

GFWC Women's Club Prepares Fun Treats For Veterans At Veterans Hospital



Pictured: Members of GFWC Women's Club of North Haven Preparing Treats for the Veterans.

North Haven: Since our beginnings well over a decade ago the GFWC Women's Club of North Haven has been committed to the support of our Veterans at the Veterans Hospital in West Haven. These Veterans and many more, some of whom never made it home, have given so much of their lives and their bodies to our nation in order to guarantee for us the liberties we so cherish.

Thus, the Women's Club provides various items during the year to help and to cheer many of the Veterans, especially those hospitalized patients. In November members of the Women's Club prepared over 100 cheery vases with bright flowers to bring some pleasure to each of the Hospital's bedridden patients. In December the Women's Club delivered a car loaded with items for the Veterans including 183 paperback books, over 311 calendars, both men's and women's winter hats, scarves, gloves, socks, many puzzle and activity books. Also included were 120 personally signed Holiday cards with candy cane treats for hospitalized patients.

The Women's Club of North Haven held its regular March meeting on March 6 at the North Haven Senior Center. After the business part of the meeting, the group joined together in a working session preparing carrot-shaped bags filled with orange cheese balls as fun favors. These treats will be delivered to the Veterans at the Veteran's Hospital in West Haven. We hope this fun treat will bring some cheer for all who receive them.

The Women's Club has made regular donations also to various other groups, as part of their commitment of service to the community. The avowed

function of the GFWC organization is community service. The Women's Club donates regularly to North Haven's Food Pantry and North Haven Community Services. Each year after the first of the year for the past dozen years and more, a large donation of school supplies is given to a North Haven Elementary School to help get the students through the rest of the school year. This year's donation in February was to Green Acres Elementary School. The Women's Club has hosted over 25 Red Cross Blood Drives over the past dozen years and will be hosting another Red Cross Blood Drive in early fall.

The General Federation of Women's Clubs is an international organization with clubs in every state in the continental US and in many countries including the Ukraine, Venezuela, Taiwan and many other countries. The GFWC is committed to volunteer activities enhancing the lives of others. The Women's Club is open to women 18 and over who are interested in making a real difference in their community through community service projects.

The Club welcomes new members and invites anyone interested in joining the organization to attend a meeting. Contact Pam Lerner at (203) 281-3090 for additional information about our club and meetings. Join us at one of our meetings and meet other ladies who are committed to service to our community. Come, meet and make friends and enjoy some social time as well. Our meetings are held at the North Haven Senior Center at 189 Pool Road on the first Friday of the month at 10:00 a.m. Our members would enjoy meeting new people who may find our activities of interest. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

Hamden Lions Club Focused On Low Vision



Pictured (L-R): Secretary Hamden Lion Sue Devine, New Haven Lion Jay Farrell, Hamden President Lion Natalie Stock, Seated Past President Hamden Lion Janet Sola.

Hamden: The Hamden Lions Club welcomed Jay Farrell of the New Haven Lions Club to share information regarding the Lions Low Vision Centers. The Lions Low Vision Centers are located throughout Connecticut. Low vision is defined as "vision that can no longer be corrected with contact lenses, glasses, pharmaceuticals, surgery, and you're not legally blind". Lion Jay spoke about how the Lions Low Vision Centers can help improve an individual's quality of life through an evaluation by an occupational therapist who can determine what devices would be most helpful. All devices are 100% free of charge. Low vision impacts people ages 70 and above making it the third most common impairment for this age group.

For more information on a Lions Low Vision Center near you call 866-319-9733 or visit our website www.lionslowvisioncenters.org To learn more about the Hamden Lions Club meetings and membership call Natalie 203-215-3126.

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.

WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662



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Question & Answer - Dr. Richard Durocher

Q: What causes flat feet and what other problems can it contribute to?

A: The arch of your foot is its main supportive structure. If the arch loses strength, the bony framework begins to collapse causing flat foot. Ligaments, muscles and tendons help hold this framework together. There are many causes of flat feet. Some people are born with them. Other people acquire flat feet as a result of arthritis, trauma, or musculo-skeletal disorders. Over use or repeated pounding on hard surfaces can also weaken the arch. Discomfort from flat feet doesn't often appear for years unless it is caused by trauma. Pain may be felt while walking as stress in the foot and leg progresses due to the flattened feet.

When the feet become flattened, the foot's alignment is altered which causes other problems to happen such as hammertoes, bunions, heel spurs, arch strain, corns and neuromas. It can lead to pain and stiffness in the ankles, knees, hips and lower back.

Contact Dr. Durocher for preventative measures that can be taken to avoid this problem.



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