

Wallingford Garden Club At Skyview Rehab Center For December



Pictured Above: Joellen Nellums, Betty Wilson, Karen Ciosek, Cheryl Solomon, Crissy Besaw, Laura Cannon, Skyview director Renae Musco. **Right:** Green sled w/card, and completed sleds.

Wallingford: The WGC visited the Skyview Rehab Center on Dec 16th 2025 to present a fun healing and therapy program. The room was filled with 12 residents ready to design a wooden sled ornament. They attached miniature gift boxes, pinecones and bells to the sled. A name tag was also attached to complete the project.

WGC member Joellen Nellums provided a snack of small cookies and Hershey kisses to each resident, while Crissy Besaw gave a signed Christmas card to participating residents. Cheryl Solomon and Suzanne Surato also passed out Christmas cards to all residents of Skyview!

Karen Ciosek, WGC president had stopped by to meet and greet many of the Skyview residents participating in this program. Skyview director Renae Musco was delighted with all WGC members for their wonderful programs provided to the Sky-



view members throughout the year. The WGC team includes Crissy Besaw, Chairperson, Joellen Nellums, Cheryl Solomon, Suzanne Surato, Laura Cannon and Betty Wilson. Wallingford Garden Club is a member of the Federated Garden Clubs of CT, Inc; New England Garden Club Inc., and National Garden Club Inc. Photos taken by Betty Wilson

Warming Center at Keefe Community Center

The Town of Hamden, in partnership with Columbus House, Inc., will open an overnight winter warming center for those experiencing homelessness in our community.

Hamden's Warming Center is now open through March 29th, from 7pm-7am, seven (7) nights a week. It will be stationed at the Keefe Community Center Gym, located at 11 Pine Street. Please enter through the George Street parking lot, located at 19 George Street.

The warming center is not a "shelter" as no beds will be provided. It will offer a clean, safe, indoor overnight space to protect those in need from harsh weather conditions for those who would likely otherwise spend their nights outdoors. The

warming center will be operated by trained Columbus House staff who will monitor overnight shifts and share community outreach information with our guests. Hamden Police will provide walk-throughs on a nightly basis.

Organizations or agencies interested in providing dinners and breakfasts are encouraged to contact Columbus House by email at sdimario@columbushouse.org or by phone at (203) 401-4400, ext. 138.

Residents wishing to contribute to the warming center may do so by donating items such as non-perishable, pre-wrapped snack food items and beverages. Donations of new socks, new underwear, gloves, hats, umbrellas, and rain ponchos are also welcome.

Donations may be dropped off at the Keefe Community Center between the hours of 8:30 a.m. and 4:30 p.m., Mon.-Fri. Donation receipts will be available.



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For further information, contact:

- Keefe Community Center at (203) 562-5129
- The Columbus House Emergency Services Team at (203) 768-7232
- Deputy Chief of Staff, Alexa M. Panayotakis, at (203) 287-7100 or by email at apanayota@hamden.com

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.



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Question & Answer - Dr. Richard Durocher

Q: My mom has pain in the space between her 3rd and 4th toes. She was told it was a neuroma. Please explain.

A: This type of neuroma, also called Morton's neuroma, happens more often in women than men. It is a benign enlargement of the nerve, usually between the 3rd and 4th toes. Initially a person may feel a dull pain, a stinging or burning sensation, but in time, severe pain develops.

Morton's neuroma results from pressure irritating the nerve. The pressure may be caused by bones that are abnormally close to each other. More often the problem is caused by narrow shoes that compress the fore foot or an unstable foot.

In less severe cases, the podiatrist can provide relief from the neuroma pain by injections, recommending more suitable shoes, and creating orthotics (shoe inserts) to relieve the pressure on the area involved. More severe cases can be treated by surgical removal of the nerve.

For further evaluation, contact Dr. Durocher.



Dr. Richard W. Durocher, Podiatrist & Surgeon
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