Hyde Park Trip Has Space on the Bus
BUT Fingers Crossed

Along with the rest of the nation, Dody Gall hopes that Congress and the President will compromise to resolve the government shutdown and extend the debt ceiling well before the YUWO bus trip scheduled for Monday, October 28. Participants who signed up for the excursion will be personally notified by Friday, October 25 if the trip is cancelled. No personal checks have been deposited. The Park fee and bus deposit have been paid from the budgeted YUWO excursion account. In the meantime, there are a few spaces on the bus. Registration form is again included in this newsletter.

Lunch and Learn
Tuesday, October 29th, noon, Yale Visitors' Center on Elm Street. Speaker is Gail Charnley Elliott, renowned toxicology expert. The title of her presentation is "Toxic Soup" or "No Worries"? Regulating Chemicals in the Post Industrial Environment.

Art Aficionados
Art Aficionados will meet on Thursday, November 21, at noon in the lobby of the Yale University Art Gallery. There will be a guided tour, under the guidance of Molleen Theodore, YAG Senior Fellow. The focus will be Yale’s exhibit of the Dorothy and Herbert Vogel collection, “Fifty works for Fifty States” (vogel5050.org for more details). To reserve call Anneke Hathaway, 203-752-0460.

President’s Letter

The activity groups are up and running. A large Explore New Haven group spent a lovely Indian summer morning with gilder John Cavaliere. Hidden behind his work rooms are the beautifully restored Vaudeville Play House stage and many architectural artifacts salvaged from old New Haven. We also visited the studio of stone carver Gar Waterman and learned of the thriving colony of artists living and working in Westville.

As this goes to press the fall excursion to the Hyde Park homes of Franklin and Eleanor Roosevelt is on hold due to the shutdown of the federal government. Hopefully this will be resolved soon. We have not yet cancelled this visit and will notify those planning to go when we have more information.

There is also work involved with YUWO. The holiday party is planned for Sunday, December 8, at Whitney Center. This proved to be a huge social and fund raising success last year. Stephanie Jatlow and the planning committee need additional helpers with ideas to join what is always a fun activity. Please call or e-mail:

Stephanie Jatlow
at 203-389-2044, or
Sjatlow@netscape.net

We wish you all a very Happy Thanksgiving!

Audrey and Stephanie

Audrey DeFronzo, President, 203-230-0592; Stephanie Jatlow, Vice President, 203-389-2044
Peggy Atherton, Membership Chair, 203-745-5011
Music Together: Saturday, November 2, 7:30 in Sprague Hall for Opera Scenes. Tickets $10. Dinner before the concert at 6:00pm, Great Wall of China, 67 Whitney Avenue, New Haven. Questions? Raejeanne Kier (203-287-2443).

Correction - Conversational French, meets weekly at 2:00pm on Tuesday at Chestnut Fine Foods in New Haven. Discussion de contes et de romans et discussion libre. French is spoken at the meetings, so intermediate proficiency and above is necessary. Contacts: Debbie St. Thomas (203-488-1859), and Julie Crowder (203-288-7157).

November Books
Monday, November 11, 2:00pm, Calling Invisible Women by Jeanne Ray. Contact: Irene Smith (203-248-2949)
Monday, November 18, 2:30pm Unbroken by Laura Hillenbrand. Contact: Ellie Mattson (203-453-4274).

Tuesday, November 12, 2:00pm, The Charterhouse of Parma, by Stendhal. Contact: Lyn Howe (203-606-0370)
Thursday, November 14, 9:30am, The Immortal Life of Henrietta Lacks by Rebecca Skoot. Contact: Eleanor Radune (203-483-6528)

Yale Health Services Report (submitted by Betty Ann Levitin YUWO representative 203-488-5862)

The meeting was about Mental Health and Counseling for Students.
The speaker was Lorraine Siggins, MD, Chief of the Department.

In the last 5 to 10 years 12% of students have used the mental health resources which is a great increase over preceding years. Students may call for an appointment or just drop in. There are a wide range of issues that are addressed, including depression, anxiety, coping skills, transition issues, grief, eating disorders, sexual assault, and trauma anxiety, as well as relationship issues, problems with faculty, other students, parents, or just being overwhelmed. A hot line is open 24 hours a day with a clinician available for suicide prevention.

The first visit is for triage; the first appointment with the appropriate person is within 2 to 3 days, where the urgency of the situation is assessed and the type of counselor is decided. Students with serious mental health issues are seen as often and as long as necessary. Students who are put on medication are seen regularly. Group therapy is an option including couples therapy. Last year there were 10 groups, this year there are 12.

A survey taken in early 2013 by student government representatives showed that 32% of those responding were somewhat dissatisfied with Mental Health Services. The department is working to improve accessibility, technology, benchmarking, statistics, and outreach.

(If any YWUO women is a member of the Yale Health Services and has issues which she would like to see addressed at the Member Advisory Committee of YHP contact: Betty Ann Levitin 203-488-5862.)
THE MANY FACES of YUWO

YUWO activity groups are a fine way to make friends and pursue mutual interests with other YUWO women. Interest groups are open to all YUWO members. These photos were taken at two recent fall events. The Walking Group and the Gourmet Lunch Group are just two of the many and varied ways YUWO women exercise skills, learn new skills and enjoy the company of others.


Gourmet Lunch Group at their “Autumn Mosaic” where members brought a festive appetizer. L to R: the hostess, Kirsti Langbein and a chef, Janet Hammond. Photo by MJWarren

Other Activity Groups include:
Art Aficionados (Anneke Hatheway 203-752-0460 or Diane McGuire 203-488-5385)
Book Discussion Groups (detailed contact information in this newsletter)
Bridge Group (Rose-Marie Manger-Tilney 203-795-5796)
Excursions (Dolores Gall 203-288-6590)
Exploring Yale and New Haven County (Anne Schenck 203-787-3705 or Eleanor Radune 203-483-6528)
French Conversation (detailed contact information in this newsletter)
Golf (Barbara Kryger 203-288-1515)
Luncheon Gourmet Group (Patty Pollard 203-481-2766 and Melissa Lamoreaux 203-458-0857)
Music Together (Raejeanne Kier 203-287-2443)
Needlers (Betty Ann Levitin 203-488-5862)
Skiing (seasonal – to be posted in newsletters) Tennis (Carol Dhawan 203-562-0017)
Writing Group (Ina Jaffee 203-288-9810) Walkers (Lyn Howe 203-606-0370)
Monday, October 28

YUWO 2013 Fall Excursion – A few spaces remain on the bus
Excursion to Hyde Park homes of FDR and Eleanor Roosevelt

Application form enclosed

Important Reminder

Please send your $25 YUWO Membership dues to Peggy Atherton as soon as possible. If you have questions about your dues, please email/call Peggy (peggyatherton@yahoo.com) or 203-745-5011. YUWO Directory will include and be sent (in November) only to current YUWO members.

Membership form is enclosed