

A BIT from BITSIE:

WOW! — I've got some wonderful news!!!!

HomeHaven and the 200-plus Villages across the country have been given the GREATEST GIFT!!



To celebrate its 15th anniversary and the Village movement it inspired, Beacon Hill Village in Boston has invited Villages around the country to participate “virtually” in an event featuring Dr. Atul Gawande, MD, MPH, author of the seminal and best-selling book *Being Mortal*. The event will be live-streamed to Villages across the United States.

HomeHaven will broadcast the live event on Monday Feb. 13, 2017, from 5:00 to 6:00 pm Eastern Standard Time at Bethesda Lutheran Church, 450 Whitney Ave, New Haven. Come early! The event will begin promptly at 5:00.

Please save the date and plan to bring friends and neighbors to hear this renowned surgeon, public health researcher, and writer speaking about the importance of community and autonomy as we grow older. The stories in his book, *Being Mortal*, are all about life and people's efforts to maintain autonomy as they age in the face of ingrained habits, cultural

expectations, and one-size-fits-all corporate offerings. He includes Beacon Hill Village and the Village model as options for older adults as they seek to remain in their own homes and enjoy the rich stew of activities, attributes, attitudes, and ages that makes up their home communities.

One of the critical issues facing today's world is supporting and caring for aging populations. By 2030, 20% of our nation's population will be over 65 — an estimated 83 million people. Dr. Gawande's profound understanding of the importance of both choice and

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community offers valuable insights and solutions for this challenge. Villages model his approach.

HomeHaven's Strategic Plan for the next four years, just adopted by our Board, emphasizes our obligation to share with the community a wider understanding of and appreciation for the experience and knowledge of elders. We are delighted to offer the people in the Greater New Haven community this opportunity to hear the ideas of one of the nation's most creative thinkers in the field of geriatrics.

Our own Dr. Robert Gifford will be on hand to lead a discussion after the presentation.

Be sure to get to Bethesda Lutheran early to get a good seat. Park in the lot off Whitney or on the inbound side of Whitney Ave (no parking in the later afternoon on the outbound side), or park on St. Ronan Street. We look forward to welcoming you and your friends to this wonderful and thought provoking evening.

***Please call the office 203-776-7378
to reserve your place!!!***



Frances T. "Bitsie" Clark, Executive Director



***"Silently, like thoughts that come and go,
the snowflakes fall, each one a gem."***



— William Hamilton Gibson

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IN MEMORIAM

CARMEN J. PACE (1940-2016)

HomeHaven extends condolences to the family and friends of Carmen Pace, who passed away on December 11 after a lengthy illness. He is survived by his wife, Sarah, a daughter, Megan, of Derby, and by two sisters, a niece, and several nephews. A former resident of Woodbridge, Carmen was born in Schenectady, NY, where he attended Union College, graduating in 1962. He earned a Masters degree in social work from NYU in 1964, and later, a Masters in public health from Rutgers.

Carmen and Sarah met at the Lexington Kentucky Prison Medical Center where research related to drug addiction was being done. Sarah had a study fellowship and Carmen was in training for social work. They came to Connecticut in the 1970s, when Carmen began what would be a nearly three-decade career in social work at the Child Guidance Clinic in Bridgeport. He served as Clinical Supervisor from 1974-80 and as Clinical Director until 2002. Colleagues who worked with him remarked on his "gentle, generous intelligence," his special gift for helping people who just needed someone to talk to, and his wonderful laugh and sense of humor.

Sarah and Carmen traveled and did volunteer work in Africa, where Carmen taught French to Ghanaian children. They loved Africa, especially the friendliness of its people and the beauty of its art, sculpture, and colorful fabrics.



Carmen in Africa

MEET OUR MEMBERS: A Conversation with Carolyn Kovel & Janet Rozen

by Jane Jervis



Janet Rozen (left) and Carolyn Kovel

I met Carolyn and Janet and their labradoodle Harley at their elegant Craftsman-style house on Everit Street – the front porch stacked with firewood. (I lusted for their pocket doors!) We talked over coffee in the sunroom looking over the back yard and across to East Rock, Harley in dignified repose beside us. The house conveys comfort and ease, as do its owners. Janet is retired, and Carolyn continues her practice in psychotherapy and psychoanalysis, though now on a reduced schedule.

Janet grew up in a three-generation Russian-Polish family right here in New Haven, surrounded by cousins (her grandparents had ten children!). She attended New Haven public schools and then went to Vassar. After graduation, Janet worked in New York City in the department of social services, but soon returned to New Haven. She got a job at the Yale Health Plan, and got involved with the Yale Clerical and Technical Workers Union, examining Yale's pay scale system and the issue of comparable worth. Later she worked for Bruce Morrison when he was a Congressman, and then when he was a lawyer working on immigration issues. She found immigration law fascinating; it was an avenue for broadening her interest in the peoples, cultures, and politics of the world.

Carolyn was an only child who grew up in Elk City, Oklahoma. Her parents were school teachers, her father a superintendent of schools. When Carolyn left home to go to the University of Oklahoma, ironically, her parents also went there to work. Carolyn went on to medical school there, and then to an internship in San Francisco in the turbulent '60s. She was enchanted by the ocean (none of that in Oklahoma!), and met and married a submariner, who was soon transferred to Hawaii, where she started a residency in internal

medicine. Another transfer brought him to New London and her to Yale where, finding people's minds ever so much more interesting than their bodies, she entered a residency in psychiatry.

Carolyn and her husband had two children together, and divorced when the children were seven and ten years old. Janet and Carolyn met at the Yale Health Center, and bought their house together in 1979. With the gradual evolution of the law they eventually joined in a 'civil union' and, seven years ago, were married in city hall with a grandson as witness.

Their daughter lives in New Haven and their son in Brooklyn; both of the 'children' went to Yale, and they each have two children. The families continue a pattern of interaction they established years ago after Carolyn's divorce — they all celebrate their holidays together, alternating years with the children's father and with Carolyn and Janet. It must be quite a house full!

Given their air of settled repose, I was surprised to learn that Janet and Carolyn are adventurous travelers. They try to go for two or three weeks at a time and settle down in one place in order to get to know the people and their lives. They have traveled to Bhutan, Cambodia, India, and Vietnam from Hanoi to Saigon, and they have taken walking trips in Europe, especially enjoying the Dordogne in southwestern France.

Janet summed up by saying, "I could never have imagined having such a rich life!"

Introducing New Members

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

Susan and Victor Bers ~ Hamden
Pat Kane and Scott Braznell ~ Hamden
Rita Lipson ~ Downtown
Caroline Rosenstone ~ East Rock
Paula Shemitz ~ Amity



HEALTH MATTERS: Medical Alert Systems

by Robert Gifford, M.D.

What if I fall and there's no way to call?

What if I'm hurt?

JUST PRESS THE ALERT!

Drawing by Jane Lederer



Statistics show that 30 to 40% of individuals age 70 and older, and 50% of those 80 and over, fall every year! Ten percent of those falls result in serious injury and even death. Especially if you live alone, it is important to have some way to call for help if you fall or have an accident.

Although many wearable medical alert systems are available on the market today, it can be confusing to understand the different types and compare their advantages, disadvantages, and costs. Furthermore, technology is advancing so quickly that it is difficult to keep up with new devices.

Medical Alert Systems Limited to Your Home

Many systems are designed for home-bound persons, and **will not work unless you are inside your home or very nearby**. Most utilize some kind of wearable pendant, wrist band, or pin that contains a Help Button. The signal from the Help Button is routed through electronic equipment installed in your home by the provider. When you need help, you simply press the Help Button to connect to a response center. A trained responder will evaluate your situation and contact a neighbor, family, or emergency service that you have designated. Many systems can automatically sense when you fall and will automatically connect for help in case you are unable to press the Help Button.

A well-regarded home-based system is **Philips Lifeline**, currently used by **Yale New Haven Hospital**. Costs include a \$50 activation fee and a monthly fee of \$35.

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. We are pleased that he and members of the Committee will collaborate in continuing the Newsletter's important and popular Health Matters column. Suggestions for subjects are welcome and may be sent to Bob at bobbygi32@gmail.com.

For \$10 extra per month, an auto-alert system can automatically detect a fall and place a call for help if you are unable to push the Help Button. **Seabury-at-Home** believes that **Phillips Lifeline** is the best device on the market and strongly recommends the auto-alert version. To set up a Lifeline service, call Monica Brantley at 203-789-3938 or email monica.brantley@ynnh.org. There are many other home-based systems available for which **we have no reliable rating**, including *LifeStation*, *Medical Guardian*, *Mobile Help*, *Lifefone*, *MedicalCare Alert*, *Alert1*, and more. Some home security alarm systems, such as ADT, also offer a home-based medical alert device that might be added to the overall package. Additional information can be found online.

Medical Alert Systems for Use in the Wider Community

Other systems are designed to work in the wider community as well as the home, **provided that there is a mobile telephone signal available in the area**. These systems use cellular technology to connect with a response center, or even directly to persons you have designated. An example of a well-regarded system is **Great Call**, a relatively economical system currently used by **Whitney Center**, that provides 24-hour emergency support and 24-hour access to nurses and doctors whether you are at home or out in the community. It features a small rechargeable clip or wrist device with a Help Button that will contact and allow you to talk with a response center through your cellphone account. Their device costs \$50 with a \$15 monthly fee, and for an additional \$10 per month can also detect falls if used as a pendant. To set up the service, call 1-800-733-6632.

iPhone or Android Phone Medical Alert Systems

Finally, there are new apps being developed for smartphones that can sense a fall and even automatically dial one or more emergency support numbers that you have designated. A good example is **FallSafety Pro** that can be found at fallsafetyapp.com. The cost is reasonable at \$6.99 per person/per month. Of course, you need to be carrying your cellphone at all times and be in an area that is covered by your cellphone service provider. There are also apps that are free, such as the iPhone app **AccidentAlert**, that will send email and text messages indicating you have had a fall to several recipients. Even more sophisticated versions of these smartphone-based alerts will no doubt be available soon.

*"The greatest pleasure of a dog is that
you may make a fool of yourself with him
and not only will he not scold you,
but he will make a fool of himself, too."*

— Samuel Butler



VILLAGE VERSE: Mia

When I entered your house, you searched
for a toy,
Then we played the same game that brought
us much joy.
With the toy in your mouth you circled indoors,
With me in pursuit hooting visceral roars.

Your tail was up straight and wagging like mad.
You hoped to be captured, yet that might be bad,
For you couldn't decide between love
and the chase,
And you knew when I caught you I'd fondle
your face.

And then we'd have lunch with your head
in my lap,
For you knew very well that I'd feed you a scrap.
You loved the long walks that we took in the park,
Where you ran after squirrels with hardly a bark.

But age took its toll with your hearing impaired,
And an airway obstruction cannot be repaired.
So our fun days are over, my Labrador friend,
Today you are suffering, and nearing the end.

Tomorrow, they'll carry you down to the Vet,
An unduly sad day that I'll never forget,
Cause I've loved you for years in this close
liaison,
And I'll miss you with tears when your heartbeat
is gone.

*by Bob Gifford, Doctor of Doggerel
East Rock Village*

**Create your enduring legacy
with a bequest to Home Haven.**

CASTING CALL!



Terpsichore! Oh Joy!

by Louis Audette, *Impresario magnifico*

This year's edition of the MUD FOLLIES will tread the boards on Thursday, April 6, at 7:00 pm, at the Whitneyville Cultural Commons, 1253 Whitney Avenue in Hamden.

Inspired by the long standing celebration of the end of Mud Season in Brattleboro, Vermont, HomeHaven's annual version offers poems, songs, orations, drama, humor, tableaux, and ensemble recitals!

Open your costume trunk and rosin your bow! Do you like to write and perform skits? Can you tap dance? Are you a poet? Do you sing? How about a Barber Shop Quartet? Doo Wop? Do you perform interpretive dances? Can you play an instrument? How about an amusing small dog act?

Call Kate at the office (203-776-7378) to reserve a spot on the bill. She will put you in touch with Louis' assistant, HomeHaven member Helen Robinson, who will arrange the details—places, times, rehearsal plans—and can set you up with other players and performers looking for talented partners to work up the acts.

Push back the winter's blues and get your juices flowing! Show off your stuff and amaze your friends with your hidden talents!

***Stop hibernating—get out of the
cabin—greet the spring!***

VILLAGE VERSE: February Morning

It's a gray morning.
I think I have a cold.
Last night I think I heard a mouse,
And I am feeling old.

It's a grey morning.
It will be a long grey day.
And the dampness on the basement floor
Will never go away.

It's a grey morning.
We soon will change the clocks.
The ants have started coming in,
In horrid, hungry flocks.

It's a grey morning.
The kitchen was not done,
Dirty dishes everywhere.
Life *really* is no fun.

It's a grey morning.
A cough comes from my chest.
Oh goodie! I should go to bed
And "cure" that cough with rest.

Don't you think that would be best?

by Liz Wolf, Amity Village



**Create your enduring legacy
with a bequest to Home Haven.**

LAUGHTER, THE BEST MEDICINE: Count Your Blessings

These are the perks of being over 70 and heading towards 80 or beyond!

1. Kidnappers are not very interested in you.
2. In a hostage situation, you are likely to be released first.
3. No one expects you to run — anywhere.
4. You can hum along with elevator music.
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Your joints are more accurate than the national weather service.
8. Your eyes won't get much worse.
9. Your secrets are safe with your friends, because they can't remember them either.
10. Your investment in health insurance is finally beginning to pay off.
11. You can eat supper at 4 PM.
12. Things you buy now will never wear out.
13. You can't remember who sent you this list.

LINKING UP

*Links to items of interest recommended
by newsletter readers.*

A reader calls our attention to two articles:

“[Getting Older, Sleeping Less](#)” by Jane Brody of the *New York Times*. It's reassuring to know that you are not alone if you find it harder to go to sleep at night or harder to go back to sleep if you wake up during the night. This article explains some of the reasons and gives some practical advice.

“[Physician Aid in Dying Gains Acceptance in the U.S.](#)” by Paula Span, also in the *New York Times*. Nearly one in five Americans now lives in a state where terminally ill patients can legally choose to end their lives with prescriptions from a doctor. Those states include Oregon (the first, in 1997), Washington, Vermont, California, Montana, Colorado, and the District of Columbia. Even in those states, however, it remains a contentious issue and can be a complicated and expensive process.

COMPUTER CONNECTION: Vocabulary Lesson

by Christa Sammons

Computer experts often talk and write in a jargon that uses common words in unfamiliar ways amid an alphabet soup of acronyms—which can be frustrating, to say the least! This month’s article defines a few common terms in natural language, in the hope of dispelling some of the mystery of computers and even some of the fear of using them fully. IT Task Force member Harriet Bergmann started this ball rolling in the July-August 2014 newsletter (read it via the “Documents” tab on the HomeHaven website) by defining browser, URL, search engine, and domain addresses.

Code refers to the set of symbols or instructions that the computer interprets to show us images and texts, find answers to our questions, or carry out our

commands. A **program** is made up of lines of code. Are the grandkids already coding? They’re beginning to learn to write such instructions.

A **platform** is the place where coding is interpreted and programs are run. Your computer is a platform.

JavaScript is a program used in almost all websites, where it facilitates things like animation and interaction with the user. It works there in conjunction with other sorts of coding, such as **HTML** (hypertext markup language, just say the letters), which is used to structure web pages.

JPEG (say *jay-peg*) is a popular way of compressing digital images. Our cameras and smart phones typically produce JPEGs, and they’re commonly used on websites. JPEG stands for Joint Photographic Experts Group, which developed the method. Another common type of image file is **TIFF** (tagged image file format, say *tiff*). TIFFs are favored by graphic artists and publishers because of their higher resolution.

PDF (portable document format, just say the letters) is a way of configuring files so that they don’t change when opened on another computer running different software. All information about layout, fonts, images, and special notation (for instance, math equations) is contained in the file. You may want to change a word processing file to a pdf to make sure your file looks the same when someone else opens it on her computer. It’s easy to do.

Cloud, cloud computing. Really, this has to be the misnomer of the new century, nothing at all like Wordsworth’s lonely cloud “floating on high o’er vales and hills.” No, these modern-day clouds are vast campuses of computer servers owned by various companies and located all across the country, from Virginia to Oregon. Cloud computing is for storing data and sharing resources. Businesses use it so they won’t have to invest so much in local computer infrastructure. Any of us can get a certain basic amount of cloud storage for free, and you probably already use the cloud: it’s the backup storage system on most smartphones.

Are there other terms you’d like defined? Send them to christa.sammons@gmail.com. “Vocabulary lessons” might become a series.



Happy Birthday to HomeHaven members with a birthday in February

Marge Andrews David Bartlett
Joan Binder Shula Chernoff
Joseph Crowley Eric Denardo
Mike Eisner Kate Hay
Mary-Michelle Hirschhoff Jeanne Kerr
Ruth Koizim Peggy Lawler
Jane Lederer Alexander Ostfeld
Drika Purves Susanne Roberts
Ellen Ryerson Joseph Sabbatino
Lorraine Siggins Nira Silverman
Kerry Snyder Peter Wells
Hannah Winer



Events: February

ONGOING GROUP MEETINGS

BOOK GROUP

Monday, February 6, 10 – 11:30 am, at the home of Cecilia Berner, 159 Fairfield St, Westville. RSVP to her at 203-389-8876 or ceciliaberner@sbcglobal.net. We will discuss *The Clarks of Cooperstown* and the gallery talk by its author, Nicholas Fox Weber (see *Events, February 2*). And it's time to choose books for our spring meetings. Please come with your suggestions. Newcomers are always welcome.

COOKING IN DIFFERENT LANGUAGES

Monday, February 20, 6:30 pm

France: Normandy and Brittany

Sign-up deadline is Friday, February 10. Please respond by then! It is crucial, in the early stages of planning, to have an accurate count of attendees. **RSVP** to c_markle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. **Newcomers are welcome** — a great way to meet other HomeHaven members. Contact Celeste for information.

PINS AND NEEDLES

Monday, February 6, 3:00 pm, at the home of Kathy Denardo, 35 Carmalt Road, Hamden. RSVP to her at 203-288-1887 or eric.denardo@yale.edu. Bring whatever project you are working on and enjoy good company and refreshments. **New Members are always welcome.** For more information call or email Jeanne Drury at 203-281-3227 or JeanneDrury@aol.com. **Please always let your hostess know whether or not you plan to attend.**

Monday, February 27, 3:00 pm, place TBA.

MEMOIR WRITING GROUPS

The groups meet on the second and fourth Monday of the month for an hour and a half. For more information or if you wish to attend a meeting to see how it works, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

HOMEHAVEN OFFICE

☎ 203-776-7378 ☎

hkhateh@gmail.com

Thursday, February 2, 12:30 pm

Gallery Talk by Nicholas Fox Weber

Upstairs Impressionist rooms

Yale University Art Gallery, 1111 Chapel Street

Nicholas Weber is the author of *The Clarks of Cooperstown*, the fascinating tale of two of America's greatest art collectors, the brothers Sterling and Stephen Clark, heirs to the Singer Sewing Machine fortune. Feuding, they developed separate collections, which had a profound and lasting impact on the artistic vision of America. Stephen donated some 40 works to Yale, Van Gogh's *Night Café* being the most notable.

This is a walking tour of the galleries. Wheel chairs are available but must be reserved in advance. Folding stools will be available. Please arrive no later than 12:15. Space is limited so advance registration must be made by Wednesday, February 1. Please call the office 203-776-7378 or email info@homehavenvillages.org

Monday, February 13, 5:00-6:30 pm

Atul Gawande: Live-streamed talk and discussion

Bethesda Lutheran Church, 450 Whitney Avenue

See Page 1 for full details. Guests are welcome. **Note that the talk will begin promptly at 5:00.** Please call or email the office to reserve your place.

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 91 rides by volunteer drivers
- 22 visits by volunteer visitors
- 14 computer assists by volunteer computer helpers
- 20 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!!***