GFWC Women's Club Brought A Bit Of Cheer To Veterans At The West Haven Veterans Hospital



Pictured (L-R): Donation of "Vases for Vets" Giselle Vargas, Volunteer Services Specialist, Pam Lerner, President, GFWC Women's Club and Mike Lejeune, Chief of Volunteer Services at the Veteran's Hospital.

North Haven: In celebration of Veteran's Day the GFWC Women's Club of North Haven honored our veterans who have courageously and gallantly served our country by donating 100 small table-top vases containing bright colorful fall flowers for each of the hospitalized veterans. Our project called "Vases for Vets" was prepared by the women in the Club, and designed to bring cheer to hospitalized veterans. They were delivered before Veterans Day to Mike Lejeune, Chief, Center for Development and Civic Engagement at the West Haven Veterans Hospital. The Women's Club is deeply indebted to our Veterans for we can never repay them for the sacrifices they made for us, for our nation, and for the world. The Women's Club acknowledges our debt and has made over 20 donations of various items to the Veteran's Hospital over the past decade. If we can bring these veterans some cheer, we are happy.

Service to our community is a major goal of the North Haven Women's Club, and the club has embraced numerous projects over each club year to serve this area and this community and support many needs. The Club regularly provides food donations to the Food Pantry of North Haven. The Club supports BHcare, a multipurpose organization providing legal help, and shelter for women and sometimes their children in domestic violence situations. The Women's Club has hosted 24 Red Cross Blood Drives since 2013. The Club provides diapers, wipes and baby clothes to Mary and Joseph's Place, a facility providing items for newborns to mothers in need. The Club has provided school supplies to a North Haven elementary school each year since 2013. Club members work on many projects during the Club year to support our community.

The General Federation of Women's Clubs is an international sisterhood of clubs ranging throughout the United States and in many countries. GFWC originated over 130 years ago with the primary commitment to volunteer activities that enhance the lives of others. This commitment has never wavered over the years. The Women's Club is open to women 18 and over who are interested in making a real difference in their community through numerous community service projects. Contact Pam Lerner at (203) 281-3090 for additional information about our club and meetings. The Women's Club meets at the North Haven Senior Center at 10:00 A.M. on the first Friday of each month from September through June. Join us at one of our meetings and meet other ladies who are committed to service to our community. Come and meet, make friends and enjoy some social time as well. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

Mae's Closet Is Looking for Volunteers

Hamden: If you have an afternoon to spend helping people we have a place for you. We accept donated durable medical equipment (wheelchairs, walkers, bath seats, bed rails, etc.) and then lend it out to someone who needs it. This helps everyone and keeps this kind of equipment from being thrown out when it is needed. You don't need to know about the equipment. We will teach you.

Mae's Closet is a volunteer run organization based in Hamden but serves anyone from anywhere. We have been operating for the past seven years. In July we joined Wheel It Forward, a non-profit with the same goals. With this change, our inventory of equipment is now on-line, available for viewing at wheelitforward usa.org. Our name is now Mae's Closet at Wheel It Forward.

In a volunteer we are looking for people who are friendly and helpful and if possible have basic computer skills but not necessary.

If you are interested or need more information, please call (203) 652-8600, extension 915 and leave a message and a volunteer will return your call.

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 ArrayRxCard.com.

Men's Health Lecture Series

Hamden: The Health and Wellness Ministry at Saint Paul VI Parish invites you to join us at our monthly lecture series on Tues., Nov. 10, 6:30pm at Our Lady of Mt. Carmel Parish Center, 2819 Whitney Avenue.

Dr. J. Camilleri (Urologist) will be speaking on Men's Health/Protate Health.

Refreshments will be served. Any questions, please call (203) 506-3076.

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.

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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 • FOR SALE: Stainless steel Shop Vac, excellent $30; mower, pull starts $20; mower carbs $15-$30; (475) 261-2154 •



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Question & Answer - Dr. Richard Durocher

Q: I have a difficult time wearing shoes comfortably because of recurring corns on my toes. I have tried wearing pads that I purchased over-the-counter, but they either do not help or cause my toes to become more sore. What can I do to prevent these painful corns from forming?



A: Corns on the toes are layers of abnormally thickened skin that forms as a result of pressure or rubbing on an area of prominent bone within the toe. Ill-fitting shoes, poor quality shoes, or various foot deformities can lead to these lesions. The little toe is likely to have this happen because it has a tendency to roll under the adjacent toes and is in direct contact to the narrowing part of the shoe. When the corns get thick it presses on the nerves beneath it, leading to pain. Depending on the location of the corn or callus, the pain may also be associated with an underlying bursitis below the corn or callus, which is the inflammation of a bursa.

To relieve this painful condition, removal of the corn or avoiding direct pressure on the area is recommended. Try to avoid medicated pads, because they can lead to open and infected wounds if placed on healthy skin for a period of time. Also avoid scraping the area yourself with a razor or other sharp objects because this often results in cuts, burns or infections which may be very dangerous, especially if you have circuation problems or other diseases such as diabetes. If the corn is painful and keeps coming back even after professional care, you may want to consider surgical correction of that toe by removing the deforming part of bone. Please call our office to set up an appointment for further evaluation.

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