. Limited to 14 participants

Log in to the HH website or call the office to register and to ask for a ride if needed.

MEMOIR WRITING GROUPS

The groups meet every second and fourth Monday 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, please call or email Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

PINS AND NEEDLES

Monday, September 16, 3:00 pm

at the home of Kathy Denardo

Bring a project and enjoy good company, lively discussion, and refreshments. New members always welcome at these monthly gatherings. RSVP to vivian.denardo@att.net or 203-288-1887.

LAUGHTER: Locket

Seeing her friend Sally wearing a new locket, her friend Meg asks if there is a memento of some sort inside.

"Yes," says Sally. "A lock of my husband's hair."

"But Larry's still alive!" Meg protests.

"I know," says Sally, "but his hair is gone."

**Create your enduring legacy
with a bequest to HomeHaven.**

LIVING WITH DEMENTIA: Programs for Caregivers

HomeHaven has been invited by the Mary Wade Home to participate in a series of luncheon programs for caregivers, facilitated by Maria Tomasetti of the CT Chapter of the Alzheimer's Association.

The programs will be held on three Saturdays this fall: September 21, October 19, and November 16, from 12 noon to 1:30 pm.

Lunch will be provided and there is no cost for attendance. The location is 118 Clinton Avenue, New Haven.

RSVP: Registration is required by calling the Mary Wade Home at 203-672-7814. (Please do not register at the HomeHaven office, you need to call Mary Wade.)

September 21: Symptoms of Middle Stage, Communication, Relationship Changes, Providing Personal Care, Preparing for Hospitalization

October 19: Behavior Changes, Medication Changes, Home Safety, Driving, Living Alone, Wandering

November 16: Day Services, In-Home Care Services, Senior Living Options, Caregiver Needs

VILLAGE COFFEES

It's September! Coffees are back!

AMITY: Wednesday, Sept. 25, 1:30 pm
Andes Int'l Deli (*with Westville*)

DOWNTOWN: Sunday, Sept. 1, 11 am
Elm City Market

ERV: Wednesday, Sept. 11, 10:30 am
Blue State Coffee*
**New location - 534 Orange St.*

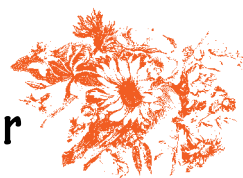
HAMDEN: Tuesday, Sept. 10, 10:30 am
Best Video (*with North Haven*)

NORTH HAVEN: Tuesday, Sept. 10, 10:30 am
Best Video (*with Hamden*)

WESTVILLE: Wednesday, Sept. 25, 1:30 pm
Andes Int'l Deli (*with Amity*)



Events: September



Thursday, September 12, 10:30 am

**Exhibit and Tour by Photographer Margaret Olin
Palestine Museum US**

1764 Litchfield Turnpike, Woodbridge

Photographer Margaret Olin, a senior research scholar at Yale, will lead a tour and discussion of her special photographic exhibition, part of a series called Marking Time, showing streetscapes of the Dheisheh refugee camp near Bethlehem.

After the tour, the group will have lunch at nearby Solun Tapas restaurant. To register, login to the HH website and answer the carpool questions, or call the office.

Tuesday, September 17, all-day bus trip with YUWO

Two Exhibitions: *Renoir: The Body, The Senses* and *Ida O'Keeffe: Escaping Georgia's Shadow*

**The Clark Institute, 225 South Street
Williamstown, MA**

YUWO (Yale University Women's Organization) has invited HomeHaveners to join this museum bus trip. Space is limited, so sign up quickly! This daring Renoir exhibition is the first major exploration of Renoir's unceasing interest in the human form. The Ida O'Keeffe exhibit, an additional treat, displays her modernist paintings and prints and touches on the sisters' sibling rivalry. \$75 includes transportation, museum fee, and lunch. Download the registration form from the events calendar on the HH website, or contact Winnie Seibert at 203-430-8059 or winnieSeibert@gmail.com.

Generous support for HomeHaven provided by:

Advanced Periodontics, P.C.
(203) 288-5916

Caffe Bravo
(203) 772-2728

The Wine Thief
(203) 772-1944



35 Hamden Hills Drive, Hamden
203-248-1864

Coachman Square

at Woodbridge

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203-298-9700

HOLD THE DATE!

HomeHaven

Annual Membership Meeting

Sunday, October 27

4:00 - 6:00 pm

Whitneyville Cultural Commons

1253 Whitney Ave., Hamden

Details to come!

Saturday, September 21, 12 noon - 1:30 pm

Living with Dementia: A Program for Caregivers

Mary Wade Home

118 Clinton Avenue, New Haven

The first of three programs for caregivers of people with middle-stage dementia. Topics to be covered in this session include: Symptoms of Middle Stage, Communication, Relationship Changes, Providing Personal Care, Preparing for Hospitalization. It will be facilitated by Maria Tomasetti of the CT chapter of the Alzheimer's Association. Lunch will be provided, and there is no cost for attendance. See article on page 8 about the 3-part series. Please make your reservations through Mary Wade at 203-672-7814.

Tuesday, September 24, 7:00 pm

Play Reading led by Bob Sandine:

"The Comedy of Errors"

Home of Patty Langdon. Address upon registration

A gathering of literary souls to participate in a group reading of Shakespeare's *The Comedy of Errors*, led by Bob Sandine. This is a wonderful way to refresh our experience of Shakespeare from the Elm Shakespeare in the Park event. Please RSVP to Patty Langdon - cell: 203-500-0134 or email: plangdon2@comcast.net.

HOMEHAVEN OFFICE

☎ 203-776-7378 ☎

hkhateh@gmail.com