

MESSAGE FROM THE EXECUTIVE DIRECTOR:



It's May!

And what a different May it is. Everything bloomed early, at least in my backyard. Parsley, which doesn't always winter over, came back strong. The rosemary didn't quite die, but neither is it thriving. Maybe it's on hold, like our lives seem to be.

A term we've seen lately is 'on pause' — but if you pause long enough, the original impulse dissipates and is lost. Frustrating perhaps, but not always a bad thing. It allows for reflection, reconsideration. Maybe a better thought or plan will emerge.

My mother always said, and still says, "You have lemons, make lemonade." She's a glass half-full kind of person, luckily for my brother, sister, and me. She encouraged us to make the best of everything, to persevere, to be productive. On that note, what has been and can be gained by our months of sheltering in place, other than the obvious spring-cleaning *ad nauseam*?

Maybe we can view these months of 'life on pause' as an opportunity. Even the worst procrastinator will eventually run out of desk drawers to organize; then the dreaded task is all that remains; something I don't want to think about, a decision I don't want to make.

I learned the power of completion in my training as a life coach. If someone is feeling stuck or bored or just plain blue, look for a clue: What needs to be completed? What project has been started and dropped? What has been begun and left half-done? What situation has been stalled, what words are waiting to be said, what is being avoided?

There is stagnant energy around all those incompletions. Finishing just one thing, large or small, can free up a lot of energy, even inspiration, to begin anew. What better time than now, the season of renewal!

I wish I could say I'll see you at Shredding or the Annual Picnic, but we won't be doing those this May or June. I guess I'll see you when I see you and I hope it's sooner rather than later!

Lauri

Lauri J. Lowell

IN THIS ISSUE:

Birthdays.....	page 2
The Great Give	page 3
Health Matters	page 4
Village Activities	page 5
Village Verse.....	page 5
Coping with COVID-19.....	page 6
Laughter	pages 6 & 7
Computer Connection.....	page 7
Events.....	page 8



See page 3 for new instructions!

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.



Happy Birthday to HomeHaven members with a birthday in May

Aboud Bashy Henry Binder
 Ellen Brainard Leslie Brisman
 Josie Broude Paul Bushkovitch
 Sam Chauncey Carol Cheney
 Joe Dolan Jeannie Drury
 Mae Festa Andy Fiddler
 Arlene Goldblatt Carol Hay
 Joseph LaPalombara Jocelyn Malkin
 Bobbi Miller Liz Orsini
 Kim Rakusin Jim Sinclair
 Sheila Taub Frans Wackers
 Marjan Wackers Brian West



***I never thought the comment
“I wouldn’t touch him/her with
a 6 foot pole” would become a
national policy, but here we are!***

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:

- 37 rides by volunteer drivers
- 29 home visits by volunteer visitors
- 3 computer assists by volunteer computer helpers
- 14 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.



HomeHaven *is participating in ...*

An online giving event
8 am May 5 - 8 pm May 6
 at www.TheGreatGive.org

The Great Give is Greater New Haven's premier charitable giving event, a **36-hour online** fundraising challenge to support local nonprofits. HomeHaven has participated for several years, and we are gratified that it has become a substantial and important part of our annual fundraising. Donating is easy! Just go to www.TheGreatGive.org, have your credit card ready, and read the instructions.

There are Rules. Of course, there are rules! You may only donate online and only from **8:00 am Tuesday, May 5, through 8:00 pm Wednesday, May 6.** Please choose HomeHaven to receive your donations!

To make this more exciting, incentives and prizes are being offered for various time slots and categories of recipients.

A \$5,000 Match. To support organizations that serve the elder community, Griswold Home Care has generously created a matching gift pool from which HomeHaven is eligible to receive up to \$5,000!



How much we receive, however, depends on **how many individuals** donate to HomeHaven during these 36 hours and **how much** they give us. So we need your help in getting our numbers up — both participants and dollars. Please enlist your friends, children, grandchildren, and others to join you in making individual gifts! These gifts — whether large or small — will help us to take full advantage of Griswold Home Care's generosity.

Targeted Times to Give. We also hope to win one of the prizes being offered during specific time periods. We are concentrating our efforts on three specific times:

- Day 1 *Early Bird* prize, 8:00 am-9:00 am, Tuesday, May 5
- Day 2 *Lunch Hour* prize, noon-2:00 pm, Wednesday, May 6
- Day 2 *Last Call Happy Hour* prize, 5:00 pm-7:00 pm, Wednesday, May 6.

Please donate during these 3 time slots! We can win between \$500 and \$2,000, but it all depends on the *number of unique individual donors* we get during these specified times. Individual donors can only be counted once within any time period, but you can give during *successive* targeted time periods. The minimum gift size is \$5 (there is no maximum!), so please *spread the total amount you want to donate over the three times* we are targeting. Paraphrasing the old political joke on voting, we urge you to "Give early and often!"

Family and Friends. Please share The Great Give link with your family and friends and ask them to donate as little as \$5 or as much as they choose. Every gift counts!

The Leader Board. If competition turns you on, you may follow the progress of The Great Give online, moment by moment. Just log on to www.TheGreatGive.org and look for the link to the Leader Board. There you can see how we are doing and share the excitement of our success. You will see that all of your gifts, large and small, truly make a difference.

Thank you in advance for your participation!

— Frank Estes, HH Fund Development Chair

Walking in East Rock Village



Masked & Ready: Mary-Jo Warren, Helen Robinson, Ann Schenck, and Joan Prum

HEALTH MATTERS: The A to Z of Terms Used in the COVID-19 Pandemic

by Nancy H. Ruddle, Pat Allen, and Phillip Pierce

for the Health and Wellness Committee

To help you understand reports about the pandemic, we are providing definitions of terms based on the most up-to-date information, realizing that research is providing new information every day. We hope that these definitions will give you greater clarity in your day-to-day interactions with news reports and information-gathering; we will continue to provide additional information in weekly emails.

Airborne versus Droplet Transmission:

An aerosol refers to the presence of various sized liquid or solid particles in the air. An aerosol is created by coughing or sneezing, and to a lesser degree by breathing. The way a respiratory virus is spread depends on the characteristics of the aerosol – particle size being one important variable. Large particles (**droplets**) typically fall onto surfaces. SARS-CoV-2, the virus that causes COVID-19, can persist for various periods of time on different materials (glass and coins – 4 days, stainless steel and plastic – 2-3 days, cardboard – 24 hours, copper – 4 hours, paper – 3 hours). Small viruses or viral particles can persist in the air for up to three hours. **Airborne transmission** occurs when the air exhaled by an infected individual is directly inhaled by an uninfected individual. **In the case of COVID-19, it is still unclear which is the most likely form of transmission, hence the recommendation of both hand washing (to protect against droplets) and masks (to prevent airborne transmission).**

Antibodies: Antibodies are found in your blood and reflect your past active infection with a disease or vaccination against a specific disease. Antibodies indicate that you are immune and are unlikely to be re-infected by that disease, although the levels of antibodies can decrease with time, allowing you to become at risk for the disease again. Blood serum containing antibodies from someone who has recovered from COVID-19 may be used to help treat another person with COVID-19 or to protect a susceptible individual. Screening or antibody testing could help to establish that you are immune and could safely return to your workplace, school, or family without the risk of transmission to others.

Compassionate Use: The Food and Drug Administration (FDA) allows physicians to prescribe *experimental* therapies to people in certain life-threatening situations. These include situations where no approved therapies exist, the medical condition is life-threatening, and the physician feels the potential benefits of the therapy justify treatment risks. Two drugs, chloroquine and remdesivir, have been designated for compassionate use by the FDA to address the COVID-19 pandemic. Chloroquine, or hydroxychloroquine, is currently approved by the FDA to treat malaria, lupus, and rheumatoid arthritis, but

not yet for COVID-19. The drug is being tested for possible COVID-19 use to improve virologic clearance. Remdesivir is an investigational broad-spectrum antiviral drug that may have potential activity against COVID-19. Both medications must be prescribed by a health care provider.

Cytokine Storm: An important part of the normal immune response is the production of cytokines. Cytokines are proteins that can inhibit viral replication, attract other cells of the immune system to kill viruses, and induce fever that can help the immune system. Cytokines are very powerful and part of a healthy response to infection. Because they are so powerful, the body has mechanisms to keep them under control. They are usually present locally in the area in which they are needed. In very serious COVID-19 infections, the cytokines may be out of control and overwhelm organ systems, causing very serious effects throughout the body. Such a **cytokine storm** is treated with immune suppressants or inhibitors of particular cytokines.

Epidemic: An outbreak of a disease that affects a disproportionately large number of individuals within a population, community, or region at the same time. The COVID-19 epidemic began in Wuhan, China. A **Pandemic** is an epidemic that has spread over several countries or continents, usually because it is a new virus for which there is very little immunity. The World Health Organization (WHO) declared COVID-19 a pandemic in early March.

Herd Immunity/Community Immunity: **Herd immunity** refers to the situation in which a large proportion of a population is immune to an infectious disease, usually through vaccination or prior illness. This means that the community is more resistant as a whole and provides some protection for individuals who have not had the disease or have not been vaccinated. Herd immunity is particularly important for the protection of individuals who have a weakened immune system, or those with an enhanced risk for complications, such as older adults. In the case of COVID-19, because a vaccine is not yet available, herd immunity will only happen when a large number of individuals have been infected with the virus and have recovered from it. Their immunity can be measured by evaluating their levels of antibody to SARS-CoV-2.

Underlying condition: Many people have chronic conditions that can compromise their ability to fight an infection. Conditions that affect the lungs such as asthma, chronic obstructive pulmonary disease

continued on page 5

Village News and Activities

Amity Village ZOOM Happy Hour — Thursday, April 2, 5:00 - 6:00 pm



Instructions from Village Leader Rick Allen: "Please wear an unusual, splendid, silly, elegant, funny, or goofy chapeau!!" And they did!!!

VILLAGE VERSE: The Virtual Amity Cocktail Party

We had a cocktail party
Somewhere in the sky.
On virtual wings we got there
Traveling on Wi-Fi.
It truly is amazing
What apps like Zoom can do.
Everybody raised a glass
And called out, "How are you?"
Then people took another sip
And felt themselves at ease.
Rick took a lot of photos
And shouted, "Smile, please."
The hats we had dug out to wear
Were quite spectacular,

Some small, some big, some beautiful,
Some most peculiar.

Outside was cloudy, cold and dark
With dreary, drizzly rain,
But we said, "This is really fun,
Let's do this thing again."

Same time, same day, two weeks from now,
We'll all meet on Wi-Fi.
With pretty scarves around our necks
And spirits that are high.

We'll chat, we'll laugh, take photos,
(We might just try to sing),
Because with mirth and merriment
"We're going to beat this thing!"

— by Liz Wolf

Health Matters *continued from page 4*

(COPD), or smoking make it harder for the lungs to recover from pneumonia, a common complication of COVID-19. If a person's immune system is suppressed through medications to treat inflammatory conditions, such as autoimmune conditions or cancer, the response to viral infections will also be suppressed. Unfortunately, as people age their immune systems weaken, which may be a major factor contributing to

the serious consequences of COVID-19 in people over 65. Heart conditions, diabetes, and high blood pressure are risk factors with any serious infection, as the body struggles to respond to stress, fever, and increased metabolic needs. People with underlying conditions must try to keep them as well controlled as possible, take their prescribed medications, stop smoking, and limit alcohol consumption.

COPING with COVID-19: Useful Information

INFORMATION TO HELP YOU COPE

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>

Google Arts & Culture. Museums galore!

<https://artsandculture.google.com/>

Fauna & Flora of All Kinds.

<https://explore.org/livecams>

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/> (Also available from Grubhub (see below).)

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

Grubhub delivers food from local restaurants www.grubhub.com

Ubereats delivers food from local restaurants www.ubereats.com

JCARR (Jewish Community Alliance for Refugee Resettlement) Caterers are eager for your business! Please consider ordering a meal cooked by Aminah or Khadija to be delivered to your home. There is a delivery fee of \$10. To order from Aminah call 203-850-4420 or email wlamhmd97@gmail.com. Aminah's menu: <https://aminahscuisine.wixsite.com/catering>. Khadija's menu: <https://khadijaskitchenct.wixsite.com/aleppo>. Khadija and Aminah will prepare the food in a professional kitchen. They will observe all CDC and ServSafe recommendations for food safety in light of Covid19. Please arrange for delivery time with the chef.

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

**** Please contact the store/restaurant for current protocols. ****

Nica's is keeping regular hours; 10 at-a-time in-store; 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. 5 at-a-time in-store. 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 mention curbside pickup". Employee will bring your order to your car.

Schulze Farm (AKA Flowers from the Farm) on Shepard Ave. (203) 248-2987. See their Facebook page for their latest offerings of fresh produce. <https://www.facebook.com/1489293264620962/posts/2565368820346729/?sfnsn=mo>

Delivery area unknown.

PHARMACY DELIVERY

www.apexpharm.com

www.cvs.com

www.walgreens.com

LAUGHTER: THE BEST MEDICINE

Looking at the Map
for Some Weekend Travel Ideas



COMPUTER CONNECTION: Streaming Entertainment or The First Step to “Cutting the Cord”

by John Sawyer

From the inception of television, the broadcast networks decided, through their scheduling, what we could or could not watch. Other than responding to those pesky Nielsen surveys about our TV habits, we as consumers had almost no input into what was offered. Then, in the mid-70s, came the advent of the VCR, and for the first time we were able to have a voice in what we watched by renting tapes at our local video store. Of course, we also needed to own and be able to hook up a VCR player, which also gave us the ability to record programs to watch later.

The next step in this evolution came in the late 90s, with the ubiquitous Digital Video Disk (DVD). Overnight what we could watch and when was transformed. All we had to do was visit our local rental store (remember Tommy K’s?) to grab what we wanted. About the same time, a fellow by the name of Reed Hastings decided to start a DVD rental service which would ship requested disks to your home in little red envelopes. Netflix was born.

By now, the broadcast networks were watching their business model dissolve, and they were not about to go away without a fight. So, in 2008, because of widespread adoption of the Internet for home use, NBC and Fox collaborated to start a streaming service called Hulu, which still exists today. Streaming, the distribution of a recording over the Internet, was not widely adopted initially because TV sets up to that time were not able to make use of signals from the Internet.

Enter the streaming device, which when connected to the Internet on one end and a TV on the other, allowed us all to watch streaming services on our TVs. In 2007, Apple introduced the AppleTV, followed shortly (in 2008) by the first Roku streaming device. Today’s major players in these devices remain Apple and Roku, with Amazon entering the fray in 2011 with the Amazon Fire, and Google joining in with the Chromecast device in 2013. There are now also many house brands available from different retailers. All these devices, though, have the same purpose: to allow us to attach a device to an Internet connection and receive entertainment from an assortment of services. To use one, you need to have the following:

- A fast Internet connection. WiFi is preferred for the sake of simplicity, but it must be at least the “N” standard with “AC” preferable. As an alternative, a wired connection can be strung from a router in your home to the streaming device.
- A spare HDMI connection in your TV, present on most TVs sold within the last 10 years.
- One or more streaming services. Some come with the device you purchased, but most are add-ons with monthly subscription fees.

Most places where you can buy streaming devices (e.g., Best Buy, P.C. Richards) have an installation service that (for a price) will install the device for you as well as show you how to use it.

Then there are Smart TVs, called “smart” because they incorporate electronics that act as streaming devices. Most of the major brands bought within the last five years are Smart TVs. They are sometimes called “Fire TVs” or “Roku TVs” based on the manufacturer’s imbedded electronics in the TV. One advantage of the Smart TV: It’s streaming is controlled by the TV’s remote, whereas the streaming device requires a separate remote.

Stay tuned for next month’s article listing the most popular streaming services (or the ones that we like), their contents, and prices.

John Sawyer is a member of Amity and Westville villages and HomeHaven’s Information Technology (IT) Task Force.

LAUGHTER: THE BEST MEDICINE

Self-Quarantining

**Our cleaning lady just called
and told us she will be working
from home and will send us
instructions on what to do.**



Events: May



May 5-6, The Great Give. *See article on page 3...*

Tuesday, May 19 & 26, 7-9 pm. Play Reading Group.
The Skin of Our Teeth by Thornton Wilder. This play will be read in 2 parts via Zoom

Login to the HH website to register or call the office. Limited to 10-12 participants.

Wednesday, May 27, 4 pm. Conversations Around the (virtual) Table. Author TBA. Reading and Discussion with an HH author. Register on calendar or call office.

We're Still Zooming!

While "social distancing" remains in effect, meetings and events have moved online. Members are using Zoom, an app that enables a group to be seen and heard as if they are in the same room. The HomeHaven office is using Zoom for meetings. Memoirs groups have met on Zoom to read and discuss their writing. Villages have had Coffees and Happy Hours on Zoom—each participant at home with his or her chosen beverage in hand (*see listing at right*). It's not quite the same as "being there," but it's a lot better than being home alone.

HOMEHAVEN OFFICE

📞 203-776-7378 📞
hhkateh@gmail.com

Virtual Village Gatherings

AMITY: HAPPY HOUR

Thursday, May 14 & 28. 5 pm

A virtual Happy Hour using Zoom. Check your email or the HH calendar for details. Join us every other Thursday!

DOWNTOWN: HAPPY HOUR

Saturday, May 2, 16 & 30. 5:30 pm

A virtual Village Happy Hour using Zoom. Check your email or the HH calendar for details. Join us every other Saturday starting in May!

ERV: HAPPY HOUR

Saturday, May 2, 9, 16, 23 & 30. 5 pm

A virtual Village Happy Hour using Zoom. Check your email or the HH calendar for details. Join us every Saturday!

HAMDEN: COFFEE (*with North Haven*)

Tuesday, May 12. 10:30 am

The Hamden/North Haven Coffee is gathering via Zoom. Check your email or the HH calendar for details. See you there! Our next virtual Happy Hour will be listed in future HH Happenings.

NORTH HAVEN: COFFEE (*with Hamden*)

Tuesday, May 12. 10:30 am

The Hamden/North Haven Coffee is gathering via Zoom. Check your email or the HH calendar for details. See you there! Our next virtual Happy Hour will be listed in future HH Happenings.

WESTVILLE: HAPPY HOUR

Saturday, May 2, 9, 16, 23 & 30. 5 pm

A virtual Village Happy Hour using Zoom. Check your email or the HH calendar for details. Join us every Saturday!

Generous support for HomeHaven provided by:

Advanced Periodontics, P.C.
(203) 288-5916

Caffe Bravo
(203) 772-2728

The Landing of North Haven
(203) 780-0111

The Wine Thief
(203) 772-1944


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

Click on the logos to go to the websites.

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