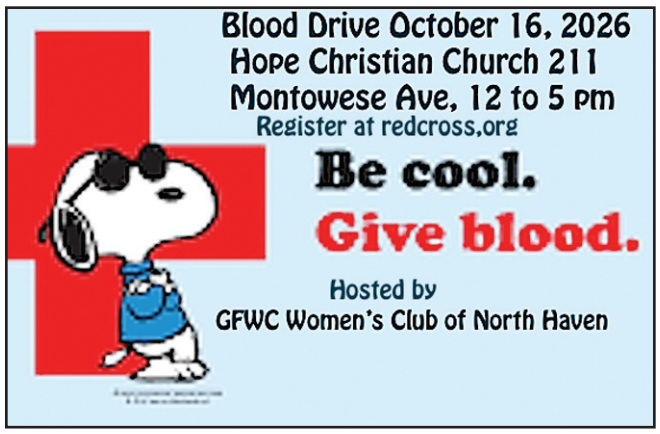
GFWC Women's Club Announces A Red Cross Blood Drive It Will Host On October 16



North Haven: Please Donate Blood to Help Connecticut Meet the Critical Blood Shortage.

The Connecticut Red Cross is deeply concerned about the serious blood shortage in the state. Increasing climate driven disasters such as tornadoes, forest fires, floods and other problems have escalated the need for blood across the state and the nation. Sadly, the lack of blood donations has resulted in this critical shortage of blood. In order to address this critical need the GFWC Women's Club of North Haven will host a blood drive for the American Red Cross on Friday, October 16, 2026 from 12:00 p.m. to 5:00 p.m. at the Hope Christian Church on 211 Montowese Avenue in North Haven. Members of the Club will supply home made food items and host the blood drive. This will be the 14th blood drive hosted by the GFWC Women's Club of North Haven over the past dozen years. If you are able, please register at redcross.org and donate blood!

The General Federation of Women's Clubs is an international organization with clubs in every state in the continental US and in many countries. The GFWC is committed to volunteer activities enhancing the lives of others and is open to women 18 and over who are interested in making a real difference in their community through various service projects. We welcome and invite anyone to a meeting who is interested in finding out about the Club and how they can serve their community neighbors. Contact Pam Lerner at (203) 281-3090 for additional information about our club and meetings. Our meetings are held at 10:00 a.m. at the North Haven Senior Center on the first Friday of each month between September and June.

Reminder Of Breast Cancer Awareness Month



North Haven: In recognition of October as Breast Cancer Awareness Month a pink pumpkin decorated with red hearts was added to each flower box at the Post Office on Washington Avenue by North Haven Garden Club members Carmen Sealey and Sandy Ginter. The window boxes were beautiful this year thanks to the diligence of Carmen and Sandy. We are also so grateful to Bell's Nurseries for generously donating the beautiful flowers. Thank you to everyone who helped make the Post Office window boxes such a beautiful part of our community!

North Haven Garden Club is a member of the Federated Garden Clubs of CT, Inc, the New England Garden Club, Inc, and the National Garden Club, Inc. For more information about the garden club, look for North Haven Garden Club on Facebook.

North Haven Taking Back Unwanted Prescription Drugs - Oct. 24th

On Saturday, October 24, from 10am-2pm, the Town of North Haven and the Drug Enforcement Agency (DEA) will be teaming up once again to give the public the opportunity to prevent pill misuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs. This event is open to any residents from any town. Visitors are asked to bring medications for safe disposal to North Haven Fire Headquarters at 11 Broadway. The service is free and anonymous, with no questions asked. This is the 34th National DEA Takeback Day hosted by the Town, with collection events taking place every April and October.

This is a drive-through drop-off event. Visitors simply need to pull down the driveway of Fire Headquarters and drive around to the back of the building, where they will be greeted by staff to accept the medications. Visitors will be asked to remain in their vehicles and to hand the medications through the window to the staff. Visitors are discouraged from exiting their vehicles or walking up to the disposal tables.

Vapes and other e-cigarette devices or cartridges are also now being accepted; please remove the batteries before dropping these items off for safe disposal. Items that will not be accepted include syringes, needles or other sharps, inhalers, such as those for asthma, aerosol cans, mercury thermometers, iodine-containing medications and illegal drugs or substances (including marijuana which is still a schedule 1 drug under federal law).

Please leave all medications in their original containers if possible. Cross out the person's name with a black marker to ensure privacy.

For more information, please contact Carla Picard in Community Services at (203) 239-5321 x8504.

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.

North Haven Lions Collecting Used Glasses for Charity

The box pictured at right is for used glasses for the underprivileged that cannot afford them.

The North Haven Lions would appreciate help in collecting glasses for these people around the world.

Listed below are the locations where glasses can be dropped off:

Key Bank (Washington Ave., North Haven); North Haven Library (Elm St., North Haven); North Haven Congregational Church (28 Church St., North Haven); Total Vision Eyecare Center (81A Washington Ave., North Haven); Arnold's Jewelers (117 Washington Ave., North Haven); North Haven Senior Center (189 Pool Road.); North Haven Pharmacy (278 Maple Ave. North Haven); North Haven Funeral Home (36 Washington Ave. North Haven); Washington Memorial Funeral Home, (4 Washington Ave. North Haven).

For more information, contact Marie Anne Barnhart, call 203-248-6948.





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Question & Answer - Dr. Richard Durocher

Q: I am a runner. Please tell me about tennis toe.
A: Tennis toe, also referred to as jogger's toe, is a painful accumulation of blood under the toenail as a result of repetitive jamming of the toenail against the tip of the toe box area of shoe gear. This painful condition usually occurs after sports activities such as jogging and tennis if the length of the shoe is too short or if there is a deformity of the toe. It usually affects the big toe or the toe next to it.

Treatment for this condition consists of alleviating the pressure beneath the toenail and changing the footwear to one with a roomier toe box. Treatment for this condition should be provided by a professional, under sterile conditions to avoid infections.

Contact Dr. Durocher for further evaluation of this condition.



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