



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. Our volunteers tell us they are amazed at how much they get out of this experience!

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.

Red Cross Blood Drive

The North Haven Sons and Daughters of Italy, Lodge 2805 will be hosting a Red Cross Blood Drive on Mon., June 2, from 10am-3pm at Hope Christian Church Hall, 211 Montowese Avenue.

Help us contribute to the blood banks for the summer by making an appointment! Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org.

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.

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.

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.

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WANTED: Collector buying old photographs from the 1800's on glass, tin or paper, of people, places or things; (203) 915-7662

North Haven Garden Club's May Market Annual Fundraiser Come Visit And Support Our Club



North Haven: Our annual May Market will take place on Saturday, May 10, from 9 A.M. to 1:00 P.M. rain or shine at the Mildred Wakeley Recreation Center, or Parks and Rec, 7 Linsley Street across from the Police Station.

The plant sale will feature extraordinary perennials, most hand-dug from members' gardens that attract bees, butterflies, and birds. The sale will also feature herbs, vegetable and tomato plants and fabulous, unique and colorful annuals, outstanding geraniums and an array of flowering hanging baskets. We are also having a raffle with all proceeds going to the North Haven Garden Club, hand made baskets, hanging flower baskets, and much more.

We still have space available for vendors. Come see a wide variety of vendors who are selling their creative crafts, baked goods, birdhouses, Pampered Chef, Rays Raw Honey, there's something for everyone.

This is the North Haven Garden Club's primary fundraiser. The funds from this sale pay for our programs, committee budgets, educational scholarships, and beautification projects. We accept cash or checks.

Come early, bring a friend and bring a wagon. WE WILL HAVE RAFFLE THIS YEAR WITH ALL PROCEEDS GOING TO NORTH HAVEN GARDEN CLUB

Don't forget to check out The North Haven Garden



Club on Facebook for lots of useful and entertaining information and pictures of all our club does in our great town of North Haven! For membership information please email Italia at italia_a@comcast.net.

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

Article and photos by Cindy Golia

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Question & Answer - Dr. Richard Durocher

Q: The skin on my feet always appears to be very dry and scaly. What should I do?

A: When the skin is very dry it can produce unsightly scaling with moderate to severe discomfort. The pain can be severe when the skin cracks and develops open wounds. Some medical conditions could lead to dryness of the skin, or another condition called athlete's feet.

Even though dryness can develop in young people, it is more common in the older population. Some people believe that this is part of aging and that they have to endure this. This is not true. Self-care, including moisturizing will not help when the scaling is due to a medical condition.

Contact Dr. Durocher for a further evaluation and preventative measures that can be taken to avoid this problem.



Dr. Richard W. Durocher,
Podiatrist & Surgeon
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The North Haven office is staffed by
Dr. Preeti K. Chandhoke & Dr. Jonny Feldman

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