

Message from the President



Our national association, the Village to Village Network, hosts an online forum for villages at all stages of development to share issues and experience. It's interesting (sometimes almost comical) to see how elementary some of the questions from startups are, but the forum is a useful way to appreciate

the diversity of village models and to measure HomeHaven's accomplishments relative to what's going on across the country. For example, while we're very satisfied with our "hub and spoke" business scheme where the office provides administrative services to a group of semi-autonomous villages, other organizations are entirely monolithic. Several have no staffs, being all-volunteer and relying on telephone trees and computer software to manage schedules. Some, like ours, try to minimize duplication by covering relatively broad geographic areas, but there is at least one city that has 12 independent villages less than a mile apart. Some rely on municipal sponsorship or have relationships with (and funding from) regional agencies. Others, like us, are largely supported from membership fees but also need to raise funds from special events, campaigns, and sponsorships.

Just as organizational arrangements vary widely, so too do policies within the villages. Every group has pondered whether to have different fee schedules, such as "social memberships," which transition to higher fees once practical and caregiving services start to be utilized. In order to avoid the quandary over when, exactly, the transition occurs (with attendant bookkeeping and collection problems) HomeHaven

has arrived at standard fees for single, household, and membership plus categories. Some villages offer tax deductible social memberships; our accountants feel strongly that the law is unclear and, in fact, our 501(c) (3) nonprofit authorization forbids them. A number of northern villages have members who spend part of the year in other locations. HomeHaven does not offer "part time" memberships, but the Executive Director has the discretion to refund fees in situations where illness or moving makes continued membership infeasible.

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Interestingly, a large proportion of villages nationwide has policies similar to ours, often after trying variants like social memberships and finding the exceptions and bookkeeping issues more trouble than the benefits. Some see the policies, at least as they're presented, as a barrier to new membership by the "not quite ready." On the other hand, while recruiting new members continues to be a challenge for us, renewals are gratifying. We're consistently well ahead of projected membership renewals. Once in, our members realize and appreciate the benefits of joining. Like an insurance plan, a village relies on reasonable, affordable sharing of risk against the time of need—you can't insure your house when it's on fire.

As important as money, human capital is vital. The recent month tested the depth of the bench, as Kate and Bitsie were periodically off duty. It's gratifying to see how effectively the leaders and many volunteers swung into action to address a cascade of activities, commitments, general operations, and at least two cases of urgent intervention. A new (actually resurrected) program, shared housing, is starting to take form. A group of leaders are refining and improving the website. You'll be hearing a lot in the future about the work being put into HomeHaven's second strategic plan.

We have energy and engagement and, best of all, much of this work is being shared by a wave of talented volunteers, many of whom are newcomers to the committees. As I keep saying—we have to know each other so we'll like each other when we need each other. And that takes time. It's why insurers pool investment in resources before a crisis occurs.



Louis Audette, President

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IN MEMORIAM

ALICE MISKIMIN (1932-2016)

HomeHaven extends condolences to the family and friends of Alice Miskimin, of Amity Village, who died peacefully at home as she had wished on June 14; she was 84. Alice is survived by her son Matt and his wife Maria and by two grandsons, who live in Sweden.



Alice (or "Sunny" as she was known since childhood) was a woman of formidable intellect, strong opinions, deep loyalties, and a wicked sense of humor. Though her family moved often during her childhood, once she came to New Haven for graduate school, she stayed—living in her Woodbridge home for nearly 60 years, surrounded by plants and by books ranging from archaeology and Beowulf to the latest spy and detective novels.

As an undergraduate at Vassar, Alice was a classmate of Bitsie Clark's. She got her PhD at Yale in English, and was a much-loved teacher of Old and Middle English Literature at Yale for many years. Yale was not kind to women faculty in those days, and her abrupt termination led her to a dramatic change. She got a law degree from Yale and started a new career as a trial lawyer, justice of the peace, and police commissioner in Woodbridge.

After her retirement, Alice read weekly for Recording for the Blind and Dyslexic for many years. With the Women in Black, she protested the war in Iraq through rain, heat, snow, and freezing cold until the election of President Obama. She was an early member of the Professional Women's Dinner Committee, the first women's group to meet at Mory's when it finally admitted women in the 1970s. Continuing her life-long love of music, she sang tenor in the choir of the United Church on the Green. And following a passion nurtured in childhood by her father, she was a rabid fan of baseball (the Mets) and horse racing. A memorial service is planned for the early fall.

MEET OUR MEMBERS: A Conversation with Jim and Kaye Maggart

by Patty Langdon



Kaye and Jim Maggart, with Jim's handiwork on display

The first thing I was shown when I came into the Maggarts' charming house in one of my favorite neighborhoods in Hamden, was a small wooden bowl. "This is one of Jim's creations," Kaye informed me. It was of spalted maple, beautifully turned and very elegant. I saw many more handsome bowls of various shapes and sizes and then was ushered down to Jim's spacious and well-equipped workshop in the cellar. This was the beginning of a fascinating afternoon with Jim and Kaye Maggart.

The Maggarts met at the University of California, Berkeley while they were finishing their undergraduate degrees, his in Mathematics, hers in Languages and International Relations. They married and taught in the Bay area for a few years before they decided to apply for teaching jobs overseas. This led to a position at Robert College in Turkey, an American-sponsored boarding and day school for over 1000 Turkish students of the highest academic ability. (Jim told me that only about 120 students out of 3000 passed the competitive national exam for entrance.)

Jim and Kaye arrived in Istanbul with one toddler, Stephanie; Michael and Aylin were both born in Istanbul in a well equipped, but not entirely sterile, hospital. Quickly feeling at home, Jim played basketball for a Turkish team and coached a girl's basketball team that went on to win the first national tournament four years in a row. They lived and worked in Istanbul for most of the 70s, with a break for Jim to complete a graduate degree at Stanford. He became headmaster of the school in 1977, while Kaye taught at the affiliated

Istanbul Community School. They were able to spend 10 years traveling in a VW camper on school vacations around Europe and the Middle East.

The Maggarts were in the midst of several military coups and revolutions in the area and had many tales to tell of tankers colliding near the bridge across the Bosphorus (which sent up a dark mushroom cloud, terrifying the family), body guards clearing the area so that the children could play outside (and then joining them in a soccer game), and men with machine guns and armored cars accompanying Jim on an outing with the American Ambassador. Jim was even given a bullet-proof vest, which, he playfully told his successor, "comes with the job." But when he had to travel to New York for a meeting, all Jim's Turkish colleagues were extremely worried for his safety and wondered how he could possibly go to such a dangerous city.

Returning to the US in 1981, Jim became head of the St. John's School in Houston, where they lived for 10 years. Another headmastership brought him to Connecticut and Hamden Hall. With its emphasis on character and potential as well as academics, Hamden Hall was a very different school from Robert College and St John's. Under Jim's leadership many new programs were initiated and the campus was greatly expanded. Since his retirement from Hamden Hall, Jim continues to serve as a consultant on financial matters, executive searches, and accreditation to schools around the world. Jim and Kaye moved to their current home in 2004.

In the meantime, Kaye was a coordinator in ESL (English as a Second Language) for the New Haven Public Schools, served on CT state standards committees, and began a new career writing and publishing English textbooks for newcomers. So far, she has six books to her credit. She works as a volunteer tutor and writer in Hamden.

The Maggarts summer in the little town of Milton, New Hampshire, where Kaye's grandfather had built a cottage nearly 100 years ago. They recently took the whole family back to Turkey for a visit to Robert College and their favorite archeological sites, ending with a boat trip along the Aegean Sea. Jim and Kaye joined HomeHaven in 2015 and have become active contributing members. Both were participants in the recent Middle Eastern series and Kaye is a vital member of the Visitor's Group.

HEALTH MATTERS: Beware of Empty Calories

by Nissa Simon

Summer's here! Along with the sunny days and breezy nights come visitors with children in tow, relatives along with their family members, overnight guests, and plans for picnics, barbecues, and cookouts. And what do you want during this lovely season? To feel relaxed, have an enjoyable visit, and provide satisfying and healthy foods along with an occasional treat.

"Occasional" is the operative word here. A once-a-week gooey sundae at the local ice-cream parlor or a slab of cake with caramel sauce at the mall won't do anyone in. But according to a recent study in *BMJ Open* that focused on added sugars, too many of us rely on convenience foods as everyday nourishment. In fact, ultra-processed foods make up more than half the calories we eat. These items cover not only the usual suspects (candy, cookies, and salty snacks), but include unsuspected foods masquerading as healthy choices (reduced-fat peanut butter, yogurt-covered pretzels, and prepared salads). They're filled with high levels of fats, sugar, and salt, as well as emulsifiers, preservatives, and additives.

The researchers found that a staggering 58 percent of calories in the typical American diet come from ultra-processed foods, including deli meat, instant noodle soups, and chicken and fish nuggets. The most common ultra-processed foods in terms of calories were breads; soft drinks, fruit drinks, and milk-based drinks; breakfast cereals and pizzas; and frozen and packaged meals. How can that be? Just read the labels.

Offender #1: Anything with added sugar. Americans eat more sugar than ever before, most of it from fruit drinks and soft drinks. Caloric sweeteners are also present in baked goods, candy, ice cream and frozen yogurt, as well as breakfast cereals and ketchup.

Offender #2: Anything with a lot of fats and oils. Although some fats and oils contain vitamins and important omega-3 fatty acids, foods loaded with fats and oils are often ultra-processed and highly caloric. You don't need me to tell you that deep-fried French fries, potato chips, and popcorn chicken with its fried crumb topping are not paragons of nutritional virtue.

Ditto with packaged frozen snacks. You know, the ones in the frozen-food aisle with the alluring pictures—egg rolls, pizza rolls, hot pockets—are all full of partially hydrogenated fats and oils, as well as sugar.

The major disadvantage of giving these empty-calorie foods a frequent place in everyday meals is that eating too many calories can easily exceed your daily calorie needs. The excess is stored as fat and, over time, as slow but inexorable weight gain. Empty calories have also been linked to chronic health conditions such as high blood pressure, heart attack, and stroke.

The final word: A bit of empty-calorie food is fine—but beware of giving it a starring role in the meals you provide for your guests or for yourself. Do yourself a favor and make these foods an exception rather than the rule.

VILLAGE VERSE: Octogenarian Love Song

We went for a walk beside the sea
My true love and me, my true love and me.
He had a cane and I was slow
But we both knew where we were going to go.

We did not walk on the shifting sands,
But kept to the path as we held hands.
We sat on a bench in the warming sun
And each of us smiled at the other one.

Gulls flew high and dropped live shells.
The sea wind blew in peculiar smells.
People walked past with a cheerful smile.
Life seemed good so we stayed awhile.

Then we walked to the end as we always do,
Admiring the sky and the wide sea view.
Beneath the flag we sat once more.
We could see all the way to Long Island shore!

We talked of how lucky we have been
And the wonderful places that we have seen,
And how beautifully Renee Fleming sings,
And whether, perhaps, pigs do have wings.

Then we went back to the waiting car,
Proud that we had walked so far,
And we went back home for some nice hot tea,
My true love and me, my true love and me.

— Liz Wolf, *Amity Village*

**KEEP GIVING FOREVER.
Remember HomeHaven in Your Will.**

RESPIRE CARE

*When the burden of care falls to one spouse,
Unending strain can trigger a grouse.
This endless hard work,
Can drive one berserk,
With nary a chance to get out of the house.*

*So here's how HomeHaven members can aid,
If some would be willing, and not be afraid
To volunteer respite,
Much like a house-sit!
It's one of the reasons our village was made.*

The Health Committee of HomeHaven meets regularly to discuss various health-related issues of interest to our members. We rely on *All About You* when professional nursing and related services are required; and we continue to recommend *Griswold Special Care* when home aides are needed.

But we have recently come to realize that there is an additional need: respite care for individual HomeHaven members caring for a home-bound partner who cannot be safely left alone. These caregivers are often so completely preoccupied that they find it difficult to leave the house for errands such as grocery shopping, appointments, or just to get away for a few hours. They are in need of occasional relief, or respite, from the all-consuming personal responsibility in their homes. A few hours of relief here and there could make a significant difference in their lives.

I believe that the concept behind the creation of a village system is to find new ways that we can help one another. The Health Committee hopes there are HomeHaven members willing to volunteer short periods of time to relieve these caregivers. If you are interested, please let me or Bitsie know and we will create a potential caregiver **respite list** to call upon. Thank you.

Bob Gifford, Chair of Health Committee
(bobbygi32@gmail.com)

BOOK GROUP: Follow Your Inner Bookworm

No assigned reading this summer! Relax on a beach chair, a porch swing, or a rocking chair and burrow into all those books you've been wanting to read and haven't had time for. The group will meet again on September 12 to discuss what we've read and choose books for the fall. New members are welcome. (See *Ongoing Events on page 9 for details.*)

EAST ROCK PHARMACY: It's a Win/Win!

by Sheilah Rostow

Recently my prescription insurer (Cigna) told me I would have to find another pharmacy – they no longer do mail order. I don't have many prescriptions, but one of them is very expensive and not all pharmacies carry it. What to do? Then I remembered that East Rock Pharmacy at 767 Orange St. is nearby and is one of HomeHaven's sponsors, so off I went to speak to Rob Zirlis, the pharmacist and owner. They transferred all my information from Cigna and priced each of the medicines. The very expensive one is still very expensive, but more than \$300 cheaper per refill than Cigna!

It was so easy! The staff at the pharmacy is very pleasant and efficient, and they deliver! I doubt they are going out of the pharmacy business any time soon. If you are looking for a new pharmacy, I urge you to consider East Rock Pharmacy. It's a win/win.

*“Deep summer is when laziness
finds respectability.” - Sam Keen*

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 65 rides by volunteer drivers
- 33 visits by volunteer visitors
- 7 computer assists by volunteer computer helpers
- 11 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.

COMPUTER CONNECTION: Picture Perfect

by Christa Sammons

Since everyone who has a smart phone owns a digital camera, the Information Task Force wants to help you make the most, photographically, of that convenient little device. This is the first in the series of articles, which we hope will include tips about editing photographs, transferring them from one device to another, organizing them, and storing them, whether on your own computer or in the “cloud.” Let me say from the start, though, that I’m not addressing those of you who are skilled photographers and have advanced knowledge about dealing with digital photographs. Nor can I speak to the topic of stand-alone digital cameras, of which there are many types.

You’ll find a camera icon and a picture icon on your iPhone, often at the upper right corner of the first screen. To take a picture, tap the camera icon. At the bottom of the screen you’ll see other possibilities such as video. To select a mode other than simple photo, slide the words past the big white dot with your finger. You can turn the flash on or off at the top of the screen, or simply leave it on “auto.” Models differ, but another icon you may see near the flash is “HDR” or High Dynamic Range; when it’s on, the camera takes three pictures at once at different exposures but delivers only the best one. If it’s a “selfie” you want, tap the little camera at the top of the screen; tap again to reverse.

To take a picture, hold the phone as still as possible and either tap the big white dot very gently (too much pressure and it produces a whole series of



Not Quite Readys? Picnic pals Ronan and David

photographs) or—which is sometimes easier—depress either of the volume buttons on the left side of the phone toward the top. Before you take the picture, you can tap the screen gently where you want optimal lighting and focus. Then switch to “pictures” to see your photographs. To delete a photograph you don’t want, tap it so it fills the screen and then tap the trash can, lower right. The pictures app will automatically organize your remaining photographs in groups by the date they were taken. (It’s not called a smart phone for nothing!)

This last piece of advice, predating smart phones by several decades, comes from my long association with archival collections. “Less is more” was our mantra at the Beinecke Library when we set up exhibitions. Less can be more with photographs, too—again, unless you’re a real pro with a real plan. Take as many pictures as you want—they’re basically free!—but then curate your own collection right away to avoid amassing a bewildering number of shots. I took many pictures of my 4-year-old grandson at last month’s HomeHaven annual picnic, for instance, but I went through them on the spot, deleting the ones that were fuzzy or where he was missing his head. I kept only three, plenty to share with his parents and remind me of the event and what it was like to be there.

Introducing New Members

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

Sheila and Arthur Taub ~ Westville

Nancy McCleery ~ North Haven

Sylvia Zeid ~ Westville





*Edgerton
Park
Picnic
June 15, 2016*



One hundred HomeHaveners, families, and guests gathered at the carriage house and garden of Edgerton Park for the sixth annual spring picnic. The weather was perfect, the garden gorgeous, the food plentiful and delicious. Best of all was the company, as old friends made new friends and new members were made to feel at home.



Andy's Birthday Party



Andy T. is a member of HomeHaven through our program with Yale New Haven Hospital. Joel Jacobson, Kaye Maggart and Peggy Atherton are his regular visitors and drivers. We are celebrating Andy's 75th birthday.

Laughter, The Best Tonic: Facebook Friends

For those of my generation who do not use and cannot comprehend why Facebook exists:

I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passersby what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom. I give them pictures of my family, my dog, the plate of food I am about to eat, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them the "thumbs up" and tell them I like them.

And it works just like Facebook. I already have four followers ... two police officers ... a private investigator ... and a psychiatrist.



Happy Birthday to HomeHaven members with a birthday in July

Allan Atherton Bill Brainard
Jack Cooper Phoebe Edwards
Arnie Eisenfeld Ellen Estes
Susan Feinberg Edie Fishman
Mirjam Geismar Elise Knapp
Dorcas MacClintock Libby Meyer
Stephen Parks Christa Sammons
Nancy Schumacher

or in August

Anne Bell Susan Brisman
Anna Broker Jody Bush
Natalie Charkow Edith Gillman
Carolyn Gould Charles Kingsley
Sharon Matthews Normand Methot
Bill Miller Sam Peterson
Sheilah Rostow Janet Rozen
Jo Shepard Dick Snyder
Roxanne Turekian Lynda West
JoAnn Wich Elaine Wiig Liz Wolf



CitySeed Farmers' Markets Schedule

WEDNESDAYS: Downtown, Church Street in front of City Hall, 11 am - 2 pm, June 15 to Oct. 26.

THURSDAYS: Fair Haven, Quinnipiac River Park, corner of Front and Grand, 3:00 pm - 6:00 pm, July 7 to Oct. 27

SATURDAYS: Wooster Square, corner of Chapel & DePalma Court, 9 am - 1 pm, April 2 to Dec. 17

SUNDAYS: Edgewood Park, Whalley & Edgewood Aves., 10 am - 1 pm, May 8 to Dec. 18

MOBILE MARKET: Various Times and Locations. Schedule Coming Soon.





Terry Dagradi, with HomeHaveners Karen and John Schneider, Flora Van Dyke, and Adrienne Lewis. (On the shelf overhead: brains).

Cushing Center Tour by Patty Langdon

If you're ever in the mood to see some brains, consider visiting The Cushing Center at the Yale Medical School! Several HomeHaveners were enthralled by this unique collection on a recent tour, led by the Center's Coordinator, Terry Dagradi, of the six-year old facility in the former medical school library stacks.

Harvey Cushing, pioneer and father of modern neurosurgery, returned to his alma mater, Yale, after Harvard Medical School and successful careers in neurosurgery at Johns Hopkins and the Peter Bent Brigham Hospital in Boston. To start the Yale Medical School Library, he donated his rare book collection and his Brain Tumor Registry, complete with drawings and photographs of patients. The collection was stored in the basement for decades, and was often the site of break-ins by Yale students, especially from senior societies, as a test of derring-do.

ONGOING GROUP MEETINGS

BOOK GROUP

No meetings in July and August

Monday, September 12, 10:00 am- 11:30 am, at the home of Jane Jervis, 36 Lincoln St. Meet to compare notes about summer reading and select books for the fall. RSVP to Jane at 203-773-3503 or hh.jervis@comcast.net.

PINS AND NEEDLES

No meetings in July and August

Monday, September 12, 3:00 pm

See September newsletter for location or contact Jeanne Drury at 203-281-3227 or JeanneDrury@aol.com. New members are always welcome to bring sewing, mending, knitting, or handwork of any kind, and enjoy lively company plus refreshments.

COOKING in DIFFERENT LANGUAGES

No meetings in July and August

Monday, September 19, 6:30 pm: Fall Harvest Sign up deadline is Friday, September 9. Please respond by then. It's important for planning. RSVP to Celeste Markle at c_markle@yahoo.com or call the office. Newcomers are always welcome at these adventurous explorations of the cuisines of the world.

MEMOIR GROUPS

No meetings in July and August

The groups meet on the second and fourth Mondays of the month for an hour and a half. For 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.



FYI: IDEAS FOR SUMMER FUN

FOURTH OF JULY!

Monday, July 4, 9:00 pm, Fireworks. Watch from from the Wilbur Cross playing fields. FREE. Rain date: July 9.



MUSICAL PICNICS!

Tuesdays: July 19, 26, August 2, 9. 7:30 pm. Twilight Tuesdays Concerts at the Neighborhood Music School. BYO picnic dinner (some food carts on site). Reserved table seat, \$30; General Admission, \$10. For more information visit the [NMS website](#).



Events: July

Thursday, July 7, Picnic on Gray Rock, Thimble Islands, Branford, any time between 11:00 am to 4:00 pm. RSVP to the office is required by July 5.

Gretchen and Charles Kingsley invite HomeHaven members to join them at their summer home on this unique one-house island. Bring a sandwich; they will provide fruits and beverages.

The Thimble Island Ferry, which seats 14, leaves Stony Creek Harbor every hour on the hour; \$10 round-trip. Park free on the streets nearby and walk to the dock—car-pooling is advised!

Walking on the island is rough, so wear sneakers. Bring a windbreaker or jacket for the boat, and a towel and swim shoes if you wish to swim—the beach is rocky but the water lovely. There is no phone; bring your cell if you need to be in contact.

If this trip sounds too strenuous, consider a 50-minute narrated tour of the Thimble Islands. Tour boats board on the hour and depart at a quarter past. Charge for seniors is \$12.

Wednesday, July 27, 11:00 am, Tour of Thomas Griswold House Museum, Boston Street, Guilford, followed by lunch and tour at the Medad Stone Tavern.

Established in 1947, the Guilford Keeping Society promotes the preservation of Guilford's heritage through outreach programs, collecting records and books, and maintaining this 18th century house as a museum, with its blacksmith shop, barn, two corn cribs and a Victorian era three seat privy! In 2001 the Society inherited the Medad Tavern, which although it never opened as such, has been restored back to those roots, and also has outbuildings.

We will tour the Museum first, drive to the tavern for lunch, and finish with the tavern tour. Entrance is free with a \$15 charge for lunch. **RSVP to the office is required by Friday, July 22.**

“Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.”

- Regina Brett



Events: August

Tuesday, August 9, 11:00 am, Yale Art Gallery, Tour of the exhibit *Weaving and the Social World: 3,000 years of Ancient Andean Textiles*.

Andean peoples began producing woven products around 10,000 B.C. and created one of the world's first weaving traditions. Lacking written languages, Andean societies used clothing to define a person's gender, status, occupation, wealth, and community affiliation. The exhibit celebrates the significance and beauty of ancient Andean textiles. It features exceptional loans from private collections, including mantles, tunics, wall hangings, as well as related feather, gold, and silver ornaments, weaving implements, and ceramic vessels. Lunch to follow at *Harvest* across the street. **RSVP to the office is required by Thursday, August 4.**

Tuesday, August 30, 8:00 pm, *A Midsummer Night's Dream*, Elm Shakespeare Company, Edgerton Park. Sit under the stars and the HomeHaven banner and enjoy the magic of Shakespeare's *A Midsummer Night's Dream* as performed by this accomplished troupe. Come early, bring your friends, your chair, your supper, and a flashlight. It's free (donations accepted). **Please call the office to sign up.**

HOMEHAVEN OFFICE

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TAKE A MINUTE!

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

Were you satisfied?

Were there problems?

We'd like to know how things turned out.

203-776-7378