Hamden Lions Club

CRITICAL ALERT
BLOOD DONORS NEEDED NOW!

The Hamden Lions Club invites you to become a hero and answer the call of patients in need by donating blood. Heroes come in all shapes and sizes. They do not all wear capes or special suits, and their badge of honor is the bandage that shows they gave the gift of life. The need for blood does not take a vacation.

Please take the time on Monday June 30 from 10am-3pm at American Legion Post 88, 3005 Dixwell Ave. in Hamden to give the gift that means something. There is a critical blood shortage across Connecticut…and with July 4th weekend approaching, the need will be intensified.

Donating blood is one of the simplest things a person can do to help save a patient's life. For the hour it takes to give blood, there could be a whole community of people thankful for another birthday given to their loved one. Please roll up your sleeves. Your single donation will impact the lives of three people, and all you will feel is good.

Donors can schedule appointments by calling 1-800-RED-CROSS (1-800-733-2767); going to redcrossblood.org; downloading the Blood Donor App; or contacting the Hamden Lions Club at lionalannhct@gmail.com

The Red Cross RapidPass offers donors a way to complete their pre-reading and donation questions online from the comfort and privacy of their home or office, reducing the time you spend at blood drives by as much as 15 minutes. Using RapidPass is simple: Visit redcrossblood.org/RapidPass

SPECIAL OLYMPICS SUPPORTED THROUGH OPENING EYES CLINIC

Hamden Lions Club members support and participate in the 2025 Special Olympics Opening Eyes event at Southern Connecticut University.

Opening Eyes program provides non-dilated vision screenings, refractions and fabrication of prescription eyewear to Special Olympics athletes. The Opening Eyes screening does not replace a comprehensive eye exam. Volunteers strive to educate the athletes, guardians and coaches about the importance of good vision in sports, school and work.

Masonicare Hospice Seeking Volunteers

Wallingford: Masonicare Hospice is seeking new volunteers for all areas of CT and the Westerly, RI region.

Hospice volunteers assist in many ways, including companionship (in person or through phone calls), sitting vigil, quiet conversations, family support, expressive arts, spiritual care, and clerical tasks in the office. We are also looking for Veterans who are interested in visiting other Veterans through our "We Honor Veterans" program.

Volunteers set their own time schedules and will receive ongoing support and training. Our volunteers tell us they are amazed at how much they get out of this experience!

Complimentary, virtual or in-person training classes are available. To learn more or sign up, please contact Jolan Szollosi, Volunteer Coordinator, at (203) 679-5342.

QUINNIPIAC

NETTER SCHOOL OF MEDICINE RECEIVES NATIONAL RECOGNITION

North Haven: The Frank H. Netter MD School of Medicine at Quinnipiac University has been named a recipient of a 2025 Program of Excellence Award from the American Academy of Family Physicians. The school's Family Medicine Interest Group will be formally recognized at the AAFP's national conference this summer in Kansas City.

FMIGs are student-led organizations at medical schools across the country that promote interest in family medicine through educational programming, mentorship, service initiatives and advocacy.

These groups play a key role in encouraging the next generation of physicians to consider careers in primary care, particularly in underserved communities.

"This award reflects how an early and steadfast commitment to primary care during the first decade has led to national recognition as we enter the school's second decade," said Dr. Phil Boiselle, dean of the School of Medicine. "It stands as a testament to the many individuals who have contributed to this area since the school's founding."

The recognition underscores Quinnipiac's dedication to preparing future physicians to meet the growing demand for primary care providers, particularly as communities across the nation face significant shortages in this vital area of medicine.

Hamden Woman's Club Donates To Eli's Garden Of Healing



Pictured (L-R): HWC's President Linda Melillo & Vice President Christy Palumbo with Crystal Zukauskas, President of Eli's Garden of Healing.

Hamden: At the June 4 meeting of the Hamden Woman's Club, our Guest Speaker was Crystal Zukauskas, President of Eli's Garden of Healing. She gave a very moving and informative talk about the vision, creation and purpose of this project for our community. The non-profit was established to honor her nephew, Elijah Gomez, a boy who was shot when he was 15-years-old, while walking home from Hamden High School in 2022.

The organization is fundraising to build a healing garden at the site of a former Winchester machine gun testing facility in Hamden. Adjacent to De Nicola Park, the building has been sitting empty for the last 50 years. The healing garden will be a place for residents to connect with nature and explore 1.7 acres of trails and gardens there. To learn more about this wonderful and worthy project, please visit www.elisgardenofhealing.com. Your help in any way will be greatly appreciated.

Although our June meeting was the last regular meeting until September, the HWC will continue to hold several committee meetings, especially those planning our major Fall Fundraiser, a Brunch/Luncheon to be held on November 3 at Cascade Banquet Facility in Hamden to benefit LOVE 143 and other local charities. Furthermore, our monthly Book Club, International Lunch Bunch and Dinner Divas will continue to meet during the summer.

NEW MEMBERS ARE ALWAYS WELCOME to attend these fun meetings and we urge anyone interested in learning more about the HWC to please call Sharon Nolan @ 203-248-2538. Also, please look at our Facebook page - Hamden Woman's Club, GFWC, Inc. - for more information and fun photos of our friendly club!

Holly LaPrade Of North Haven Awarded Scholarship For HR Certification

North Haven: Holly LaPrade of North Haven was recently selected as the recipient of the Andy Thiede HR Certification Scholarship. The scholarship was created by Andrea (Andy) Thiede, an HR professional from Berlin, Connecticut, with a passion for helping others in the HR field. Holly is a Human Resources Manager with an organization based in North Haven.



Holly LaPrade

"Holly is committed to advancing her career in HR. Those who obtain certification are driven to succeed, have made a serious commitment to their professional development, and are committed to a cycle of continuous learning; to maintain the credentials we must re-certify every three years," said Andy Thiede.

Holly was selected for the HR Certification Scholarship based on her ambition to excel in her HR career, and her advocacy work and dedication to helping others. She will use the scholarship to test for the SHRM-CP (Society for Human Resource Management-Certified Professional) designation.

"I have worked for an organization in North Haven for nearly 20 years in various capacities, and recently I stepped into the newly created Human Resources Manager position," said Holly LaPrade. She added, "During the past year, I have thrived in this new role. In order to acclimate myself to my career path in the HR field, I took immediate steps to immerse myself in the industry and further my knowledge by enrolling in the SHRM certification study course at Central Connecticut State University. I deeply appreciate that this scholarship is being offered, due not only to Andy Thiede's generosity, but her desire to serve as a mentor to emerging HR professionals."



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Question & Answer - Dr. Richard Durocher

Q: I am diabetic. I was told that I had an ulcer on the bottom of my foot. How serious is this?

A: Foot ulcers are among the most serious types of foot problems for a diabetic. It usually starts as a small opening or break in the skin. It later develops into a larger opening with a red edge. If treated early, it can be treated easily and quickly with conservative care and medications. If untreated, it could become infected and cause irreversible destruction of the soft tissue and possibly bone.

A person does not have to be a diabetic to get these ulcers, however, diabetics are more prone to ulcerations due to their circulation and nerve impairments. People with decreased blood flow and decreased sensation in the feet should be extra careful, and examine the feet daily to make sure that there are no cuts or open wounds on their feet. People should also avoid excessive pressure on vulnerable areas of the foot. Contact Dr. Durocher for further evaluation of this condition. Diabetics should be seen on a regular basis to prevent serious foot problems in their feet.



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

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