



Message from the President



down in an easy chair and read about what we learned two years ago.

In December 2014, Jane Jervis took part in a Village-to-Village Webinar with about 50 other people, run by a research team at the University of California, Berkeley. This research team had done a study with nine California Villages to design a systematic comparison of information about their members and how well they were being served.

Based on that preliminary study, HomeHaven was invited to participate in a nation-wide survey. Our Board decided it would be worth doing because it would enable us to describe our Village, the members we serve, and the services we provide, and also to document the value of our investment, member satisfaction, and the effects of our work on our members. We would also be able to compare our village to other villages nationally, and to participate in national village advocacy efforts.

Two years ago, in February 2015, we embarked on that first survey of our membership. Twenty-three interviewers worked over a period of three months conducting the surveys. According to our records, by May 3, 2015, we had interviewed 205 of our 213 members, either in person or by phone. (Some members declined to participate.) One-third of those surveyed were individual members and two-thirds were household members. Perhaps our most surprising finding was

At its December meeting, the Board decided to undertake a new survey of our members, and Sheila Rostow suggested that we send a summary of our last survey to the membership. It was such a good idea, that I decided I would do it. Grab

a cup of coffee and sit

how much both interviewers and interviewees enjoyed their conversations! Here are some of the findings:

The percentage of members who had used our services was:

- Transportation: 16%
- Home repair: 15%
- Technology: 25%
- Social/educational: 75%
- Information/referrals: 61%

Overwhelmingly, members reported they were very satisfied with those services. The survey also showed that:

- 88 of us volunteered for HH
- 90 of us increased our sense of connectedness to others because of HH

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- 79 of us had fallen to the ground one or more times in the previous year
- 70 of us said our quality of life was better because of HH

When asked, "What's best about HomeHaven?"

- 81 of us cited the insurance: "It's like having a wagon train set up to take us over the next set of mountains."
- 77 of us cited the people and the friendships.

Norman Chonacky then compared our results with the results from the 19 other villages that had reported results at that time. He noted that we had a higher percentage of volunteers but were otherwise very similar.

Since then, the Village to Village group running the survey with UC Berkeley has lost its funding. But the HomeHaven Board, through its Governance Committee, has decided to design and conduct our own survey, because the results can be of great value to us for planning. The survey has been prepared by the Governance Committee under the leadership of Gretchen Kingsley.

We are now looking for about 25 volunteers who are willing to present our new survey in person to about nine members each. There are eleven questions to ask each member (far fewer than in the original!). If you would like to volunteer, please call the office.



Margaret "Peggy" Atherton

HomeHaven News

Ellen R. Brainard, *Editor*
erbrainard@gmail.com

Jane Jervis, *Associate Editor*
hh.jervis@comcast.net

Published by HomeHaven, Inc.
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511
203.776.7378

info@homehavenvillages.org

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"Norway: Legacies of Anti-Semitism, Holocaust, and Postwar Injustice"

a talk by

Anne-Marie Foltz

Wednesday, March 15, 3:30 pm
Whitney Center, Hamden

The situation in the 1930s and 1940s may not be so different from that which the world is experiencing today, although the persecuted minorities are not exactly the same. Fear, hatred, persecution, refugees seeking any country that will take them in, propaganda, and "alternative facts" are rampant in both periods. HomeHaven member Anne-Marie Foltz, who was born in Norway and fled with her family to the US in 1940-41, documents the 19th and 20th century history of Norway's reception of "others" and its role in the near physical and economic destruction of Norway's small Jewish community during World War II. It took more than 60 years for the Norwegian people and government to recognize these injustices and provide a small measure of economic restitution and moral acknowledgment.

(For details, see March Events, page 9.)

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 90 rides by volunteer drivers
- 21 visits by volunteer visitors
- 13 computer assists by volunteer computer helpers
- 13 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.

A LESSON FROM MOTHER NATURE

After Dr. Atul Gawande's talk, scheduled to be live-streamed from Boston on February 13 in honor of Beacon Hill Village's 15th anniversary, was called off because of bad weather, Bitsie wrote the following letter to Village to Village Executive Director Natalie Galucia:

"We were at first devastated when we heard that Dr. Gawande's talk was called off. We had worked so hard on it, sending invitations to our 174 families and 800 non-members as well as 50 or 60 potential new members that our Village leaders had worked very hard to get. We had 150 people signed up to come and expected more who would come with friends or just drop in.

Of course our angst was nothing compared to yours and Beacon Hill's and I felt so sorry for all of you who have put into this so much thought, generosity, and time. I must say, however, that the cancellation turned into a blessing in disguise.

Coastal Connecticut had experienced a 14-inch snowstorm on Thursday, February 9, that closed all the schools and on Saturday, February 11, another six inches of snow fell. It was very cold here so nothing melted. High snow banks from the plows lined every street and many curbside parking spaces were full of plowed-in cars. The parking lot of the church, where

our event was to be held, by late afternoon Monday was a sheet of ice and very dangerous. I realized, as I was putting signs of cancellation of the event on the church doors, that the parking would have been a total nightmare and probably would have resulted in a number of accidents to the 70, 80, and 90 year olds trying gamely to get to the event.

Since I expect the Village Movement to last at least 100 years with many celebrations to come in our future, it might be good for Beacon Hill Village to officially change its birthday to a better weather month.

Much love and admiration and thanks,

Bitsie



SMILE!

We all occasionally (?) have trouble connecting a name with a face – let's try to make it easier for ourselves! If you've ever used the Membership Directory on the HomeHaven website, you've surely noticed that most entries have a big question mark where a photograph should be. Only 20 of our members have submitted a photo. We would like to fix that.

Here's how you can help (choose one):

- HomeHaven will provide a photographer at the Mud Follies in April to take your photograph as you enter the building.
- Send a photo of your choosing to the office.
- Select a photo from your computer and copy and paste it directly into the directory.
- Ask us, and we'll arrange to have a photographer go to your house and take your picture.
- If none of the above appeals to you, we will replace the question mark on your space with a photo from our collection of Sirens and Cowboys.

If you are a household member and you have a picture of the two of you, you may use that photo for both.

What? You say you don't know how to use the Membership Directory? Call Kate at the office and she'll walk you through the process. It's easy once you get the hang of it.



Snowdrops

***"Awake, thou wintry earth —
Fling off thy sadness!
Fair vernal flowers laugh forth
Your ancient gladness!"***

~Thomas Blackburn

HOMEHAVEN OFFICE

☞ 203-776-7378 ☞

HEALTH MATTERS: Agony of Da-Feet

by Robert Gifford, M.D.

It is not surprising that so many older adults complain of foot problems. Consider the fact that each foot has 26 bones, 33 joints, and many muscles, ligaments, and nerves. There is a lot that can go wrong! As we age, feet become wider, tend to flatten out, and the skin becomes drier and often cracks. Joints, ligaments, and skin suffer from many years of being the body's shock absorber. Add significant damage from ill-fitting shoes, especially high heels, plus the ravages of certain diseases such as diabetes, gout, and other forms of arthritis, and you can begin to understand why foot pain is so prevalent and can have such a significant effect on quality of life.

In a study of several hundred adults more than 65 years of age, one-quarter of them had foot pain. The majority of these individuals also had relatively minor foot troubles, such as toenail disorders (75 percent), minor toe deformities (60 percent), corns and calluses (58 percent), and bunions (37 percent). Skin problems, including fungal infection, cracking, maceration between toes, and minor cuts, affected more than one-third of individuals. Women generally have greater problems than men with bunions, corns, and calluses. In another study of older individuals (70 to 95 years of age), 36 percent reported disabling foot pain.

Although serious problems such as rheumatoid arthritis or major deformities should be managed by a podiatrist, orthopedic surgeon, or rheumatologist, there are some simple things that we can do ourselves to treat common problems. For an excellent and detailed overview of many of the problems affecting our feet, you can try this [website](#).

Corns, calluses, dry cracks: Very common this time of year. Wash feet with mild soap daily, if possible. Thoroughly dry between toes. After washing, apply

lotion to the entire foot to prevent cracking and itching. This is particularly important in diabetics to prevent infection, ulcers, and possibly gangrene. Use clean cotton socks after drying and lubricating the feet. Wear comfortable shoes that fit!

Toenails: Trim toenails straight across with clippers. Do not curve in at edges: that can lead to an ingrown toenail. Toenail fungus is difficult to cure, but can now be improved, rarely cured, by a topical prescription drug called *Ciclopirox*, 8% (Nail Lacquer), that requires that you place one drop a day on the affected nail for 48 weeks (almost a year!). *Ciclopirox* seems to be the cheapest on the market; others, such as *Efinaconazole* and *Tavaborole*, are quite expensive. (I no longer treat my toenail fungus. I simply hide my toes in my socks!)

Irritation and itching between toes: Athlete's Foot can usually be controlled by washing between the toes and applying *clotrimazole* cream for three to five days. Buy the generic form.

Arthritis: Persistent warm swelling, redness, and pain over any joint(s) suggests a form of arthritis such as gout, rheumatoid, or psoriatic arthritis. You will need to see a doctor for diagnosis and treatment.

Bunions: Bunions are a common deformity known as *Hallux Valgus* in which the big toe angles toward the outside of the foot. The cause is not entirely clear. It is often associated with a claw-like deformity of small toes known as **hammer toes**. Consider shoes with wider and deeper toe boxes, bunion pads, or an orthotic. Unfortunately, conservative measures are not always helpful. If pain and disability are significant, consider surgery by a foot surgery specialist.

Metatarsalgia: Pain across the "balls of the feet" can have multiple causes. It can sometimes be helped with a metatarsal support insert or bar in the shoe.

Stress Fracture: A sudden localized, severe pain may suggest a stress fracture of a small bone in the foot. It will generally heal with rest.

Neuropathy: Lack of feeling or numbness may suggest a loss of some nerve sensation to your feet, especially common in diabetes, alcohol abuse, or Vitamin B-12 deficiency.

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.

Know Anyone in Milford?

If so, we need your help! HomeHaven is holding a meeting at the Milford Library on Monday, March 27 at 3:00 pm, for people interested in remaining in their homes as they grow older. If you have friends or family in Milford who might like to know about this event, please call the office and give us their contact information. We will send them a personal invitation!

HOUSEHOLD SERVICES

by Wayne Meeks

We're members of HomeHaven because we want to help each other to age successfully in our own homes. But—have you noticed? Homes grow old, too, and from time to time, like our aging bodies, they will need repairs. That's why HomeHaven provides access to a variety of household services.

Initial Home Inspection. When you join, you should arrange for a home assessment. Our specialist, Bruce Lawler, will undertake a full evaluation of your home, with special attention to safety issues. He will provide you with a written report and will help you find contractors for urgent problems. This assessment is free of charge. Later, if your circumstances change, Bruce will be happy to give you an updated inspection. There is a charge for a second assessment.

A Range of Services. You may need only handyman-level services—picture hanging, rearranging furniture, snow removal, yard work, minor carpentry. Or you may need a repair or renovation that will require the service of a licensed practitioner—plumbing, electrical work, heating and air conditioning, masonry. In either case, call the HH office to get a referral to one of our vetted providers. All of them have gone through background checks and have shown proof

of insurance. HomeHaven also maintains a list of providers who have been recommended by our members, but who have not been vetted.

For more complicated projects, such as replacing your roof, remodeling your kitchen, painting your house, Bruce Lawler stands ready to consult with you to help select appropriate providers and to guide you through the project.

Emergencies. Sometimes bad things happen at inconvenient times: you are awakened by water coming through your ceiling; your furnace has gone off; a tree has fallen across your driveway. Call the office: the answering machine will direct you to Paul Davis Restoration, a company that provides 7-day, 24-hour emergency service.

Insurance-related Services. Your homeowner's insurance policy will cover some kinds of damage, but this often involves some negotiation. Paul Davis Restoration can provide assistance for managing such a claim.

Costs. HomeHaven only provides access to our recommended providers; with the exception of the Initial Home Inspection, we do not perform any of the services. Consequently, the costs of all services are to be negotiated between our members and the provider directly. For large projects, it is wise to obtain bids from more than one provider. If needed, Bruce can advise you on how to do that.

Follow-up. In order to keep our list of vendors current and reliable, we need to follow up on how satisfactorily they perform. After each request, a Household Committee member will call to see how the work progressed. If you are pleased, let us know. If you have a problem, of course tell us about that, too. If you like a particular provider and start calling that person directly, *please keep us posted*. It is most important that we know who is providing services to our members.

Wayne Meeks is a founding member of HomeHaven, a retired Professor of Religion at Yale, and the current chair of the Household Services Committee.

Keep Your Brain Happy!

Consider **The Institute for Learning in Retirement**, also known as ILR. Based at Albertus Magnus College but also holding classes in a variety of other local venues, ILR's spring semester starts in April. Now is the time to learn all about it at ILRAlbertus.org or write to info@ilralbertus.org.

No exams! No grades! And you can afford it! The enrollment fee is \$30 per year, with course costs running from \$5 to \$10; some courses have added fees for transportation, materials, or meals. Courses may meet only once (like a course Bitsie gave recently about aging), others run for a number of weeks, meeting once a week during the day. Bitsie is not the only HH member who teaches there — do you have a course you'd like to teach?

The spring course catalog will be available soon. Recent courses have included Connecticut History, Bees, Brexit Updated, Pizza History, Cartooning & Humor, Film, and Spirituality.

What do you have to lose??

BE IMMORTAL!
Give a bequest to HomeHaven.

VOLUNTEER OPPORTUNITIES: HomeHaven Reaches Out!

New Haven Reads by Harriet Bergmann

Besides having newfound time to finish knitting your afghan or perfect your tongue-in-groove technique, retirement gives you time to do the volunteering you've always promised yourself to do. Here's an outlet for that energy that I've found.

When the old Marlin building was renovated in our East Rock neighborhood, New Haven Reads moved into a section. New Haven Reads was founded in 2001 as a book bank, handing out free books to our community. Tutoring started soon after that.

In one-on-one tutoring sessions, NHR tutors meet students in a bright and welcoming space, abuzz with voices and laughter, heads bent over desks. There's a structure to each hour: work on Lexia, a computer program that works on words, move on to workbooks, where the student writes out some answers to syllable and meaning exercises. Then it's time to read aloud, from a book of the student's choosing, and finally, if there's time left, the student chooses a game from the game shelves: Uno, maybe (I've lost twice) or junior Boggle. A warm goodbye, a brief word with the parent who has come to pick up the student, and the hour is finished.

NHR will welcome you as a tutor if you want to give as little as an hour a week or as much as an hour a day. There's a brief orientation and an opportunity to observe, and then you meet your student. Kids from seven to seventeen are in the program, and their abilities vary widely.

There are other locations of NHR. If you want to volunteer at New Haven Reads, or just find out more about its programs, contact Keri Humphries at 203-691-7390 or www.newhavenreads.org.

Harriet is a founding member of HomeHaven and the convener of our Memoir groups.

From the Editors: We'll be featuring other volunteering opportunities in future newsletters. Write about your own experiences, or let us know your suggestions!

BOOKS! BOOKS! BOOKS!

The book group has chosen an unusually eclectic list of books for spring reading. Please join us for coffee, conversation, and the challenge of books you might otherwise not even consider reading. We meet on the first Monday of the month from 10:00 to 11:30 am.

March 6: *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis*, by J.D. Vance, at the home of Marge Andrews. (See Ongoing Events listing, page 8, for details.) In a book the Wall Street Journal calls "riveting" and David Brooks says is "essential reading," Yale Law School graduate Vance writes of his hillbilly upbringing in Appalachian Kentucky and the Rust Belt city of Middletown, Ohio. Even as devoted grandparents, service in the Marine Corps, and higher education enabled him to break out of that culture, he writes of it with both compassion and ruthless clarity. See where you come down in the national debate it has inspired.

April 3: *Cooking for Picasso: A Novel*, by Camille Aubray. In 1936 Picasso lived incognito in a village on the French Riviera. This novel imagines a young woman who cooks for him during a difficult part of his life. Fast forward to the present, and another young woman goes to the same village to study cooking and discover her grandmother's past. A book about art, family, the Riviera, and romance.

May 1: *Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Accelerations*, by Thomas Friedman. In this "field guide to the 21st century," New York Times columnist Friedman analyzes how the accelerating pace of change wrought by technology, globalization, and climate change affects our lives. "Being late" allows us to pause and reflect on the opportunities and dangers of these changes.

June 5: *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*, by Robin Wall Kimmerer. Kimmerer is a professor of environmental biology at SUNY and a member of the Citizen Potawatomi Nation in upstate New York. She brings her scientific and Native American perspectives together in this meditation on healing our relationship with the natural world. Called "A hymn of love to the world," by Elizabeth Gilbert.

"Poor, dear, silly Spring, preparing her annual surprise!" - Wallace Stevens



"Spring is when you feel like whistling even with a shoe full of slush." - Doug Larson

COMPUTER CONNECTION: SCAMMED! A Frightening Situation, Defused

by Christa Sammons with Norman Chonacky

One day not long ago, HomeHaven past president and past secretary Jane Jervis was working at her computer when it suddenly made a terrible noise, “like an explosion.” “Danger, danger” flashed in 64-point red type. “Click here,” the screen commanded, or your computer will be ruined forever. We all know that Jane isn’t easily frightened, but she was so scared by this that she called out to husband Norman Chonacky for help. Now the rest of us don’t have the chairman of the HomeHaven IT Task Force sitting in the next room, so what to do when something like this happens?

First of all, DON’T CLICK ON ANYTHING, DON’T CALL THE TELEPHONE NUMBER ON THE SCREEN. If you do, you’ll regret it, because the common purpose of these warnings is to launch nefarious software on your computer. By clicking, you give permission for the program to infect your computer, just as if you had installed software you came by legitimately.

If the dramatic warning comes while you’re visiting websites, “surfing the net,” or shopping—it’s surely bogus. In those situations, your browser (e.g. Internet Explorer, Mozilla Firefox, Apple Safari, Google Chrome) acts like a shield that protects your computer from infection, unless you breach the boundary by clicking on something in one of those dramatic messages.

What to do if the threatening message won’t go away and Norman isn’t in the next room? When simply closing the browser or turning off the computer hasn’t worked, I’ve had some success in simply unplugging my desktop, then starting it up again. With a laptop, you can force a shutdown by holding the power-on button down until the computer shuts off. If that doesn’t work, seek expert help. HomeHaven volunteers can also help you select and install anti-virus protection that will screen out most malicious software threats.

These nefarious programs can also come as links in email messages, just as dangerous but usually more subtle. The *AARP Bulletin* for November 2016 reported on “smart spam,” pointing out that spam messages are becoming ever more sophisticated. “Artisanal spam” the AARP calls it, messages that go to only a few thousand people instead of millions, and are therefore less likely to be filtered out as spam.

Gathering personal information from computer breaches or from social media sites like LinkedIn or Facebook, this kind of spam message may contain information that makes it look as if it was meant specifically for you, sent by your bank, by a clinic you’ve visited, by a Facebook friend. Read such messages carefully, including the addresses they come from. Banks and other companies don’t typically solicit information via email. Visit the bank’s website instead of reacting to the message. Ask your Facebook friend if he really suggested that you “check this out.”

Basic rule: don’t click on anything unless you know it to be a link from a reliable source.



Happy Birthday to HomeHaven members with a birthday in March

Walter Ariker Peggy Atherton
Richard Bell Harriet Bergmann
Emily Bett Anna Bresnick
Gloria Cohen Judith Colton
Jean Graustein James Greenfield
Joyce Greenfield John Hay
Hannelore Howard Traugott Lawler
Nancy Lewis James Maggart
Edwin Piper Leon Plantinga
Jack Rakusin Marc Rubenstein
Stanley Saxe Beatrice Smirnoff
Gerald Topitzer Patricia Topitzer
Louise Westover Ruth Zelitch



Being Mortal

What: A film screening and discussion of the PBS Frontline documentary, *Being Mortal*, based on the book by Dr. Atul Gawande, sponsored by Quinnipiac University in collaboration with AARP CT. The discussion will be moderated by hospice care experts.

When: Tuesday, March 21, 2017, 3:00 – 5:15 pm

Where: Quinnipiac University,
Clarice L. Buckman Theater
275 Mount Carmel Road, Hamden

Registration is required by March 19.

Call 1-877-926-8300 or
go to <https://aarp.cvent.com/QUBeingMortal>

Note: *This is a different event from the Village-to-Village presentation by Dr. Gawande that was cancelled last month because of the snowstorm. That event has not yet been rescheduled.*

VILLAGE VERSE: Compost

There's magic in my compost pile
Where garbage disappears.
My swill makes tiny microbes smile,
As food for them appears.
Bacteria by the trillions live
To feast on all my scraps.
The pile becomes more nutritive
As days and weeks elapse.
It will be humus by the spring,
A transformation dance.
And I will then be hastening
To feed it to to my plants.
And when the plants expire in fall,
I'll toss them in my bin.
A new rapacious microbe brawl
Will once again begin.

*Bob Gifford, Doctor of Doggerel
East Rock Village*

ONGOING GROUP MEETINGS

BOOK GROUP

Monday, March 6, 10:00-11:30 am, at the home of Marge Andrews, 1471 Ridge Road, North Haven, to discuss *Hillbilly Elegy: A Memoir of a Family and Culture in Crisis*, by J.D. Vance. **RSVP** to Marge at 203-288-0684 or norman.s.andrews@snet.net. For more on books for spring reading, see page 6.

COOKING IN DIFFERENT LANGUAGES: Lebanese MONDAY, MARCH 20, 6:30 pm

Sign-up deadline is Friday, March 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 please call her at 203-397-0492 or call the office. **Newcomers are always welcome**—it's a great way to meet other HomeHaveners. Contact Celeste for more information.

PINS AND NEEDLES

Monday, March 27, 3:00 pm, at the home of Jeanne Drury, 30 Walden Street, Hamden. **RSVP** to her at 203-281-3227 or JeanneDrury@aol.com. The group now meets once a month 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 call or email Jeanne Drury (*see above*). Please always let your hostess know whether or not you plan to attend.

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 to see how it works, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

Laughter, The Best Medicine: PUNch Lines

The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

She was only a whiskey maker, but he loved her still.

A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.

Two hydrogen atoms meet. One says, "I've lost my electron." The other says, "Are you sure?" The first replies, "Yes, I'm positive."

Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.

If you jumped off the bridge in Paris, you'd be in Seine.



Events: March



Wednesday, March 15, 3:30 pm

Talk by Anne-Marie Foltz: "Norway: Legacies of Anti-Semitism, Holocaust, and Postwar Injustice"
Whitney Center, 200 Leeder Hill Drive, Hamden
(See article on page 2.)

Anne-Marie Foltz was born in Norway and fled with her family to the U.S. in 1940-41. She has lived in New Haven since she was old enough to vote. She represented the First Ward on the Board of Aldermen from 1973-78. She received her M.P.H and Ph.D. degrees from Yale and has taught at NYU, Wesleyan, Yale, and Harvard. She is the author of *Enjoying New Haven: A Guide to the Area* (1964, 1965, 1968), and *An Ounce of Prevention: Child Health Politics under Medicaid* (1980). She is a member of HomeHaven and serves on the Health Committee.

Parking for Whitney Center is available on site or on the street. From downtown New Haven, take Whitney Avenue to Putnam Avenue. Turn left onto Putnam. At the 3rd light turn right onto Leeder Hill Drive. Whitney Center will be on your left; use the 2nd entrance and follow directions to visitors' parking on the top level of the garage. The location of the talk will be posted at the entrance. **Please call or email the office if you plan to attend.**

Monday, March 20, 2:00-4:00 pm

Talk by Dr. Gustave Davis: "Music and Medicine: The Curse of the Mendelssohns"

Woodbridge Town Library, 10 Newton Road

As part of a series entitled *Composing and Decomposing*, devoted to composers who died before age forty, Dr. Davis examines the life and death of Felix Mendelssohn from a pathologist's perspective. Did he really die from overwork?

Dr. Davis, a Yale Clinical Professor of Pathology, now retired, was formerly Chair of Pathology at Bridgeport Hospital. He is Secretary-Treasurer of the Howard Spiro Society, a group of retired physicians once associated with that late, renowned Yale Professor, Chief of Gastroenterology, and champion of humaneness in medicine. Upon retiring 10 years ago, Dr. Davis embarked on the study of classical guitar.

HOMEHAVEN OFFICE

☎ **203-776-7378** ☎

hhkateh@gmail.com

And coming soon:

Have you always wanted to know more about your family's history but don't know where to start? Guess what? There's a formidable — free — resource right around the corner at the Church of Jesus Christ of the Latter-day Saints meetinghouse, 990 Racebrook Road, Woodbridge.

Watch HomeHaven Happenings for the date and time of a tour of the facility and an opportunity to learn more about how to research your ancestry.

SAVE THE DATE!

The 6th annual HomeHaven



will grace the stage on

Thursday, April 6

at 7:00 PM

in the beautiful

**Whitneyville Cultural Commons,
 1253 Whitney Avenue in Hamden.**

Come cheer your neighbors as they tread the boards with twelve fabulous acts of melody, song, poems, declamation, and even legerdemain!

FREE,

***with a pot luck reception
 to follow.***