North Haven Garden Club Success At The Fairs





Pictured Above: Club president Gerri Giordano (seated) with Deb Trapani, Linda Lianos and Karin Pyskaty. **Right:** Gail Chillemi sets up the display at the North Haven High School Craft Fair.

North Haven: The North Haven Garden Club was delighted to participate in the craft and holiday fairs on November 6th and 7th at St. Pier Giorgio Frassati Parish and at North Haven High School. The club offered birdseed wreaths and birdseed ornaments to fair goers and would like to thank everyone who visited us and supported our fundraiser by purchasing our birdseed items. The money collected helps the club continue their mission of beautifying North Haven, supporting community projects and encouraging young gardeners through a variety of programs. Special thanks go to everyone who volunteered their time and helped make this event such a wonderful success. We truly appreciate your support.

The fundraiser continues through December 1st. Birdseed wreaths and ornaments can be ordered by contacting Linda Lianos at linda.lianos27@gmail.com or by phone at 203-239-3889. There are a variety of wreath sizes available: large 10" wreaths for $15, small wreaths for $10, extra-large snowflake wreaths for $20 and ornaments for $5 each. Custom baskets can be ordered for $25 or $35. Prepayment is required; please send a check made out to North Haven Garden Club to NHGC, 59 Juniper Drive, North Haven, CT 06473. Include a list of which wreaths you are ordering. Also include contact name, phone number and email address information so we can contact you to arrange a date and time for pick-up or delivery ($5 fee for delivery).

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 club, check out North Haven Garden Club's Facebook page.

Wallingford Garden Club At Federated Garden Club 95th Awards Meeting





Pictured Above: Carm V, Linda B, Karen C, Betty W, Cheryl S; Crissy B, Susan S. **Right:** Karin Pyskaty and Carmelina Villani.

Wallingford: The Wallingford Garden Club attended the 95th Federated Garden Club Awards Meeting at Aqua Turf. Wallingford Garden Club received a Citation in Civic Development: WGC 95th Anniversary. Crissy Besaw received a Certificate for Individual Achievement in WGC Senior Gardening.

Wallingford Garden Club members who attended were: Carmelina Villani, Linda Burr, Karen Ciosek, Betty Wilson, Cheryl Solomon, Crissy Bersaw and Susan Surato.

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

Photos by Linda Burr

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.

WANTED: Old toys - Hot Wheels, Matchbox, slot cars, Barbie, GI Joe, He-Man, wrestling, Star Wars, more; (203) 494-2496, Bill •



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Question & Answer - Dr. Richard Durocher

Q: Are orthotics beneficial and how do they help?

A: Yes, orthotics are beneficial. Orthotics are custom-made arch supports made from casted impressions of the feet, which fit inside the shoe. They are used to help correct the way a person walks and to relieve excess pressure from certain areas on the bottom of the foot. Each pair is designed to help specific problems that one has with their gait. They relieve pain and help correct biomechanical deformities by modifying the way one walks. For some people such as diabetics, orthotics are cushioned to reduce impact on high pressure areas of the foot. Runners find them beneficial because they adjust the way the foot moves in gait, and increase the range of motion in certain joints. Orthotics can even help reduce or eliminate ankle, knee or lower back pain if the cause is from abnormal walking.

Contact Dr. Durocher to further evaluate your condition and see if orthotics may be beneficial to you.



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