

Message from the President



Evidence of Spring has finally become persuasive and most of us are ready to put away our snow shovels. Buds outdoors are bursting into bloom and there has been a considerable ripening at HomeHaven too. The next few months should reveal the fruits of a great deal of planning.

First, a little background: Shortly after its formal opening in 2010, East Rock Village undertook its first

five-year strategic plan. With the help of a facilitator, the organization transformed itself from what was essentially a one-neighborhood venture into a regional enterprise serving six semi-autonomous villages in five towns, collectively known as HomeHaven, under the administration of a central office hub. Our goals have expanded from helping members age in place in their own homes to the comprehensive purpose of improving the quality of elderly life, fostering friendships, and offering guidance for addressing the entire spectrum of issues facing our age group.

"I think that no matter how old or infirm I may become, I will always plant a large garden in the spring. Who can resist the feelings of hope and joy that one gets from participating in nature's rebirth?"

— Edward Giobbi

The first strategic plan, transformation to a hub and spoke administrative model, has been essentially accomplished. Six relatively independent villages, each free to nurture its own style, culture, and preferences while enjoying the support of the larger organization, are creating their own cadres of volunteers and leaders. Over the years the Board's self evaluations have showed a need to focus on member recruitment, stabilization of finances, and volunteer motivation. Analysis of the 2015 membership survey has combined the perspectives of the Directors and

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members, and the Board is embarking on its second five-year plan. We have to address three critical issues: **Membership, Stable Finance, and Marketing.** Sound familiar? These issues have dogged us almost from the day we started.

The membership committee has been reconstituted with lots of new talent. Creative suggestions are energizing the program and we're already fielding recommendations for updating our informational literature, exploring use of social media, and more effectively mining skills from our existing member base.

Membership fees cover roughly 65% of HomeHaven's annual operating expense. An important goal is to develop other reliable income to cover the balance. The Fund Development Committee, with the very able engagement of the Executive Director, oversees the annual fundraising campaign, the Great Give, several special events, solicitation of sponsorships and grants, and our program of planned giving using bequests (perhaps the easiest and most sustainable source of donations, once it gets established).

As we update our member profiles we're finding that we have an as yet untapped resource in the form of marketing experience, a field the founders notably lacked. We have a marketing committee in place, considering ways to improve the appearance of our literature, forging pathways to businesses interested in our desirable demographic, working to strengthen collaboration with our providers and partners, and suggesting better ways to show our gratitude to our sponsors.

You'll be seeing evidence of these efforts in the coming months. While we're pursuing the next strategic plan we'll be gaining insights into our own feelings and attitudes, working to foster a more diverse and sharing membership. We must, as I say so often, get to know each other so we'll like each other when we need each other.



Louis Audette, President

***"In the spring, at the end of the day,
you should smell like dirt."***

— Margaret Atwood, *Bluebeard's Egg*

COMING SOON!
the HOMEHAVEN
SHREDDING
EVENT

***An important service for HomeHaven
members, friends, and neighbors –
the more the merrier!***

WHEN: Saturday, May 14, 9 am-12 noon

WHERE: The HomeHaven office parking
area behind 291 Whitney Ave.

WHAT: A giant commercial shredder will
be on site to chew up all the paper you can
provide.

WHY: It helps you. It helps HomeHaven.
You lose unwanted pounds! HomeHaven
gains dollars! Profits above the cost of the
shredding service go to HomeHaven.

FEES: \$5.00/bag; \$10.00/a cardboard file
or banker's box (about 10" x 12" x 15")

***More details on page 10.
Call the office (203-776-7378)
for more information, or if you need
a volunteer to help get
your load to the shredder.***

HomeHaven News

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MEET OUR MEMBERS : A Conversation with Sam Peterson

by Patty Langdon

I drove up to a low flat house nestled in the trees to interview Sam Peterson. When he and his wife, Martha, opened the door, I was delighted to see before me a huge, high ceilinged room, with walls of stone, wood, and glass, comfortable seating, and an enormous long table, set with a colorful Picasso jigsaw puzzle. Art was everywhere, from a seated baby made of African wood to a large neon striped piece propped up against the wall. It was clear to see that the Petersons collected contemporary art. But their artistic interests started long ago with Middle Eastern and Islamic Art.

Sam taught English in Turkey, Islamic art history in Egypt, and did research in Iran during the 50s, 60s, and 70s. He was UNESCO Regional Director for the Egyptian Antiquities Organization in the late 80s. He traveled extensively in the area, published papers, and lectured widely in the Middle East, Europe, and the US.

Sam is full of fascinating stories about his work and travels. He participated in an excavation at Samothrace with Nick Ohly (husband of HH member Sara) when both were grad students. They roomed together in a tiny village and became revered figures in the community. Sam remembers being awakened in the middle of the night, because he was considered to be a wise and trusted man, and asked to visit a sick child. Sam found the child to have a toothache and rubbed aspirin on the sore spot, which was miraculously cured by the next morning.

One of the things Sam Peterson is proudest of is his research work on the Masjid-i Pā Minār at Zavāreh, Iran. Details of this mosque had been published numerous times purporting it to be from the 11th century. Something looked wrong to him and, after some years of research, he discovered a lower part of the wall to be from the second half of the 9th century and built upon a 6th century foundation. This was “the oldest example of so many things,” says Sam. His eureka moment came in the middle of the night, able to be shared, in his excitement, only with a street vendor selling cigarettes.

Sam taught Islamic Art History at Arizona State and the University of Arizona. He enjoyed this because he could expose students to a culture that was distant, exotic, and, for many, misunderstood. He met Martha there, where she was studying Islamic Art History. They married in 1989.

Nick Ohly was the reason Sam moved to Connecticut and he is Godfather to Nick and Sara’s son, Derek.



Sam and friends

Soon after Nick died, some eight years ago, Sam was asked to be a “grandfather” to Derek’s son, Miles, then only a few months old. Sam was touched and thought he “could not be sad, looking at Miles” — a restoration of spirit and new life after Nick’s death.

Sam became part of the art scene as a student living in New York in the 60s, when the art world wasn’t so “moneyed,” as he puts it. He regularly went to openings of Robert Rauschenberg, Jasper Johns, and other pop stars, as evidenced by a photo of him with Andy Warhol and several others taken by photographer Peter Hujar. Sam made his first purchase at sixteen, when he gave his sister, who was living in Paris, “money to buy a Picasso.” He still has the print. Recently, he has been on the board of the Wadsworth Athenaeum and New Haven’s Artspace. He and Martha have a small *pied à terre* in NYC and love to go to the opera on a Monday and visit almost empty galleries on Tuesday.

Martha signed up for HomeHaven before they moved to Hamden a few years ago because they both liked the concept. They have become strong supporters. Sam has lectured to the group about his experiences in the Middle East, and was on the panel for the recent series on the Middle East and Islam. Martha is a member of Hamden Village’s Core Team.

HEALTH MATTERS: Medical Myths

by Nissa Simon

Most of us know by now that the advice to “feed a cold, starve a fever” has a certain weighty ring to it, but it hasn’t stood the test of scientific scrutiny. It turns out that several other health recommendations, some of them surprising, have fallen out of favor as well.

Leave a cut uncovered so the air can get at it.

When you cut yourself, new skin grows in from the edges of the wound to cover the injured area. If it’s exposed to air, the cut dries out and forms a scab that interferes with this process and slows healing.

To take care of a cut, wash it gently with mild soap under cool, running water to remove dirt and debris, and rinse well. Pat dry and apply a thin layer of Vaseline to seal in moisture, then cover with an adhesive bandage. An antibiotic ointment isn’t necessary and may cause a nasty allergic reaction.

Treating a cut this way trims healing time by as much as half.

Replace a toothbrush after a cold to prevent reinfecting yourself.

There’s no scientific support for the notion that you have to toss your toothbrush after a cold, a sore throat, or even a bout with the flu.

Although studies have shown that germs can grow on a toothbrush, they’re not a threat to your health and you won’t get sick from using your old brush. Germs need moisture to survive, notes the American Dental Association, so simply rinse your toothbrush thoroughly with tap water to remove any leftover toothpaste and debris, shake it vigorously, store it upright without a cover and let it air-dry before you use it again.

Brush your teeth each morning right after you eat breakfast.

Wrong. Use your toothbrush before you eat to remove plaque that’s collected while you slept. Plaque, a sticky film of bacteria that collects around and between teeth, is the major cause of tooth decay and gum disease. The bacteria in plaque convert sugars and starches in food into enamel-dissolving acid and produce toxins that inflame the gums. Brushing in the morning removes plaque buildup before the bacteria have a chance to feast on your

breakfast. Use plain water on your brush if you don’t like the taste of toothpaste with your scrambled eggs.

Another reason to brush before breakfast is that acidic foods and drinks—half a grapefruit, a glass of orange juice—soften tooth enamel; brushing immediately after eating them can wear away the enamel.

Tilt your head back to stop a nosebleed.

If you’ve ever had a nosebleed, it’s probable that your first reaction was to tilt your head back to stop the flow of blood. That’s the wrong way to control the bleeding because it causes the blood to run down your throat and irritate your stomach. The right way? Sit down, lean forward slightly, and gently pinch your nostrils between your thumb and forefinger. Hold your nostrils closed for five or ten minutes, using a clock to time the minutes—it can seem like an awfully long time.



Happy Birthday to HomeHaven members with a birthday in May

Lora-Lee Bell Ellen Brainard

Leslie Brisman Josie Broude

Sam Chauncey Joseph Dolan

Elizabeth Dreyer Bennett Jeanne Drury

Mae Festa Anne-Marie Foltz

Arlene Goldblatt Carol Hay

Joseph LaPalombara Peggy MacMullen

Sophie Powell Kim Rakusin

James Sinclair Mimi Sommer

Ada Susman Roberta Thornton

Brian West



**Give Greater. Give Longer.
Remember HomeHaven in Your Will.**

On May 3-4, 2016 HomeHaven

is participating in ...



An online giving event

8 am May 3 - 8 pm May 4
at www.TheGreatGive.org

The Great Give[®] 2016 is Greater New Haven's premiere charitable giving event, a **36-hour online fundraising challenge** to support local nonprofits. The Community Foundation and corporate givers also provide a series of prizes and matching gift challenges to participating organizations. You can support HomeHaven by making a contribution at www.TheGreatGive.org starting at 8 am on May 3rd.

We hope to win one of the bonus prizes for **most donors** by concentrating as many donations as possible in the two time intervals below. You can help us win by splitting your contribution between the two. Household members should donate separately. Family and friends can donate too. Donating is easy. Just go to www.TheGreatGive.org and follow the instructions.

A contribution **between 8:00 and 9:00 am on Tuesday, May 3** will raise our chances of winning a **\$1,000 Early Bird Prize** that will go to the five organizations with the greatest number of donors in this hour. And a bonus! If we reach 50 donors in this time period (last year we had 34), one of our members will contribute \$1,000 to HomeHaven.

A contribution **between 6:00 and 8:00 am on Wednesday, May 4** will raise our chances for the **\$1,000 Seize the Day Prize** for most donors in this time period. And if we reach 50 donors in this interval, another of our members will contribute \$1,000 to HomeHaven.

If you cannot contribute in those time intervals **please contribute whenever you can!** If we exceed 100 donors over all, one of our members will donate an additional \$500 to HomeHaven. All of your gifts, large and small, are greatly appreciated and will help us grow! Thank you!

Village Verse: BIG HOUSE

We live in a house with eighteen large rooms,
Where property taxes nearly consumes
Almost as much as we paid for the place,
An onerous emblem, Elm City's disgrace.

It has a stone cellar and four separate floors;
Eighty-eight windows and dozens of doors,
And throughout this old house, closets non-stop,
Plus a two-car garage with a room on the top.

Four children, when young, enlivened our home,
But they are long gone with their passions to roam.
So why, you might ask, do we stay in this place?
The answer, my friends is, we need all the space!

Where else could I keep all my journals
and books?

And hang things in closets with hundreds
of hooks.

My wife can hold on to her grandfather's trunk,
And I can keep things that some might call junk.

We each need an office where we can spread out,
And beds for our family when they're round about.
I've got cans of old paint I might need some day,
And ice hockey gear should I still want to play.

There are old broken chairs that soon I'll repair,
And bicycle wheels that are waiting for air.
My wife has a room that's filled with stained glass.
And I keep the tools to plumb copper and brass.

There are band saws and drills, and lumber to use,
And a closet that's bulging with very old shoes.
Like others, through time, we've acquired
lots of stuff

But I think it's quite likely we don't have enough!

— Bob Gifford, Doctor of Doggerel, East Rock Village

Introducing New Members

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

Lynda and Brian West ~ Hamden

Renee Drell ~ Amity

Richard and Anne Bell ~ Hamden



COMPUTER CONNECTION: We're Here to Help

by Christa Sammons

So the printer won't print, the modem got hiccups, and you just had to upgrade a program that now looks nothing like what you're used to.

HomeHaven's computer volunteers to the rescue!

All those surveys we've asked you to take had a purpose. The IT Task Force hopes to identify tech-savvy members in each village who can help their neighbors when things technical go awry. We've dubbed them "first responders" in the pilot program that's up and running in Amity. The idea is that if the first responder can't solve the problem, he or she can refer it to a member of the IT Task Force, who will then help, by phone or in person.

Between first responders and the Task Force, many problems have already been addressed. Examples include printers that wouldn't print and new ones that needed to be installed. All too frequently, Internet service gets interrupted. Volunteers have got it back and advised about the problem that made it go missing in the first place.

Smart phones, email, and word processing are other areas where assistance has been provided, such as how to add attachments to messages, format documents, and adjust font sizes, be it in a document or on a website. And while we're all cautious about not contracting computer viruses or letting malware lodge itself on our devices, these things happen in the best run homes. Our volunteers have gotten rid of the intruders. We've even helped people shop

for computers. Because some problems come up frequently, we may consider offering small classes to address those issues.

Our volunteers, being of a certain age, often have a better grasp than young people of how our contemporaries learn and what will best serve their needs. Task Force member Harriet Bergmann reports on the Grammy syndrome: "Grammy, I fixed your computer!" "Several times," Harriet continues, "I've had to undo what a helpful grandchild has done."

Please don't hesitate to call the HomeHaven office about your computer-related problems and to ask again if things don't go well. Sometimes a problem just needs a fresh pair of eyes! All our volunteers report that it's truly rewarding to help fellow members become more comfortable with computers. Our mission is to help more folks take advantage of what computers offer, whether it's getting better connected through email and texting, or using the computer to facilitate our daily lives or to enhance the creative process.

Laughter, The Best Tonic: Whatever It Takes

This is the true story of George Phillips of Meridian, Mississippi, who was going to bed when his wife told him that he'd left the light on in the shed. George opened the door to go turn off the light but saw people in the shed in the process of stealing things.

He immediately phoned the police, who asked, "Is someone in your house?" George said, "No," and explained the situation. The police replied that all patrols were busy, and told George he should lock his door and an officer would be there when available.

George said, "Okay," hung up, counted to 30, and phoned the police again. "Hello, I just called you a few seconds ago because there were people in my shed. Well, you don't have to worry about them now because I've just shot them all." Then he hung up.

Within five minutes three squad cars, an Armed Response Unit, and an ambulance showed up. Of course, the police caught the burglars red-handed. Then one of the policemen said to George, "I thought you said you shot them!"

George said, "I thought you said there was nobody available!"

ERVers Do Lunch

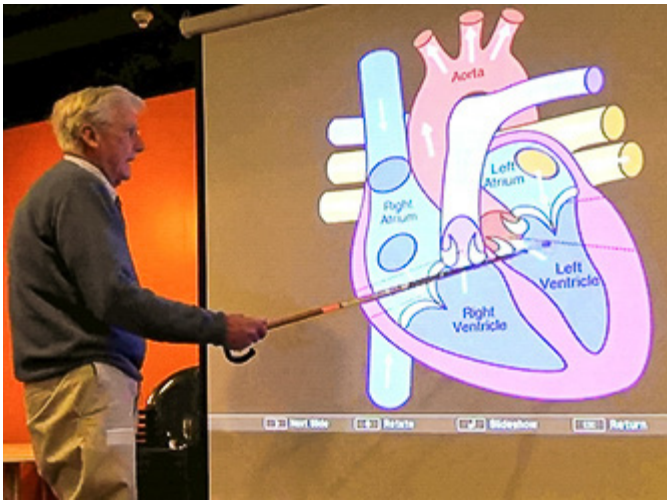
It is said that imitation is the sincerest form of flattery and with that in mind East Rock Village shamelessly copied North Haven Village's successful "Let's Have Lunch" program that has been running for several months.

On March 31st, 14 ERVers gathered at our neighborhood bistro, Caffe Bravo, to see if such a program would be embraced in East Rock Village. No surprise, the diners enjoyed the event — a nice mix of long-time and new members, of active members and others who have been less active. Interest in continuing the program was gratifying and another lunch is tentatively set for May (no date yet).

— Sheilah Rostow, ERV co-leader

CONGESTIVE HEART FAILURE: A Talk by Dr. Bob Gifford

by Jane Jervis



Bob & heart diagram

Heart failure is not like engine failure in your car — your heart may still work, but not as it should. So began our own Dr. Bob Gifford as he taught some 40 HHers about that great muscle pump we can't live without.

Diagrams helped explain the heart as the center of a closed circulatory system that pumps blood to the entire body. The heart has four chambers: two auricles that receive blood when the heart relaxes; two ventricles that expel blood when the heart contracts. Blood returns from the body to the right auricle, passes into the right ventricle, and is pumped out into the lungs where it picks up oxygen. Blood then returns to the left auricle, passes into the left ventricle, and is pumped back out to the body.

When your left ventricle is unable to pump enough blood to satisfy all the cells of your body, you have some degree of heart failure. Causes?

- The wall of the left ventricle may become weak and flabby, so its contractions are unable to move enough blood. This may be due to compromised blood flow to the heart muscle from a heart attack, viruses, or even parasites.
- The wall of the left ventricle may become thickened and stiff, due to sustained high blood pressure (so it has to work harder to push the blood through the vessels of the body).
- There may be valve defects in the heart, due to calcium deposits on the valves or from rheumatic fever in childhood.
- Irregular heartbeats or fibrillation may disturb free passage of the blood.

Because the circulation is a *closed* system, if the left ventricle doesn't pump out enough blood, the blood may back up into the lungs causing congestion and shortness of breath (hence "congestive" heart failure); may build up fluid in the cells, causing swollen ankles and legs; and may lead to dysfunction of the kidneys (which regulate the volume of blood through urination).

The right side of the heart may also fail, most commonly as a result of failure of the left ventricle, but also due to chronic pulmonary disease that progressively destroys air sacs and their capillaries so the right ventricle must work harder to push blood through the lungs.

Cardiologists are expert at diagnosing heart failure and there are many available treatments, though no cure. Treatments include a variety of drugs; carefully managing diabetes; and life-style changes (smoking, drinking, exercise, weight-loss). Surgery may be indicated, and is increasingly successful with valve repair.

During the lively Q&A, Bob talked about the danger of blood clots that may develop during long periods of inactivity — long airplane flights, immobility during long computer use — especially if you cross your legs. Those clots may then break up and lodge in the lungs, in the heart, or in the smaller blood vessels, causing destruction of tissue or sudden death. Get up, walk around, do leg exercises!

Bob's talk was video taped (a technological Great Leap Forward!), and may be borrowed from the office.

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.

Were you satisfied?

Were there problems?

We'd like to know how things turned out.

203-776-7378

ONGOING GROUP MEETINGS

BOOK GROUP

Monday, May 2, 10:00-11:30 am at the home of Marge Andrews, 1471 Ridge Road, North Haven. The book to be discussed is *Age of Ambition: Chasing Fortune, Truth, and Faith in the New China* by Evan Osnos, China correspondent for the New Yorker from 2008 to 2013. RSVP to Marge at 203-288-0684 or norman.s.andrews@snet.net. New members are always welcome. (Reading for June 6: *Land of Marvels*, by Barry Unsworth.)

PINS AND NEEDLES

Monday, May 9, 3:00 pm at the home of Sheilah Rostow, 438 Whitney Avenue, Apt. 10. RSVP to Sheilah at 203-777-4254 or sbract3@comcast.com. Bring whatever project you are working on and enjoy the good company and refreshments. **New members are always welcome.** For more information, please call or email Jeanne Drury at 203-281-3227 or Jeannedrury@AOL.com.

Monday, May 23, 3:00 pm at the home of Gretchen Kingsley, 420 Humphrey Street. RSVP to Gretchen at 203-752-1950 or gma322@gmail.com.

COOKING IN DIFFERENT LANGUAGES:

Vietnamese

Monday, May 16, 6:30 pm.

Sign-up deadline is Friday, May 6. Please respond by then. It's important for planning! RSVP to Celeste Markle at c_markle@yahoo.com. If you don't use email, call her at 203-397-0492 or call the office. Newcomers always welcome at these tasty explorations of the cuisines of the world.

MEMOIR GROUPS

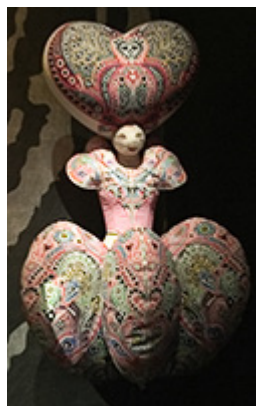
The groups meet on the second and fourth Mondays of the month for an hour and a half. For more information or if you would like to attend a meeting to see how it works, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com.

HomeHaveners See FIT by Gretchen Kingsley

Six HomeHaveners travelled to New York last month to visit the Fashion Institute of Technology (FIT). Sunshine, cool breezes, lunch at a picturesque sports bar, and free entry to the superb FIT museum made for a perfect day.

We began by touring the popular Fairy Tale Fashion show, featuring clothing illustrating the stories of Cinderella, Little Red Riding Hood, and others. The costumes were breathtaking—original, complex, beautiful—and augmented by videos of models showing them, old movies, and fairy tale books. The show was magic personified.

Curator of Costumes Ellen Shanley then gave us an up close and personal tour through the last 125 years of fashion and what created it. We could see the fabric, the stitching, the internal underpinnings of each piece, and touch the cloth, sometimes sensual, sometimes sturdy and elegant. We ended the day with a tour of DENIM: Fashion's Frontier, a nice juxtaposition to the fantasy clothing of the fairy tale costumes.



Above: Queen of Hearts, from *Alice in Wonderland*



Right: Little Red Riding Hood & the Wolf



(L. to R.): Enjoying lunch are Cecilia Berner, Elizabeth Meyer, Jeannie Drury, Gretchen Kingsley, Patty Langdon and Hannah Winer.

Photos by Patty Langdon



Events: May



Tuesday, May 3, 8:00 am to Wednesday, May 4, 8:00 pm
The Great Give www.thegreatgive.org

Go to the website during this 36-hour period and give generously to HomeHaven. Every contribution counts! With your help we may earn bonus funds provided by the Community Foundation of Greater New Haven and other community sponsors. Remember: Only online and within those 36 hours. (For details on how to participate, see page 5.)

Thursday, May 5, 3:00 pm

**“The State of the New Haven Real Estate Market,”
a talk by John M. Cuzzo, Jr.**

Home of Phoebe Edwards, Crown Towers, 123 York Street, Apt 18G. Parking access is from High Street.

As co-owner of Press-Cuzzo Realtors since its establishment in 1990, John is well versed in all aspects of real estate transactions. Whether you have immediate issues or are thinking ahead, you will want to hear what he has to say and your questions will be welcome. **Please call the office to register for this event as space is limited.**

Saturday, May 14, 9:00 am-12 noon

Shredding Event in the parking area behind the HomeHaven office at 291 Whitney Avenue.

Dispose of personal papers quickly and efficiently. Pack them in sturdy shopping bags or cardboard boxes. Fees are \$5.00/bag; \$10.00/cardboard file or bankers' box (about 10" x 12" x 15"). **For more, see page 2.**

Thursday, May 20, 10:00 am departure for 11:00 am arrival at Cricket Hill Garden, Thomaston, CT
Tour of the Peony Garden followed by a BYO picnic at Black Rock State Park.

This small family-run specialty nursery is dedicated to producing the highest quality peony plants in an environmentally sustainable manner. The growing plants will be at their peak and make for a spectacular display of extraordinary beauty. **Black Rock State Park**, with picnic spots, a beach, and much more, is just a quick eight minutes from the garden. **Please register with the office by Monday, May 16, so that transportation can be organized.**

HOMEHAVEN OFFICE

☎ **203-776-7378** ☎

hhkateh@gmail.com

Tuesday, May 24, 9:22 am train to New York City
Guided Walking Tour with Joyce Gold, 11:00 am
“Immigrants, Radical and Notorious Women of Washington Square”

A two-hour tour in the Village with the charismatic Joyce Gold who is always well-informed, historically accurate, witty, and enthusiastic. In addition to the women, we will hear about the Triangle fire and the labor movement. You won't want to miss this one. Lunch will follow at a neighborhood restaurant.

Price for the tour is \$27. Places are still available, so bring your friends—members or not—and enjoy this look into a special time and place in the city that is always changing. **To sign up or for more information please call the office by Friday, May 13.**



*“My green thumb came only as a
result of the mistakes I made while
learning to see things from
the plant's point of view.”*

— H. Fred Dale

... AT YOUR SERVICE!

In the past three months, HomeHaven provided members with:

- 41 rides by volunteer drivers
- 49 visits by volunteer visitors
- 6 computer assists by volunteer computer helpers
- 9 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.