

GFWC Women's Club Remembering the Veterans with Gratitude and Making the Holiday Season Brighter



Pictured (L-R): Rhiannon Oakes for Volunteer Services accepting items for the West Haven Veterans Hospital from Pam Lerner, Pres. GFWC Women's Club.

North Haven: In keeping with the spirit of the Holiday Season on Thursday, December 12th the GFWC Women's Club of North Haven delivered a van load of many items to the Veteran's Hospital in West Haven. Rhiannon Oakes, Coordinator of Veteran Affairs accepted the items for the VA Volunteer Services Program. Among the items provided were 296 paperback books, over 170 calendars, both men's and women's winter hats, scarves, gloves, socks, 100 puzzle and activity books, and 120 signed Holiday cards with candy cane treats, along with 120 "Vases for Vets" for hospitalized Patients. At this time of year it is important to keep in mind those who have given so much for our nation. The Women's Club continually acknowledges how much we are indebted to our Veterans by providing regular donations to the Veterans Hospital.

Service to the community has been the major goal of the GFWC Women's Clubs since their inception some 130 years ago. Their motto is "GFWC LIVING THE VOLUNTEER SPIRIT". Thus the North Haven club has embraced numerous projects over each club year designed to serve the area and the community and support many needs. The Club regularly provides food donations to the Churches of North Haven Food Pantry at the North Haven Congregational Church. On Monday of this week the GFWC Women's Club provided toys and gift cards and Holiday cards to North Haven's Community Services program for people in need. On Tuesday of this week the Club provided a load of diapers, wipes and baby clothes to Mary and Joseph's Place, a facility providing items for newborns to mothers in need. In January or early February the Club will be providing a load of School Supplies to one of the North Haven elementary schools. In keeping with its avowed mandates, The North Haven Club services our community.

The General Federation of Women's Clubs is an international organization with clubs across the United States and in many countries all committed to volunteer community activities which enhance the lives of others. 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. Join us at one of our meetings and meet other ladies who are committed to serving our community. Come and meet, make friends and enjoy some social time as well. Our club meets at the North Haven Senior Center on the first Friday of the month at 10:00 am. The next meeting is slated for Friday, January 5th. Again, our members would enjoy meeting new people who may find our activities of interest.

Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

Feeding Families Foundation Celebrating One-Year Anniversary of its Parent Plate

Feeding Families Foundation, Inc. (FFF), a nonprofit working to eliminate hospital food insecurity for the parents of hospitalized children suffering from critical illnesses, today announced that it will be holding its **2nd Annual Winter Virtual Golf Classic: Fore!** Families of Hospitalized Children at Golf Cove in North Haven. The event will celebrate the one-year anniversary of FFF's Parent Plate Program at Yale New Haven Children's Hospital.

The Parent Plate Program covers the cost of meals for the parent/caregiver staying with their ill child in the hospital, and has those meals delivered to the room so parents do not need to leave their child's side. It started by providing one meal per day to the parent/caregiver staying with their child on the pediatric hematology/oncology floor of Smilow Cancer Hospital. It now offers two meals per day to those families.

In the last year, the Parent Plate Program provided almost 1,500 meals to parents/caregivers

staying with their ill child on the pediatric hematology/oncology floor at Yale Children's. Combined with FFF's Local Food Fare Program, over 2,500 meals have been provided. Adding in the 1,000 meals provided at Connecticut Children's Hospital, FFF has provided over 3,500 meals to Connecticut families staying with their critically ill child in the hospital.

The golf event will take place Sat., January 25, at Golf Cove located at 336 State Street in North Haven.

The day will start with a Kids Program from 9-11am.

Chik-Fil-A in North Haven will be providing food, and Sound Coffee in Bridgeport will be providing coffee. The event is free for children, but space is limited.

There will be three waves of players: 12 noon, 2:30pm, and 5pm. Teams of 4 players will play 9-hole scramble in each 2-hour time slot. Tickets for golfers are \$100 per person. Tickets for supporters, not playing golf, are \$65 per person. Each ticket includes 2.5 hours of open bar and food.

There are general sponsorship opportunities for businesses, as well as sponsorship opportunities for each golf room which can be decorated by the sponsor. Golf room sponsors are limited to six total for the day.

To register for the Kids Program, please email wintergolf@feedingfamiliesfoundation.org. Space is limited and will be filled on a first come, first served basis.

To enter the golf tournament or attend the event, please register here: <https://www.golfcovect.com/feedingfamilies>

A special thank you to all of the sponsors of the event this year. Platinum sponsors Kenyon Electric Grills and Modern Apizza. Room sponsors Town Fair Tire, Legacy Law Partners, DMC Law, Smedley Aerial Lifts, Raymond James, and United Illuminating. Kids Program sponsors Chik-fil-A, Connecticut Health Foundation, Anna Buono (Realtor), Connecticut Orthopedics, Ferraro's Market, and Dental Implants and Periodontics of Connecticut. Food Sponsor National Lumber. The Behavioral Corner is the honorary sponsor this year.

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: Oreck upright vacuum, exc. cond. \$300; (203) 807-6302

FOR SALE: Commode, brand new \$25; tub seat \$15; 3 rollators \$40 each. Cash Only. (203) 710-5445

Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

To learn more, browse the website ctalanon.org. To find a meeting in CT, please use the [Meetings](#) tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.

Food Pantry Dishes Out Groceries for Those in Need

North Haven: The Churches of North Haven Food Pantry is located at the North Haven Congregational Church. Those in need can call (203) 239-5691 to provide information to be registered for receiving non-perishable food once per month at pre-arranged scheduled pickup times.

The Food Pantry is supported by the North Haven community, many denominations of faith in North Haven as well as organizations including the Boy Scouts and Girl Scouts, Elks, Renegade Pigs, the Lions, Rotary, Knights of Columbus.

Anyone wanting to make a monetary or non-perishable donation can also call the North Haven Congregational Church, (203) 239-5691. Neighbor helping neighbor. There is food need year-round. Volunteers staff the Food Pantry to make food available for pre-scheduled monthly pickups.

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17 Broadway, North Haven

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
Board Certified

Member of the American College Of Foot & Ankle Surgeons

Doctor is fluent in French & Spanish

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The North Haven office is staffed by
Dr. Preeti K. Chandhoke & Dr. Jonny Feldman

Call to schedule a complimentary consultation appointment!

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