



## Message from the President

The past month has seen what looks to me like a flurry of activity by our most motivated members to identify and inspire those who will be our next crop of motivated members. We also gladly welcome members whose only planned activity will be paying their dues (HH is a big tent!).



But the inexplicable benefit of this organization is that it gives back in proportion to what one brings to the table. Those who signed up thinking it was a backstop or protective measure are finding it is in fact a pathway to a new social paradigm. I can't fully explain it but we demonstrate it every day.

Because we have so many sterling examples of good HH members before us, we know the sort of person we are looking for. First, that person must be capable of foresight and comfortable with planning for both the best of luck and the worst. HH offers fellowship for the former times and support and help for the latter. Second, the HH member who will fully reap the benefits must see the value of (as our newly adopted Vision Statement puts it), "a community of independent seniors providing a supportive network of caring friends." Third, the general reciprocity of our structure gives the most value to those who wish to contribute as well as benefit. It's not that we don't welcome those who are less outgoing, but one must be prepared for a fresh look at what constitutes friendship. It's not a country club or a church, nice as those may be; it's a whole new thing, replicating the best of older models such as extended families or tribes.

I share this message because we need to find more people like us. What do we have in common besides being over 60 or 65? My personal assessment is that our members are smart; some are highly educated but all are smart enough to plan for the future. That implies

"real world" smart, not just highly accomplished in fields of professional study or business. It helps to be smart enough to see and acknowledge our limitations, including the temporal. Do you know people who are similarly open-minded and working to adjust to seniority? They are potential recruits, and anything you can do to inveigle them into coming aboard is welcome. Our knees may be creaky but our spirits are undaunted, our appetite for life unquenched.

Lately we've been reaching out to retired college faculty members on the arguable assumption that they may still be interested in intellectual challenges and conversation about topics both mundane and recondite. Those of us who have spent many years in institutions of higher learning also recognize that the

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most original thinkers are frequently found elsewhere, of course. We are eager for leads and referrals. I begin with the belief that we all find this organization a positive experience (extrapolating from my own opinion, of course). Assuming that this feeling is widely shared, I urge you to assist us in sharing the benefits even more broadly.

By now you may have received our membership letter on this subject. If not, it's coming soon. We urge you to read it and act on it ("Operators are waiting for your call!"). It is generally recognized that we should save money for our retirement, but we ask the further question: "Have we been preserving our appetite for joy and experience?" That's where HomeHaven comes in, and we want to share it with all who will join.

*Fred*

Fred O'Brien

## Introducing New Members

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

Pam & John Hartigan ~ Hamden

Marjan & Frans Wackers ~ Amity

Judy & Ken Kidd ~ Westville

Lee McGee & Park Street ~ Hamden



## 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](mailto: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:

- 84 rides by volunteer drivers
- 46 home visits by volunteer visitors
- 17 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: Marc Mann

*Interview by Kaye Maggart: This is part of a series about HomeHaven members who enjoy volunteering.*

*KM First of all what is Music Haven? Can you explain a bit about it?*

*MM* Music Haven is a free afterschool music program that provides violin, viola, and cello instruction to New Haven students from disadvantaged neighborhoods. The teachers are professional musicians from the Haven String Quartet. It began with 18 third graders in two elementary schools in 2007 and now serves 75 students from twenty schools.



*KM Whose idea was it to start free string lessons in the schools?*

*MM* The idea began with Tina Lee Hadari, a Yale-trained violinist. She had worked at Opus 118 – the Harlem School of Music program which was featured in the movie “Music of the Heart” with Meryl Streep. Tina proposed starting a similar afterschool program in New Haven with music teachers from her Colorado-based graduate string quartet.

*KM How did you become involved? Aren’t you a physician?*

*MM* Yes, but I also play viola in local orchestras and chamber groups so I was eager to help with this project.

*KM Were there others who helped you create the program? Where did you start?*

*MM* First we had to form a board. My chamber music partner, Dr. Andy Bedford, was President; I was Vice-President; and Dick Resch joined as Treasurer. Volunteers from Yale Law School helped us draft by-laws and apply for nonprofit status. Friends and family also gave generously to help bring the quartet to New Haven.

*KM What were the main hurdles Music Haven faced at the beginning?*

*MM* Raising donations, helping Tina organize the first classes, coordinating with the New Haven Public Schools, establishing a headquarters in a converted garage on Whalley Avenue – it was a lot of effort. We were definitely a working Board!

*KM Do you ever play music with Music Haven students yourself?*

*MM* Yes! A definite high point for me is whenever I get to play music with students, whether it’s a first-year violin class of refugees or playing a movement of a two-violin concerto with a 12<sup>th</sup> grade violinist.

*KM You are the Board Chair at Music Haven, correct? Have things changed since those early years?*

*MM* I enjoy the support of an outstanding Board of Directors including our Executive Director, Mandi Jackson. In 2017 we moved from the converted garage to a new teaching and performance space in Erector Square. Meanwhile we’ve increased programming to meet the needs of older students, and we have added a fifth violin teacher. To make all this possible, our annual budget has grown from \$25,000 to \$600,000.



*Marc with student violinists*

*KM Do the Haven String Quartet members still act as teachers for the students?*

*MM* Yes. Each member teaches 15 to 20 Music Haven students, and our more experienced students mentor younger kids and serve as practice buddies. The quartet also produces numerous concerts and workshops throughout the region.

*KM This has been a long commitment! How do you fit all this in and still work as a physician?*

*MM* It’s been immensely energizing and satisfying to volunteer as a board member of Music Haven and to play a part in transforming children’s lives through music. The advising, strategizing, friend-raising, and fundraising that is a board member’s responsibility is a perfect complement to what I do in my day job. I urge HomeHaveners who have the time and inclination to seek out a nonprofit that is doing something you love and volunteer in any way you choose.

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Note: HomeHaven members interested in learning more about Music Haven can go to the website at [www.musichavenct.org](http://www.musichavenct.org) or call the Music Haven office at 203-745-9030.



## ON THE MOVE!

Last month we asked readers to tell us what they do to stay fit. Here are some of the responses—others will be in the next issue. We hope they will inspire you to get moving, and suggest opportunities you may not have known about. And if you meant to respond but didn't get around to it, it's not too late!

### ***From Jeanne Kerr:***

I'd like to put in a plug for "Jazzercise" in Mount Carmel, Hamden, which I have been attending loyally for over 25 years. I'm not one for walking or running, but I LOVE TO DANCE! It keeps me flexible and strong (if not thin) and nothing hurts. One can modify the steps and movements according to one's skill and fitness level. This is an active form of exercise! The music keeps you moving. The community of mostly women is great. At 78 I am not the oldest member of the class! I attend the 9:15 am class on M/W/F, but there are many choices of days and times. Google < [Jazzercise.com](http://Jazzercise.com), find a class > or call 203-623-0371 for more information. The studio is at 4133 Whitney Ave., Hamden, near Brooksvale Park, in a strip mall.

### ***From Sheila Rostow:***

I exercise by walking as much as possible and by being a part of HomeHaven's small but persistent walking group. Last March I added Pilates to my regimen after hearing how it had benefited a friend with a bad back. I go to Pilates Haven, a separate business located in MActivity. I take a one-on-one personal trainer led

Pilates equipment session and a half hour one-on-one Pilates mat session. I highly recommend both the workout and the studio. Amy and John (married couple and owners of the studio) are skilled, patient, and remorseless (in a good way). They have a wonderful ambassador in Winston, their English black lab, who quietly greets every visitor and supervises all activity from under one of the pieces of equipment. By the way, their oldest client is 92! Their website is [pilateshvn.com](http://pilateshvn.com). I have seen great improvement in my arthritic knees and my periodically bad back. I am totally sold on Pilates and now that the weather is improving (at least in my imagination) I'll also be doing more walking.

### ***From George Jafferis:***

I am an exercise freak. At 84 going on 85 I do a Baby Triathlon a week. Five or six days a week I ride my bike 5 to 10 miles. One day a week I hike 3 to 6 miles with a Hiking Club, and 3 days a week I swim 15 laps at a local college swimming pool. Outside of several snow days I bike thru the winter. I have two artificial hips (a former runner), a pacemaker, and one stent. I was hit by a car while biking without a helmet and had a number of injuries. I recently joined the Westville HomeHaven and members can probably see me biking in their neighborhood (without my helmet). I live at 1934 Chapel St. with my cat, Luna.

### ***From Ellen Brainard:***

I attend a tai chi class that meets on Tuesdays and Thursdays, 10:45 to 11:45 am, at the Miller Senior Center in the Hamden Library building, 2901 Dixwell Ave., Hamden. The instructor, Bill Bannick, provides clear explanations and demonstrations of the movements, and is good at incorporating novices into an ongoing group. The cost is \$5.00/session or \$40.00/month, with an introductory first session free. I find tai chi both demanding and relaxing, as well as good for balance. Bill also teaches tai chi and yoga at other venues that may be more convenient. See his website: <https://www.bigfaceloveyoga.com/>

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## MEMO from the Household Committee by Bruce Lawler

Spring has sprung! The days are longer and the weather is improving.

It's time to get outdoors to start planning our good weather projects.

- Clean up yard, garden, gutters, and windows. Broken tree limbs that have not fallen can be especially dangerous.
- Power wash decks, porches, walks, even the outside of the house.
- Note drafty windows or doors needing repair or replacement before next winter.
- Schedule painting or handyman jobs if needed.

Our Service Providers can help you with any of the above projects.

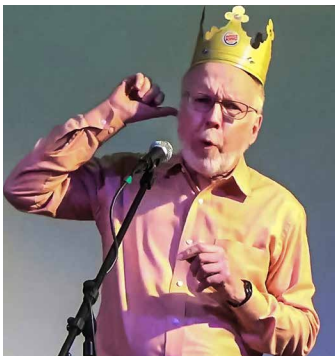
### **PLEASE TAKE A MINUTE!**

**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**





## *MUD FOLLIES 2019*

Once again the Whitneyville Cultural Commons filled to capacity for HomeHaven's annual spring celebration. Impresario Louis Audette assembled and presented our own talented performers to an appreciative audience. Prizes were raffled, and goodies, provided by Celeste, were enjoyed by all.



Photos by Louis Audette, Jane Jervis, Patricia Langdon, and John Sawyer



# HEALTH MATTERS: Macular Degeneration

by Joel Silverman and Ron Rozett

Macular degeneration, more formally known as age-related macular degeneration (AMD), is a major cause of visual loss in older people. Although it may cause no symptoms in its early stages, as time goes on it results in blurred vision or loss of vision in the center of the visual field. The disease may affect either one or both eyes. It does not cause complete blindness but affects the central part of the retina, called the macula.

The retina is the light-sensitive tissue coating the rear of the eye responsible for transmitting images to the brain, creating what we know as vision. Although the macula is the most sensitive part of the retina, it comprises only 2% of the retinal surface. The macula is indispensable for reading, facial recognition, night vision, and driving. Consequently, AMD creates problems in each of these visual functions.

AMD is typically a disease of older people, i.e., aging is the primary contributing factor to the appearance of the disease; but smoking and genetic factors affecting lipid metabolism also play roles. Smoking increases the risk of developing AMD about two to three times.

In 2015 about 6.2 million people around the world were afflicted with AMD. There are probably 2.5–3.0 million people in the USA with the disease, notably more common in white people than in either African Americans or Asian

Americans. In the USA it is the most common cause of vision loss in people over 50, occurring in 0.7% of people between 60 and 70, 2.3% of those 70 to 80, and nearly 12% of people over 80 years old.

Two major types of AMD are generally recognized: “dry” and “wet” types, with the dry form of the disease making up 80-90% of cases. In dry AMD abnormal material collects under the light-sensitive layer of the retina, causing malfunction and death of the tissue. In about 10-20% of cases dry AMD progresses to the wet form.

Wet AMD is an advanced form of the disease usually, but not always, preceded by the dry form. Abnormal, fragile small blood vessels develop in the affected macula. Ultimately, they leak blood cells and fluid below the macula, causing scarring and irreversible damage to the light-sensitive cells of the retina, and causing rapid loss of vision if left untreated. The transition from dry to wet AMD can happen relatively rapidly and can lead to legal blindness in as little as six months.

The symptoms of AMD can be quite subtle. Patients often notice areas of wavy lines and some blank areas in their visual field. Blurred vision and decreased visual acuity are also common early symptoms. This is particularly noticeable during reading.

Smoking cessation is the most important single thing an older person can do to prevent AMD. Taking vitamin and mineral supplements is not effective as a preventive or therapeutic measure. Exercise may help in both prevention and treatment.

Treatment is aimed at slowing down disease progression. Therefore, it is important that older people have regular eye examinations to detect the earliest stages of AMD and to monitor the disease for progression to the progressive, wet form of the disease. Treatment of early and intermediate stage AMD is directed at smoking cessation and treating lipid disorders (elevation of cholesterol and triglycerides), dietary changes, and the use of statin medications to lower blood lipid levels. Treatment of advanced wet AMD now commonly involves the periodic intra-ocular injection of blood vessel growth inhibitors. We are assured by people who have had this procedure that it is not as bad as it sounds!

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*Dr. Ron Rozett is a retired internist, geriatrician, and specialist in chronic disease and disability. He has been an administrator for the Community Health Care Plan and Gaylord Hospital, and member of the Board at The Whitney Center. Dr. Joel Silverman is a retired ophthalmologist. They are both members of HomeHaven.*

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## VILLAGE VERSE: Rosie

Seventy years ago, in the early month of June,  
A white rose blossomed; known then as “Silver Moon.”  
It prospered in Virginia at the homestead of my wife.  
A plant that she’s remembered all her days of life.

When the house was later razed, with it went the rose.  
But a neighbor had preserved a root, a fact she did disclose.  
She planted it in her front yard and invited us to see  
The splendor of this lovely blossom, a glowing refugee.

She offered us the chance to snip off tiny shoots,  
And we dipped them all in Rootone, hoping for some roots.  
We watered them in soil with grand hopes they would resurge,  
But only one survived the shock and its rootlets did emerge.

After weeks of anxious waiting, tiny leaflets did appear  
So I left it in its pot to season fully for a year.  
We moved it then to Maine to begin its life anew.  
But for two more years of life only leaves it did pursue.

Although I was concerned that no buds could be cajoled,  
Last summer I was ecstatic as one blossom did unfold!  
Next day I took the family out to view this lovely sight,  
But to my dismay, a hungry deer had munched it off at night!

— Bob Gifford, Doctor of Doggerel



# COMPUTER CONNECTION: Getting Help

by Christa Sammons

HomeHaven computer volunteers are always ready to help, and the IT committee has been considering new ways to deliver assistance. One result has been our recent iPhone workshops. We're planning more in April and May—stay tuned. But sometimes you may want to help yourself, or simply learn more about your electronic devices in a systematic way. Here are some suggestions to pursue on your own.

First of all, devices and programs are likely to offer their own help. My PC, for instance, came with an app called “Free training.” In gmail, clicking on “settings” leads to a list that includes help.

Many members have praise for the Apple Store on Broadway in New Haven, where the “knowledgeable specialists” (otherwise known as geniuses) offer help with Apple devices. And you can park right there in the Broadway lot. Don't want to drive downtown? HomeHaven member Pam Stanton got help by phone. Here is the url for Apple Support, which offers a variety of ways to get help and solve problems: <https://www.apple.com/contact/>

And now a plug for my own profession! Librarians are trained to be helpful, and both the New Haven Free Public Library and the Hamden Public Library offer free computer classes. The Hamden Public Library even offers one-on-one sessions by appointment. Check out these web pages:

<http://www.hamdenlibrary.org/library-services/public-computers/computer-help/>  
<http://nhfpl.org/services/technology-center/>

I've also identified a few general websites that offer good, clear computer advice and instruction. GCFGlobal is an offshoot of the Goodwill Industries. The website offers basic instruction in several tech areas: <https://edu.gcfglobal.org/en/> (click on technology). Here is their page devoted particularly to the iPhone: <https://edu.gcfglobal.org/en/iphonebasics/>

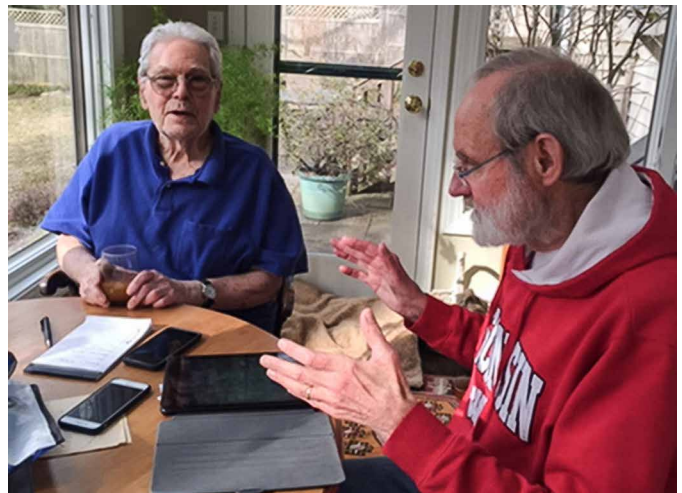
Another site, founded by former Apple employee David Payette, may also be helpful <https://www.payetteforward.com/>. According to the homepage, “Payette Forward's mission is to help people solve problems with their technology and communicate useful information using language that *everyone* can understand.” Hear, hear! Go there for troubleshooting about your Apple device.

And finally don't forget YouTube! Now owned by Google, this great ultra-democratic mish-mash of shared videos includes everything from highly professional contributions to virtual trash. It can be hard to separate the wheat from the chaff, but give it a whirl—search for your question. I have a stout case for my iPhone, which at first I had difficulty removing when I wanted to charge the phone. After repeatedly watching a YouTube video of a guy taking the case apart and putting it back together, I finally got the knack.

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*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](mailto:christa.sammons@gmail.com).*

## March iPhone Workshop



A second iPhone workshop was held at the home of Jim and Kaye Maggart on March 19th. Above left (L to R): Jim Maggart, Jeanne Kerr, Helen Robinson, and Mary Jo Warren. Above right: Normand Methot and Norman Chonacky



## ONGOING EVENTS

### COOKING IN DIFFERENT LANGUAGES:

#### Sardinia

**Monday, April 15, 6:30 pm. Sign-up deadline, Friday, April 5.** Join us for delicious food and engaging conversation. New members are welcome. To enable planning, be sure to RSVP by the deadline to Celeste Markle at [c\\_markle@yahoo.com](mailto:c_markle@yahoo.com) or 203-397-0492, or call the office. Please call Celeste for other information.

### DINING OUT AROUND THE WORLD

**Tuesday, April 9, 6:00 pm, Ibiza Restaurant**  
1832 Dixwell Ave, Hamden

Sign-up required by **Friday, April 5. Limited to 16 participants.** 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](mailto:hfb183@gmail.com).

### PINS AND NEEDLES

**Monday, April 22, 3:00 pm, at the home of Kathy Denardo.** Bring a project and enjoy good company, lively discussion, and refreshments. New members are always welcome at these gatherings on the fourth Monday of the month. RSVP to Kathy at [vivian.denardo@att.net](mailto:vivian.denardo@att.net) or 203-288-1887.

## LAUGHTER: Sign Us Up!

### Sign at an Optometrist's Office:

"If you don't see what you're looking for, you've come to the right place."

### On a Plumber's Truck:

"We repair what your husband fixed."

### On another Plumber's Truck:

"Don't sleep with a drip. Call your plumber."

### On a Maternity Room Door:

"Push. Push. Push."

### In a Veterinarian's Waiting Room:

"Back in 5 minutes. Sit! Stay!"

### In a Podiatrist's Office:

"Time wounds all heels."

*Coming soon...*



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

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



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

Lucy Ambach Norman Andrews

Kem Edwards Harvey Feinberg

Pat Kane Joan King

Thomas Martin Bill Moore

Judy Moore Martha Peterson

Nan Ross Jean Rozett

Nancy Ruddle Allen Sack

Karen Schneider Manana Sikic

Sylvia Van Sinderen John Wilkinson

Werner Wolf Bernie Zuckerman

Marilyn Zuckerman







## Events: April

**Yale University Art Gallery  
Robert L. McNeil Lecture Hall  
1111 Chapel Street, New Haven**

The HomeHaven Activities Committee recommends the forthcoming last four lectures on Van Gogh by acclaimed art historian, John Walsh.

**Friday, April 5, 1:30 pm, *Van Gogh in Arles I: Town, Fields and Gardens***

**Friday, April 12, 1:30 pm, *Van Gogh in Arles II: Friends and Models***

**Thursday, April 18, 5:30 pm, *Van Gogh and the Asylum at Saint-Rémy***

**Friday, April 26, 1:30 pm, *Van Gogh in Auvers-sur-Oise, the Last Works, and the Artist's Reputation.***

Seating is limited. Free tickets to the lectures are given out in the lobby beginning one hour prior; ticket holders are guaranteed a seat. **Parking in the York Street garage or metered parking on the street.**

**Wednesday, April 17**

**Registration deadline for May 14 trip to  
New Britain Museum of Art**

***The Beyond: Georgia O'Keeffe and Contemporary Art***

Three dozen iconic works spanning the full range of O'Keeffe's output will be on display alongside works by 20 contemporary artists that evoke, investigate, and elaborate upon the images and approaches that mark O'Keeffe's career. Register online on the HH calendar or call the office.

**Monday, April 29, 3:00-4:30 pm**

**Private Tour of Exhibition:**

***Places We've Been* with Sculptor Susan Clinard  
Whitney Humanities Center, 53 Wall Street**

A special tour for HomeHaveners with the artist, Susan Clinard. Works in this exhibition reflect our shared human experiences: women protesting, a farmer's labor, the recent travel ban, the latest California fires, love through time, a prayer for the shooting in Pittsburgh.... Susan made a name for herself by invoking magically human forms and feelings out of wood, clay, or wire. She enthusiastically accepted our invitation to give a guided tour to HHers. A brief

Q&A will follow. For a revealing interview with Susan visit: [mothermaker.co/interviews/susan-clinard](http://mothermaker.co/interviews/susan-clinard)

Parking in Grove Street Garage or metered parking on the street. Register online on the HH calendar or call the office.

**Tuesday, April 30, 9:00 am-5:00 pm**

***Frida Kahlo: Appearances Can Be Deceiving***

**Brooklyn Museum, Brooklyn**

**Registration deadline: Monday, April 15**

Join HHers on a trip to Brooklyn for *Frida Kahlo: Appearances Can Be Deceiving*, an exhibit of paintings, drawings, and photographs from the celebrated Jacques and Natasha Gelman Collection of 20th Century Mexican Art, as well as related historical film and ephemera. To highlight the collecting interests of Kahlo and her husband, muralist Diego Rivera, works from the museum's extensive holdings of Mesoamerican art are also included. Register online on the HH calendar or call the office. Cost: \$22 plus transportation and lunch. **Transportation TBD.**

***Save the Dates:***

**May 9, 2:00 pm**

North Haven Library

***Medical Life Alert Devices: Do I Need One?***

**May 11, 9:00 am-12:00 noon**

HH Office Parking Lot

**SHREDDING DAY!**

**May 14, trip to New Britain Museum of Art  
for O'Keeffe exhibit (see details under April 17)**

**May 15, all day**

**Museum of Fine Arts, Boston. *Toulouse-Lautrec and the Stars of Paris*.** Bus trip with YUWO. Watch for details in HomeHaven Happenings. Registration deadline: April 30. Download registration form from the HH calendar listing.

**HOMEHAVEN OFFICE**

**☎ 203-776-7378 ☎**

**hhkateh@gmail.com**

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