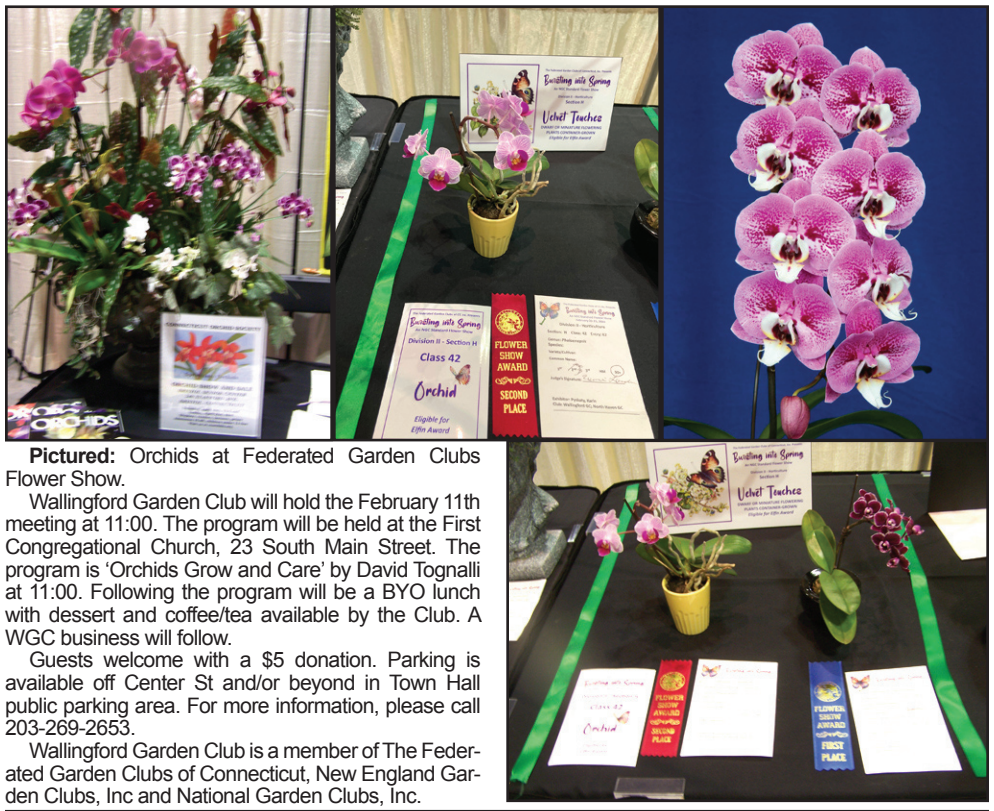
Wallingford Garden Club's Next Meeting February 11th



Pictured: Orchids at Federated Garden Clubs Flower Show.

Wallingford Garden Club will hold the February 11th meeting at 11:00. The program will be held at the First Congregational Church, 23 South Main Street. The program is 'Orchids Grow and Care' by David Tognalli at 11:00. Following the program will be a BYO lunch with dessert and coffee/tea available by the Club. A WGC business will follow.

Guests welcome with a $5 donation. Parking is available off Center St and/or beyond in Town Hall public parking area. For more information, please call 203-269-2653.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, New England Garden Clubs, Inc and National Garden Clubs, Inc.

Quinnipiac University to Offer Free Youth Heart Screenings on Feb. 1

Hamden: Quinnipiac University will offer quick, painless and free cardiac screenings on Sat., February 1.

The event, for area families, young adults and Quinnipiac students, will take place from 9am-1pm in the Recreation and Wellness Center on the Mount Carmel Campus, at 275 Mount Carmel Avenue.

Walk-ins are welcome, but pre-registration is encouraged at screening.inaheartbeat.org.

Pina Violano, the School of Nursing's Director of Community Engagement, said this large-scale health and wellness event will engage nursing students with the greater community while providing an electrocardiogram (EKG) that could save a life. According to In A Heartbeat, an EKG can detect approximately 60% of heart condition abnormalities associated with sudden cardiac death that cannot be detected by a stethoscope.

"This is preventative medicine at its best," said Violano, who is also a Clinical Associate Professor of Nursing. "We're looking at finding any young person that may have any kind of hidden ailment with their heart. It's a simple screening that could prevent them from dying on a basketball court or playing field."

In A Heartbeat founder and Bobcat alumnus Mike Papale, who graduated in 2011, experienced sudden cardiac arrest at age 17 while playing basketball at a Wallingford court. An EMT who was in the building administered CPR until an ambulance equipped with an AED arrived to re-start Papale's heart. The experience convinced Papale of the need to have public access to AED machines in communal spaces and inspired him to found In a Heartbeat.

At Quinnipiac, the School of Nursing Community Engagement Program offers vital health and safety training designed to equip individuals from across the university and surrounding communities with the skills needed to respond confidently and effectively in emergencies. Violano has often teamed up with Papale and student volunteers to offer life-saving intervention training and services at Quinnipiac athletic events and other programs.

The February 1 screening event will combine the services of nursing students of all levels together with School of Nursing faculty, as well as volunteers trained in CPR and AED. Hands-on CPR training for community members will also be offered. Additionally, Violano has connected with two pediatric cardiologists to provide patient support emergently, if needed.

The free cardiac screening event also provides a vital service to families and young adults which could prevent a tragic outcome.

Regional Hospice Celebrates 10 Years of Compassionate Care at It's Inpatient Center for Comfort Care & Healing

Regional Hospice marks a momentous milestone in January as it celebrates the 10th anniversary of its Center for Comfort Care & Healing, a one-of-a-kind facility that has redefined end-of-life care in Connecticut.

The 10-year milestone will be celebrated at the organization's Spring Fling Gala on March 22nd at Candlewood Inn in Brookfield. Honorees include the late Robert Bedoukian, former board member, the late Former Connecticut Governor M. Jodi Rell who was instrumental in getting new laws passed to accommodate the build and The Rizzo Companies who built the Center.

For more information, please visit regionalhospicect.org.

"Regional Hospice has been providing care in the community for more than 40 years. When we opened our doors to the Center a decade ago, our former President & CEO, Cynthia Emiry Roy, MS, LCSW, CHA, who was the visionary, along with our board members and others, created more than just a hospice facility – the idea was to build a true home where patients and their loved ones could find comfort, dignity, and peace," says Toni-Ann Marchione, LRT (M), BS, President and CEO of Regional Hospice. "Today, we've not only realized that vision but exceeded it, serving thousands of patients and their loved ones during their most challenging times."

The 36,000-square-foot Center was meticulously designed to feel like a residential setting, featuring private suites with enough space for family members to stay overnight, comfortable living areas, and peaceful gardens. The Center boasts a full-service kitchen led by an executive chef who prepares fresh, made-to-order food for patients and their visitors, ensuring that sharing meals remains a meaningful part of family life.

At the heart of Regional Hospice's success is its multidisciplinary team approach. The organization brings together physicians, nurses, certified nursing assistants, social workers, chaplains, massage and sound healing therapists, and specially-trained hospice volunteers. This holistic care team addresses not just physical symptoms, but also the emotional, social, and spiritual needs of patients and their loved ones.

Regional Hospice's comprehensive care extends well beyond the Center's walls. The organization provides exceptional hospice services in private homes, assisted living facilities, and skilled nursing facilities throughout the region, as well as at Danbury, New Milford, and Norwalk hospitals. This extensive reach ensures that quality end-of-life care is accessible to all who need it.

"Our Center for Comfort Care & Healing was revolutionary when it opened, and it continues to set the standard for what hospice care can and should be," Marchione adds. "As we look to the future, we remain committed to our founding principle: ensuring that every moment of life is lived with dignity, comfort, and grace."

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.

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WANTED: Buying older beer cans, flats, conetops, single cans or entire collections; (203) 915-7662 •

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Question & Answer - Dr. Richard Durocher

Q: I am a runner. Please tell me about tennis toe.

A: Tennis toe, also referred to as jogger's toe, is a painful accumulation of blood under the toenail as a result of repetitive jamming of the toenail against the tip of the toe box area of shoe gear. This painful condition usually occurs after sports activities such as jogging and tennis if the length of the shoe is too short or if there is a deformity of the toe. It usually affects the big toe or the toe next to it.

Treatment for this condition consists of alleviating the pressure beneath the toenail and changing the footwear to one with a roomier toe box. Treatment for this condition should be provided by a professional, under sterile conditions to avoid infections.

Contact Dr. Durocher for further evaluation of this condition.



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