



Message from the President

As I write, my wife and I are in the fifth day of a medically-recommended quarantine state, and have had no contact with any actual persons except each other since Monday morning, when we got the news of our possible exposure. I don't recommend this to anyone who hasn't already survived several decades of monogamous bliss.



I presume any person reading this is likely in the high-risk category for the pandemic – BUT the correlation between being in our cohort and contracting the virus is by no means one to one. Kate and I are just fine, thanks! No trace of symptoms. We hope and trust you are also symptom-free and moderately calm. But it is not soothing to look at the wider world from our bunker. The view from the TV nowadays is far less patriotically inspiring than was our visit to the WW II Museum in New Orleans in January. Back then the nation turned on a dime from 90% opposed to intervention (in 1939) to a unified cooperative effort not seen since. That, of course, was on December 8, 1941.

I can understand why our younger folks feel the world we are leaving them is on the downslope in every way. Still, kids, that's not really a reason to defy the health experts and get drunk on South Padre beach, trusting solely to one's illusory indestructibility as perceived after many draughts of tequila.

For HomeHaven, the imposition of social distancing is totally contrary to our *raison d'être*. But these are the prevailing conditions at present, and we at HH have opted for Zoom as the substitute for meeting on the corporeal plane.

We recommend continuing the effort to move one's body within whatever restraints one is currently

enduring. The Village to Village Movement has offered this assistance for the exercise-deprived: <http://www.flextogether.com/> It's important to stay active.

Which reminds me of an arguably irrelevant story: Three men of a certain age are discussing the inevitable and one says, "What would you like your friends to say about you as they view you at the wake?" The second fellow opines that, "I'd like them to say I was a fair man who treated everyone with care and kindness." The first man responds, "I'd like them to say I was a straight shooter who spoke his mind freely without fear or favor to anyone." They turn to the third man and ask, "How about you, Ed?"

"I'd like them to say, 'Look! He's moving!'"

So, my point is — keep moving! Even around the house. Walk out to the mailbox twelve times a day.

continued on page 2

IN THIS ISSUE:

Household Services	page 3
Health Matters	page 4
Computer Connection	page 5
Birthdays.....	page 5
New Members	page 5
Events/Zoom Info.....	page 6
Village Verse.....	page 6
Laughter	page 6
Village Activities	page 6
Coping with COVID-19.....	page 7

Generous support for HomeHaven provided by:



Click on the logos to go to the websites. A sponsorship placement does not represent endorsement of a business by HomeHaven.

Message from the President *continued from page 1*

Check in with HH as you see fit. By now you may have received a call or email from one of your Village Leaders or their deputy as part of a general outreach to all members, so that our unity may be preserved even in the teeth of the mandated separation, and those in need of particular attention may be identified and assisted.

Viktor Frankl tells us, "It is well known that humor, more than anything else in the human make-up, can afford an aloofness and an ability to rise above any situation, even if only for a few seconds."*

I fully subscribe to that analysis. Most of our members have survived WW II, the nuclear fears of the 50s, the Red Scare, the Cuban missile crisis, JFK's assassination and the ensuing conspiracy theories, the Vietnam conflict and its attendant damage to our national unity, disco, the AIDS crisis, post-9/11 paranoia, the 2008 housing bubble, and three years of the current national leadership. We will survive this also, and we will pull together to do it. We in HomeHaven are experienced in pulling together, and for that and for all of you, I am grateful. Maybe just don't drop in on each other.



Fred O'Brien

**Man's Search for Meaning* 3rd ed., p. 54. The chapter is titled "Experiences in a Concentration Camp."

"Common sense. It's available to all of us and it's a renewable resource."

- California Governor Gavin Newsom regarding the Coronavirus outbreak

HomeHaven News

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

Jane Jervis, *Associate Editor*
hjervis@gmail.com

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

Layout and design by PIROET

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:

- 47 rides by volunteer drivers
- 45 home visits by volunteer visitors
- 8 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.

MEMO FROM THE HOUSEHOLD COMMITTEE: Household Services: New and Improved!

by Richard Resch

As a key part of its mission to help people age in place HomeHaven is committed to providing members with ready access to reliable tradespeople to properly repair, improve, or maintain their homes. To improve service to our members, we are now partnering with **ServiceMaster Restore** in Hamden to handle members' routine service requests. (ServiceMaster already provides after-hours and emergency service to our members.)

Beginning in April, when you call the office for any maintenance, repair, or renovation request for your home, Kate will arrange to have someone call you back, usually within an hour, to understand what is needed and to dispatch someone to start the process of getting the job done to your satisfaction.

What does this mean for you as a member?

1. **If you have tradespeople that you know, by all means call them.** This service is meant for those cases in which you don't know whom to call, your regular person is too busy, or you're not really sure what you need.

2. **Call Kate to start the process.** She will connect you to ServiceMaster as a HomeHaven member. ServiceMaster is committed to supporting the mission of HomeHaven to keep us safely in our homes. And it offers a 10% discount on all service to members.
3. **This service is only for your home, i.e., the building.** It does not cover your yard, lawn, or driveway, so requests for grass cutting, snow removal, pest control continue as before: call Kate, and she will give you our recommended providers for those services.
4. **In case of emergencies outside of office hours (before 9 am, past 4 pm), remember to call ServiceMaster directly: (203) 535-0370** and be sure to identify yourself as a HomeHaven member in order to get priority service and the 10% discount.
5. **Call 911 DAY or NIGHT if you are at risk of immediate serious injury.**

Richard Resch is a member of Hamden Village and Chair of the Household Committee.

Coming soon...



A 36-hour, online-giving event
to support local nonprofits

*Limber up your fingers and get ready
to support HomeHaven with an online
donation. Watch your mail
for instructions on how to help HH
raise money and win prizes!*

YOUR MEMBERSHIP INCLUDES *a*

FREE HOME SAFETY ASSESSMENT

by our

Certified, Aging-In-Place Specialist

BRUCE LAWLER

Bruce will check your stairs, lighting,
handrails, rugs, outlets, etc.
and provide a full written assessment

FOR MORE INFORMATION

info@homehavenvillages.org

203-776-7378

HEALTH MATTERS: Multiple Sclerosis

by Nancy H. Ruddle

The nerves in the brain can be likened to an insulated electric wire. The insulation in the brain is called the myelin sheath. Multiple sclerosis (MS) is a chronic disease in which the myelin sheath is damaged by cells of the immune system which mistakenly recognize the myelin as foreign (autoimmunity) and attack it using the tools they would normally use to combat viruses and bacteria. This attack on the myelin results in faulty nerve transmission and can cause irreversible nerve damage. On imaging by MRI, plaques or scars (sclerae) are seen in the brain that are the result of damage caused by such invading immune cells. This is reflected clinically as a variety of problems with walking, movement, fatigue, cognition, and incontinence that vary from one individual to another.

MS can be seen in several different forms. A typical case might involve a young woman with sudden blurry vision (Clinically isolated syndrome-CIS). And then those symptoms might disappear. Sometime later (even years later) she might experience tingling in her legs, which might disappear and then return. By this time, hopefully she will be consulting a neurologist. In the absence of treatment, the disease may take a relapsing remitting course (RRMS), with an occurrence of new symptoms such as muscle weakness and then an alleviation of those symptoms; then after a variable amount of time, new symptoms appear again. Later, she may have a progressive disease (secondary progressive-SPMS) that does not remit. Other individuals may have debilitating symptoms from the onset that steadily worsen (primary progressive-PPMS).

There are several risk factors for developing MS: the disease is said to be multifactorial. The predisposing factors include gender (women are more likely to have it than men); genes (more than 200 risk variants that, in combination, can influence susceptibility to the disease); and the environment (the incidence of MS tends to be higher in countries of northern latitude, although the incidence is high in Australia). One of the most frustrating aspects of MS is the unpredictability of its course. Patients may be asymptomatic for years and then suffer a relapse. Nevertheless, MS is considered to be a chronic disease. Factors that can make symptoms worse include smoking and hot weather. Relief usually comes during pregnancy, but the risk for new attacks is worse in the first three months after the baby is born.

The National Multiple Sclerosis Society provides information and services for patients throughout the

United States. They, and the National Institutes of Health (NIH) and health organizations around the world, particularly in Canada, the UK, and Europe, have sponsored research projects that, together with impetus from the private sector, have resulted in an explosion of therapeutics, many based on basic research in immunology and neurology, that have made great strides in the treatment of this disease.

Almost all therapeutics for MS are based on inhibiting those cells of the immune system that are attacking components in the brain. The extent of the treatments' effectiveness is based on a determination of reduction in the frequency of relapses, slowing of disability progression, and reduction of the occurrence of new brain lesions. We now have treatments (Tysabri, Ocrevus, Lemtrada being the most effective ones) that are very efficacious in reducing relapses with surprisingly few side effects. If given early enough they can effectively stop MS. While this is not a cure, physicians can now manage RRMS extremely well. The fate of a newly diagnosed patient nowadays is very different from that of a patient a generation ago. Progressive MS is still difficult to treat. Newly approved drugs are effective only in patients with active progression, i.e. in patients with progression and additional relapses or new lesion formation, which is a minority of patients.

Many of the drugs used to treat MS have side effects and almost all are immunosuppressive. This means that they affect the function of the immune system, making individuals more susceptible to foreign bacteria and viruses. In rare cases, activation of a latent viral infection can occur giving rise to a syndrome called multifocal leukoencephalopathy. This is extremely rare, but the possibility needs to be considered when deciding on treatment. Although to many patients, the advances have been frustratingly slow and none have provided a cure, the great strides have been in part due to community support. You can help in the fight by participating in an MS Walk in Connecticut—perhaps the one on April 26 at Hammonasset Beach!

Nancy Ruddle is a graduate of Mount Holyoke College and of Yale. She was appointed to the faculty of Yale's Medical School and School of Public Health in 1974. Her research has focused on autoimmune disease, particularly diabetes and multiple sclerosis. She and her husband Frank, now deceased, were among the founding members of East Rock Village. Retired from teaching, she continues her research, and is a member of HomeHaven's Health Committee.

COMPUTER CONNECTION: Learning to use the HomeHaven Website

by Christa Sammons

Picture this. You've just arrived home from a Friday afternoon HomeHaven event where you had a delightful conversation with a fairly new member. You'd like to send her an email to add a postscript to your chat, but you didn't quite catch her name. Was it Lola, Lorna, or perhaps even Lolita? If it weren't Friday, you could simply call the HomeHaven office the next day, and the ever-resourceful Kate would identify your new friend and tell you her phone number and email address. But it's Friday. The office is closed until Monday morning, and by then the whole thing may have become stale. What to do?

This is why you should know how to log onto the HomeHaven website. It's a two-tier site: in other words, anyone can view general information about HomeHaven, but you have to log in as a member to access members' names and contact information, as well as other proprietary data.

The login process is fairly easy. Go to the HomeHaven website by typing hh.clubexpress.com into the

address bar of your Internet browser. Easier still, search homehavenvillages in Google, Safari, or another search engine. The HomeHaven site should be one of the top hits. Click on it. At the top right corner of the resulting screen, you'll see "Member login" in red. Click on that to get a dialog box asking you for your user name and password. Don't know either? There's a "forgot my user name/password" button that will tell you your user name and give you a temporary password if your email address is on file with HomeHaven. (You'll get a chance later to change the password to something you like better.)

Once you've logged in, click on Member Directory in the menu on the left of the screen. A search box will appear, where you can search by first or last name, or in the case of Lola, Lorna, and Lolita, on a partial name. A search on Lo results in a number of persons with lo somewhere in their name, but our organization isn't so large that it will take long to pick out your new friend. Click on her picture for contact information.

There are many other advantages to logging onto the HomeHaven site as a member, among them the ability to check the time and place of meetings and events, to register for events, and to view documents such as annual reports and the Life Care Alternatives booklet. I described these resources most recently in last November's newsletter.

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.



Happy Birthday to HomeHaven members with a birthday in April

Harvey Feinberg Patricia Kane
Joan King Thomas Martin
Judy Moore Martha Peterson
Fernande Ross Jean Rozett
Nancy Ruddle Karen Schneider
Manana Sikic Sylvia Van Sinderen
John Wilkinson Werner Wolf
Marilyn Zuckerman Bernard Zuckerman



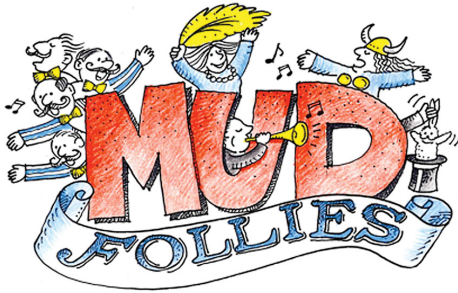
Introducing New Members

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

Charlotte Rea ~ Hamden Village



ON HOLD:
HomeHaven's annual



Watch for a new date in the
Virus Free Future!

VILLAGE VERSE:
Spring

As winter lags, I feel my mood becoming
bit by bit depressed,
Until I look outside to see that trees
are getting dressed
In brand new multicolored clothes to welcome
something grand,
A time of year when nature primes a
dazzling fairyland.

Buds and fragrant blossoms emerge before our eyes,
A prelude to the leaves, that will take another prize
Of sights that lift us up as we amble
through the park.
Spring is just the ticket to give old lives a spark!

— Bob Gifford, *Doctor of Doggerel*

PLEASE 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.

We'd like to know how things turned out.

203-776-7378



Events: April



While "social distancing" remains in effect, meetings and events have moved online. Members are learning to use Zoom, an app that enables a group of any size (although 10-12 seems a manageable size) to be seen and heard as if they are in the same room. The free version allows you to host a gathering for up to 40 minutes; \$15/month gets you an unlimited amount of time. It's easy to use once you know how. Check out the Zoom Help Center online: <https://support.zoom.us/hc/en-us>

The HomeHaven office is using Zoom for meetings. Memoirs groups have met on Zoom to read and discuss their writings. East Rock Village even held its Happy Hour on Zoom — each participant at home with his or her chosen beverage in hand! It's not quite the same as "being there," but it's a lot better than being home alone.

LAUGHTER: THE BEST MEDICINE

To go to the grocery
store they said gloves
and a mask was
enough... They lied 😱
Everybody else had
clothes on 🧑🏻🤗

"Dining Out Around the World"

February 14, Saray Turkish Restaurant in West Haven



COPING with COVID-19: Useful Information

INFORMATION TO HELP YOU COPE

A Forbes online article. 3/15/20

www.forbes.com/sites/sciencebiz/2020/03/15/covid-19-who-is-infectious/#6c084bb34d89

A message from the HomeHaven Health & Wellness Committee. 3/16/20 [Read here.](#)

Yale School of Medicine 3/18/20 article by Drs. Mary Tinetti & Richard Marotolli.
medicine.yale.edu/news-article/23180/

A compilation of coping strategies & self-help info to deal with stress, fear, and uncertainty.
www.virusanxiety.com

Our Adaptive Challenge – “A Geek’s Perspective on COVID-19 in Community.”

A smart, sensitive essay by Bill Graustein (Westville Village) with links to excellent info.
<http://www.clpnewhaven.org/our-adaptive-challenge-covid-19-in-community>

PREPARED FOOD DELIVERY

Olmo has a subscription based meal service
<https://olmo-kitchen.square.site/>

Skappo has a 3-course menu for curbside pickup or take-out <https://skappo.com/>

Caffe Bravo has take-out or delivery from its regular menu <https://www.caffebravo.com/>

Grub Hub delivers food from local restaurants
www.grubhub.com

Ubereats delivers food from local restaurants
www.ubereats.com

GROCERY DELIVERY

www.instacart.com Delivery from CVS, ShopRite, Target, Big Y, Costco, BJ’s, Petco.

shop.shoprite.com/globaldata/banner-pages/shoprite-from-home

www.peapod.com Delivery from Stop & Shop

www.primenow.amazon.com

Nica’s is keeping regular hours; curbside pickup available for food. To order, email www.nicasmarket.com or call in (203)787-5919.

Elm City Market. Order through www.grubhub.com

Whitneyville Food Center. (203) 248-4471.
Will deliver to DTV, ERV, Hamden, North Haven, Westville.

Edge of the Woods Market is delivering.
Email eotwmdeliveries@gmail.com or call (203) 787-1055.

#1 Fish Market. (203) 624-6171 ext.2. Order and pay by phone and pick up curbside. Employee will bring your order to your car. Mention “curbside pickup” when calling.

Schulze Farm on Shepard Ave(203) 248-2987.
Will deliver eggs, milk & produce (squash, potatoes & onions). Delivery area unknown.

PHARMACY DELIVERY

www.apexpharm.com

www.cvs.com

www.walgreens.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

Click on the logos to go to the websites.

A sponsorship placement does not represent endorsement of a business by HomeHaven.


Assisted Living
SERVICES, INC.
IN-HOME CARE SOLUTIONS FOR AGING IN PLACE
www.assistedlivingct.com
203 634-8668


Seabury
At Home
www.seaburyathome.org


Senior Choice at Home®
An Innovative Concept in Long Term Care Planning
www.SeniorChoiceHome.org
203 365-6491


BENCHMARK
SENIOR LIVING
at HAMDEN
35 Hamden Hills Drive, Hamden
203-248-1864

Coachman Square
at Woodbridge
21 Bradley Road, Woodbridge
203-397-7544


Thrive
AT HOME
WITH WHITNEY CENTER
www.thriveathome.org
203-848-2626


Visiting Angels
LIVING ASSISTANCE SERVICES
203-298-9700