Wow 102 Birthday Celebration Was Enjoyed By All







Pictured Top: Alessandra and her family. **Bottom:** Alessandra and her friends at the senior housing, and manager of the senior center, and her beautiful cake.

North Haven: At the OakView Senior Housing in their community room, everyone came to celebrate Alessandra Piscitelli's 102nd birthday, family, housings friends, and the manager of the North Haven Senior Center, Paulette DeMaio. Residents Mary Davis, Mary Amarante put on this beautiful party, Pat Gannon and both Marys decorated the room beautifully in pink. Alessandra looked so nice and happy to see everyone. There were 2 delicious party size pizzas from Big Y, 2 mixed fruit salads, stuffed breads, and homemade cookies made by one of her daughters and Sue Mallardo, a housing resident. Lemonade, coffee, and water was also enjoyed by all. Alessandra was born in Italy, came to America and learned the American ways. She has seen many things, and presidents throughout her lifetime. What a wonderful time everyone had together celebrating Alessandra's birthday with her, she's such a nice lady. These are the best of times to be spent with family and friends, Alessandra was so happy and everyone else was also. God Bless you Alessandra.

Story and photos by Jo Ann Buccetti

Intergenerational Program At The North Haven Senior Center



Pictured (L-R): Qunninpiac graduate students Kaylee Gura, Sydney Jack, Saige Harris, Madison Hughes, Cam Howe, Annelise Holland, Charlotte Birnbaum.

North Haven: In the back room of the center 7 Qunninpiac graduate students came to talk and had two lists of questions that they wanted to know how we as seniors enjoy our days with different chores, activities, interests in sports, listening to music, anything that we are happy we are doing in our lives. They were so sweet, kind, and compassionate. Thank you girls for taking your time to come and find out what us seniors enjoy doing in our lives, we wish you happiness in your lives also.

Story and photo by Jo Ann Buccetti

White Oak Tree Donated to Cheshire's Woodland Pollinator Garden

In honor of Arbor Day, The Davey Tree Expert Company donated a White Oak Tree to be planted at the Woodland Pollinator Garden at Mixville Recreation Area in Cheshire. The tree will be planted in the fall and will be part of a native plant garden that will consist of an overstory of three keystone trees: white oak, sugar maple and basswood. Oaks support hundreds of pollinators, which in turn benefit birds. Sugar maples are a critical, early-season pollinator source for nectar and pollen, and basswood serves as a major food source for bees. Understory plantings will include spicebush, winterberry and elderberry.

The Cheshire Pollinator Pathway installed a pollinator garden at the entrance of the park last year. The new Woodland Garden will compliment that garden. "The Suburban Garden Club of Cheshire is thankful to The Davey Tree Expert Company for donating this important tree to the garden." said Elizabeth Fox, President-elect of the Suburban Garden Club of Cheshire. "We look forward to collaborating with the Cheshire Pollinator Pathway on the planting and maintenance of the garden, as well as developing public programs that relate to this installation."

The Suburban Garden Club of Cheshire was formed in 1957, with a mission to encourage interest in all phases of gardening, promote better environmental practices and conservation of natural resources, increase knowledge in the artistic use of plant material in design and landscaping, and assist in community beautification and civic involvement through member participation, contributions and charitable activities. https://www.cheshiregardeners.org/

Plant for the Planet & Plant for Pollinators: Cheshire Pollinator Pathway creates native plant gardens in neglected spaces to sustain pollinators and local wildlife; support healthy ecosystems and watersheds, and educate the community on environmental best practices. https://www.cheshirepollinatorpathway.org/

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Question & Answer - Dr. Richard Durocher

Q: I have burning in my feet. What causes this?
A: Burning in the soles of the feet can be due to different causes. Sometimes a person may get a burning for a short period of time, but there are times that it is long lasting. The sensation or pain can flare up with little or no provocation. Sometimes the problem can be traced to a person's shoe gear due to inappropriate fit or sensitivity to the chemicals used in the shoe linings. In other cases, the cause is more serious, involving health disorders such as impaired circulation, hypothyroidism or damaged peripheral nerves. Diabetes is one of the causes of nerve sensation changes.

To determine the actual cause may require examination, laboratory testing and a thorough review of a person's medical history.

Please contact Dr. Durocher for further evaluation and preventative measures that can be taken to avoid this problem.



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