Many North Haven And Other Town Residents Celebrated Carnevale



On Tuesday Before Ash Wednesday a delicious dinner was enjoyed by many Italian clubs for the Celebration of Italian Heritage. Carnevale is a farewell party before the fasting of Lent when Italians embrace the tradition of indulging one final day before forty days of restriction. A priest said a prayer before everyone went up to the tables set up with lasagna, and tossed salad, bread and butter. Everyone had a great dinner with family and friends, it was a fabulous night being together talking about many memories. Over 100 people from many Italian clubs came to celebrate this wonderful night.

Story by Jo Ann Buccetti photo by Rich Biondi a co-president of the St. Trofimena Society Italian Club

Many friends and family enjoying each others company and delicious dinner.

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.

WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662 •

Are You Looking for a Meaningful Volunteer Job?

Hamden: If so, come and join the team at Mae's Closet, the Hamden based durable medical equipment loan closet. We lend all sorts of durable medical equipment, including wheelchairs, shower chairs and walkers, to those who need it. The equipment is donated, repaired if necessary, sanitized and then loaned out for $1.00. It is recycling at its best.

The hours are flexible, the company is great, and the people who come to borrow equipment are most grateful. We save them a lot of money.

Mae's Closet is a program of Interfaith Volunteer Care Givers, (IVCG) the organization that provides volunteer drivers to seniors to medical appointments. If the closet doesn't appeal to you then you can volunteer to drive for IVCG. Either way you will be providing a valuable service to our community.

To reach Mae's Closet, call (475) 414-8333 Mon.-Fri., 9am-12 noon. To reach Interfaith Volunteer Care Givers call (475) 257-6538.

District 23A Lions Clubs

APPLICATIONS NOW BEING ACCEPTED

District 23A Lions Clubs -- New Haven & Fairfield Counties are now accepting applications (Scan QR code). Communities in the local area that have Lions Clubs are: Cheshire, East Haven, Hamden, New Haven, North Haven, Wallingford, and West Haven.

Lions Clubs are looking for fun, positive community members dedicated to making a difference. The benefits are Leadership Growth, Community Impact, Networking and Friendship, Global Reach, and Local Action.

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.

Clean Energy Task Force Looking for New Members

North Haven: Are you concerned about our changing climate? Interested in helping North Haven residents, businesses, and our town government save energy and lower utility bills?

Want to help us to move to a clean energy economy? GREAT! You are just who we've been hoping would join us on the North Haven Clean Energy Task Force because we are looking for more members.

As a town-sponsored task force, we work closely with the town and residents to promote and provide opportunities for energy conservation and clean energy. We have had many successful campaigns, including promoting Home Energy Solutions energy assessments, with 40% of North Haven residents participating. We have also led campaigns to educate residents about home solar options and heat pumps, and connected them with local vendors to install these clean energy technologies so they can realize savings immediately. There is more work to be done!

Even with the clean energy setbacks at the federal level, there are many energy efficiency and clean energy rebates and services available in Connecticut.

To find out more and get involved, please contact Kenny Foscue at kfosc@snet.net or call (203) 589-1512.

FOR SALE: Portable air conditioner, used for only three weeks, LG Electronics $200; call Bob, (203) 887-0051 •

Consider Asking Yourself The Following Question:

By B.L. -- A Long-term Resident of North Haven with 58 Years of Community Experience

When solar panels need to be temporarily removed to repair a roof leak or replace the roof, what is the typical cost for removal and reinstallation? Can quotes be obtained directly from the original installer? Additionally, is there a list of licensed contractors who are authorized to perform this work?

Are monthly payment plans available for these services? Finally, does the town require a permit for the removal and reinstallation of solar panels?



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Question & Answer - Dr. Richard Durocher

Q: I have had pain on the bottom of my left heel for over a week. I do not recall any injury to my foot. I get the pain worst when I first get out of bed or when I first stand on my feet after sitting for a while. Why am I having this pain and what should I do?

A: There are many causes of heel pain. The treatments vary depending on the cause. From the information you have given me, it is more likely that you have a heel spur with inflammation in that area. A heel spur is a projection or growth of bone and can grow where the muscle attaches to the bottom of the heel. Some spurs are painless while others are the cause of chronic pain. This problem is aggravated by excessive flattening of your arch when walking, thus also causing the inflammation in that area. Often pain can be relieved by conservative care. Initially, decrease activity on your feet.

There are additional treatments that would be beneficial as well and should be done under the supervision of a podiatric medical doctor to prevent contraindications of care depending on the patient's medical condition. Some of these treatments include anti-inflammatory medication, application of ice, stretching exercises, Cortisone injections, foot taping, physical therapy and orthotics.

Contact Dr. Richard Durocher for evaluation of this condition.



Dr. Richard W. Durocher, Podiatrist & Surgeon
Board Certified
Member of the American College Of Foot & Ankle Surgeons
Doctor is fluent in French & Spanish

Early Morning and Evening Hours Available
Advanced Footcare Specialists of Connecticut
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North Haven (203)239-1119
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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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