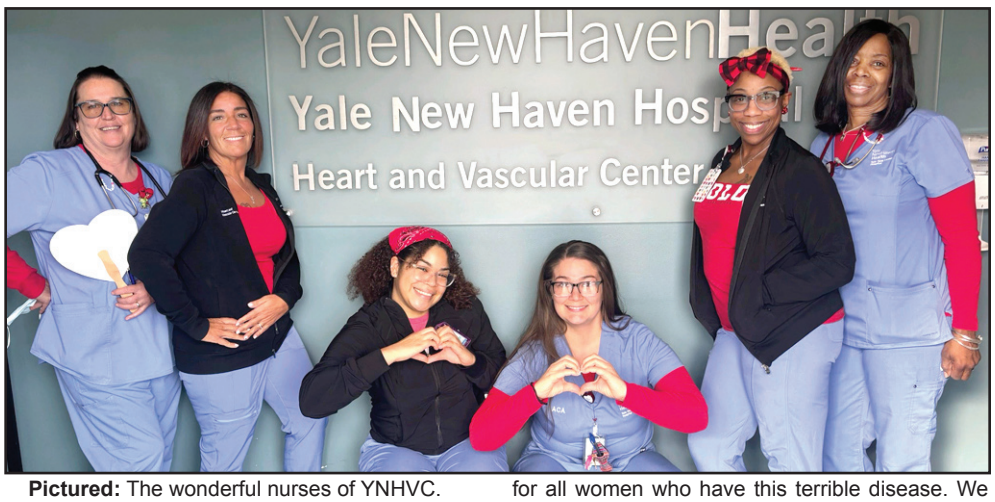
YNHVC Wears Red For Women's Heart Disease



Pictured: The wonderful nurses of YNHVC.

North Haven: On Friday, February 7th, at Yale New Haven Vascular Center, on 2 Devine Street, a wonderful group of nurses wore red for women's heart disease. They're doing something so special for all women who have this terrible disease. We want to thank you for all the wonderful work you do everyday with your kindness and hard work. God Bless All Of You.

Story and photo by Jo Ann Buccetti

A Wonderful Get Together Was Enjoyed By The Residents Of Steven Woods Senior Housing





Pictured Above: A group of residents with Marie, LuAnn, and Jennifer. **Right:** Residents enjoying the game.

North Haven: On February 12, at Steven Woods housing three residents, Marie LuAnn, and Jennifer put on this wonderful get together. The tables were set up with both pink and red table settings, a pitcher of delicious punch, pink and clear cups, and beautiful red and purple bead necklaces for everyone. Delicious food was set up on a pool table, consisting of food prepared by Marie, LuAnn, and Jennifer which included ham sandwiches with lettuce tomato on Italian bread, potato salad, cole slaw, tomatoes with mozzarella cheese, olives, mushrooms, and pickled eggplants on a platter. After eating the main course, they played a game where everyone sat on their chair in a row and passed a teddy bear to each other and sang a song "You Are My Sunshine" when the last person who was still sitting won the teddy bear, and that was Shirley. There were many delicious desserts homemade cupcakes, made by Marie's granddaughters, rice krispies, made by Marie, rum balls, brown cookies, cheese cake pastries topped with sherries made by LuAnn. At the end of dessert there was a raffle, six people won a box of Valentine's candy, a box of Valentine cookies were also given to Shirley. It was a wonderful get together that everyone enjoyed, a special time where beautiful memories were made. Thank you Marie, LuAnn, Jennifer.

Story and photos by Jo Ann Buccetti

Mae's Closet Still Needs Help

Hamden: Mae's Closet, the place where durable medical equipment is loaned out, is asking for volunteers to assist in helping. You do not need to be familiar with the equipment, we will teach you. What we need are people who are friendly and helpful, and interested in making life easier for our fellow citizens.

The Closet is based in Hamden but we serve people from all over the area. We are a non-profit affiliated with Interfaith Volunteer Care Givers and we meet our borrowers or donors of equipment on weekday afternoons by appointment.

If you are interested in volunteering or to find out more, please call (475) 414-8333 and a volunteer will return your call.

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.

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.

FOR SALE: NASCAR Tony Stewart #14 Office Depot Impala SS rare verticle felt pennant, 17" top to 40" bottom tip $20; (203) 239-8060

WANTED: Antique country store items, old tins, bins, signs, boxes or anything related; (203) 915-7662 •

FOR SALE: Light oak rocking chair, tall back, arms, cane seat, gently used. Includes new sage green cushion pad set $90; call or text, (203) 530-1045 •

FOR SALE: Yamaha Electone HC-4W electronic organ, plays perfectly, with bench $75 or best offer; (203) 915-5058 •

FREE: Older slide projector with slides and screen, like new, and many slides from Italy; (203) 239-2509 •

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Question & Answer - Dr. Richard Durocher

Q: I have Diabetes. I heard that it is important to check my feet regularly. Can you explain?

A: Diabetes should be taken seriously. Diabetes often decreases circulation and sensation. It also diminishes your ability to fight off infections and heal after an injury. This puts diabetics at risk for serious complications even from a small cut in the skin. The best way to keep your feet healthy is to prevent an injury from occurring.

Start by controlling your blood sugar levels and monitoring your feet regularly. Inspect your feet daily. Look for changes in skin color, temperature, swelling, numbness, cracking, open wounds, drainage and odor. If you have a difficult time looking at the bottom of your feet, ask a friend or relative to help you or use a mirror. Never walk barefoot and wear only shoes and socks that fit appropriately. Check your shoes daily to make sure there are no sharp objects in them or irritating areas. Socks should not irritate the skin or be worn too thin. A good white cotton sock is best. Test bath water with your elbow before entering because your feet and hands are the first to have decreased sensation.

Care should also be taken when trimming toe nails. A small cut could lead to complications. Most insurances cover routine foot care. It is recommended that diabetics see the Podiatrist to treat their foot conditions.

Contact Dr. Durocher for an evaluation of this condition.



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