HWC Dinner Divas Do It Again!



Pictured (L-R): Anne Wetmore, Leigh's Cassidy, Sharon Welch, Linda Melillo, Judy Feather, Melinda Saller, Sharon Nolan, Joy Wildman.

Hamden: After a brief hiatus, the HWC Dinner Divas recently reconnected and enjoyed a delicious dinner at Cafe Fiore, an authentic Italian restaurant in Branford. This growing subgroup of the Hamden Woman's Club was formed to make it easier for all members and guests to dine out by meeting in the evening. This was such a fun and "delicious" way to get to know other members on a personal level. Next month, we're going to the Lobster Shack in East Haven to celebrate summer!

The Hamden Woman's Club, Inc., GFWC, is a civic, social and educational organization 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! You do not have to live in Hamden to belong; in fact, many of our members reside in area towns. The HWC was organized in 1950 (75 YEARS AGO!) and joined the General Federation of Woman's Clubs, Inc.(GFWC) in January, 1951. We are so proud to be a part of the largest volunteer organization in the world, and we are continually developing new projects to improve the quality of life within our community. We are proud that our membership has grown exponentially recently, and last year we received "Best Membership" Award - a wonderful accomplishment!

Although our June meeting was the last regular monthly meeting until September 3, the HWC will continue to hold several HWC committee and planning meetings during the summer to prepare for our major Fall Fundraiser, - a Brunch/Luncheon to be held on Sunday, Nov. 2. More information on this will be available soon. Furthermore, our monthly Book Club, International Lunch Bunch and Dinner Divas group will continue to meet during the summer on the regular schedule.

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

QU And Stamford Health Partner To Launch Silver Scholars Program



Pictured (L-R): Undergraduate students from Quinnipiac are, Sarah Fabricatore, Kirk Gavaghan, Elysia Fortunati and Melissa Sheehan.

Hamden: Quinnipiac University and Stamford Health have partnered to launch the Silver Scholars Program - an exciting new paid summer internship designed to give high-achieving undergraduate students from Quinnipiac a front-row seat to the world of medicine at Stamford Health.

The four-week observational shadowing program began last week and will immerse four Quinnipiac undergraduates in a variety of specialty care areas at Stamford Health, where they will gain valuable insights from physicians and physician assistants across clinical disciplines.

The program is made possible through the generous philanthropic support of Attorney Richard Silver, a Stamford resident and dedicated member of Quinnipiac University's Board of Trustees and Stamford Hospital Foundation donor, whose vision and commitment to education and healthcare have helped bring this unique opportunity to life.

"The purpose of my funding this program is to engender extremely talented Quinnipiac undergraduate students to attend medical school and thereafter to remain in Connecticut where there is a dramatic need for physicians," Silver said.

The Silver Scholars Program represents a collaborative commitment between Quinnipiac University and Stamford Health to inspire the next generation of healthcare professionals. By bridging academic learning with real-world clinical experience, the program aims to cultivate well-rounded, compassionate physicians.

"This program is truly a once-in-a-lifetime opportunity, and I my experiences so far have been like no other," said Quinnipiac student Sarah Fabricatore. "Seeing critical patients in the ICU and watching surgeries have completely changed my view on life itself. Shadowing these incredible professionals has helped me discover what I want to do for the rest of my life."

Student Melissa Sheehan agreed, calling the program an incredible opportunity.

"It is inspiring to learn from healthcare professionals who are not only dedicated to patient care but also passionate about educating the next generation of healthcare workers," Sheehan added. "Through this experience, I have gained valuable insight into the daily lives and personalities of physicians, which is helping me better understand the kind of career I want to pursue."

The program's long-term goal is to educate and retain medical professionals who will continue to serve communities throughout Connecticut.

"Stamford Health provides many undergraduate and graduate medical education opportunities to individuals interested in pursuing a career in medicine," said Dr. Ed Schuster, a cardiologist at Stamford Health who was instrumental in bringing the program to fruition. "This partnership with Quinnipiac, funded by the generous philanthropy of Rick Silver, is unique and important because it offers local college students real-life health care experience in their own community."

Breastfeeding Support Group July 9th Meeting

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wednesday mornign, July 9, 9:30am at Grace & St. John's Church, 2927 Dixwell Ave. Led by accredited LLL Leaders, our Group will gather in the upstairs church living room. We meet on the 2nd Wednesday of each month.

Are you pregnant or a parent of a breastfeeding baby? Come to our free in-person meetings to get support and information on all aspects of breastfeeding and parenting. Women with their babies and young children are welcome from all surrounding towns of the Greater New Haven area.

We also provide phone and online help at any time with your questions/concerns, plus can give you info on additional virtual meetings held monthly in CT.

To RSVP and get details on our monthly meeting and for breastfeeding questions contact: Anne.M@LLLCT.org

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Question & Answer - Dr. Richard Durocher

Q: What is gout?

A: Gout is an inflammatory arthritis that occurs as a result of an accumulation of uric acid in a joint. Uric acid is produced by the body and also derived from a food substance called purine. Gouty attacks can be brought on by an overproduction or under-excretion of uric acid by the body or an abundant consumption of purine-rich foods such as organ meats, sardines, sweetbreads and alcohol. In susceptible individuals, injury, stress from a surgery and some medications can contribute to a gouty attack.

The big toe joint is the most common joint affected, however, it can occur in any of the joints in the body. It is first noticed by symptoms of warmth, redness, swelling and severe pain around that joint.

Some treatments available for acute gouty attacks include: non-steroidal anti-inflammatories, Colchicine, allopurinol and cortisone injections. Recurrent gouty attacks can damage the affected joints. Therefore, it is important to have the underlying cause determined with appropriate lab tests.

Should this condition cause you discomfort, contact Dr. Durocher for further evaluation.



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