Hamden Woman's Club Celebrates St. Patrick's Day



Pictured: Hamden Woman's Club's International Lunch Bunch Ladies recently gathered at Malachy's Irish Pub in Wallingford to celebrate St. Patrick's Day by wearing green and enjoying lots of Irish cuisine. Everyone loved the lively music, delicious dishes, and friendly service in an authentic Irish Pub - It was truly a fun and fabulous afternoon!

Hamden: The HWC International Lunch Bunch gets together every third Tuesday of each month at a different local ethnic restaurant to enjoy different cuisines and to learn a bit about other cultures. The next gathering will be on Tuesday, April 21, 2026 at Mykonos on the Berlin Turnpike in Newington, a short drive away. We'll celebrate Spring while we enjoy delicious Greek Food. We wish to thank Donna Cifaldi, Chairwoman of the HWC International Affairs Committee, for always arranging these fun monthly luncheons. Well done!

Ladies, you are welcome to come to one of our fun luncheons! If you have been thinking about joining an awesome and amazing social group to make a positive and rewarding difference in your life in this new year, please consider joining us - the Hamden Woman's Club, Inc., GFWC. The HWC is open to any woman over eighteen years of age who would like to volunteer in the community, develop new friendships, and have fun at the same time! We are a civic, educational and social organization that was organized in 1950 and then joined the General Federation of Women's Clubs (GFWC) in 1951. Our Motto is "A Group that Cares and Shares" - which we demonstrate by our many charitable activities to improve the quality of life within our community.

The HWC also provides many fun social benefits to our members. We also have many fun monthly activities - a unique Book Club that meets at a local restaurant, our "International Lunch Bunch" and our "Dinner Divas" evening group. Everyone loves our seasonal choral group as well as our annual banquets, day trips, Military Whists, Bingo and Trivia Nights, Arts & Crafts Competitions, and other fun activities. You do NOT have to live in Hamden to join - many of our members reside in area towns.

The next meeting of the Hamden Woman's Club will be on Wednesday, April 1, at 6:30 pm in the Hamden Senior Center (located in the rear entrance of the Miller Library). PLEASE JOIN US! NEW MEMBERS ARE ALWAYS WELCOME TO ATTEND MEETINGS & SOCIAL HOUR! We presently have forty members and we would like to welcome YOU to attend a meeting, book club or luncheon to get to know what we are all about. Please visit our new website - www.hamdenwomansclub.org. Also, we encourage anyone interested in learning more about our wonderful club, please contact Sharon Nolan @ Snolan_@yahoo.com. or call 203-248-2538.

Pop Tabs For Ronald McDonald House



Northford/North Branford GFWC (Greater Federation of Women's Clubs) is a 501-c3, and is involved with many charitable projects in and around the community.

One of those projects is collecting pop tabs for the Ronald McDonald House in New Haven. The tab donations are taken to Sims Metal in North Haven where the aluminum is melted down and proceeds from the sale of the aluminum are donated to the Ronald McDonald House.

Ronald McDonald House offers families food and shelter at no charge who have children going through treatment for serious illnesses.

Lynne Nielsen, a member of the GFWC in Northford/ North Branford collects tabs donated by its members, friends, family and local businesses and various organizations. On March 19th Lynne brought 20 lbs of these tabs to the RMD House in New Haven.This is such an easy fundraiser for the RMD House and they very much appreciate the donation.

For more information about RMDH go to: info@rmhc-ctma.org

QU to Host Symposium on Private

North Haven: Quinnipiac School of Law, in collaboration with the Frank H. Netter MD School of Medicine, will host an interdisciplinary symposium examining the impact of private equity investment in healthcare on Thursday, March 26.

The "Private Equity in Healthcare Symposium" will take place from 4:45-8:15pm in the School of Law's Brooke A. Goff Courtroom, 370 Bassett Road. The event, which is free and open to the public, will bring together leading voices from law, medicine and public policy to explore the legal, clinical and regulatory implications of private equity's growing role in healthcare delivery. ***Registration is required.***

Hosted by the Quinnipiac Law Center for Health Law & Policy, the symposium will feature expert presentations and panel discussions addressing key questions surrounding private equity ownership, including its impact on patient care, healthcare costs and competition within the industry.

The program will open with remarks from Leonard Dwarica, distinguished practitioner in residence and director of the Center for Health Law and Policy. Sessions will include perspectives from physicians, legal experts and policymakers, including State Senator Saud Anwar, chair of the Public Health Committee, who will discuss legislative efforts to regulate private equity ownership of healthcare facilities.

Panel discussions will examine both the benefits and challenges of private equity investment, as well as legal considerations such as antitrust implications and market competition. The evening will conclude with a question-and-answer session.

Private equity investment in healthcare has grown significantly in recent years, raising important questions about access, affordability and quality of care. The symposium aims to provide a balanced, evidence-based exploration of these issues and their implications for patients, providers and regulators alike.

WANTED: Collector buying old photographs from the 1800's on glass, tin or paper, of people, places or things; (203) 915-7662

FOR SALE: Walkway for pump jacks, 24" wide, 16' long. Pump jacks Free; walkway $175; (203) 281-7845 •

FOR SALE: Fountain, ballpoint pens, mechanical pencils $30; (203) 234-7255 •

FOR SALE: Wood stove by Jacuzzi, new, never installed $375; (203) 281-7845 •



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Question & Answer - Dr. Richard Durocher

Q: My toenails curve into the skin of my big toes and are very painful. When I cut them this condition keeps coming back. What can be done to prevent this from happening?

A: When cutting your toenails cut them straight across so you can see the corners, however, you should slightly round the corners so you do not cut yourself with the sharp edges. Be careful to cut the nail to the edge so as not to leave a pointed nail that may cut into the nail fold thus causing an ingrown toenail. Tight shoes and abnormally fleshy nail folds also contribute to the cause of ingrown toenails.

If you have an ingrown toenail border, you should have it removed as soon as possible so it does not get infected. This procedure is usually performed in the podiatrist's office under local anesthesia. The deformed nail border is removed giving immediate relief. If the condition is recurrent, consider having it permanently corrected by removing or stopping that part of the nail root from re-growing. Rest and elevation is required for several hours after the procedure. You can usually resume normal activities within 24 to 48 hours.



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