Spring Glen Garden Club April 14th Meeting



Pictured: Garden Club President, Theresa McCabe working the garden at the municipal parking lot in Spring Glen.

Hamden: The Spring Glen Garden Club will be holding its April meeting on Mon. April 14, 2025, at Lockwood Cottage,890 Evergreen Ave. Hamden. Luncheon begins at 11:30am, bring a sandwich, dessert and beverage will be served. After a short business meeting, the speaker will begin at 1pm. The speaker will be Kelsey Fisher from the Connecticut Agricultural Experimental Station and her subject will be "Monarch Butterflies". Donation $5.

The Spring Glen Garden Club is celebrating a hundred years of beautifying the town of Hamden. Look for our celebratory activities:

1. Sat April 26, the club will be a part of Hamden's Earth Day at Town Center Park.

2. Sat. May 3, 9-2, the club will have tables at the Mount Cannel Congregation Church's tag sale. We will have seeds, seedlings, and garden related items. You might find a nice gift for Mom.

3. Week of June 1-7 is National Garden Week. Stay tuned for activities of that week.

4. June 14, the Club will have a booth at Hamden Fest, stop by and say hi.

5. July 1, Founders Day. Our activities are still in the works.

6. Aug 6, Plant Science Day at Lockwood Farm of The Connecticut Agricultural Experiment Station. The Club will have a booth highlighting our community involvement and our pass role in the lovely Bird and Butterfly Garden.

This promises to be a wonderful year for the Club, please join us in this historical milestone.

For anyone who is interested in joining our club, please call Dorothy at 203.934.5975 or 475.434.8017.

Please stop by our historical display in hall outside the Miller Library in front of the Thorton Wilder Auditorium.

North Haven Memorial Library April Programs

To register for a program at North Haven Memorial Library (17 Elm St.), visit our website at www.northhavenlibrary.net or call us at (203) 239-5803. ***Registration is required for all programs except for those noted otherwise.***

Toddler Time: Wed., April 9, 10:30-11am. Age Group: 2-3 yrs.

Hummingbirds (Audubon Society): Wed., April 9, 2:30-3:30pm.

Baby Rhyme Time: Thurs., April 10, 10:30-11:15am. Ages: 0-24 mos. Registration is highly recommended but not required. Walk-ins are always welcome.

Thursday Morning Book Club: April 10, 10:30-11:30am.

Teen Librarian Office Hours: Thurs., April 10, 3-4pm. Grades: 6th-12th.

Creation Station - Pipe Cleaner Dragonfly: Thurs., April 10, 4-5pm. Ages: 3-10 yrs. with an Adult. No Registration Required.

Sit & Stitch: Thurs., April 10, 6-7pm.

Mixed Media Art: Fri., April 11, 10:30-11am and Tues., April 15, 2:30-3pm.

Teen Homeschool Hangout: Fri., April 11, 10:30am-12:30pm. Program Type: Arts & Crafts/DIY, Hangout, Hobbies & Gaming. Grades: 6th-12th. Registration Encouraged.

Lego Club: Sat., April 12, 10:30-11:15am. Ages: 4-12 yrs. No Registration Required.

Reception for Gavin Knauft, North Haven's Youth Poet Laureate: Sat., April 12, 11am-12pm. Join us in welcoming our newest Youth Poet Laureate, Gavin Knauft. He will invite others to read as well. Audience members are encouraged to read poetry they have crafted or a poem by their favorite poet.

Reversals, Red Herrings & Twists: Sat., April 12, 2-3pm.

Parent Playdate: Monday, April 14, 10-11am.

Calm Connections: Mon., April 14, 11am-12 noon. Ages: Parents/Caregivers of Children Ages 0-5 yrs. No Registration Required. We encourage parents who have children on the autism spectrum or with sensory needs to come together every Monday in the Children's Story Room. There will also be a quick touch and feel storytime.

Tai Chi with Debbie: Mon., April 14, 11am-12 noon. If you cannot attend all 4 sessions, please do not register. Reminder: Upon registration, you are automatically registered for each session in this 5-week series.

Pokemon Club: Mon., April 14, 6-6:45pm. Ages: 6-11 yrs. No Registration Required. Be sure to bring your own cards.

Tom Knight Presents The Library Boogie: Tues., April 15, 10:30-11:30am. Age Group: 2-8 yrs.

Tech Adventure Workshop: Tues., April 15, 5:30pm-7pm. Grades: 5th-12th.

OK Chef!: Tues., April 15, 6-6:30pm. Age Group: 6-9 yrs. Bring your imagination and learn to decorate a seasonal treat!

Hamden Regional Chamber of Commerce to Honor Healthcare Warriors on April 9th

The Hamden Regional Chamber of Commerce is proud to recognize outstanding local healthcare professionals at its 5th Annual Healthcare Warrior Awards on Wed., April 9, at 8:30am at The VUE in Hamden. This inspiring event, presented by Assisted Living Services, will be emceed by Kathryn Hauser, Emmy Award winning Anchor/Reporter at WTNH News 8.

The Chamber is honored to celebrate the following individuals for their dedication and service:

• Nursing: Dr. Pina Violano–Quinnipiac University, School of Nursing

• Certified Nursing Assistant (CNA): Ann Lewis – Atria Larson Place

• Certified Nursing Assistant (CNA): Ann Marie Anderson–Clelian Adult Day Center

• Volunteer: Sister Ann O'Neill–Benchmark Senior Living at Hamden

• Social Services: Kevin Mercado – Whitney Rehabilitation Care Center

• Physician: Dr. Lyndsey Maher – Soleil Acupuncture & Naturopathic Wellness

• Healthcare Staff: Ingrid Narvaez – Assisted Living Services, Inc.

• Firefighter/Paramedic: Christopher Dosin – Hamden Fire Department

• Police Officer: Officer Michael Vivenzio – Hamden Police Department

• Healthcare Advocate: David MacNiven – Nutmeg Insurance Advisors

• Healthcare Educator: Kerry Patton – Quinnipiac University

• Home Care (Live-In): Tashima Watson – Assisted Living Services

• Rehabilitation Professional: Dr. Joshua Greene, OTD, OTR/L – Whitney Rehabilitation Care Center

Thank you to our Sponsors to date who make this event possible, including our Presenting Sponsor; Assisted Living Services, as well as Quinnipiac University, Nutmeg Insurance Advisors, Atria Larson Place, Stepping Into Prosperity, and Benchmark Senior Living at Hamden. Their support helps us recognize and celebrate the incredible contributions of our local healthcare heroes.

For more information and to register, visit www.hamdenregionalchamber.com or call (203) 288-6431. Sponsorship opportunities are also available for this event.

Hamden Lions Blood Drive

Heroes come in all shapes and sizes. They do not wear capes or special suits, and their badge of honor is the bandage that shows they gave the gift of life. The Hamden Lions Club invites you to become a hero and answer the call of patients in need by donating blood. The need for blood does not take a vacation. Please take the time on Mon., April 21 from 10am-3pm in the VFW Post 88 at 3005 Dixwell Ave., Hamden to give the gift that means something.

Donors can schedule appointments by calling 1-800-RED-CROSS (1-800-733-2767); going to redcrossblood.org; downloading the Blood Donor App; or contacting the Hamden Lions Club at lionalannhct@gmail.com

The Red Cross RapidPass offers donors a way to complete their pre-reading and donation questions online from the comfort and privacy of their home or office, reducing the time you spend at blood drives by as much as 15 minutes. Using RapidPass is simple: Visit redcrossblood.org/RapidPass

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La Leche League April 9th Meeting

La Leche League LLL of Hamden/North Haven Breastfeeding Support Group will meet on Wed., April 9, 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 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.

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

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Question & Answer - Dr. Richard Durocher
Q: Are orthotics beneficial and how do they help?
A: Yes, orthotics are beneficial. Orthotics are custom-made arch supports made from casted impressions of the feet, which fit inside the shoe. They are used to help correct the way a person walks and to relieve excess pressure from certain areas on the bottom of the foot. Each pair is designed to help specific problems that one has with their gait. They relieve pain and help correct biomechanical deformities by modifying the way one walks. For some people such as diabetics, orthotics are cushioned to reduce impact on high pressure areas of the foot. Runners find them beneficial because they adjust the way the foot moves in gait, and increase the range of motion in certain joints. Orthotics can even help reduce or eliminate ankle, knee or lower back pain if the cause is from abnormal walking.
Contact Dr. Durocher to further evaluate your condition and see if orthotics may be beneficial to you.

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