Local Volunteer Kenny Foscue Wins Statewide Energy Award

North Haven: Kenny Foscue, the long-time chair of North Haven's Clean Energy Task Force, was honored recently at a special event hosted by People's Action for Clean Energy (PACE) at the Lyceum Conference Center in Hartford. Foscue received a 2025 Community Leader Award for his leadership implementing four separate local energy efficiency campaigns, which are now saving North Haven residents hundreds of thousands of dollars every year in heating and cooling costs. He also has led a "Solarize" program and a "HeatSmart" initiative that promotes heat pumps.



During his career at the CT Department of Public Health and since his professional retirement, Foscue has mostly focused on indoor air quality and comfort as it relates to public health. He and his task force members worked with First Selectman Mike Freda and the Home Energy Solutions® staff at United Illuminating to encourage residents to participate in the "HES" program. Today, about 40% of North Haven households have benefitted from the weatherization measures that qualified energy efficiency technicians do for a small co-pay. (Right now, in fact, a "HES" visit can be done at no cost to the household; call 877.947.3873 to learn more.)

At the awards ceremony Foscue asserted, "It's really important that state agencies, organizations and every CT municipality support local groups of energy-savvy volunteers who work with other community leaders and get stuff done." Such efforts reduce pollution from fossil fuels and speed the transition to a 100% clean energy future. So, Foscue invites his fellow North Haven residents to contact him at kfosc@snet.net to join his task force and help advance this valuable work.

Foscue's award was presented just after PACE launched its Clean Energy Action Center (CEAC), Connecticut's first coordinated hub for clean-energy planning, empowerment, and action. Years in the making, the CEAC is designed to help all CT communities in the Greater New Haven area and beyond understand their energy usage and accelerate clean energy adoption. Anyone interested in the CEAC tool can visit https://www.pacecleanenergy.org/ceac/.

Special Olympics Connecticut Announces Delegation for the 2026 Special Olympics USA Games

Hamden: Thirty-nine (39) Special Olympics Connecticut athletes and Unified Sports® partners are currently training and preparing for an event like no other: the 2026 Special Olympics USA Games in Minnesota. These competitors will represent the 33 towns and cities where they reside and the entire state as members of Team Connecticut, a delegation - 58 members strong - that also includes 19 Special Olympics coaches and volunteers.

The athletes and Unified Sports® partners will compete in five sports: Unified basketball and softball, bowling, swimming, and track and field. Two students and two mentors will also participate in a Youth Athlete Leadership Experience.

View the full roster and meet Team Connecticut members here: www.soct.org/TeamCT

The 2026 Special Olympics USA Games will take place from June 20-26, 2026 at the University of Minnesota and National Sports Center, both located in Minneapolis, Minnesota. The event will unite more than 3,000 athletes and Unified Sports® partners and 1,500 coaches representing all 50 states. It will feature 16 Special Olympics team and individual sports, both traditional and Unified - where people with and without intellectual disabilities compete together.

In addition to sports competitions, more than 20 special events are planned, including the Law Enforcement Torch Run, Opening and Closing Ceremonies, Healthy Athletes Experience, and multiple Fan Zones.

"Thanks to generous supporters, we're able, honored, and excited to be sending an outstanding delegation to the USA Games which includes determined, dedicated competitors and exceptional volunteers. The event will not only give participants the coveted opportunity to experience the Games with their peers from across the country but will also tap their potential and help elevate recognition and respect for Special Olympics athletes nationally," said Mike Mason, President and CEO of Special Olympics Connecticut.

"Attending the USA Games is a dream come true. It has been a goal of mine since starting with Special Olympics. I am looking forward to competing, meeting new people, and watching other events," said Ryan Cook, Special Olympics Connecticut athlete.

2026 Special Olympics USA Games sponsors include Jersey Mike's Subs and UnitedHealthcare. Team Connecticut sponsors are Platinum Sponsor: Eversource, Gold Sponsors: Connecticut Trial Lawyers and Synchrony, and Silver Sponsor: Henkel.

Learn more about the 2026 Special Olympics USA Games at 2026specialolympicsusagames.org.

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 •

FOR SALE: Treadmill, Weslo Cadence, model 659, like new $375. Give it a ride. (203) 314-6647 •

FOR SALE: Pine boards, 2x12, 12 footer $25; 2x10, 10 footer $10; 6 ft. step ladder $15; (203) 248-2839 •

Are You Looking for a Meaningful Volunteer Job?

Hamden: If so, come and join the team at Mae's Closet, the Hamden based durable medical equipment loan closet. We lend all sorts of durable medical equipment, including wheelchairs, shower chairs and walkers, to those who need it. The equipment is donated, repaired if necessary, sanitized and then loaned out for $1.00. It is recycling at its best.

The hours are flexible, the company is great, and the people who come to borrow equipment are most grateful. We save them a lot of money.

Mae's Closet is a program of Interfaith Volunteer Care Givers, (IVCG) the organization that provides volunteer drivers to seniors to medical appointments. If the closet doesn't appeal to you then you can volunteer to drive for IVCG. Either way you will be providing a valuable service to our community.

To reach Mae's Closet, call (475) 414-8333 Mon.-Fri., 9am-12 noon. To reach Interfaith Volunteer Care Givers call (475) 257-6538.

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.

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: I am diabetic. I was told that I had an ulcer on the bottom of my foot. How serious is this?

A: Foot ulcers are among the most serious types of foot problems for a diabetic. It usually starts as a small opening or break in the skin. It later develops into a larger opening with a red edge. If treated early, it can be treated easily and quickly with conservative care and medications. If untreated, it could become infected and cause irreversible destruction of the soft tissue and possibly bone.

A person does not have to be a diabetic to get these ulcers, however, diabetics are more prone to ulcerations due to their circulation and nerve impairments. People with decreased blood flow and decreased sensation in the feet should be extra careful, and examine the feet daily to make sure that there are no cuts or open wounds on their feet. People should also avoid excessive pressure on vulnerable areas of the foot. Contact Dr. Durocher for further evaluation of this condition. Diabetics should be seen on a regular basis to prevent serious foot problems in their feet.



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