

Many Residents Enjoyed A Wonderful Dinner Together



Pictured Above: All the wonderful North Haven rotary club members. **Right:** Residents ready to eat a delicious dinner.

North Haven: On Friday night, February 27, at the St. John's Episcopal Church the North Haven Rotary Club put on a wonderful dinner for all residents. The Rotary Club always go out of their way volunteering for many events, this night they cooked and were so kind and compassionate to all. The dinner consisted of shrimp jambalaya, fried dough with your choice of powdered sugar or homemade tomato sauce, A tossed salad, lemonade, ice tea, delicious pieces of cake and cookies that Lisa Bernardo baked for her cousin Lousia for her birthday. We all had a great time together and there were around 40 people who came for this delicious dinner. We all want to thank the Rotary Club for all they do for the community. They put on dinners every third Friday night at St. John's Episcopal Church at 5 o'clock and you have to make a reservation. A five dollar donation is asked, it goes towards things in the community. Call Christine at 203 410 7148.

Story and photos by Jo Ann Buccetti



Free Prescription Discount Cards for Residents

The **Town of North Haven** is stepping up to make medication more affordable and want YOU to be part of it. North Haven has partnered with the State of Connecticut Comptroller to spread the word about a free prescription savings card for anyone living in Connecticut. No cost. No insurance needed. Just real savings and better access.

ArrayRx is a free prescription discount card program offered by the State of Connecticut. It helps people in our communities save money on their medications, no matter their age, income, insurance, or immigration status. Anyone who lives part- or full-time in Connecticut can sign up online or over the phone and begin using it right away. There are no fees, no applications, and no eligibility requirements. Just real savings on the medications people need to stay healthy.

Not sure if you would like to sign up? You can search for the price of any of your medications online before enrolling if that makes you more comfortable. The tool shows real-time prices at pharmacies near you, so you can compare and save.

For more information or if you would like assistance in signing up, you can call the ArrayRx Enrollment Line at 1-800-913-4146, Monday-Friday, 10:30am-8:30pm, contact Carla Picard in Community Services at 203-239-5321 x8504 or visit ArrayRxCard.com.

Our Journey of Sight Support Group

"Our Journey of Sight" - a low vision/blind support group meets monthly at the West Haven Public Library, 300 Elm St., West Haven, from 10am-noon on the 3rd Friday of the month.

This is not a regulatory group, but a group that provides monthly speakers, and support to each other during our journey of visual loss.

For more information, please contact Richard Howard at (203) 214-7631.

Have an Afternoon to Spare?

Hamden: If you do, we could use help at Mae's Closet, where gently used equipment is donated and then lent out to people who need it.

Mae's Closet is in Hamden and is a program of Interfaith Volunteer Care Givers. Our goal is to take in wheelchairs, walkers, bath seats, etc. that are no longer being used, sanitize, repair if necessary and then lend out. We are keeping this equipment from the landfill or sitting in someone's garage unused.

This is a very satisfying way to spend time and very appreciated by the people who come to borrow equipment which can be so expensive.

If you are interested, please call 475-414-8333 and one of the volunteers will call you back and answer any questions you may have.

Masonicare Hospice Seeking Volunteers

Wallingford: Masonicare Hospice is seeking new volunteers for all areas of CT and the Westerly, RI region.

Hospice volunteers assist in many ways, including companionship (in person or through phone calls), sitting vigil, quiet conversations, family support, expressive arts, spiritual care, and clerical tasks in the office. We are also looking for Veterans who are interested in visiting other Veterans through our "We Honor Veterans" program.

Volunteers set their own time schedules and will receive ongoing support and training. Our volunteers tell us they are amazed at how much they get out of this experience!

Complimentary, virtual or in-person training classes are available. To learn more or sign up, please contact Jan Szollosi, Volunteer Coordinator, at (203) 679-5342.

Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

To learn more, browse the website ctalanon.org. To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.

Are You Looking for a Meaningful Volunteer Job?

Hamden: If so, come and join the team at Mae's Closet, the Hamden based durable medical equipment loan closet. We lend all sorts of durable medical equipment, including wheelchairs, shower chairs and walkers, to those who need it. The equipment is donated, repaired if necessary, sanitized and then loaned out for \$1.00. It is recycling at its best.

The hours are flexible, the company is great, and the people who come to borrow equipment are most grateful. We save them a lot of money.

Mae's Closet is a program of Interfaith Volunteer Care Givers, (IVCG) the organization that provides volunteer drivers to seniors to medical appointments. If the closet doesn't appeal to you then you can volunteer to drive for IVCG. Either way you will be providing a valuable service to our community.

To reach Mae's Closet, call (475) 414-8333 Mon.-Fri., 9am-12 noon. To reach Interfaith Volunteer Care Givers call (475) 257-6538.

WANTED: Collector wants to buy early historic North Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662



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Question & Answer - Dr. Richard Durocher

Q: I have recently increased walking and running and noticed that I am getting blisters on my feet. How can I prevent them and how should they be treated?

A: Blisters are usually produced by friction, and will often result from shoes that are not broken in yet, wearing worn-out socks and loose shoes. The shearing causes irritation, redness and eventually separation of the skin layers with fluid. These can become painful and large if not treated early.

To prevent blisters wear shoes and socks that fit appropriately. Avoid socks that are too fibrous or loose-fitting. Keep the skin lubricated by applying petroleum jelly to the area before activity. Popping blisters is not a good idea, since this could allow infection into the area. Very small blisters (1/4 cm) should not be popped. As a blister gets larger and more painful, it should be de-roofed followed by application of antibiotic ointment or cream and a Band-Aid until it is healed.

If you repeatedly get blisters, consult the podiatrist for evaluation. Repeated shearing may be due to the foot functioning improperly in shoe gear. Orthotics may also help adjust the foot and improve its function in shoe gear.

Contact Dr. Durocher for further evaluation.



Dr. Richard W. Durocher,
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The North Haven office is staffed by Dr. Preeti K. Chandhoke & Dr. Jonny Feldman

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