Senior Center Puts On A Great Ice Cream Social Day







Pictured Top: Just some of the many members who enjoyed the ice cream. **Bottom:** The delicious cupcakes donated by Terry Gagliardi, and the beautiful ice cream decoration donated by Sharon's Flower Boutique.

North Haven: On Tuesday, July 8, the staff at the senior center gave us delicious ice cream, with many toppings of your choice. Tuesday was National Ice Cream Sundae Day, and the center wanted the residents and members to enjoy some ice cream. Manager Paulette, activity coordinator, Mary and secretary Laurie handed out the ice cream in paper bowls as each table went up one at a time in the big center's room. The ice cream was delicious and hit the spot since the day was hot and humid. Terry Gagliardi donated delicious cupcakes and Sharon's Flower Boutique donated a beautiful ice cream decoration. We want to thank all of you for always giving us these great events.

Story and photos by Jo Ann Buccetti

FOR SALE: Worx grass trimmer & leaf blower with accessories, exc. condition $60; (203) 747-9883 •

Have an Afternoon to Spare?

Hamden: If you do, we could use help at Mae's Closet, where gently used equipment is donated and then lent out to people who need it.

Mae's Closet is in Hamden and is a program of Interfaith Volunteer Care Givers. Our goal is to take in wheelchairs, walkers, bath seats, etc. that are no longer being used, sanitize, repair if necessary and then lend out. We are keeping this equipment from the landfill or sitting in someone's garage unused.

This is a very satisfying way to spend time and very appreciated by the people who come to borrow equipment which can be so expensive.

If you are interested, please call 475-414-8333 and one of the volunteers will call you back and answer any questions you may have.

FOR SALE: Swan Hose Contractor Plus, heavy duty commercial grade, 100'x5/8", brand new, never used $50; (203) 234-2377 •
WANTED: WWII Vets, immediate cash for all German helmets, hats, daggers, flags, medals, uniforms, patches. Collector will beat all dealer offers; (203) 932-0750 •

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.

FOR SALE: Two adjacent burial plots, All Saints Cemetery, North Haven $1800, plots 4 & 5 Lot G-3, Section 13, prime location; (239) 849-9390 •
WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271 •

Our Journey of Sight Support Group

"Our Journey of Sight" - a low vision/blind support group meets monthly at the West Haven Public Library, 300 Elm St., West Haven, from 10am-noon on the 3rd Friday of the month.

This is not a regulatory group, but a group that provides monthly speakers, and support to each other during our journey of visual loss.

For more information, please contact Richard Howard at (203) 214-7631.



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Question & Answer - Dr. Richard Durocher

Q: What causes fungal toenails and how can they be treated?

A: Fungus is common in our environment. High humidity, warmth, moisture and darkness provide optimal conditions for its growth. This atmosphere can be found in some stockings, sock and shoes that people wear. Fungus usually involves a small portion of the nail edge at the onset and spreads slowly under the toenail. To help prevent this condition from occurring one needs to keep toenails trimmed, clean under toenails at the tips, and also keep them dry.

Fungus may cause the nail to thicken and become yellow or brownish. As the fungus grows, foul smelling moist debris can be seen. Build up of debris under the toenail or thickening of the nail may lead to a painful toe, secondary to pressure.

The earlier treatment is started, the better the prognosis. Treatment options depend on the degree and severity of the infection as well as your general health. For mild infections topical anti-fungal medication and periodic reduction of the toenails may be effective. Oral anti-fungal medications are available for the more serious cases. Other treatment options include temporary removal of the toenail followed by application of topical medication.

Call our office for an appointment for further evaluation and preventative measures.



Dr. Richard W. Durocher,
Podiatrist & Surgeon
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The North Haven office is staffed by
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