Quinnipiac University To Host Annual Boomer's Boo Bash For Children And Families On Oct. 24



Hamden: Quinnipiac University will host its annual Boomer's Boo Bash from 10 a.m.-2 p.m. on Saturday, Oct. 24, on the Mount Carmel Campus Quad, 275 Mount Carmel Ave.

The free, family-friendly Halloween event will feature activities, prizes, giveaways, candy, food trucks and photos with Boomer the Bobcat. The event will be hosted by Quinnipiac's Division I student-athletes and student organizations and will include participation from local businesses.

Costumes are encouraged but not required. The event is open to children and families from all towns.

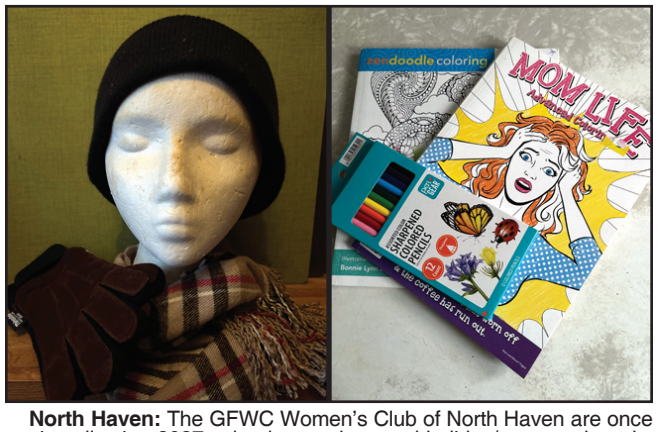
Quinnipiac also will collect nonperishable food donations for the Hamden Food Bank during the event.

Boomer's Boo Bash is held annually and is part of Quinnipiac's Building Bobcats initiative, which includes programs and opportunities for members of the local community.



The rain location is the Carl Hansen Student Center.

Holiday Collection Drive



North Haven: The GFWC Women's Club of North Haven are once again collecting 2027 calendars and unused holiday/ seasonal cards. This year, in addition to the calendars and cards, we will also be collecting Adult word search/ puzzle books, Adult coloring books and colored pencils. The club will also be collecting new or gently used winter hats, gloves, mittens and scarves for both men and women veterans.

The collection will end on November 28th. Please call or text Michele Charm at 203-915-8990 for further information and drop off location.

Floral Designs For Wallingford Senior Center Entrance Table



Pictured: Nancy Roseman's floral arrangement, and Jeanne Lawrence's fall display.

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. Design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public view. The September participants were: Nancy Roseman and Jeanne Lawrence.

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.

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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.

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Question & Answer - Dr. Richard Durocher

Q: I have Diabetes. I heard that it is important to check my feet regularly. Can you explain?

A: Diabetes should be taken seriously. Diabetes often decreases circulation and sensation. It also diminishes your ability to fight off infections and heal after an injury. This puts diabetics at risk for serious complications even from a small cut in the skin. The best way to keep your feet healthy is to prevent an injury from occurring.

Start by controlling your blood sugar levels and monitoring your feet regularly. Inspect your feet daily. Look for changes in skin color, temperature, swelling, numbness, cracking, open wounds, drainage and odor. If you have a difficult time looking at the bottom of your feet, ask a friend or relative to help you or use a mirror. Never walk barefoot and wear only shoes and socks that fit appropriately. Check your shoes daily to make sure there are no sharp objects in them or irritating areas. Socks should not irritate the skin or be worn too thin. A good white cotton sock is best. Test bath water with your elbow before entering because your feet and hands are the first to have decreased sensation.

Care should also be taken when trimming toe nails. A



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