



The April 15 Luncheon has been Cancelled Due to the COVID-19 Health Crisis

Our scheduled speaker, Elaine Bentley Baughn, has written a timely and helpful article to read. *See columns to the right.*

Please check the website for events and cancellations www.sectwomensnetwork.org/events.

How Can We Help Each Other?

During this first-ever “work from home” and “stay home” virus crisis, what can we do to help each other? As SECT Women’s Network members, it’s in our motto to help each other — “For Powerful, Professional and Personal Relationships.”

These are just a few examples — we can be creative and think of at least a hundred more ways. Members who have lots of time on their hands can offer to grocery shop for members who shouldn’t go out at all. Those who have been furloughed can offer help to essential workers who now have children at home. Those who are now working from home can offer free phone consultations in their area of expertise.

Members who need help, **please reach out** to your Network friends to lend you a hand. Use our online directories for phone numbers and emails. Members can also post on our **Facebook Group** page to offer help and ask for help, [click here](#).

We are here to help each other! ■

What Happened to Normal?

by Elaine Bentley Baughn, MS, LMFT

Sociologists have a term, anomie, for the disappearance of norms and values to which we are accustomed. We might call this “normlessness”.

Another word I’ve heard a lot this week is “surreal”, like being in an alien invasion movie. We may each feel the confusion and uncertainty of being in a world we haven’t before experienced, not quite sure what the rules and expectations are or should be. That’s intensified by moment-by-moment information coming out of Washington, the CDC, or the World Health Organization. We ask ourselves what we should be buying, how much, or even if it’s a good idea to go out at all.

We and our close friends don’t have any symptoms so why shouldn’t we have dinner together? Now we are told that it’s asymptomatic people who are spreading the virus, since it is contagious before symptoms emerge.

What can we do?

Focus on what you have control over and responsibility for. Take whatever actions that help you feel calmer. Think of anxiety as a kind of energy that helps you dig a trench in wartime. Use that energy for appropriate levels of cleaning, complex cooking that you might not normally have time for, taking walks (with social distancing in place), gardening, enjoying the Spring.

Structure in your schedule is particularly important without work and school. “What day is it?” is an example of that lost feeling that we have without structure. Putting your own skeletal structure in place can help. It might be that one parent takes mornings with the children, working on certain subjects, while the other takes afternoons which could include

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COVID-19 Crisis Business Resources

This is an extremely fluid situation and information is constantly changing. Please keep checking these sources, as well as state, town and local nonprofit resources.

Following is a partial list of business resources:

- Connecticut Small Business Bridge Loan Program <https://bit.ly/2ybkRLC>

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Upcoming Programs

N@N May 5 – Medi-Releaf with Dr. Tianne A. Pape

The May 5 N@N will be hosted by Medi-ReLeaf, a Medical CBD Health and Wellness Center with Dr. Tianne A. Pape. Learn about the many CBD products available and their uses. Event will be held from 6-8pm at Medi-Releaf, 305 Flanders Road, Suite 8, East Lyme, CT.

Registration is required. Click to register, www.sectwomensnetwork.org/events

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Upcoming Programs...

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May 20 Luncheon

Denise Nappier — Former Treasurer of the State of Connecticut

Denise Nappier was the 82nd Treasurer of the State of Connecticut and retired last year after 20 years of service. She was elected in 1998 and was re-elected to four consecutive terms. She oversaw \$65 billion in state funds. Denise was the first African American woman to hold this position.



Click to register, www.sectwomensnetwork.org/events

COVID-19 Crisis Business Resources... from page 1

- Greater Mystic Chamber of Commerce is offering member zoom and facebook live events. info@mymysticchamber.org
- Eastern CT Chamber of Commerce www.chamberect.com
- Norwich Chamber of Commerce www.norwichchamber.com
- Small Business Development Center — Matt Nemeth matthew.nemeth@uconn.edu or www.CTSBDC.com
- Sign up for COVID-19 email news from U.S. Senators and Representatives:
- Senator Chris Murphy senator_murphy@senate.gov
- Congressman Joe Courtney ct02ima@mail.house.gov
- CT Governor Ned Lamont <https://portal.ct.gov/Office-of-the-Governor/Contact/Email-Governor-Lamont>

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President's Message

These are Unprecedented Times

Hello friends.

I find myself at a total loss for words. Should I ignore the pandemic which has turned life upside down for many of us and focus on our history and something positive, or should I talk about it? I think I can do both.

First, for all our members 65 and older and those who are at risk, PLEASE, PLEASE, PLEASE do not go out to public places. If you do not have local family who can go to the store for you, many towns, like my own, have organized volunteers who are ready and willing to run errands for seniors, those at risk, and those who are quarantined. Don't be too proud to ask for help. If you don't have someone local, please reach out to our Network! There is no doubt in my mind that our members will be there for each other, willing to help in any way possible. I am available to help if you need assistance. Contact me by email at bestwellness4you@gmail.com or 860-222-9013.

Please take care of yourself. I expect to see you all at our next luncheon or N@N, which will hopefully be in May or June. We will be posting multiple resources for those of you with businesses. Again, please don't hesitate to reach out to other members. We are all in this together and we will get through this difficult time.

My parents grew up in the depression. My dad had duplicates of almost everything as a backup. My mom saved nearly everything. She wasn't a hoarder, but she saved things that could be re-used because "you never know when you might need it." I think that I can finally understand that mentality. Of course, we are far more advanced now than we were during the depression, but one can't help but wonder what could happen if our supply chain is disrupted. I spent a lot of time looking through all our supplies and looking at items that could be re-used if needed. I re-used my 5-hour energy bottles for pocket-sized hand-sanitizer bottles! I can just hear

my mom saying, "I told you so!"

Think about those amazing women in our history who stood up for what was right and risked their lives and well-being to fight for our right to vote. The "Silent Sentinels" had been picketing in front of the White House since January 1917, during Woodrow Wilson's Presidency. When the U.S. entered World War I on April 2, 1917, many of the suffragettes shifted their focus to supporting the war movement. A smaller group of women, though some considered them "un-patriotic," continued the fight and continued to protest. These women were eventually thrown into prison and beaten. 33 women were arrested and brought to Occoquan Workhouse and beaten because the prison superintendent wanted to "teach them a lesson." They endured "The Night of Terror" and continued to fight for our rights. Read more about these women here: <https://www.history.com/news/night-terror-brutality-suffragists-19th-amendment>. They endured tough times, and we will, as well.

In times like this, we see the worst in people, but we also see the best of humanity. I recently volunteered at a pop-up food kitchen outside. The normal location has weekly Sunday hot meals but is now closed due to COVID-19. Volunteers and restaurants rallied to pull something together in just a few days. I knew that it was risky but thought that many normal volunteers would be too nervous to volunteer for this, so I went to it. Instead, we had more volunteers than people getting meals! It is heartwarming to see so many people come together.

Thank a first responder or medical professional for risking their lives every day on the front lines of this pandemic. Thank a grocery store employee for being there for us. If you can, support a local restaurant by buying a gift card for a first responder or medical professional.

Most of all, stay safe, healthy, and positive! We are all in this together!

Denise Howard
President

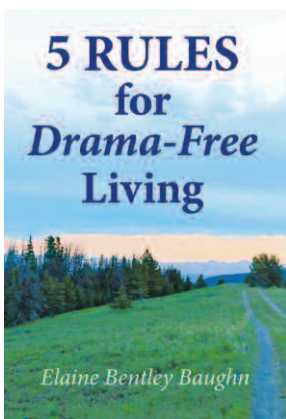
What Happened to Normal?

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some outdoor activities, gardening or running around in the yard.

Focusing on small manageable day-by-day tasks, staying in touch with friends and family by phone and internet, staying informed to know what news may be relevant AND taking a lot of time for pure relaxation: board games, reading aloud, uplifting television and movies. Simply enjoy this imposed opportunity to have reduced time pressure, for now.

Whenever we think we are alone in the world, something happens to remind us to have com-



passion for those who are even more challenged — in crowded cities, or already ill. Let's take this strange trip we are on and find its blessings while we wash our hands a lot and love our friends at a distance.

Please contact Elaine to purchase her book "5 Rules for Drama-Free Living." at 860-892-4088 or ebentleybaughn@aol.com.

Elaine has graced us also with a link to a podcast on "Resilience." Please click this link to watch. <https://www.facebook.com/GetFocusedwithBillKandGinaFaye/videos/807503963096120/> ■

Lottie B. Scott, March Speaker Video Interview

Since our March luncheon was cancelled, Lottie offered us a wonderful video interview to watch on "Community Culture Showcase" with Harriet Grayson. Please click link to view: <https://deepsouthdeepnorth.com/video/>

WE Want YOU!

We Need Your Help!

Join the Luncheon Committee! What is it? It is a great way to finally "put a name with the face!"



We are the people who sit at the front table checking luncheon registrations. If we have enough people, you would only need to help at the front table every few months. Will you accept the challenge? Put a name to that face and meet more Network members! Please reach out to Kate Bellandese or any board member if you would like to join the Luncheon Committee. Thank you!

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We Need Your Help!

Woman of the Year Award Nominations

The **Woman of the Year Award** is presented annually, usually at the June Luncheon. It is presented to a member of the NETWORK who meets the following criteria:

- The Candidate must be an active member of the Southeastern Connecticut Women's NETWORK, attending luncheons and participating in other functions.
- The Candidate may be a former, but not a current member of the Board of Directors or its Executive Board.
- The Candidate must be active in her community and within other professional organizations.
- The Candidate must express an interest in helping other women and men achieve professional status and public exposure through networking in the community.
- Deadline for nomination submissions is April 30, 2020.
- Please send all nominations to Kathryn Greene via email: kgreene@lvecenter.com.

The Prior Recipients are:

- 1991. Nan Crowley
- 1992. Nancy Hillery
- 1993. Barbara Gager
- 1994. Barbara Reed Collins
- 1995. Linda Mariani
- 1996. Lois Palmer-Alderson
- 1997. Barbara Quinn
- 1998. Joyce Schmidt
- 1999. Judy Woodman
- 2000. Millie Devine
- 2001. Kathleen O'Beirne
- 2002. Vicki Anderson
- 2003. Marj Taggart Dedrick
- 2004. Lois Andrews
- 2005. Elaine Bono
- 2006. Cora Murphy
- 2007. Susan Pochal
- 2008. Beth Glynn
- 2009. Kasey Goss
- 2010. Jane Moriarty
- 2011. Gail Weber
- 2012. Christine Lautz
- 2013. Camilla Ross
- 2014. Connie Plessman
- 2015. Louisa Ketron
- 2016. Donna Yother
- 2017. Susan M. Dombrowski
- 2018. Emma Palzere-Rae
- 2019. Kathryn Greene

THANK YOU IN ADVANCE!

**Southeastern Connecticut Women's
Network**

COVID-19 Crisis Business Resources... from page 2

<https://portal.ct.gov/Coronavirus>

• WBDC Women's Business Development Council
<https://ctwbdc.org/?fbclid=IwAR0FZe0vCZFv5jN7NzxWdwuZQmztINWXWyPcAVf2jZvNqRRJHlitn6bjgJl>

• Southeastern Cultural Coalition
w.bury@culturesect.otg or

www.culturesect.org

• SBA US Small Business Administration
<https://www.sba.gov/funding-programs/disaster-assistance>

New! Table-Top Advertising at the Monthly Luncheons

Table-Top advertising at luncheons is now available. \$50 will purchase a full-color 3.5" wide x 4" high ad on the luncheon tables for one year! Only a couple spots left! For information contact Judy at jwhite5506@sbcglobal.net.

*Members Enter to Win Free Advertising

The drawing basket for free advertising will be placed at the registration table. **Members only** may place their business card in the basket for a chance to win free advertising. Attend a luncheon and enter to win!

Must be present to win.

Featured Business at Cameo Table

Leah Goldenthal will be showcasing her business at the May 20th luncheon. Please stop by the table to meet Leah and learn more about Goldenthal Investment Group. Visit the website at www.goldenthalinvestmentgroup.com.

Safe Futures – Giving Basket

A purple basket will be available at the monthly luncheons to donate much-needed items for Safe Futures and their residents. Please donate cleaning supplies...or any item listed on their wish list. Click on link to view their entire wish list. <https://www.safefuturesct.org/giving/our-wish-list>

Thank you for your generosity!

February Drawings

Saralyn Kerrigan won the article in *The Resident* newspaper. Barbara Dennison won the Spotlight Article in our *Network News*.

Leah Goldenthal won the Cameo Table to showcase Goldenthal Investment Group at the May 20th luncheon.

Email information to Judy Ricketts-White to be included in the upcoming newsletter, jwhite5506@sbcglobal.net.



[Like us on Facebook](#)

Join and Post to the Network's New Facebook Group Page

One fairly untapped member benefit is the Network Facebook Group page. We encourage you to share your business and personal news on the Network Group page. Members must post their event or information on the Network Facebook Group page themselves. If you have questions about how to post, contact Denise Howard, Publicity Chair bestwellness4you@gmail.com.

For more Network information and articles see our website: www.sectwomensnetwork.org

Copy Deadline is the 20th of the month to appear in the next month's issue. Email copy to Editor Judy Ricketts-White at jwhite5506@sbcglobal.net. The SECT Women's Network reserves the right to edit copy submitted for inclusion in the newsletter.

Network Board Meeting Friday, April 10

The next Network Board Meeting is Friday, April 10, 8 am, via Zoom.com. All members are welcome to attend.

All Attendees: make reservations online for the Wednesday, May 20, 2019 luncheon at Langley's Restaurant, Great Neck Country Club in Waterford, CT at

www.sectwomensnetwork.org/events no later than 12 midnight, Sunday, May 17, Reservations are required.

Reservation no-shows and late cancellations will be billed.