Delicious Thanksgiving Luncheon Was Held At The Miller Senior Center



Pictured Top: Some of the many seniors. **Bottom:** Sisters together enjoying a meal together, and Joanne and her sister Fay.

Hamden: On Thursday, November 14, at 11:30 am, a delicious Thanksgiving luncheon was held in their cafeteria room. The luncheon was sponsored by The Hamden Senior Services and was held in their cafeteria room with a large crowd. Mary Maylor, cafeteria manager and her volunteer helpers did a great job setting up tables, placing all the delicious food consisting of turkey, stuffing, mashed potatoes, yams, collard greens, green beans and a choice of apple pie or pumpkin pie for dessert on large tables. There also was coffee and tea. Mary said a beautiful prayer before everyone ate. Kim Craft, the senior center manager had one table at a time go up to get their food. It was a wonderful luncheon everyone enjoyed getting together having fun with friends and family. Kim says "Team Work Makes Dream Work". Thank you Hamden Senior Services, Kim, Mary, and her many volunteers. Happy Thanksgiving to all.

Story and photos by Jo Ann Buccetti

Free Nutritional Workshops

The following Free Nutritional Workshops will be held at Keefe Community Center, 11 Pine St., at 10am for English, and 11:30am for Spanish.

Food Safety: November 22. Learn about the right steps to take to keep your food safe from bacteria that can cause sickness-Jeopardy game available.

Get Moving!: Learn about proper exercise techniques and how to lead a more active life.

Making Healthy Food Choices: December 10. Learn how to read food labels to understand the nutrient contents of foods you are eating.

Living a Healthy Lifestyle: January 14. Learn about chronic disease prevention through exercise and healthy diet.

Workshops are provided free of charge in Spanish and English through the Hispanic Health Council's SNAP-Ed PANA Program.

For more information, contact Linda Davis Cannon, (203) 562-5129, ext. 1121. ldaviscannon@hamden.com.

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FOR SALE: Commode, brand new $25; tub seat $15; 3 rollators $40 each. Cash Only. (203) 710-5445 •

Lung Cancer Screening Information Session

Visit the Hagaman Memorial Library, 227 Main St., East Haven, on Tuesday, November 19 at 6:30pm, and find out if a Lung Cancer screening is right for you.

Gean Brown, Clinical Program Manager, Breast Center & Surgical Oncology at Yale New Haven Health will do a brief presentation on what a lung cancer screening does, who it is intended for along with some facts about lung cancer. The presentation will be followed by a Q & A session and discussion.

This program is sponsored by the Connecticut Department of Public Health.

Please register ahead for this program by calling the library at (203) 468-3890 or by sending an email to Cynthia, Community Services Librarian at: cgwiazda@hagamanlibrary.org.

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WANTED: 1900 thru 1960 cars & trucks, parts, tools, road signs & memorabilia; (203) 265-2530, no texts •

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.

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FOR SALE: Ladies ankle boots, size 9, beautiful black zip-up leather, clean, like new $15; call (203) 606-0932

North Haven Lions Collecting Used Glasses for Charity

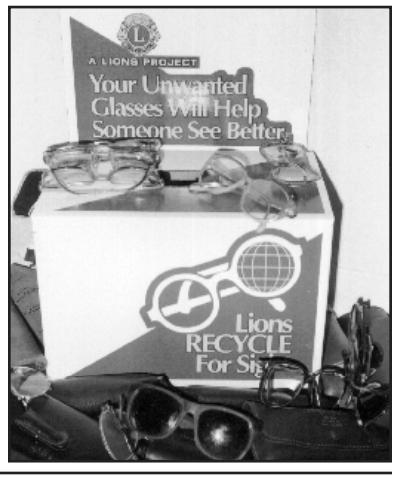
The box pictured at right is for used glasses for the underprivileged that cannot afford them.

The North Haven Lions would appreciate help in collecting glasses for these people around the world.

Listed below are the locations where glasses can be dropped off:

Key Bank (Washington Ave., North Haven); North Haven Library (Elm St., North Haven); North Haven Congregational Church (28 Church St., North Haven); Total Vision Eyecare Center (81A Washington Ave., North Haven); Arnold's Jewelers (117 Washington Ave., North Haven); North Haven Senior Center (189 Pool Road.); North Haven Pharmacy (278 Maple Ave. North Haven); North Haven Funeral Home (36 Washington Ave. North Haven); Washington Memorial Funeral Home, (4 Washington Ave. North Haven).

For more information, contact Marie Anne Barnhart, call 203-248-6948.



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Question & Answer - Dr. Richard Durocher

Q: I have had pain on the bottom of my left heel for over a week. I do not recall any injury to my foot. I get the pain worst when I first get out of bed or when I first stand on my feet after sitting for a while. Why am I having this pain and what should I do?

A: There are many causes of heel pain. The treatments vary depending on the cause. From the information you have given me, it is more likely that you have a heel spur with inflammation in that area. A heel spur is a projection or growth of bone and can grow where the muscle attaches to the bottom of the heel. Some spurs are painless while others are the cause of chronic pain. This problem is aggravated by excessive flattening of your arch when walking, thus also causing the inflammation in that area. Often pain can be relieved by conservative care. Initially, decrease activity on your feet.

There are additional treatments that would be beneficial as well and should be done under the supervision of a podiatric medical doctor to prevent contraindications of care depending on the patient's medical condition. Some of these treatments include anti-inflammatory medication, application of ice, stretching exercises, Cortisone injections, foot taping, physical therapy and orthotics.

Contact Dr. Richard Durocher for evaluation of this condition. Doctor is fluent in French & Spanish



Dr. Richard W. Durocher, Podiatrist & Surgeon
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The North Haven office is staffed by Dr. Preeti K. Chandhoke & Dr. Jonny Feldman

Call to schedule a complimentary consultation appointment!

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