

## Message from the President: Rewards to be Found by Asking the Right Questions

Around Thanksgiving last year, I asked myself “Who am I really grateful to have in my life?” I started going through my phone contacts. I ended up sending brief text messages or emails to perhaps 30 people (among others, a few new friends from HH, as well as my electrician, my carpenter, a couple of neighbors, and some people I hadn’t communicated with in years). It gave me so much pleasure. It was a rewarding question.

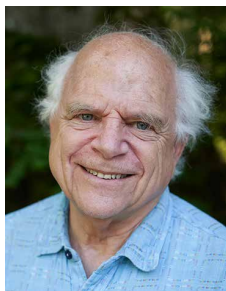


Photo by Rick Allen

It matters what questions we ask because that will obviously have a lot to do with what answers come our way, as well as where those answers might carry us.

Some questions recur, and we may carry them our entire lives (e.g., “What is important to me? What matters?”). Some questions are appropriate only to a particular stage of our lives (e.g., as parents of younger children: “Hmm, what battles are worth fighting?”).

I am exploring what questions hold the most promise at this period of our lives.

*continued on page 2*



will light the skies again  
offering Poems, Songs, Humorous  
Monologs, Instrumental performances  
and a Choral Presentation!

**Wednesday, April 12, 7-9pm**

The Unitarian Society

700 Hartford Turnpike, Hamden

There is ample parking.

Wine, Soft Drinks and Finger Food will be served.

HomeHaven’s Got Talent! Be amazed!  
Get out of the Cabin! Greet the Spring!

### IN THIS ISSUE:

Health Matters .....	page 3
IT Committee .....	page 4
Marsh Botanical Garden Visit .....	page 5
Village Verse .....	page 5
Household Services .....	page 6
What We Are Reading .....	page 7
Birthdays.....	page 7
Ongoing Events .....	page 8
Village Gatherings .....	page 9
New Members .....	page 9
April Events .....	page 10

## Message from the President *continued from page 1*

I know a HomeHavener who has started taking guitar lessons and reports enjoying it immensely. We all enjoy being creative. Free at our age of pressure to become GREAT at whatever, the question becomes "Is there a way of being creative that I would like to explore now?"

What are some loose ends I could tie up without too much trouble, and what are some loose ends I could simply let go? We all know how nice it can be to wipe the slate clean! Thus unburdened, "What new (and stimulating?) horizons might come into view?"

In the realm of relationships with people who matter deeply, "Does anyone come to mind with whom I might wish to open a conversation?" Perhaps there are important experiences you have shared but that so far have gone unspoken and that might bring you both some joy. Maybe there are difficult conversations to be had. At this stage of life, you both might be willing to take the risk to have a difficult conversation, and might also appreciate that being bold enough to do so could strengthen and open you both.

Having gotten as old as we are is a privilege not everyone enjoys. It is simply so, and it affords us a breadth and hopefully a depth of experience and vision not available to people in their twenties or thirties. "Am I OK with how much I have shared that wealth with others?"

I would welcome comments from you as to what other questions could be particularly rewarding to people of our age. Please do write me ([fhww@hotmail.com](mailto:fhww@hotmail.com)) or phone me (203-215-7326).



Kerry Triffin

## HomeHaven News

Jean W. Spencer, *Editor*  
[jeanwspencer@gmail.com](mailto:jeanwspencer@gmail.com)

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

[www.homehavenvillages.org](http://www.homehavenvillages.org)  
[info@homehavenvillages.org](mailto:info@homehavenvillages.org)

Layout and design by PIROET

*Thanks to Ellen Ryerson for her ongoing editing assistance.*

## 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.

### JOIN US!

For information, call the  
HomeHaven office at 203.776.7378  
or email us at  
[info@homehavenvillages.org](mailto:info@homehavenvillages.org)

***"The best way to find yourself, is to lose yourself in the service of others."***

- Mohandas Gandhi

## AT YOUR SERVICE!

In the past month, HomeHaven provided members with:

- 3 rides by volunteer drivers
- Numerous phone or socially distanced visits by volunteer visitors and Village Leaders
- 2 computer assists
- 4 referrals for household maintenance

Note: Members often call a service provider more than once or share names of providers with other members. You can help us keep accurate records by always letting the office know each time you use a provider originally recommended by HomeHaven. ***Thanks so much!!***

# HEALTH MATTERS: Understanding Grief (Part 2)

by Linda McCreless, LCSW

Both for individuals experiencing grief, and for friends and relatives trying to support them, it can help to better understand how the grief process works. Such an understanding can also help the bereaved person's community know what kinds of responses may be comforting and, conversely, what kinds may not.

Some very useful work toward understanding grief has been done over the past several decades by Dr. J. William Worden. Dr. Worden is a fellow of the American Psychological Association who holds a joint appointment at Harvard Medical School and the Rosemead Graduate School of Psychology in California. He has written a number of books on the topic and has been a co-principal investigator for Harvard's Child Bereavement Study.

In his many years of working with grieving individuals, Dr. Worden has identified a number of contextual factors that shape how individuals grieve and that help explain different ways of experiencing grief. Knowing that each person's journey through grief is as unique and individual as a fingerprint or a snowflake, it can be helpful for grieving individuals to reflect on mediators of mourning, which can facilitate putting words on one's experience.

Worden has entitled these factors the "mediators of grief," and they relate to such aspects of bereavement as the type of relationship the bereaved had with the deceased, including how close or distant the person was, and the role the person played in one's life. Also considered a mediator is how the person died - whether it was expected or not, sudden or protracted, and whether trauma was involved. Not surprisingly, the identity and personality of the bereaved have an impact as well, including his or her age, gender, values, and beliefs. In addition, people may be triggered by pain from prior losses, and also may be deeply affected by what their family and cultural groups believe about death and dying. And of course, as mentioned in the previous article (*HH News*, March 2023, p. 6), the presence or absence of social support for the bereaved individual is a very important factor.

In addition to the above described mediators, Dr. Worden has also proposed four "tasks of mourning," which stand in contradistinction to the five stages proposed by Kübler-Ross. The tasks are not considered to be a step-by-step process, but rather an


interconnected framework of experiences that help us understand how people journey through grief. Healing happens gradually as the bereaved address these tasks, in no specific order, going back and forth from one to another over time.

One task involves accepting the reality of the loss, which is often difficult because of the sense of disbelief that can follow a death. Another task is to fully process the pain of the grief, whether emotional, physical, cognitive, or spiritual. An additional task, adjusting to a world without the deceased, involves recognizing the effect on one's own identity and taking on new roles and tasks as necessary. Finally, it is important to find a balance between continuing to remember and honor the deceased and moving into a new life without that person.


Although most people over time integrate loss into their lives, there are some who experience chronic or prolonged grief, and who have difficulty adapting to their loss and moving on. In such cases, as when prolonged grief turns into depression, it may be advisable for the person to seek treatment. This is not an attempt to "medicalize" grief, which is a natural and normal process, but to facilitate recovery in people who have become stuck in their grief and unable to return to their previous levels of functioning.

---


*Linda McCreless is a member of the Health & Wellness Committee and a member of East Rock Village.*



**THE  
great Give**  
**MAY 3-4, 2023**  
A 36-hour, online-giving event  
to support local nonprofits



The **COMMUNITY** Foundation  
for Greater New Haven



VALLEY COMMUNITY  
FOUNDATION

# IT COMMITTEE: Spam/Scam? Dangerous

by Mary-Jo Warren

**Spam** was invented in 1937. HomeHaven members who grew up during WWII probably ate that salty product. I actually remember liking the taste. During that first Covid Spring in April 2021, Carolyn Gould and I reminisced about Spam. For laughs, I bought each of us a can of the new low sodium variety. Carolyn prepared hers, pierced with cloves, for her Easter dinner.

Now, to lower case **scam**, which is even more dangerous and just as easily disguised. We are growing old in the age of **scam**, and we are being targeted, but not because of rationing.

Daily, my phones, text file and emails are bombarded with false messages, sometimes friendly, sometimes frightening. Most are scams. We all need to watch for them. Just this morning there was a call on my landline. I didn't pick up because the caller ID read "Spam? WIRELESSCALLER." That scam was easy to avoid. When I do answer my phone, I wait for the caller to speak. If there is a "pregnant" pause, I hang up. Friends call back.

Next, I opened my Message file to text my daughter in North Carolina. Now that I live alone, I contact her every morning. Before I began my text, I skimmed my incoming messages and found

Your Amazon Account has been locked.  
We recently received multiple failed login attempts to your account.

Recovery immediately click link bellow:  
<http://xn-80aaahoruimsf3p.xn-plal/apps/>

Please take action on your account within 48 hours to avoid permanent suspension.

Regards,  
Amazon Service

It's tempting to click, but read first. The notice is "fishy" and there are two spelling errors above the hyperlink: "Recovery" for recover, "bellow" for below.

I have received these false texts from my Wells Fargo bank account and from Apple. To verify, I have called the bank or an Apple support number and been reassured that the text was not genuine. Often now I just delete those messages on my iPhone where I can both delete and report junk at the same time. Another option is to copy (cut and paste on a MAC) and send them on to the appropriate fraud department.

The third line of attack has been on my computer or through my email account. Sometimes these scams can arrive on two fronts simultaneously. A few years ago I received a call from a smooth-talking person pretending to be a rep from Microsoft. The technician indicated that there was a cyberattack on my computer. The "Microsoft" rep said he needed access to my computer to eliminate the malicious unwanted program. Fortunately, I became suspicious and hung up.

In the recent past, a chatty email arrived from a friend in my contact list, asking me to buy gift cards from Walmart. I didn't buy the gift cards or respond to the email. Instead I called the friend and forwarded the message to the friend's legitimate email address. A few years ago with my old email provider, friends would email and call to ask me if I was alright, or was I really stranded abroad and needing money wired? At first I just changed my email password. Eventually, I had to change my email provider.

Recently I went on the FTC.gov (Federal Trade Commission) website to find what tips the FTC had on how to avoid scams. Across the top of the first page of their website are six pull-down menus. Under Advice and Guidance, click on Unwanted Calls, Emails, and Texts. I recommend this site which is full of good advice including a detailed article on "**Four Signs That It's a Scam.**" I list only the headings.

**1. Scammers PRETEND to be from an organization you know.**

**2. Scammers say there's a PROBLEM or a PRIZE.**

**3. Scammers PRESSURE you to act immediately.**

**4. Scammers tell you to PAY in a specific way.**

I hope that my experiences and my remedies (trial and error as well as Google research) in this article will help you stay safe and avoid scam (and Spam).

For help with your devices – computers, cell phones, or tablets (Android or Apple) – contact Kate in the HH Office and she'll contact the IT Committee.

---

*Mary-Jo W. Warren is a member of the IT Committee and a member of East Rock Village.*

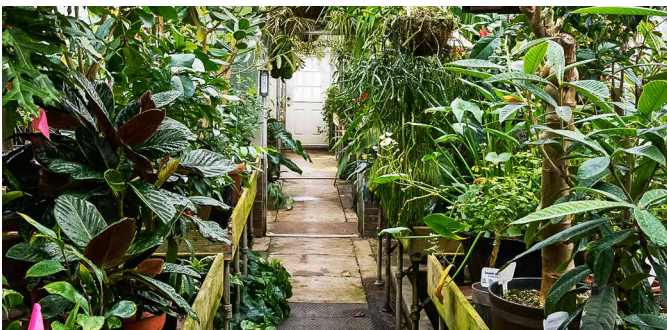
## HH February Visit to Yale's Marsh Botanical Gardens

Photos by Rick Allen



HomeHaven members Kerry Snyder, Jeanne Kerr, Lynda West, Mary-Jo Warren, and Pat and Rick Allen participated in a walking visit through the Yale Marsh Botanical Garden: a trip to the tropics in mid-February! The Botanical Garden is comprised of six greenhouses on eight acres, and offers support for Yale researchers, faculty, and students. We were free to roam and explore the garden except for restricted research areas. We saw and smelled unusual flora as well as many old favorites beautifully nurtured.

*more photos on pages 7, 8 & 10*



---

### METAMORPHOSIS

by Franz Douskey

The river is lined with the voices of peepers.  
Here it is, Spring again, although a few weeks ago  
I wouldn't have bet against my blood turning arctic  
cold in New England rivers.

The days have run past us like cheap souvenirs,  
leaving so much we could have done to  
derail the world.

But none of this is tragic or worth a moment's lament.  
I'm grateful for the gift of another Spring.

There are no remedies for the human propensity for  
self-annihilation, so I rejoice when I see the  
first Amaryllis.

When I can, I turn over the earth and inhale its  
heady odors: decay transformed into growth.  
Even worms are amorous beneath the deep grass  
as the planet fills and flows.

The night vibrates with the intense burning of stars  
above the evergreens.  
In the morning, butterflies improvise.

The shadow of a bee lowers over a tulip,  
and in the still air  
I hear a million times a second motionlessness  
of a hummingbird.

---

*Franz Douskey is a member of Hamden Village.*

# HOUSEHOLD SERVICES COMMITTEE:

## Wondering About Different Types of Cooking Appliances?

by Sharon Matthews

As media discussion continues about the financial and environmental costs of energy, we have compiled a pros-and-cons list for the four main ways of cooking in our homes, using online research. Whether or not our members are shopping for appliances, these comparisons may be of interest.

### 1. GAS

**Pros:** Gas is often more energy efficient than electric; it cooks faster, with easy control of cooking temperatures. A plus for cooks.

**Cons:** Cooking with gas costs more than cooking electric. And gas cooking can have negative impacts on both indoor and outdoor air quality. Gas stove emissions of NO<sub>2</sub>, CO<sub>2</sub>, and formaldehyde (HCHO) can cause serious problems for those with health issues, especially respiratory illness. And the environmental costs of the greenhouse gas methane, produced by the natural gas infrastructure, may increase with efforts to cut down on global warming and climate change. Gas pipelines in your house and on your property require careful protection from rupture and may increase insurance costs.

### 2. ELECTRIC

**Pros:** Electric appliances tend to cost less than gas versions. They also do not need the costly gas lines that can present safety risks.

**Cons:** Electricity almost always results in higher energy bills. Electric cooktops look like a black glass

surface, the same whether hot or cool. If not turned off, there is risk of a burn from the cooktop which remains hot. Also, electric cooktops take longer to heat up and cool down. A minus for cooks.

### 3. INDUCTION OVENS AND COOKTOPS

Induction cooking takes place on a flat black glass surface equipped with heaters. The heating coils are powered by electromagnetic energy that's only activated by the iron in cookware.

**Pros:** As compared with an electric or gas range, the induction cooktop (also black glass) remains cool – and safe to touch – **unless there is a pot or pan on it.** The pot or pan on it heats up and cooks more quickly and efficiently than on electric or gas ranges, using 10% less energy. Nor does an induction appliance emit gases.

**Cons:** Induction stoves cost more than electric or gas, though as they become more mainstream, the cost may decrease. Induction cooktops scratch easily and need careful handling of the right cookware to avoid damage. There is a learning curve for best results in terms of type of cookware, some unreliability of the heating element shut-off, rattling sounds, and overall, getting used to faster cooking times. Something of a challenge for home cooks.

### 4. CONVECTION OVENS

Unlike other ovens, a convection oven has a fan and exhaust system that blows hot air over and around the food, then vents it back out.

**Pros:** Hot air, blowing directly onto the food, cooks more evenly and about 25% faster. Convection is better at browning the exterior of foods while leaving the interior moist. Because food cooks faster in a convection oven, and generally at a lower temperature, it's a bit more energy efficient than other ovens.

**Cons:** The fan can create lopsided results on delicate foods like custards and souffles that start out as batter and set while cooking. Finally, a convection oven is an electric appliance and has the “cons” listed above for electric cooking.

## CONTRIBUTIONS IN RECOGNITION OF MEMBERS AND FRIENDS

Patty Langdon gave  
*in memory of*  
Wayne Meeks

Karen and John Schneider gave  
*in memory of*  
Josie Broude, Mae Festa,  
Constance LaPalombara, Wayne Meeks,  
and Helen Robinson

---

*Sharon Matthews is a member of the Household Services Committee and a member of Hamden Village.*

# WHAT ARE YOU READING?

Curated by Celeste Markle

When asked this question, **Traugott Lawler** of Hamden Village replied that he is reading William Makepeace Thackeray's *Vanity Fair* for the fourth time! He first read it in high school, and "it was one of the books that made me fall in love with English." He says, "I had a great English teacher when I was a junior. We had to read one book every six weeks from a list he gave us. He would test us orally, since he knew all the books. We soon found out which were the shortest books, and I chose one of those for my first report. He asked me a few bored questions, then he said, "You're too gifted to be choosing books because they're short. For next time, I want you to read (Charles Dickens') *David Copperfield*." I didn't complain about being denied the free choice that others had; I just did what I was told — and *David Copperfield* blew me away. We had a nice discussion this time, and when it was over, I said, "Tell me what to read next." He said, "*Vanity Fair*," and here I am 70 years later, still profiting from his wise counsel."

**Jane Jervis** of East Rock Village offers that she is reading *Julia's Cats: Julia Child's Life in the Company of Cats*, a delightful book that came to her from the local book-box. It's a small book, 140 pages, with lots of pictures and lots of casual information about Julia Child's adventures living in Paris. It brought back to Jane memories of her three years in France when her then-husband was in the Air Force. At one point, a neighbor on the base, a Texas gal, came to Jane begging for disinfectant so that she could eat a peach a French woman had given her. Jane offered her bleach, but that didn't do it: she needed the official USAF disinfectant. Jane ate the peach, with pleasure!

*Celeste Markle is a Village Leader, a member of Westville Village, and serves as Secretary of the HH Board.*

Photos by Rick Allen



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

Nan Bartow Mira Binford  
Harvey Feinberg Sarah Greenblatt  
Kathy Hoffman Joan King  
Tom Martin Rhona McKhann  
Pat Miller Judy Moore  
Judy Naden Martha Peterson  
Joan Prum Nan Ross  
Jean Rozett Karen Schneider  
Manana Sikic Sylvia Van Sinderen  
John Wilkinson Werner Wolf  
Bernard Zuckerman

*And a happy belated March birthday  
to Bob Horwitz!*



**NEED HELP**  
with your cell phone  
or other electronic device?  
**The HomeHaven IT Helpers  
are here for you!**  
We make home visits and provide  
consults over the phone or Zoom.  
To start the process, call the Office.  
**203-776-7378**  
An IT helper will call you back.

## HH ONGOING EVENTS (members only)

### BOOK GROUP

**Monday, April 24. 7pm**

***The Personal Librarian*, by Marie Benedict and Victoria Christopher Murray**

Join us on Zoom on the fourth Monday of the month to discuss a book chosen by the group. Contact Mary-Jo for the Zoom invite. [warrenmaryjo1635@gmail.com](mailto:warrenmaryjo1635@gmail.com). All genres welcome!

### COOKING/DINING GROUPS

**Cooking in Different Languages: Greek**

**Monday, April 17. 6-8pm**

CiDL is a cooking group that picks a country/region on which to base a delicious meal. Each month a different cuisine is chosen, members suggest what they would like to prepare, and a host coordinates the menu to make sure all courses are covered. **Registration is required by April 7. Space is limited to 12.**

**Dining Out Around the World: Ibiza**

**Tuesday, April 25 6pm**

A monthly dinner group that meets at a different local restaurant that offers international cuisine. The next restaurant is chosen by the diners. **Registration is required by April 17. Space is limited to 10.**

### MEMOIR WRITING GROUPS

The groups meet every second and fourth Monday of the month for an hour and a half. We're

Zooming these days, and it's working beautifully. For more information or if you would like to attend a meeting to see how it works, please email Harriet Bergmann at [hfb183@gmail.com](mailto:hfb183@gmail.com).

### PINS AND NEEDLES

**Monday, March 6 at 3pm**

The February meeting is at Kathy Denardo's home. RSVP to Kathy at [Vivian.denardo@att.net](mailto:Vivian.denardo@att.net) or 203-687-8835. Bring a project and enjoy good company and lively discussion. New members are always welcome at these monthly gatherings. If you would like to join the group, please contact Kathy. You must be fully vaccinated to attend.

### PHILOSOPHY GROUP

**Monday, April 24 at 10am**

**Philosophy and Life's Most Persistent Questions**

What questions are you drawn to pondering at your age? This group is full for now but if you are interested in joining, please contact Kerry Triffin (203-215-7326 or [fhww@hotmail.com](mailto:fhww@hotmail.com)).

### PLAY READING GROUP

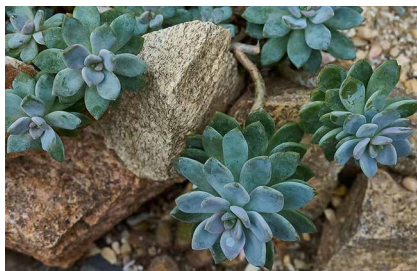
**Tuesday, April 4 & Wednesday, April 26. 7pm**

***Macbeth*, by William Shakespeare**

There is a limit of 12 readers. **Registration is required.** Please register as a Reader or an Audience. The Zoom link will go out prior to the program to those registered.

## Floral Selections from the Marsh Botanical Gardens

Photos by Rick Allen



## ERV March Happy Hour at the East Rock Brewery

Photos by Karen Schneider



Above, l-r:  
Cindy Crooker,  
Jeanne Kerr,  
John Schneider and  
Kerry Snyder

At left: Steve Victor and  
Mary-Jo Warren

Below, l-r:  
Carolyn Gould,  
Kerry Triffin and  
Linda Klein



## Welcome, New Members!

Jeanne Bloom – ERV

Judy Sirota Rosenthal and Philip Rosenthal  
*Hamden*

Susan Spero and Gary Heller – ERV



## VILLAGE GATHERINGS

*Please contact your Village Leader  
for up-to-date information.*

### AMITY

**Thursday, April 6. 5pm**

**Virtual Happy Hour!**

Join us once a month on the first Thursday @5pm.

**Wednesday, April 19. 10am**

**Coffee at the Grove!**

The Café Rebelde coffee truck will be parked at The Grove, behind the Woodbridge Library. We meet on the third Wednesday of every month at 10am.

### DOWNTOWN

**Open invite** – ERV invites us to join any of their happy hours/coffee meets. See below.

### ERV

**Saturday, April 1, 8, 15, 22, 29. 5pm**

**Virtual Happy Hour using Zoom!**

Join us every Saturday!

**Wednesday, April 12. 10am**

**ERV Coffee Hour!**

We are going to the Neighborhood Café. (947A State St., near Marjolaine) Contact Kerry or Karen for more info.

**Thursday, April 27. 4pm**

**Happy Hour @East Rock Brewery!**

We are meeting at the brewery (285 Nicoll St). Contact Kerry or Karen for more info. All are welcome!

### HAMDEN/ NORTH HAVEN

**Tuesday, April 11. 10:30am**

**Hamden/No Haven Coffee!**

We meet at Best Video. See you then!

### WESTVILLE

**Thursday, April 13. 6pm**

**Neighborhood Dining @TBA.**

We are trying some of the great restaurants in our neighborhood! The restaurant is located on a street somewhere. RSVP by 4/10 to Susan Feinberg for an accurate headcount.

**Thursday, April 27. 6pm**

**Soup Supper @Celeste's.**

The soup is provided; you bring an offering that serves 6 and wine. RSVP by 4/24 to Susan Feinberg for an accurate headcount.



## Events: April



**All HHers attending in-person events should be fully vaccinated and boosted!**

**If you are planning to attend a Village Gathering, please contact your Village Leader for up-to-date information.**

**Wednesday, April 12, 7-9pm**

***Mud Follies***

**Unitarian Society of New Haven,  
700 Hartford Turnpike, Hamden**

Mud Follies is back and entertaining as ever!! Inspired by the longstanding celebration of the end of Mud Season, HomeHaven's version will offer poems, songs, humorous monologs, instrumental performances, and a choral presentation! There is ample parking. No registration is required. **Guests are welcome.**

**Friday, April 14, 11am**

**Lunch & Learn: *The Life & Times of Emily Dickinson*  
with Harriet Bergmann POSTPONED**

Harriet Bergmann (ERV and Memoir Group Leader) will discuss the life and poetry of Emily Dickinson. This program is a prelude to a trip to the Emily Dickinson Homestead in Amherst in May. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

**Thursday, April 20, 1pm**

***HH Celebrates National Poetry Month***

HH celebrates National Poetry Month with a great line-up of HHers reading some of their (& our) favorite verses. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

**Wednesday, April 26, 1pm**

***Inflammation – Friend or Foe?***

**with Dr. Nancy Ruddle**

Nancy Ruddle, PhD (ERV and Health & Wellness Committee) will discuss inflammation as a defense against bacteria, viruses, and tumors, as well as being a contributor to many diseases. A Zoom invite will go out prior to the program and be posted on the HH calendar. **Members Only.**

### **Advanced Care Planning Group Starting April 13!**

**It's not too late to sign up for the  
Advance Care Planning series  
with Becca Allen, MSW.**

**Four Thursdays, 1-2:30pm:  
4/13, 4/27, 5/11, 5/25  
at the Mitchell Library.**

***Take advantage of this opportunity to get  
your advanced care directives done in a  
supportive, confidential group of HHers.***

**Call Lauri to register: 203 776-7378**

**HOMEHAVEN OFFICE**

**👉 203-776-7378 👈**

**[info@homehavenvillages.org](mailto:info@homehavenvillages.org)**

Photo by Rick Allen



**Generous support for HomeHaven provided by:**

Whitneyville Food Center: 203-248-4471

**Thrive**  
AT HOME  
WITH WHITNEY CENTER  
[www.thriveathome.org](http://www.thriveathome.org)  
203-848-2626

**Visiting**  
**Angels**  
LIVING ASSISTANCE SERVICES  
**(203) 298-9700**

[www.visitingangels.com/woodbridge](http://www.visitingangels.com/woodbridge)

***Click on the logos to go to the websites.***

*A sponsorship placement does not represent endorsement of a business by HomeHaven.*