

Shadow Box Crafting Was Held At North Haven Senior Center



Pictured: Jean, Lorraine, and Jo Ann.
North Haven: On Tuesday, August 18, Senior Center members made beautiful shadow boxes filled with gorgeous paper flowers that all the members made by rolling colored cut paper. It's amazing the beautiful works of art you can make with paper. We all added silk flowers, greenery to fill in the rest. Some members even brought items from

home to personalize their shadow box. Whether the shadow box was for themselves, or as a gift, they all turned out beautiful. Mary Higgins, activity coordinator is very talented coming up with this wonderful craft. She guided everyone step by step. Thank you Mary for having this wonderful craft.

Story by Mary Higgins and Jo Ann Buccetti, and photos by Mary Higgins.

Wallingford Garden Club Visits Skyview Rehab Center



Pictured Top: Crissy Besaw, Laura Cannon, Jellen Nellums. **Bottom:** 4 finished jelly fish, blue top jelly fish, yellow top jelly fish.

Wallingford: The WGC recently visited the Skyview Rehab center on July 21 when the worst torrential rain storm was occurring. Skyview residents were awaiting WGC members from Healing Therapy and Senior Gardening Program to begin the craft program. Garden Club members Crissy Besaw, Laura Cannon, Joellen Nellums and Pat Breen presented a whimsical craft program called 'Jelly Fish' using pieces of styrofoam pool noodles, colorful pipe cleaners, various ribbons and cute button eyes. Residents and Patricia Breen's grandson Rory enjoyed the results on this rainy day.

Wallingford Garden Club is a member of the Federated Garden Clubs of CT, Inc., New England Region Garden Clubs, Inc. and National Garden Clubs.

Pictures by Patricia Breen, text by Betty Wilson.

Clean Energy Task Force Looking for New Members

North Haven: Are you concerned about our changing climate? Interested in helping North Haven residents, businesses, and our town government save energy and lower utility bills?

Want to help us to move to a clean energy economy? GREAT! You are just who we've been hoping would join us on the North Haven Clean Energy Task Force because we are looking for more members.

As a town-sponsored task force, we work closely with the town and residents to promote and provide opportunities for energy conservation and clean energy. We have had many successful campaigns, including promoting Home Energy Solutions energy assessments, with 40% of North Haven residents participating.

We have also led campaigns to educate residents about home solar options and heat pumps, and connected them with local vendors to install these clean energy technologies so they can realize savings immediately. There is more work to be done!

Even with the clean energy setbacks at the federal level, there are many energy efficiency and clean energy rebates and services available in Connecticut.

To find out more and get involved, please contact Kenny Foscue at kfosc@snet.net or call (203) 589-1512.

Volunteers Needed for Nursing Home

Hamden: Whitney Rehabilitation Center at 2798 Whitney Avenue, is seeking volunteers for our recreation department.

Interested individuals can inquire at (203) 287-7718 and ask for our Director of Recreation, Donna Mignosa.

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 ArrayRxCare.com.

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.

WANTED: Antiques or collectibles, highest prices paid for paintings, furniture, glassware, pottery, documents, photographs, bottles, anything old, one piece or entire estates, cash paid; (203) 915-7662 •



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Question & Answer - Dr. Richard Durocher

Q: What is Plantar Fasciitis?

A: Plantar Fasciitis is an inflammation of the plantar fascia. The plantar fascia is the thick band of tissue in the bottom of the foot that goes from the heel to the toes. Excessive pull on the fascia causes the inflammation. Abnormal change in the arch height due to increased activity, weight gain, worn out shoes and wearing shoes with no support contribute to the pull. The most common symptom is a deep ache or cramping sensation in the arch. The pain is most severe in the morning when getting out of bed. The pain sometimes decreases after a few steps, but not always.

Treatments vary from person to person. In mild cases, stretching exercises, ice therapy, change of shoes, and oral anti-inflammatory medications are recommended. In more severe cases, orthotics (custom-made arch supports) and physical therapy may be necessary. In extreme cases surgical release of the fascia from its attachment to the heel may be indicated. Conservative treatment reduces most symptoms so surgical intervention is usually not advised.

Contact Dr. Richard Durocher for evaluation of this condition.



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