North Haven Garden Club November Meeting 2 Members Received 40 Year Pins



Pictured Top: Jeff Eleveld during his presentation, and refreshment table with floral arrangemnet by Pete Stevenson. **Bottom:** Carmen Sealy and Italia Avitable, and Italia Avitavle and Ellie Tessmer.

North Haven: On Thursday November 13th, the North Haven Garden Club held a meeting featuring Jeff (The Plant Guy) Eleveld. Jeffs presentation was very insightful and as always very entertaining, educational program about the tree most popular holiday plants: The Poinsettia, Holiday Cactus and Amaryllis. He took us on a journey from the plants humble beginnings to the present, providing simple ways to keep our plants alive and flourishing. A fun time was had by all who attended.

Jeff is a therapeutic horticulturist with over 43 years if experience. He is the inventor of "The Go 2 Garden" a raised bed wheelchair/walker accessible planter. Jeff is the owner of Lil Plant Shop in Plantsville, CT.

Before Jeff's presentation, two members were presented their 40 year pin by Membership Chair Italia Avitable. North Haven Garden Club members are Carmen Sealy and Ellie Tessmer.

Hostesses for the evening are Cristie Amato and Pete Stevenson with table arrangement by Pete Stevenson.

Don't forget to check out The North Haven Garden Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net.

Article and photos by Cindy Golia

Community Foundation Basic Needs Fund Awards $425,000 to 44 Local Nonprofits

The Community Foundation for Greater New Haven's Basic Needs Fund is distributing grants totaling $425,000 to 44 local organizations serving local residents who need basic daily essentials including food, housing and heat.

The recent grants are part of $1.6 million in total funding for basic needs that The Foundation has awarded so far in 2025.

"The Basic Needs Fund was started in 2020 by local donors who are committed to this issue, and it has significantly expanded the Foundation's ability to support our most vulnerable neighbors," said The Community Foundation President and CEO Karen DuBois-Walton.

DataHaven, The Foundation's data indicators partner, projects that 58,000 Connecticut families will lose significant SNAP benefits because of federal changes to the program. The resulting strain on families and the nonprofits that serve them led the Basic Needs Fund advisory committee to prioritize organizations that address food insecurity.

"We've seen how much of a difference these grants make to human service organizations in our region," said Andy Eder, a member of the Basic Needs Fund advisory committee and a board member of The Community Foundation. "Our focus on food access during this grantmaking cycle is a direct response to the latest hits to our social safety net."

Since 2021, The Basic Needs Fund has granted a total of $1.84 million to 85 nonprofits. The grants target organizations that help households meet basic everyday needs, such as food

Our Journey of Sight SupportGroup

"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.

FOR SALE: Duffle bag, large (28"), EastPak with new combination Masterlock, clean, new condition $10; (203) 606-0932
WANTED: I need a person to make belts for the buckles I have. Will pay reasonable fee. (203) 288-8841 •
FOR SALE: Budweiser original wood beer crate used for delivery, hinged top $30; (203) 284-0648 •

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.

Residents Encouraged to Sign Up For Free Prescription Discount Card

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.

ArrayRx is a free prescription discount card program offered by the State of Connecticut. It helps people in our communities save money on their medications, no matter their age, income, insurance, or immigration status. Anyone who lives part- or full-time in Connecticut can sign up online or over the phone and begin using it right away. There are no fees, no applications, and no eligibility requirements. Just real savings on the medications people need to stay healthy.

Not sure if you would like to sign up? You can search for the price of any of your medications online before enrolling if that makes you more comfortable. The tool shows real-time prices at pharmacies near you, so you can compare and save.

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.

Volunteers Needed for Nursing Home

Hamden: Whitney Rehabilitation Center at 2798 Whitney Ave., is seeking volunteers for our recreation department.

Interested individuals can inquire at (203) 287-7718 and ask for our Director of Recreation, Donna Mignosa.

WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662 •
FOR SALE: Pine boards, 2x12, 12 footer $25; 2x10, 10 footer $10; 6 ft. step ladder $15; (203) 248-2839 •
FOR SALE: Huffy 20" BMX bike, Racing Exist, lime-green, NEW $90; (203) 530-1045 •



NORTH HAVEN DENTAL GROUP

Stuart A. Lazaroff, D.M.D.
FAMILY & COSMETIC DENTISTRY
invisalign + evenly
We now offer Invisalign teeth straightening.



COMPLETE DENTISTRY FOR ADULTS & CHILDREN
CEREC TECHNOLOGY IS HERE IN NORTH HAVEN!
Call for A Complimentary Initial Consultation Today...
NEW PATIENTS & EMERGENCIES WELCOME
Like us on Facebook
17 Broadway, North Haven
(203) 239-SMIL(E)
(203) 2 3 9 - 7 6 4 5

Question & Answer - Dr. Richard Durocher

Q: What is Plantar Fasciitis?
A: Plantar Fasciitis is an inflammation of the plantar fascia. The plantar fascia is the thick band of tissue in the bottom of the foot that goes from the heel to the toes. Excessive pull on the fascia causes the inflammation. Abnormal change in the arch height due to increased activity, weight gain, worn out shoes and wearing shoes with no support contribute to the pull. The most common symptom is a deep ache or cramping sensation in the arch. The pain is most severe in the morning when getting out of bed. The pain sometimes decreases after a few steps, but not always.

Treatments vary from person to person. In mild cases, stretching exercises, ice therapy, change of shoes, and oral anti-inflammatory medications are recommended. In more severe cases, orthotics (custom-made arch supports) and physical therapy may be necessary. In extreme cases surgical release of the fascia from its attachment to the heel may be indicated. Conservative treatment reduces most symptoms so surgical intervention is usually not advised.

Contact Dr. Richard Durocher for evaluation of this condition.



Dr. Richard W. Durocher, Podiatrist & Surgeon
Board Certified
Member of the American College Of Foot & Ankle Surgeons
Doctor is fluent in French & Spanish

Advanced Footcare Specialists of Connecticut
Early Morning and Evening Hours Available
20 Washington Ave.
North Haven (203)239-1119
(off street parking)
NOW ACCEPTING NEW PATIENTS
Most Insurances Accepted ... including ConnectiCare

FELDMAN ORTHODONTICS
Orthodontic Excellence Since 1971
offers
Traditional Metal Braces, Clear Braces and Invisalign for Children and Adults





The North Haven office is staffed by
Dr. Preeti K. Chandhoke & Dr. Jonny Feldman

Call to schedule a complimentary consultation appointment!

435 Highland Avenue, Cheshire, CT 06410, 203-272-0900
850 North Main St. Ext., Wallingford, CT 06492, 203-949-0800
25 Washington Avenue, North Haven, CT 06473, 203-239-2288
www.feldmanorthodontics.net