



Amity



Downtown



East Rock



Hamden



North Haven



Westville

Message from the President

Since taking office I've been to several meetings each week, and although I haven't picked up every detail, certain themes are obvious: we need more, younger members, and we need sponsors in the corporate/philanthropic communities.



The most engaged members have been attacking these needs individually, and now two organizational initiatives have begun: first and most vital is the renaming and refocusing of the former Membership Committee as the **Recruitment Committee**. This committee meets monthly. Our fourth meeting was January 22 (and, yes, we DO need more volunteers and a permanent Chair.)

We lose about 15% of our membership every year, to non-renewals (which we are continually attempting to analyze and reduce) and mortality (no solution to that in sight). If we don't replace those who leave, continued operation will be impossible. That's a mathematical certainty. On the bright side, we are looking ahead to a demographic bulge which should in theory provide a huge potential pool of HH members, as the Baby Boomers (born between 1945 and 1964) reach retirement age.

There are some intrinsic obstacles to recruiting this cohort, of which I am one of the older members. First, the Boomers are justly renowned for their commitment to living for the moment. (That's why they showed up at Woodstock without so much as a tuna fish sandwich.) Consequently, many are financially in no position to retire. Therefore, that bumper crop may be slow to develop. Second, "m-m-my generation" has shown a dazzling capacity for ignoring unpleasant realities.

Recognition of the inevitability of aging is pretty much a prerequisite to seeing the value of HH. Generational myopia may make Baby Boomers

a harder sell than common sense would dictate. Boomers have been resistant to sobering facts (and to sobriety generally). HomeHaven and the **Recruitment Committee** will need to go after these aging kids with a smart, focused effort. Our current members are mostly of the so-called "Silent Generation" (perhaps more accurately the Responsible Generation), born 1925-45. Growing up with parents who faced the Depression and WW II inculcated reliability, socially useful behavior, and devotion to duty.

So we must call upon that sense of responsibility to undertake the actions needed to seduce, inveigle, and simply talk sense to my younger fellow Boomers and get them aboard the HH train. As challenging as it may be to acquaint this cohort with serious realities and to show them that HH is what they need, signing them up will keep HH in business after our founding members have moved on. The byword for 2019 at HomeHaven is **RECRUITMENT**.

Fred

Fred O'Brien

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SAVE THE DATE



Calling all singers, players, orators, comedians, magicians, and small dog trainers to start polishing up their acts for the **2019 MUD FOLLIES!**

This year's performance is scheduled for **Wednesday, March 20th.**

Mark your calendars now!

*"If ground-hog day was bright and fair,
The beast came forth, but not to stay;
His shadow turned him to his lair,
Where six weeks more, he dormant lay
Secure in subterranean hold—
So wondrous weatherwise was he—
Against six weeks of ice and cold,
Which, very certain, there would be..."*

*- H.L. Fisher, Olden Times: or,
Pennsylvania Rural Life, Some Fifty Years Ago, 1888*

HomeHaven News

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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:

- 34 rides by volunteer drivers
- 44 home visits by volunteer visitors
- 10 computer assists by volunteer computer helpers
- 41 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.

VOLUNTEER VOICES: HomeHaven Musical Visitor Adrienne Lewis

Interview by Kaye Maggart: This is part of a series about HomeHaven members whose lives are enriched by volunteering.

KM How did your musical visit with Mae Festa come about?

AL Peggy Atherton knew I was a violinist and asked if I would be willing to play for Mae Festa, who has Parkinson's Disease; it would be part of a new program Lauri Lowell has started for homebound members. Of course I agreed. She then contacted Mae's husband, Gene, who thought Mae would enjoy it, so he hosted the visit for Peggy and me at their home on December 11, 2018.



Adrienne Lewis

KM What kind of music did you play for Mae?

AL I wanted to play something familiar to her — something from our vintage. Although Mae's memory has declined, I was hoping to reach her with old favorites. I sensed intuitively what might resonate with her so I played songs like "Tenderly," "La Vie en Rose," and "Czardas," Monti's Hungarian gypsy dance.

KM How did she respond?

AL As soon as I began playing, her focus became riveted — almost electric. She couldn't respond much with her body, but her eyes told me everything.

KM The photo of Mae watching you play is wonderful. Who took it?

AL Mae's caregiver took the picture and shared it with us. Isn't it terrific? I think we should call it "Mae and Me." Can you see how engaged Mae is with the music? Her eyes are so alive!

KM Did you know Mae before her illness?

AL No. Gene explained to us that Mae had been an active interior designer and textile collector before getting Parkinson's Disease 15 years ago. I hadn't known them before I joined HomeHaven.

KM Wasn't your background primarily as a classical musician?

AL Yes. I trained at the New England Conservatory in Boston and played with the New Haven Symphony for 48 years, and with the Connecticut Chamber Orchestra for 25 years.

KM But you played popular music as well?

AL Yes, before that I had played many jobs in New York City — both pop and classical — including

a year and a half in clubs as part of a trio named "Alan Dale and the Fair Ladies." That culminated in a performance on the Ed Sullivan Show in 1960. In 1964 my husband and I moved to New Haven, where I also played for many Broadway shows at the Shubert. He died in 1985, and I miss him every day.

KM Do you still play in any local chamber groups?

AL No, my hands are not as agile as they used to be. I prefer not to tax myself, but this musical visit was lovely. It was intimate — one-on-one.



Mae and Adrienne

KM Do you think other HomeHaven musicians might enjoy being Musical Visitors?

AL Absolutely. It was a wonderful experience for all of us. I just closed my eyes and let the music flow. I feel it is such a blessing to be a musician. It has so enhanced my life.

Note: HomeHaven members interested in being part of the Musical Visitors program — either as volunteer musicians or as homebound listeners — may call the HomeHaven office at 203-776-7378.

IN MEMORIAM

HOWARD B. TREAT, JR. (1931 - 2019)

Howard B. Treat, Jr., died on January 12 at Coachman Square at Woodbridge. He was 87. With his wife, Patricia O'Leary Treat, Howard was a member of Amity Village. He is survived by Patricia, a son and two daughters, two stepchildren, and four grandchildren. He was interred in the Orange Congregational Cemetery following a funeral service at the Orange Congregational Church.



Howard was a lover of classical music – Pachelbel's *Canon* and *Peter and the Wolf* were enduring favorites, as well as folk songs from the labor movement. In his last days, he remained able to

respond to music played for him at home by a fellow Amity Villager, Kate O'Brien.

A proud member of the Army Paratroopers during the Korean War, Howard graduated from Yale in 1953. He was an outdoorsman, world traveler, home handyman extraordinaire, and a caring employer, serving as CEO of Milford Bank and Derby Savings Bank. An active member of the Orange and Milford communities, he was past Chairman of the Board at Milford Hospital, head volunteer at the Milford Red Cross, and a member of the Milford and Orange Rotary Clubs and the Appalachian Mountain Club.

Memorial donations may be made in his name to the Beth El Shelter in Milford or the Community Soup Kitchen in New Haven.

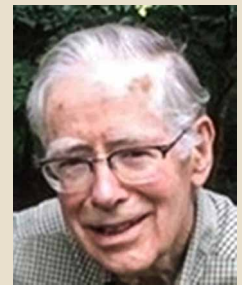


COPELAND MACCLINTOCK (1930- 2019)

In his 88th year Copeland MacClintock, a member of Hamden Village, passed away peacefully at his home on January 20. He is survived by his wife, Dorcas, daughters Margaret and Pamela, granddaughter Zora, sister Lucia Barbour, and his collie, Bonnie. The son of Princeton University professor Paul MacClintock and Elizabeth Sewell Copeland, he followed his father's footsteps as geologist and paleontologist.

A graduate of Franklin & Marshall College, Cope received his MA from the University of Wyoming, where he met Dorcas, with whom he would share a lifelong interest in the natural world. In 1963, after completing his PhD at the University of California, Berkeley, he came to the Yale Peabody Museum where his research focused

on shell microstructure within the Mollusca (shelled invertebrates). Retiring in 2010, he continued to volunteer his time and institutional memory to the Museum.



Cope's geology walks in East Rock Park were annual spring and fall events and drew enthusiastic groups. In the words of a colleague: "As much as he has been in research all his life, Cope really loves to teach." Noting Cope's lifelong interest in box turtles, he added, "Those who join the hikes get the benefit of his 'endearing curmudgeonly personality.'"

A Memorial Service will be held at a later date.



Note: We are also saddened to learn that Jean Graustein, of Westville Village, passed away on January 19 after a long illness. A Mass of Christian Burial was held on January 22 at St. Thomas More Chapel. Our next issue will include a remembrance of Jean.

Grab Bars, Throw Rugs, and Stair Railings

by Bruce Lawler, for the Household Services Committee

I have been doing home safety assessments for 20 years, the last nine years for HomeHaven. Every home is different and I have found a wide variety of safety and maintenance issues to bring to the attention of homeowners. However I thought I might share with our members three of the most common problems I have found over the years: grab bars, throw rugs, and stair railings.

GRAB BARS

The most common thought is “I am not ready to need a grab bar, I’m still in good shape. Besides they would be an eyesore in my nice bathroom.” There is no correct age to install a grab bar in your bathroom. Anyone can slip, no matter how old or how fit they are. Even a guest bathroom or half bath should be equipped with grab bars. You might find that it would be helpful to a friend who is visiting. Grab bars have come a long way in design and colors to help them blend into the surroundings these days. Proper placement and proper installation are of key importance and require the skill and knowledge of an experienced installer.

THROW RUGS OR MATS

Many homes that I visit have them. Some have a slide-proof bottom, but others do not and they can be very slippery. The day you are in a hurry may be the day you are caught off guard and slip. There are items

that can be purchased to put under these mats and rugs to prevent this from happening. One brand is TrafficMASTER, which comes in a variety of sizes and can also easily be cut to fit. This brand can be found at Home Depot stores.

STAIRWAY RAILINGS & LIGHTING

Common older homes have one hand railing with spindles about half way up the stairs until it contacts the wall. For safety reasons, railings should be from top to bottom on both sides. Having railings on both sides is important. Most of us have a stronger and weaker side, and thus we can always have a railing beside our stronger side. Good lighting is also very important on staircases, especially basement stairs. Basement stairs are where I usually find the poorest lighting.

Note: Have you had your complimentary HomeHaven home safety assessment by Bruce Lawler, certified Aging-in-Place Specialist? Call Kate in the Office for details: 203.776.7378.

FEEDBACK NEEDED:

Medical Home Health Care

Ron Rozett, Chair, HH Health Committee

The HomeHaven Health Committee is attempting to evaluate the quality of medical home care services our members have received in the past year. Home care agencies are generally unaware of which of their clients are HH members and, furthermore, are restricted by HIPAA regulations from sharing such information with other organizations, even if they do know which of their clients are HH members.

Consequently, the Health Committee is asking that those of you who received medical home care services in the past year send an email to our Executive Director, Lauri Lowell (HHLLowell@gmail.com), identifying the agency you used, the length of time you received services, the type of services you received, and your level of satisfaction with the agency. If you prefer to share information anonymously, you may mail a confidential, anonymous note to Lauri at the HH office, rather than using email. All information shared will be kept confidential and used only to evaluate the quality of care received. Thank you for your help.

Dining Out Around the World



This happy looking group of HomeHaveners clearly enjoyed Swiss cuisine and each other's company at Au Chalet last month. For what's coming in February and how to sign up, see Events, p. 9.

HEALTH MATTERS: Understanding Chickenpox and Shingles

by Robert Gifford, M.D.

Chickenpox (Varicella): The virus that causes chickenpox is the **Varicella-Zoster virus (VZ Virus)**. Understanding this virus is of particular interest to older adults because it can also cause another disease in humans called **shingles (Herpes Zoster)**. Our first exposure to the VZ virus back in childhood resulted in chickenpox, familiar to most of us because we suffered through it before there was effective vaccination. We remember that chickenpox was very contagious, characterized by miserable red and painful blisters on the face, trunk, and extremities. During our bout with chickenpox years ago, our immune system developed two types of antibodies to the virus (humoral and cellular) that usually prevented us from having chickenpox again.

Surprisingly though, following a bout with chickenpox, the VZ virus is able to remain alive but dormant in the body, hiding quietly within sensory nerve cells along the spinal column. Fortunately for about 60% of us, this dormant virus will remain asleep in those nerve cells throughout our life, without causing any further problems. However, as we age and as our cellular immune system becomes somewhat weakened, the dormant VZ virus can become reactivated as a new and distressing illness known as **shingles (Herpes Zoster)**. This time, instead of chicken pox, the VZ virus spreads along the infected sensory nerves, producing a **red, painful, crusty skin rash** that follows linearly along those nerves, usually in a well-defined, restricted area of the body. In addition to the rash, the virus causes a persistent painful **neuritis** along the track of those nerves that can often precede the rash and remain for months, or even years, after the skin has healed (**called post-herpetic neuralgia**). Shingles is usually limited to one particular segment of the body, most commonly affecting nerves coming from the chest and lumbar regions. It can occasionally become a more serious

problem, particularly if it involves sensory nerves of the face or eye, or becomes widespread. Usually, after seven to ten days the skin lesions begin slowly to fade, although they can leave scarring or increased pigmentation that can last for years.

Although none of us would wish to experience an attack of shingles, a variable decline in cellular immunity to the VZ virus has been well documented in older people, so it is not surprising that about a third of aging patients become susceptible to **reactivation of the VZ virus and will experience an attack of shingles during their life**. In fact, **30 to 40 percent of people over the age of 55 years have no remaining detectable cellular immunity to the VZ virus**. Such people are at greater risk for developing shingles and also at risk for long-lasting post-herpetic neuralgia.

For those who develop shingles, treatment with antiviral medication can reduce the progression of the disease if initiated within 72 hours of the first signs of infection. However, prevention is better. During the past several years, progress has been made in producing **vaccines that can boost our cellular immunity to the VZ virus**. They have been shown to significantly reduce, but not eliminate, the risk of developing shingles or post-herpetic neuralgia. They can definitely reduce the severity of the disease. **Shingles vaccination is now clearly indicated for normal individuals above 50 years of age**. Although there are two types of anti-shingles vaccine, most experts currently recommend the recombinant vaccine (RZV) for normal adults who are not immuno-compromised. The RZV vaccine also has a greater efficacy, especially among people in their 70s, 80s, and 90s. Protection generally lasts for about eight years. The most common side effect of RZV is pain at the injection site, although some may have muscle aches or transient systemic symptoms for one to three days. **It is important to know that the vaccine is ONLY for the prevention and NOT for the treatment of herpes zoster or post-herpetic neuralgia.**

PLEASE TAKE A MINUTE!

If you've been helped by HomeHaven's referrals to service providers, please tell us about the experience.

We'd like to know how things turned out.

203-776-7378

Dr. Gifford (aka Bob or the Doctor of Doggerel) is Professor of Medicine Emeritus at Yale University School of Medicine and former Chair of HomeHaven's Health Committee. He writes this column in collaboration with members of the Committee. Suggestions for subjects are welcome and may be sent to Bob at bobbygi32@gmail.com.

COMPUTER CONNECTION: On the Making of Passwords

by Christa Sammons

It seems that more and more things require passwords these days, while old passwords have to be regularly changed for the sake of security. Experts recommend making passwords long, using both lower and upper case letters, and including symbols (#, &, {, etc.), while avoiding current personal data or anything that reads as a whole word. It can be hard to think up combinations that are “strong” in this way yet still fairly easy to remember. Here are a couple of tricks I’ve used to generate passwords.

I grew up so long ago in a small enough town that the first telephone numbers I remember had only three or four digits. How could I ever forget my Nana’s phone number when I was little, our home number, or my father’s office number? Also etched into my brain is the license plate number of my parents’ car back then. I use these numbers alone, together, factored, or truncated, as PINs and parts of longer passwords.

I’ve also used the initials of deceased members of my original family mixed with parts of their birth or death dates. The initials of my high school and college

mixed with my graduation years have also served, although an assiduous hacker might break that code.

Another trick I have is to select a related set of words—for instance bread-flour-yeast. I translate them into another language and use them here and there, punctuated with numbers that have personal significance, or the factors of those numbers, or even those numbers translated into Roman numerals.

The first letters in the lyrics of a favorite song can also serve: sEey66!mSas (=Some enchanted evening you may see a stranger), but pick a more obscure example or put it backwards with the last two digits of the year you met him/her in the middle somewhere. Got it? Poems would work too, maybe even poems in another language. It’s sort of fun once you get started, and with all the varied experience and expertise represented among HomeHaven members, there should be no end to ways to formulate unusual but memorable passwords.

I should also mention that many techies swear by password managers. If you use one of those, you need only one very strong password to open the manager, which stores your passwords and will automatically fill them in when you want to access various sites and accounts. There is also software that will generate truly random sets of letters, numbers, and symbols to use as passwords.

Antony and Cleopatra, Part III by Cecilia Berner

The final phase of Susan Feinberg’s Antony and Cleopatra project concluded on Friday, December 15, with a lively discussion of the National Theatre’s acclaimed production, with Ralph Fiennes and Sophie Okonedo. Eleven of us shared our views on various aspects of the production — from the staging, to the character portrayals of Octavius, Enobarbus, Antony, and, of course, Cleopatra, to the wisdom of some of the directorial decisions, and finally to the meaning that emerged from the National Theatre’s presentation. Then we drew comparisons between the production’s stance and the meaning Susan had presented in Part I of this project, her talk on the play. Participants raised interesting questions and a variety of theories emerged. As happens in any serious discussion of thought-provoking works of literature, we inspired each other’s thinking as we heard ideas we had not thought of ourselves. Everyone left with a profound respect for the genius of Shakespeare, whose canon presents us with inexhaustible insights and endless questions. “We want more opportunities like this one,” many agreed.

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.

Introducing New Members

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

George Jafferis ~ Westville

Joan Panetti ~ East Rock

Sally Vasey ~ East Rock



VILLAGE VERSE

Resolve

My new year's resolution is to somehow stay alive.
Life is good despite the aches, so I'm planning
to survive.
I'll listen to my doctor and swallow all my pills,
And try to walk a mile a day to scare away the ills.
My battery is running down so I'll charge it
with some wine.
A glass or two is all it takes to keep me feeling fine.
I plan to shed some pounds again, a TV ad
looks great.
They claim it's really simple: "You eat the food, you
lose the weight!"
I'll go to bed at eight o'clock and settle down to read,
But if past performance is a clue, this plan may
not succeed.
For I'll find myself in netherland, all cozy
'neath the puff,
Uneasy that my new life style may not be
good enough.

— Bob Gifford, *Doctor of Doggerel*

LINKING UP

*Links to items of interest recommended
by newsletter readers. We welcome your comments
about these links and your suggestions for others.*

Two from the *New York Times*:

"Dementia May Never Improve, but Many Patients Still Can Learn." In "cognitive rehabilitation," therapists train patients in simple tasks that can make daily life much easier:

<https://www.nytimes.com/2019/01/04/health/dementia-rehabilitation.html>

And "just because it's a lovely piece" ...

"The Joy of Being a Woman in Her 70s." Many of us have learned that happiness is a skill and a choice:

<https://www.nytimes.com/2019/01/12/opinion/sunday/women-older-happiness.html>

**Create Your Enduring Legacy
with a bequest to HomeHaven**

LAUGHTER: THE BEST MEDICINE

Alcohol and Fats

It's a relief to know the truth after so many conflicting medical studies.

The Japanese eat very little fat and suffer fewer heart attacks than the British or Americans.

The French eat a lot of fat and also suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine and also suffer fewer heart attacks than the British or Americans.

The Germans drink lots of beer and eat lots of sausages and suffer fewer heart attacks than the British or Americans.

Conclusion: Eat or drink what you like. Speaking English is apparently what kills you.



***Happy Birthday to HomeHaven
members with a birthday in February***

Pat Allen	Rick Allen
Marge Andrews	Joan Binder
Shula Chernoff	Joseph Crowley
Eric Denardo	Francie Irvine
Jeanne Kerr	Ruth Koizim
Peggy Lawler	Jane Lederer
Alex Ostfeld	Susanne Roberts
Ellen Ryerson	Joseph Sabbatino
John Schneider	Lorraine Siggins
Nira Silverman	Kerala Snyder
Peter Wells	Hannah Winer





Events: February



Tuesday, February 5, 3:00 – 4:30 pm

iPhone Troubleshooting: HomeHaven office.

Find out how to get more out of your iPhone! Come with your questions and problems. Hosted by the IT (Information Technology) Committee. Limited to 10 people. Register with the office.

Wednesday, February 13, 11:00 am

**“Mightier Than The Sword: The Allure,
Beauty and Enduring Power of Beads”**

Yale Anthropology Dept., 51 Hillhouse Ave.

This special exhibition details the meaning of beads across cultures and time. HH member Steve Victor, who became an archeologist in retirement, will give a guided tour. The event is on two floors with no elevator. Lunch afterwards — buy your own — at Yale SOM, 165 Whitney Ave. Walk or carpool. Metered parking on street. Please register with the office.

Thursday, February 21, 3:00 – 4:30 pm

**Tour & Tasting at the East Rock Brewery,
285 Nicoll St., between Mitchell Dr. and Canner St.**

Located next to mActivity Gym, the East Rock Brewery is receiving great reviews. HomeHaven members will be given a guided tour and a tasting of four selected East Rock Brewery beers. There is a \$5.00 per person fee for the guided tour and an \$8.00 fee for the tasting. Total cost: \$13.00 per person; pay at the door. Please register with the office.

VILLAGE COFFEES

*Have Caught On!
Open to HH Members & Friends!*

DOWNTOWN: 1st Sunday at 11 am

Feb. 3, Elm City Market, Jazz Brunch
777 Chapel St., New Haven

HAMDEN/NORTH HAVEN

2nd Tuesday at 10:30 am

Feb. 12, Best Video Film & Cultural Center
1842 Whitney Ave., Hamden

EAST ROCK: 3rd Thursday at 10:30 am

Feb. 21, mActivity Fitness Center Café
285 Nicoll St., New Haven

WESTVILLE/AMITY: 4th Wednesday at 1:30 pm

Feb. 27, Andes International Deli
148 Amity Rd., New Haven (Stop & Shop Plaza)

ONGOING EVENTS

COOKING IN DIFFERENT LANGUAGES: Thai

Monday, February 18, 6:30 pm

Sign-up deadline, Friday, February 8

Join us for delicious food and engaging conversation. New members are welcome. To enable planning, please be sure to RSVP to Celeste Markle by the deadline at c_markle@yahoo.com or 203-397-0492, or call the office. Please also call Celeste for other information.

DINING OUT AROUND THE WORLD

Tuesday, February 12, 6:00 pm

Taste of China, 954 Chapel Street, New Haven

Limited to 16 diners. Sign up required by Friday, February 8. Call the office to register and ask for a ride if needed.

MEMOIRS WRITING GROUPS

**The groups meet on the second and fourth
Mondays of the month for an hour and a half.**

For information or to attend a meeting of one of our three groups to see how it works, contact Harriet Bergmann at 203-776-0703 or hfb183@gmail.com

PINS AND NEEDLES

Monday, February 25

at the home of Mary Barnes

Bring a project and enjoy the company, lively discussion, and refreshments. New members are always welcome at these fourth Monday of the month gatherings. Please RSVP to Mary at jim.marybarnes@gmail.com or 203-745-3930.

Generous support for HomeHaven provided by:

Caffe Bravo (203) 772-2728

The Wine Thief (203) 772-1944



35 Hamden Hills Drive, Hamden
203-248-1864



21 Bradley Road, Woodbridge
203-397-7544



203-298-9700

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