

**VENDORS WANTED**  
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Crafters  
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**SEYMOUR FOUNDERS DAY**  
New for 2017!  
**ROCKCLIMBING WALL**

Over 18,000 Visitors Last Year!

**Event Date: June 4<sup>th</sup>, 2017**  
**Rain Date: June 11<sup>th</sup>, 2017**

Visit [www.seymourfoundersday.org](http://www.seymourfoundersday.org)

## Kidney transplant means gratitude - and change

By Ralph Villers

Last week's kidney transplant has been a godsend to Patti - as well as to the family and her many friends and acquaintances in the Valley.

It is of course always a blessing to add quality - and quantity of life to a wonderful person.

Naturally with such a complex surgical procedure, there is a lot of after-care. And by that I mean a regimen of 27 pills per day at this time (see pic), blood pressure checks, and weigh-ins.

There is seeing her transplant team at Yale-New Haven Hospital (YNHH) on Mondays and Thursdays.

And plenty of napping.

And there are the day-to-day changes too, such as no driving for a while. Nor will there be takeout food and restaurant meals for at least three months - in an immunosuppressed condition with anti-rejection drugs, bacteria *must* be avoided.

However, there is plenty of upside to a new kidney. Such as no more kidney disease restricted diet where protein, potassium and phosphorous were *verboten*, where whole grains were bad and white bread was good and peanut butter was no longer a treat. Those prohibitions are now gone.

And chocolate is back! A get-well gift of Munson's chocolates (2 Lb) ensures that...



And she looks, and more importantly, *feels* much better.

We went to her first appointment today at YNHH and her transplant team said that Patti looks good and the numbers look great.

That means the many pills, blood pressure and weigh-in regimen are helping her get back to a better quality of life.

So Patti seems to have bounced back well, considering it has been less than a week since she received a new kidney.

And for that we are so grateful.



**SOUPSTOCK**  
Music & Arts Festival  
**JUNE 10 + 11**  
VETERAN'S MEMORIAL PARK, SHELTON

### Massaro Community Farm to celebrate Spring

Massaro Community Farm is celebrating Spring at its Annual Seedling Sale and Maypole Event May 21. The farm is located at 41 Ford Road, Woodbridge.

It is open from 12-5pm, rain or shine. This event is free and open to the public.



There will be selling organic vegetable seedlings, workshops, Maypole wrapping and live music while highlighting local vendors/businesses.

Vendors include:

- Flowers and Herbs sale from River Crest Farm;
- Farm Belly Food Truck
- Pottery by Trevor Youngberg; and a
- Spring vegetable cooking demonstration.

Scheduled events are as follows:

- 12:30 Medicinal Herbs and Their Uses Workshop
- 2:00 Wrap the Maypole
- 3:00 Organic Lawn Care workshop
- 3:00 Music with the Jolly Beggars

For more information, please contact Massaro Community Farm at

[www.massarofarm.org](http://www.massarofarm.org) or 203-736-8618




**Friends of the  
Ansonia Library  
Spring Book and Bake Sale**

**Saturday, May 20, 2017  
8:30 am to 12:30 pm**



Books of all genres including cookbooks, newly arrived children's books, a special Christmas selection, books for art lovers, CDs, DVDs, baked goods and basket raffle.

Ansonia Library  
53 South Cliff Street  
Ansonia, CT 06401  
203-734-6275 for more information  
[www.ansonialibrary.org](http://www.ansonialibrary.org)

