

Message from the Executive Director



Lauri and Anthony "Soup" Campbell



Wayne Meeks and Assistant Chief Campbell

Community. Just when I thought I'd exhausted my understanding of what that word means for HomeHaven, I attended an inspiring presentation by Anthony Campbell, Asst. Chief of the Yale Police Department. Chief Campbell, known affectionately as "Soup," was to speak on Community Policing, but he broadened his topic to include a far deeper meaning of community.

With moving stories from his childhood in Harlem, his years at Yale College and Yale Divinity School, and his service on the New Haven Police force, Soup explained that one cannot make it in this world on one's own – you need a community. More than family and friends, community fills in the gaps when you cannot work things out on your own. And it turns out that most of life's experiences fall into that category; life is not a *solo* enterprise.

Chief Campbell shared the wisdom gleaned from his experiences with family illness, an untimely loss, and a horrific injury on the job. For example, Campbell's grandfather was able to live at home with his extended family at the end of his life. The family took care of him and as the end drew near, he told his grandson,

"You are my feet when I can't walk; you are my hands and sometimes even my mind. *That is community.*" Campbell never forgot these words.

Campbell took this teaching and applied it throughout his life. He suffered an injury on the job that involved

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a severe concussion. After months of therapy and treatment, he began to recover, but for a while he was unable to recall people's names, even when he could remember everything else about them! At such times, his wife was his community, discreetly supplying the name so he was able to greet friends and acquaintances appropriately. As he regained strength and got back on his feet, oddly, he was unable to effectively lace his shoes, even though he had regained the capacity for more complex tasks. His eight-year-old son tied his father's shoes for him each morning; his son was his community.

Campbell noted that the need for community increases as we age, as certain capacities fall away. He commended HomeHaven members for "being community" to each other, and urged us to continue filling in the gaps for one another. He noted that community must be intentional, not something you were simply born into, such as a religion or ethnicity. He called it, "Looking out for each other."

Looking out for each other. This is precisely the phrase I have been searching for to describe what happens in our six villages as members come to know each other! It's less than taking care of, but more than just helping each other. It's a mutual, active, yet respectful interest in what is happening in the life of another. We are paying attention; we notice what is happening; we communicate our concern; we step in if help is wanted and needed. We invite in other resources if necessary. Our members and leaders do this with the support of the office staff.

This is the HomeHaven community — not a panacea in these times of alienation and isolation, but surely a step in the right direction and an example to be emulated.



Lauri J. Lowell

HomeHaven News

Ellen R. Brainard, *Editor*
erbrainard@gmail.com

Jane Jervis, *Associate Editor*
hjervis@gmail.com

Published by HomeHaven, Inc.
291 Whitney Avenue, Suite 103
New Haven, Connecticut 06511
203.776.7378
info@homehavenvillages.org

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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:

- 46 rides by volunteer drivers
- 37 home visits by volunteer visitors
- 7 computer assists by volunteer computer helpers
- 22 referrals to volunteers or vetted providers for household help

Note: Members often call a service provider more than once without informing the office. You can help us keep accurate records by always letting us know each time you use a provider we recommended. Thank you. It's important!!

Look for monthly reports giving rolling three-month totals.

MESSAGE from the HOUSEHOLD COMMITTEE:

How Easily Can Your House Meet Your Needs for Aging In Place?

by Bruce Lawler and Hal Spitzer

Very often we adapt to our homes rather than having our homes adapt to us.

Having helped many people remain in their homes for over 30 years, we encourage every one of you to start a “what if” plan if you have not already done so. Below are some things you should plan for, should your lack of mobility start to increase or become severe. This month’s article will deal with entries, exits, and access.

- **Is there a way to enter and exit your home easily?**

What entryway is the easiest to use? Which has the fewest steps? Does your house have a good-sized porch? Are your entrances and exits well lit? If steps were to become a problem, would a ramp or lift be needed? Although some yards have just the right topography to allow a ramp to blend in very nicely, where would you be able to fit one in?

- **Can you convert to a first floor bedroom if needed?**

If you live in a one-floor ranch style home this should be no problem, but if your bedroom is on the second floor and stairs became an issue what would you do? A stair lift could be an option if it fits your stairway. Elevettes (elevators that are really glorified dumbwaiters for us humans) are another option. However, they can be expensive and require both vertical room and accessible approaches. If neither of these is an option, you may well require a first floor bedroom.

- **Is there a full bathroom on the first floor?**

Again a ranch style home is less of a challenge, but two-story houses can vary. Most have half bathrooms on the first floor and full bathrooms on the second. You may need a full bathroom on the first floor. The entry-door width will need to be sufficient for a wheel chair; the shower will need to be barrier free, with grab bars.

- **Where is the laundry area?**

Many are located in the basement and need a trip down a dimly lit staircase with a concrete basement wall near the bottom. **This is Not Good!** The laundry should be moved to the first floor. It’s a good idea for everyone if you have the space, no matter what your physical condition.

Often your permission to be released from a rehab center will be based on how well your home is equipped to receive you. Good remodelers are usually busy and not able to modify a house at a moment’s notice. By becoming aware of your home’s strengths and weaknesses, you can plan for a longer and more comfortable future in your home.

PS: Carbon monoxide detectors are very important this time of year! Carbon monoxide is odorless, and the detectors are your best protection. There are combination smoke and carbon monoxide detectors so that you can replace your smoke detector without needing an extra device. We recommend that you replace the battery twice a year on the same day you turn your clock back or forward for Daylight Savings Time.

PLEASE 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.

We’d like to know how things turned out.

203-776-7378



HEALTH MATTERS: Medicare and Medicare Advantage Plans

by Ronald Rozett

In 1965 Congress enacted and President Lyndon Johnson signed legislation creating health insurance for people over 65. This was known as Medicare, officially Title XVIII of the original 1930s Social Security Act. Medicare was fully implemented in 1966; its coverage was extended to people with long-term disabilities and end-stage renal disease in 1972.

Medicare is divided into parts. Part A covers hospital services, limited skilled nursing facility services (not more than 100 days), and home health services. Participation is automatic upon reaching the age of 65, i.e., you do not have to pay anything to receive its benefits.

Part B was developed to satisfy the objections of the American Medical Association, which did not want the government to pay doctors directly (“socialized medicine”) without the involvement of patients. The AMA threatened to block the passage of Medicare by Congress if this issue was not addressed. Consequently, Medicare Part B covering doctors’ services was developed. Unlike Part A it is *voluntary* and requires the payment of a monthly premium.

Both Part A and Part B have deductibles and co-payments making the situation even more confusing for beneficiaries. Medicare supplemental insurance (Medigap) was developed by private insurance companies to cover these deductibles and co-payments, *provided the beneficiary paid the Part B monthly premium.*

Separately, Medicare began limited coverage of prescription drugs in 2006, Part D of Medicare, and once again Congress established a central role for the private insurance industry in administering the program. As you know, participation in Part D requires paying a separate premium to a private insurance company, not the federal government.

Confused?

Most beneficiaries are enrolled in traditional fee-for-service Medicare that allows individuals to receive care from any doctor and any hospital that agrees to

abide by Medicare rules of participation. This includes agreeing to Medicare’s discounted payment schedule.

The Medicare Advantage option was created in 2003 as Part C of Medicare, allowing private insurance companies to offer managed care style health plans to Medicare beneficiaries in an effort to contain the rapidly increasing costs of the program. These plans are required, as a minimum, to cover all the benefits of traditional Medicare. As with other managed care plans, at least in theory, they save money by requiring beneficiaries to get their medical services from a *network of approved providers*, doctors, hospitals, laboratories, and others. Medicare Advantage plans charge a premium to enable them to cover the gaps (co-payments and deductibles) in traditional Medicare. The money saved by providing these required services through its provider networks can be used to reduce premiums, sometimes to zero, or to add services not covered by traditional Medicare, such as hearing aids, dental services, and gym memberships

A very complete and understandable discussion of Medicare Advantage plans can be found in “Medicare & You,” the annual government publication we all recently received, on pages 55–66. We are in the middle of the yearly period in which you can switch from traditional Medicare to a Medicare Advantage plan. You have until December 7th to make your decision. Review the details of each of the plans available in Connecticut and confirm that the plan you are considering offers the physicians, hospitals, and other providers you have been using as a Medicare beneficiary. Note that you will be penalized for using providers outside the insurance company’s network. Then compare the cost of that option with other Medicare Advantage plans. Remember, *you are required to pay the Medicare Part B premium* in addition to the premium for the Medicare Advantage plan.

Your decision is not irreversible. You can switch your coverage to another Medicare Advantage plan or switch back to traditional Medicare next fall if you are unhappy with this year’s choice.



LAUGHTER: The Best Medicine

Cats are smarter than dogs. You could never get eight cats to pull a sled through snow.

Dr. Rozett is a member of Hamden Village and serves as Chair of HomeHaven’s Health Committee. He has been on the faculty of the Yale School of Medicine, was medical director of the Community Health Care Plan (CHCP), and an administrator at Gaylord Hospital.

Volunteer Voices: Lynda Hammond

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

KM How did you first become interested in Rotary Club?

LH I was invited to join Rotary over 20 years ago while I was partner in a small medical device company in Bridgeport, CT. As you may know, Rotary is an international service organization that brings business and professional people together for projects around the world.

KM Are you an engineer? What kind of medical devices did your company make?

LH No, I am not an engineer. I was trained as a nurse, but while I was working in Los Angeles in the early 1970s, I became familiar with diagnostic ultrasound equipment. So, when my husband and I moved to Connecticut for his work in 1978, I decided to leave nursing and accepted a product management position in a company that manufactured ultrasound components.

KM What kind of international Rotary projects were you involved in?

LH In 2003, while I was President of the Hamden Rotary Club, I travelled to Belarus with the Chernobyl Children's Project International to distribute aid to orphanages and rural communities in the Gomel Region, bordering Ukraine. While I was there, I heard that an American surgeon on a pediatric team in Minsk was operating on children with congenital



New HomeHaven member Lynda Hammond (second from left) with her Interact Club students at St. Martin de Porres Academy

heart defects and providing ongoing training of their local medical team. There are approximately six million kids worldwide born with congenital heart defects, and I realized a team approach was essential in projects like this. When I returned to the US, I decided to join the Rotary Gift of Life program, which advocates for this mission team approach. I have been President of our District 7980 program since 2005.

KM Does the Rotary Gift of Life Program operate in many countries?

LH Yes, the primary focus for our chapter has been in the Dominican Republic for more than a decade. We work with many Rotary Clubs, Rotarians, Gift of Life groups, local hospitals and governments, international groups of volunteer medical professionals, and several non-governmental organizations.

KM Is there a local Rotary project that you also enjoy? Can you tell a bit about what it has meant to you?

KM My own favorite project over the years has been the Interact Club at St. Martin de Porres Academy in the Hill Section of New Haven. Interact gives young people an after-school opportunity for service and leadership, while making new friends. The club at St. Martin de Porres Academy, started in 2010, was the first in the area for middle school students. It has evolved into a warm, supportive family. We meet at least once a week. I am so grateful to these kids for allowing me to spend the time with them as they grow and develop into young adults. I feel like these are "my" kids and I love each one of them!



HomeHaven Holiday Party!

Wednesday, December 11th, 5-7 pm

At the home of Louis Audette

Festive potluck – HomeHaven style!

Bring your favorite finger food for 8 to 10.

Beverages and live music will be provided.

Call your Village Leader if you need a ride.

**Register through the Events Calendar
on the HomeHaven website.**

COMPUTER CONNECTION: The Cloud

by Christa Sammons

Is the cloud a lonely wanderer?

Decidedly not! The cloud—or rather the clouds, because there are many of them—are huge conglomerations of power-hungry servers owned and managed by companies such as Microsoft, Google, and Amazon. These server farms or data centers are located all over the United States and the world.

As you can imagine, you'd need an advanced engineering degree to understand the complex technology behind cloud computing. Read the Wikipedia article if you've got more stamina than I do. But the basic idea is that these massive computer installations provide software, programs, and data storage that businesses and agencies contract to use, access being over secure Internet connections. We've heard a lot lately about the 10-million-dollar cloud-computing contract Microsoft won from the Pentagon, to the displeasure of Amazon. Businesses use cloud computing and storage so that they don't have to purchase and maintain extensive computing infrastructure on site, but instead pay to use the applications they need. All



Nothing like Wordsworth's cloud: an Amazon data center

this is said to save money for businesses, facilitate work, and make operations more flexible, for instance when new software is needed quickly.

Individuals like us also use cloud computing, even though we might not understand or be aware of it. If you've uploaded photographs to a site such as Flickr, Google Photos, or iCloud Photos, you're storing them "in the cloud." Dropbox, an application popular with the HomeHaven techie set, is a site for storing documents in the cloud—in this case computer servers maintained by the Dropbox company. With requisite permission, several people may have access to such documents for the purpose of collaborative editing.

My version of Windows came with a sub-directory called One Drive. By putting documents in that folder, I'm storing copies of them somewhere in Microsoft's cloud. I could potentially access them from another computer, using the password to my Microsoft account (should I remember it). The iCloud Drive serves a similar function on Apple computers. In either case, cloud storage provides an element of backup.

So why are these multiple, earth-bound, power-guzzling server farms called the cloud? It appears that back in the 1960s—ancient history in the computer world—a cloud was used to represent the Internet in flow charts and other diagrams. A more inappropriate metaphor is hard to imagine.

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.

VILLAGE COFFEES

December/January Coffees

AMITY: Wednesday, Dec. 4, 1:30 pm
& Wednesday, Jan. 22, 1:30 pm
Andes Int'l Deli (*with Westville*)

DOWNTOWN: Wednesday, Dec. 11, 10:30 am
& Wednesday, Jan. 8, 1:30 pm
The Neighborhood Café (*with ERV*)

ERV: Wednesday, Dec. 11, 10:30 am
& Wednesday, Jan. 8, 1:30 pm
The Neighborhood Café (*with Downtown*)

HAMDEN: Tuesday, Dec. 10, 10:30 am
& Tuesday, Jan. 14, 10:30 am
Best Video (*with North Haven*)

NORTH HAVEN: Tuesday, Dec. 10, 10:30 am
& Tuesday, Jan. 14, 10:30 am
Best Video (*with Hamden*)

WESTVILLE: Wednesday, Dec. 4, 1:30 pm
& Wednesday, Jan. 22, 1:30 pm
Andes Int'l Deli (*with Amity*)

Village Activities and News

Amity-Westville: Wine Tasting

A combined Amity-Westville Wine Tasting Event took place on November 13 from 6:30 to 8:30 pm at Amity Wines. The focus was on Holiday Wines.



HomeHaveners socializing at the November wine tasting event

Westville: Juniors interview Seniors

Alisa Davis, the Head of the Hopkins English Department, wanted her students to have the experience of interviewing someone and writing up their interviews. Last year, as an assignment for *The Writing Semester*, a required class for first-semester juniors, she had them interview residents of Tower One. This year, to continue the experience of interviewing individuals in a totally different demographic from their own, she searched for another organization involved with the elderly. She found HomeHaven on the web and was intrigued, so she set this event in motion, pairing eleven HomeHaven members with her eleven students. Susan and Harvey Feinberg hosted a Westville potluck on Friday, November 1, to introduce new members Catherine and John Forrest and Ken and Judy Kidd.

VILLAGE VERSE: Knitting Lesson

In nineteen thirty-nine, I was in the second grade
When Europe was in trouble and the Nazis did invade.
And the populace was hurting for clothing and for food.
We Yankees wished to help the anguished multitude.

So our teacher sat us down and taught us how to knit,
To make a perfect square that each student could submit,
To then be joined together to make a blanket warm,
Provided that each piece remained square and uniform.

But sadly, as I knit each stitch, I pulled them
much too tight.

Yarn constricted on the needle in an unrelenting bite.
So I had to ask my teacher to loosen each firm stitch,
But as she forced the needle through, I saw her
eyebrows twitch.

For not only had I caused her pain by compressing
each small ring,
But now there were a lot more loops that widened
the whole thing,
For I had split some rings in two with my careless
needle work
That made my square uneven and my piece
a useless quirk.

I learned a fact about myself: that my fingers
are not deft,

Not cut out to be a surgeon; good right hand
but not the left.

And I learned what is so special in our schools
around the globe,

That good teachers are amazing, with a patience
learned from Job.

— Bob Gifford, *Doctor of Doggerel*



Happy Birthday to HomeHaven members with a birthday in December

Carol Bartlett Henry Binder
Elin Brockman Constance LaPalombara
Lauri Lowell Barbara Mikolajewska
Hank Powell Alec Purves
Ron Rozett Claire Staple

or in January

Scott Braznell Lydia Bornick
Herb Brockman Ann Feinstein
Francesco Iachello Wayne Meeks
Rosemary Plotnick Bruce Russett
Bob Sandine Cathy Skinner
MaryJo Warren





Events: December 2019 - January 2020



ONGOING EVENTS

COOKING IN DIFFERENT LANGUAGES:

Holiday Cookies

Tuesday, December 17, 7:00 pm

at the home of Celeste Markle

Sign-up deadline Friday, December 6.

Join us for a festive and delicious holiday dessert. New members are welcome. To enable planning, RSVP by the sign-up deadline to Celeste Markle at c_markle@yahoo.com or 203-397-0492, or call the office. Please call Celeste for other information. **Note:** The group will meet on **Tuesday** this month to avoid conflict with the Battle of the Bulge program on Monday, December 16 (see page 9).

Monday, January 20: Scandinavian. Sign-up deadline, January 10.

DINING OUT AROUND THE WORLD

There will be no meeting in December.

Tuesday, January 14, 6:00 pm

Saray Turkish Restaurant (BYOB)

770 Campbell Avenue, West Haven

Sign-up deadline, Friday, January 10. Log in to the HH website or call the office to register and ask for a ride if needed.

MEMOIR WRITING GROUPS

The groups meet every second and fourth Monday 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, please call or email Harriet Bergmann at 203-776-0703 or hfb183@gmail.com

PINS AND NEEDLES

Monday, December 2, 3:00 pm, at the home of Mary Barnes

Bring a project and enjoy good company, lively discussion, and refreshments. New members always welcome at these monthly gatherings. RSVP to Mary at mfnjhbarnes@gmail.com or 203-745-3930. Note that Pins and Needles will meet on the first Monday from now on.

Next meeting, **Monday January 6.** Save the date!

Tuesday, December 3, 7:00 - 8:30 pm

Reading by Traugott Lawler of *A Christmas Carol*

The Lawlers' Home, 46 Swarthmore Street, Hamden

Ring in the holidays with Peggy and Traugott Lawler! The Lawlers will host a one-hour reading of the beloved novella by Charles Dickens, using the abridgement Dickens himself made for his public readings. The story, replete with Scrooge, Tiny Tim, the Cratchetts, and of course the Ghosts of Christmas Past, Present, and Yet to Come, will delight all. This event is limited to 15. The Lawlers will be ready for you at 7:00, and the reading will start at 7:15. Holiday refreshments will be provided. Register through the Events Calendar on the HomeHaven website.

Friday, December 6, 10:00 am - 12 noon

Writing Creatively with Harriet Bergmann

HomeHaven Office, 291 Whitney Ave, New Haven

You're creative, right? And you can write, right? Come participate in a Creative Writing Workshop led by Harriet Bergmann. We'll talk about getting ideas, getting started, and editing your work, fiction or poetry. We'll do a little free writing, and perhaps share some of our pieces. Bring your favorite writing implement, and a pad of paper. This session is limited to 8 participants. Register through the Events Calendar on the HomeHaven website.

Tuesday, December 10, 2:00 - 4:00 pm

"State Department: An Insider's View"

Mitchell Branch Library, 37 Harrison St., New Haven
Francisco "Paco" Palmieri, a career diplomat with extensive experience in the Kerry and Clinton administrations, will give us a peek into the inner workings of the State Department. Mr. Palmieri is currently a senior fellow at the Jackson Institute for Global Affairs at Yale. Register through the Events Calendar on the HomeHaven website.

Wednesday, December 11, 5:00 - 7:00 pm

HomeHaven Holiday Party

Home of Louis Audette, 24 Everit Street, New Haven

Join us for a festive potluck, HomeHaven style! Bring your favorite finger food for 8 to 10 people. Celebrate the holidays with long-time friends and meet new ones in the true spirit of HomeHaven. Beverages and live music will be provided.

Park on the street between Nos. 22 and 32 and walk down the long driveway to No. 24. Call your Village Leader if you need a ride. Register through the Events Calendar on the HomeHaven website.

See the next page for more events!



More Events: December 2019 - January 2020



Thursday, December 12, 11:30 am - 12:30 pm
Haven String Quartet: Private Rehearsal and Tour for HomeHaven

Music Haven, 315 Peck Street, New Haven

The Haven String Quartet is hosting a free, private event for HomeHaven members. Come to an Open Rehearsal to see and hear the collaborative process of the musicians as they prepare for their upcoming concert. The group will treat you to 45 minutes of rehearsal followed by a Q&A and a tour of Music Haven. RSVP to becky@musichavenct.org

Friday, December 13, 7:30 pm
"A Christmas Carol Extravaganza"

Lyman Center at Southern CT State University

Celebrate the holidays with a classic Christmas story featuring Academy Award nominee and Golden Globe winner Kathleen Turner in the role of Ebenezer Scrooge, and Tony award-winner James Naughton in the roles of the narrator and three ghosts. This intimate reimagining of Charles Dickens' classic tale features an original soundtrack performed by musicians from the New Haven Symphony Orchestra. If interested, please contact the office as soon as possible. Discounted tickets are \$36 per adult; \$12 per wheelchair and companion seating.

Monday, December 16, 5:00 - 7:00 pm

Battle of the Bulge: In Memoriam

New Haven Free Public Library, 133 Elm St., New Haven
HomeHaven is bringing together veterans, scholars, and

family members of fallen soldiers to commemorate the 75th anniversary of the Battle of the Bulge, so-called because the Germans created a "bulge" around the Ardennes forest when pushing through the American defensive line. As part of the evening's program, Dr. Arnie Pritchard will tell the story of his father's experience in the Battle, as related in a series of letters to his family from the front. Ms. Susan Izard will read part of the memoir she wrote about her father, Newt Schenck, Esq., who was captured during the Battle. Dr. Troy Paddock, SCSU professor of Modern European History and a specialist in German History, will host a discussion on the topic. Free and open to the public.

Thursday, January 23, All-day Trip

JMW Turner: Watercolors from Tate

Mystic Seaport Museum, 75 Greenmanville Ave., Mystic
HomeHaven is organizing a road-trip to the Turner Exhibition in Mystic. The exhibition spans the entirety of Turner's career and, by focusing on the artist's watercolors, shows how Turner's watercolor practice evolved. The exhibition, which brings together 92 watercolors, four oil paintings, and one of the artist's last sketchbooks, includes landscapes, seascapes, architectural and topographical sketches, travel drawings, and a number of intimate interior views. We've hired a bus seating 24, and the \$65 price includes lunch, admission, and transport. Seats are almost gone, so act quickly to register through the Events Calendar on the HomeHaven website.

Wednesday, January 29, 12:30 - 1:30 pm

African Art Collection: A Curated Tour

Yale University Art Gallery, 1111 Chapel St., New Haven
James Green, Curator of the African Art Collection, will give HomeHaven members a private tour. The Collection comprises nearly 2,000 objects, representing 3,000 years of African history, with masks, figures, utilitarian objects, jewelry, ceramics, and textiles from throughout the continent. Highlights include ritual figures and masks from West and Central Africa and terracotta antiquities from the Sahel area. For those who'd like to lunch together afterwards, the group will choose a local eatery within walking distance. Register through the Events Calendar on the HomeHaven website.

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HOMEHAVEN OFFICE

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info@homehavenvillages.org