

EXPERIENCED ELDERCARE PROVIDER

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References Available

Wallingford Senior Center
(203) 265-7753

CALENDAR EVENTS FOR MONTH OF JUNE

Tues., 6/4: 10am: iPhone Workshop.

Wed., 6/5: TBA: Trip Departure Lancaster; **9am:** AARP Safe Driving Class; **12:30pm:** Military Whist.

Thurs., 6/6: 9:30am: A.G.E. Discussion; **10am:** Hospitality Committee Mtg.

Fri., 6/7: 1pm: Foot Care; **5pm:** Fine Arts Flowers & Verse.

Sat., 6/8: 10am: Fine Arts Flowers & Verse.

Tues., 6/11: 10:30am: Q & A Wallingford Police Dept.; **11am:** Happy Birthday Party.

Thurs., 6/13: 11am: Cardio Drumming; **5pm:** Lake View Dinner; **6pm:** Cabaret Undercover Agents.

Fri., 6/14: 8am: Shred Event; **12:30pm:** Movie - Messages in a Bottle.

Mon., 6/17: 10am: iPad Workshop.

Wed., 6/19: 1pm: T.A.B.'s.

Thurs., 6/20: 9:15am: Trip Registration; **9:30am:** A.G.E. Discussion; **7pm:** Evening Concert - The Eagles Experience.

Fri., 6/21: 9am: WCOA Meeting; **9:30am:** Morning Hike; **12:30pm:** Movie - What Lies Beneath.

Mon., 6/24: 10am: Ask A Realtor; **10:30am:** Wills, Trusts and Probate; **1pm:** Hearing Services.

Tues., 6/25: 10am: Veterans Coffee House.

Wed., 6/26: 8:45am: Trip Departure Coastal Cruise.

Thurs., 6/27: 11am: Cardio Drumming; **1:30pm:** Book Club Discussion Group; **5pm:** Lake View Dinner; **6:30pm:** Silk 'N Sounds.

Fri., 6/28: 10am: Parkinson Support Group; **11:30am:** Drumming Performance; **12:30pm:** Movie - Julie & Julia.

JUNE 2024

WEEKLY ACTIVITIES

Monday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9:30am: Texas Hold'em, Body in Motion; 10am: Bridge Lessons, Canasta; 10:15am: Beginner Tai Chi; 10:45am: Workout w/Sue-ZOOM; 11am: Total Fitness; 12:00 noon: Healthy Moves, Art Appreciation; 12:45pm: Chair Yoga; 1pm: Cards/Nickel-Nickel, Chess Club; 1:30pm: Harmonica and Kazoo Club; 2pm: Strength & Balance.

Tuesday: 8:30am: Coed Golf, Workout with Sue - ZOOM; 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9:30am: Total Fitness, Basic Social Dance; 10am: Line and Ballroom Dance Lessons, Bocce; 11am: Strength & Balance; 12:00 noon: Bridge; 12:30pm: Bingo; 1pm: Quilting, Parkinson Fitness, Mah Jongg; 2pm: Silver Sneakers Classic.

Wednesday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9am: Setback; 9:30am: Body in Motion; 9:45am: Guided Meditations; 11am: Digital Photography, Pickleball; 12:30pm: Monitor My Health Fitness; 1pm: Cribbage, Crafter's Corner; 1:30pm: Monitor My Health; 2:30pm: Basic Group Drumming.

Thursday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9:30am: Total Fit-

ness, Basic Social Dance; **10am:** Virtual Bowling, Bible Discussion, Bridge Lessons, Bocce; **11am:** Total Fitness; **12 noon:** Advanced Group Drumming; **12:30pm:** Bingo, Artists' Studio; **1pm:** Parkinson Fitness, Mah Jongg, Scrabble; **2pm:** Silver Sneakers Classic; **3pm:** Gentle Yoga, Virtual Bowling.

Friday: 9am-1pm: Lake View Café; 9am-4pm: Club 60 Plus, Billiards; 9am: Tap Dance; **10am:** Tai Chi; **10:30am:** Workout with Sue - ZOOM, Mah Jongg Lessons; **11am:** Strength & Balance, Bridge; **12:30pm:** Pinochle, Movie Matinee; **1pm:** Knit & Crochet, Corn Hole; **2pm:** Senior Jammers.

Subject to Change. We will make every effort to reschedule any activity that has been cancelled.

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 Jan Szollosi, Volunteer Coordinator, at (203) 679-5342.

Al-Anon Meetings

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.

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Breastfeeding Support Group June 12th Meeting

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wed., June 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 room.

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 meeting, and for breastfeeding questions: contact: Alyssa.D@LLLCT.org

Donations of Medical Equipment Urgently Needed

Hamden: Mae's Closet, the new durable medical equipment loan closet based in Hamden, is seeking donations of the following: wheelchairs, travel chairs, knee walkers, rollators and bath benches.

If you have any of this equipment that is no longer being used, please consider donating it to the Closet. This is a non-profit organization founded to recycle durable medical equipment. Items can be donated, sanitized, and then lent out to anyone who needs it for a \$1.00 charge.

To contact Mae's Closet, call (475) 414-8333 between 9am-12 noon, Monday-Friday, or email: maesclosetct@gmail.com.

You can learn more about Mae's Closet at www.carenewhaven.org

Let's Talk Aging While Working On Summer Crafts



Pictured (L-R) Above: Sally Nanfeldt, Jean Hackerman, Carla Picard working on their crafts. **Bottom:** Jo Ann Buccetti with her flower craft and her mocktail, and Sally's beautiful orange flower, Jean's beautiful pink flower and all the supplies to make their crafts.

North Haven: On Wednesday, May 29, at the North Haven senior center, Cherie Strucaly Director of Agency On Aging Volunteer Department visited the center for conversations while painting rocks and flowers that were made out of plastic from the tops of water bottles. She brought snacks and flavored juices called mocktails that all were enjoyed. The members had so much fun using their talents and imaginations painting their beautiful rocks and flowers. May is Older Americans Month and Cherie wanted to talk and have the seniors do this great Summer Craft that keeps their minds active. Cherie is a great person who has volunteers that help aging seniors wherever they are needed. If you know someone who needs a companion or help you can call the agency in North Haven at 203 785 8533.

Story and photos by Jo Ann Buccetti


Question & Answer - Dr. Richard Durocher

Q: What is a stress fracture of the foot and how is it treated?

A: A stress fracture is a crack in the bone that can result from overuse of the foot. It often occurs when an athlete increases his/her activity level too rapidly or when an individual, who may be out of shape, tries to overdo it. The symptoms are often pain and swelling that increase with activities and improve with rest. The most common bone affected is the second metatarsal, (the long bone in the middle of the foot). This fracture may not show up on a standard x-ray. If symptoms persist despite normal x-ray findings, a bone scan is the most definitive diagnostic tool for a stress fracture.

Treatment is usually immobilization with a below-knee walking cast for 6-8 weeks. Orthoses (custom arch supports) may be prescribed to prevent future injuries if poor foot mechanics contribute to the fracture. Muscle strains may also cause pain in the foot. It is recommended to see the podiatrist to be sure that the pain in the foot is in fact a fracture so it can be diagnosed and treated.

Contact Dr. Richard Durocher for evaluation of this condition. Doctor is fluent in French & Spanish



Dr. Richard W. Durocher, Podiatrist & Surgeon
Board Certified

Member of the American College Of Foot & Ankle Surgeons

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