Hamden Chamber to Honor Healthcare Warriors on April 16th

The Hamden Regional Chamber of Commerce is proud to recognize outstanding local healthcare professionals at its 6th Annual Healthcare Warrior Awards on Thurs., April 16, at 8:30am at The VUE in Hamden. This inspiring event, presented by Assisted Living Services, will be emceed by Kathryn Hauser, Emmy Award winning Anchor/Reporter at WTNH News 8.

"Our healthcare workers are the backbone of our community, dedicating their time, energy, and compassion to ensure the well-being of others," said Hamden Chamber President Nancy Dudchik. "The Healthcare Warrior Awards allow us to honor those who go above and beyond, recognizing their unwavering commitment to care, healing, and service. Their dedication deserves our deepest gratitude and appreciation."

The Chamber is honored to celebrate the following individuals for their dedication and service:

• **Nursing -** Khalid Lamtaai-Whitney Rehabilitation Care Center

• **CNA -** Alesha Pouncey - Meadow Mills at Whitney Center

• **Social Services -** Shanice Johnson - The Children's Center

• **Healthcare Staff -** Andree Thigpen - Arden Care Center

• **Fire -** Jean Nimba - Hamden Firefighter/Paramedic

• **Fire -** Jaime Bonet - Hamden Firefighter/EMT

• **Police -** Matthew Erff - Central Communications Technician-Hamden Police

• **Healthcare Advocate -** Michael Richardson - Town of Hamden, Senior Center

• **Volunteer -** Richard Davies-Interfaith Volunteer Care Givers of Greater New Haven, Inc.

• **Healthcare Educator/Physician -** Dr. Traci Marquis-Eydman - Quinnipiac University

• **Home Care (PCA's Personal Care Assistant) -** Shannon Prentiss - Assisted Living Services, Inc

• **Home Care (PCA's Personal Care Assistant -** Susan Bone - Assisted Living Services, Inc

Join us! For more information and to register, please visit www.hamdenregionalchamber.com or call (203) 288-6431.

Sponsorship opportunities are also available for this event.

North Haven Taking Back Unwanted Prescription Drugs - April 25th

On Saturday, April 25th, from 10am-2pm, the Town of North Haven and the Drug Enforcement Agency (DEA) will be teaming up once again to give the public the opportunity to prevent pill misuse and theft by ridding their homes of potentially dangerous expired, unused and unwanted prescription drugs.

This event is open to any residents from any town. Visitors are asked to bring medications for safe disposal to North Haven Fire Headquarters located at 11 Broadway. The service is free and anonymous, with no questions asked. This is the 33rd National DEA Takeback Day, with collection events taking place every April and October.

This is a drive-through drop-off event. Visitors simply need to pull down the driveway of Fire Headquarters and drive around to the back of the building, where they will be greeted by staff to accept the medications. Visitors will be asked to remain in their vehicles and to hand the medications through the window to the staff. Visitors are discouraged from exiting their vehicles or walking up to the disposal tables.

Vapes and other e-cigarette devices or cartridges are also now being accepted; please remove the batteries before dropping these items off for safe disposal.

Items that will not be accepted include syringes, needles or other sharps, inhalers, such as those for asthma, aerosol cans, mercury thermometers, iodine-containing medications and illegal drugs or substances (including marijuana which is still a schedule 1 drug under federal law).

Please leave all medications in their original containers if possible. Cross out the person's name with a black marker to ensure privacy.

For more information, please contact Carla Picard in Community Services at (203) 239-5321 x8504.

Floral Designs For Wallingford Senior Center Entrance Table



Pictured: Opal Berardesca with skates, and Karin Pyskaty with spring theme for March.

Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public view.

The participants were: Opal Berardesca with February design using ice skates. Karin Pyskaty with March spring theme.

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 Eleanor Tessmer.

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.

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.

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.



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Question & Answer - Dr. Richard Durocher

Q: My son is ten years old and he has been complaining of pain in his heels after gym class. What might cause his heel pain?

A: Your son may have calcaneal apophysitis, an inflammation of the growth center of the heel bone. The disorder is usually seen in children 7-10 years old, and is more prevalent in males and in children that are very active or stocky. The main complaint is pain in the heel after periods of activity. On examination, there is localized soreness, and sometimes swelling, in the area behind the heel bone, where the achilles tendon attaches. The calf muscles are often tight. This condition usually occurs during a period of rapid growth, where the bones get longer and consequently the muscles and tendons become tighter resulting in excessive strain at the sites where the tendon attaches to the bone.

Treatment includes decrease in activity, ice applications, heel lifts and stretching exercises. In severe cases, physical therapy, orthotics, and short-term immobilization with a walking cast may be indicated. Contact Dr. Richard Durocher to treat your painful foot condition.



Dr. Richard W. Durocher, Podiatrist & Surgeon
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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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