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References Available

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.



Spring Glen Garden Club Senior Center Pizza Party Flower Donations



Pictured: Members of The Spring Glen Garden Club with table designs for the Senior Center Pizza Party. Thanks to Lyn Baumgartner for the generous flower donations. Garden club members helped decorate the tables for the pizza party and circulated among the guests.

Hamden: The Spring Glen Garden Club will have a booth at the Brooksville Fall Fest on Saturday September 26, 2026. Please stop by.

For anyone who is interested in joining our club, please call Dorothy at 203.934.5975 or 475.434.8017.

The Club has been a fixture in the Hamden community since 1925, a chartered member of The Federated Garden Clubs of Connecticut, Inc., and National Garden Clubs, Inc., since 1929. Please stop by our historical display in hall outside the Miller Library in front of the Thorton Wilder Auditorium

PAINT HAMDEN PINK



Hamden: Paint Hamden Pink will hold its annual event to kick off Breast Cancer Awareness Month on Tuesday, September 22, at 5:00 PM. Laura Hutchinson of News 8 will host the event, and Hamden's mayor Adam Sendroff will be in attendance. The gathering will be held at Town Center Park at the Garden of Hope and Reflection. See the poster for rain dates and details about the location and parking.

This year, Liz McNicholl, a local musician and long-time member of Paint Hamden Pink who passed away this summer, will be remembered and honored. Two fellow musicians will play a musical tribute to her, and our T-shirt has a quote from the song she wrote after her own breast cancer diagnosis. See our Facebook page (paint hamden pink - Search Results | Facebook) for details about how to order this very special T-shirt. All

proceeds from the shirts will go to support Paint Hamden Pink's mission. Mark your calendars for September 22 and join us for this event. Not only will you learn about breast cancer screening and the importance of early detection, you'll also be sharing a special moment with your Hamden friends.

We look forward to seeing you at our kickoff event.

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 Szolosi, Volunteer Coordinator, at (203) 679-5342.

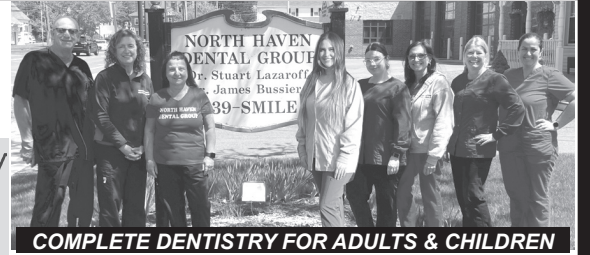


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Question & Answer - Dr. Richard Durocher

Q: I have a wart on the bottom of my foot. What is a wart and how do I treat it?

A: Warts are caused by a virus. The virus enters through an opening in the skin. The growth of the wart starts within the skin. It does not involve the deeper tissues. It starts as a very small and painless growth that is not usually noticed right away. As it grows over weeks and months, it gets larger and can spread. It grows between the skin lines, which distinguishes it from a simple callus.

The most common places to get wart virus are public areas including pools, gyms and locker rooms where people walk barefoot. To avoid contracting warts, wear slippers or sandals.

There are many ways to treat warts. They include the application of acids, liquid nitrogen, and surgical removal of the wart(s). This condition should be evaluated to make sure it is truly a wart. There are over-the-counter products that must be used with caution so as to not injure yourself. These chemicals are caustic and can cause skin damage to good healthy skin. The treatment choice is determined by the size of the wart, its location and how long the wart(s) have been there.

Contact Dr. Richard Durocher for evaluation of this condition.

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