Al-Anon 12-Step Program

Does someone else's drinking trouble you? Do you feel that there is no one who understands your problems? Attending Al-Anon and Alateen Family Group meetings can help.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

To learn more, browse the website **ctalanon.org**. To find a meeting in CT, please use the Meetings tab at the top of the page. Alternately, calls can be made to 1-888-825-2666.

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.

To learn more or sign up, please contact Jolan Szollosi, Volunteer Coordinator, at (203) 679-5342.

Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

RSVP Volunteer Program

Need a little help? Feeling a bit isolated? Want to give back in a way that can make an impact? Then the Agency on Aging's RSVP Volunteer Program could be the perfect place to call. We have been offering support and volunteer opportunities for over 30 years.

The only requirements are that you are over 55 years old and willing to complete an application for volunteering or a referral for support.

Just give us a call at (203) 752-3059 and ask for Schari.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Indepencence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.

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La Leche League Support Group Meeting - Feb. 12

Hamden: LLL of Hamden/North Haven will meet on Wed., February 12, 9:30am at Grace & St. John's Church, 2927 Dixwell Ave. Led by accredited LLL Leaders, our Group will gather in the upstairs church living living room. We meet every 2nd Wednesday of each month.

Are you pregnant or a parent of a breastfeeding baby? Come to our free in-person meetings to get support and information on all aspects of breastfeeding and parenting. Women with their babies and young children are welcome from all surrounding towns of the Greater New Haven area.

We also provide phone and online help at any time with your questions/concerns, plus can give you info on additional virtual meetings held monthly in CT.

Should the weather on meeting day be snowy/icy, please check before coming out.

To RSVP and get details on our monthly meeting and for breastfeeding questions contact: Anne.M@LLLCT.org

• • • •

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

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Question & Answer - Dr. Richard Durocher

Q: What causes fungal toenails and how can they be treated?

A: Fungus is common in our environment. High humidity, warmth, moisture and darkness provide optimal conditions for its growth. This atmosphere can be found in some stockings, sock and shoes that people wear. Fungus usually involves a small portion of the nail edge at the onset and spreads slowly under the toenail. To help prevent this condition from occurring one needs to keep toenails trimmed, clean under toenails at the tips, and also keep them dry.

Fungus may cause the nail to thicken and become yellow or brownish. As the fungus grows, foul smelling moist debris can be seen. Build up of debris under the toenail or thickening of the nail may lead to a painful toe, secondary to pressure.

The earlier treatment is started, the better the prognosis. Treatment options depend on the degree and severity of the infection as well as your general health. For mild infections topical anti-fungal medication and periodic reduction of the toenails may be effective. Oral anti-fungal medications are available for the more serious cases. Other treatment options include temporary removal of the toenail followed by application of topical medication.

Call our office for an appointment for further evaluation and preventative measures.



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Podiatrist & Surgeon
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Member of the American College Of Foot & Ankle Surgeons
Doctor is fluent in French & Spanish

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Centerpiece Behavioral Health Services Grand Opening Ribbon Cutting Ceremony



Pictured (L-R): Joseph Morrone, III, Wallingford Town Council Chair; Eugene Bertrand; India Beard; Gabriella Giglietti; Gina Daniels; Samantha Eidinger; Brittany Felton-Davis; Michelle Coughlin; Esha Bhardwaj; Christine Aigbogun; Evelyn Vazquez; Yvette Bunting-Watts, Owner; Kate Finnegan; Maria Civitelli-Forgione; Carrie Czekierda; Lindsey Guimond and Matt Iovanne, Business Development Sales and Support Specialist.

Wallingford: The Quinnipiac Chamber of Commerce was delighted to organize a Grand Opening - Ribbon Cutting ceremony for Centerpiece Behavioral Health Services located at 60 Church Street, Suite 4L, Wallingford, CT on Saturday, January 25, 2025.

Breaking New Ground in Mental Health Care!

Centerpiece Behavioral Health Services and Wholistic Perspective is thrilled to announce the opening of the first Ketamine-Assisted Therapy Clinic in Central Connecticut! This innovative treatment offers new hope for those navigating depression, anxiety, PTSD, and other mental health challenges.

With a compassionate team of experienced professionals, they are dedicated to providing cutting-edge, evidence-based care in a supportive environment. Their mission is to help clients find clarity, relief, and a renewed sense of well-being.

For more information on the services they offer, visit https://centerpiecebhs.org/.

North Haven Lions Collecting Used Glasses for Charity

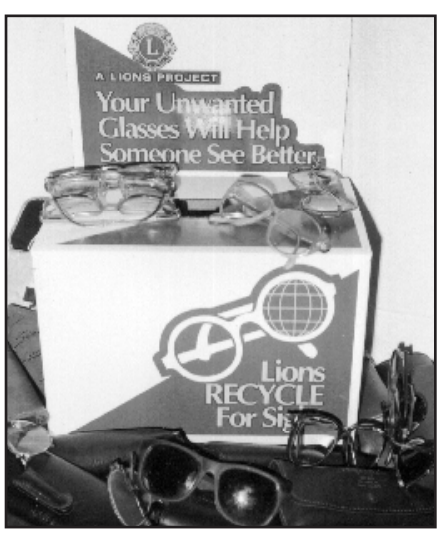
The box pictured at right is for used glasses for the underprivileged that cannot afford them.

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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203-949-0800

25 Washington Avenue
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203-239-2288

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