Floral Design For Wallingford Senior Center Entrance Table



Pictured: Assorted Gourds arrangement by Izzy Jump

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public View.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, Inc., New England Garden Clubs and National Garden Clubs, Inc.

Photo by Martha Shea

Wow 72 Wonderful Years



Pictured: Nancy and Anthony.

North Haven: On September 25, Anthony (Sparky) and Nancy Mastriano were married for 72 wonerful years. They were neighborhood sweethearts, and they got married in 1954 in St. Patrick's Church in New Haven. They now reside in North Haven and have lived here for 59 years. They have a great family of two daughters, six grandchildren, and four great grandchildren. Anthony has four brothers, and one deceased brother. Anthony served in the United States Marines and is a U.S. Marine Veteran. Nancy is 91 years old and Anthony is 96 years old and still plays great Bocce for the North Haven Senior Center. On October 23, Anthony's team won and Anthony played wonderfully with his teammates. Love is beautiful and special, Nancy and Anthony proves it, God Bless you both, and your family.

Story by Anthony Mastriano and Jo Ann Buccetti, photo by Jo Ann Buccetti.

North Haven Garden Club Promotes Breast Cancer Awareness



North Haven: Members of North Haven Garden Club share pink flowers from their gardens as a reminder that October is Breast Cancer Awareness Month. Cindy Adinolfi shared the pink mums placed at the library garden. Carmen Sealey shared her beautiful pink anemone and her grandson's photo of pink hydrangea. And Maria Yankura shared the basket of zinnia collected from the gardens of the Junior Gardeners Club.

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. Find North Haven Garden Club's Facebook page to learn more about their activities.

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.

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 Jolan Szollosi, Volunteer Coordinator, at (203) 679-5342.

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.

WANTED: Collector wants to buy early historic New 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 Diabetes. I heard that it is important to check my feet regularly. Can you explain?

A: Diabetes should be taken seriously. Diabetes often decreases circulation and sensation. It also diminishes your ability to fight off infections and heal after an injury. This puts diabetics at risk for serious complications even from a small cut in the skin. The best way to keep your feet healthy is to prevent an injury from occurring.

Start by controlling your blood sugar levels and monitoring your feet regularly. Inspect your feet daily. Look for changes in skin color, temperature, swelling, numbness, cracking, open wounds, drainage and odor. If you have a difficult time looking at the bottom of your feet, ask a friend or relative to help you or use a mirror. Never walk barefoot and wear only shoes and socks that fit appropriately. Check your shoes daily to make sure there are no sharp objects in them or irritating areas. Socks should not irritate the skin or be worn too thin. A good white cotton sock is best. Test bath water with your elbow before entering because your feet and hands are the first to have decreased sensation.

Care should also be taken when trimming toe nails. A small cut could lead to complications. Most insurances cover routine foot care. It is recommended that diabetics see the Podiatrist to treat their foot conditions.

Contact Dr. Durocher for an evaluation of this condition.



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