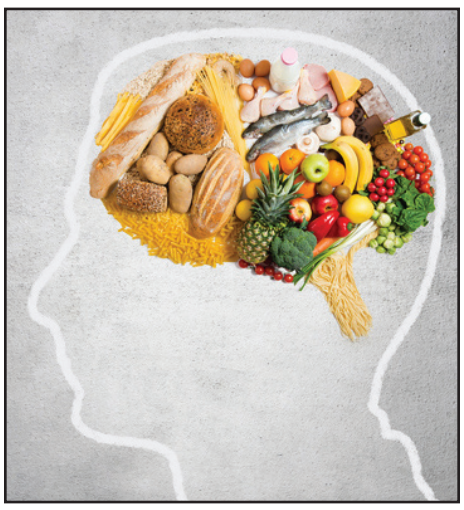
Jan. 11 Free Meriden Library Event Tips For Managing Weight



Meriden: Tips for Managing Weight: Optimizing Your Brain's Response to Food with Dr. Wendy Hurwitz.

Did you know that our brains influence what we crave? Did you know that when it comes to weight loss, calories in and calories out is not the whole picture? Join us to learn about when a calorie is not just a calorie. What you eat today influences what you will want to eat tomorrow. Come and learn how to optimize your brain's response to food for better weight management and to optimize wellbeing.

free and open to all towns When: Sat Jan 11, 1PM-2PM. Where: Meriden Public Library, 105 Miller Street, Meriden, CT. Cost: Free, open to all towns.

To register: please call the Library at: (203) 630-4730, or register on-line at: https://www.meridenlibrary.org/event/tips-managing-weight-optimizing-your-brains-response-food-19400

North Haven Garden Club's December Holiday Gathering



Pictured Top: Bene' Jablonski, Deb Trapani, Maria Yankura, Lee Fermo, Cindy Adinolfi, Linda Lianos and Italia Avitable. **Bottom:** Linda Lianos, Wini Colleran, Fran Notaro, Gerri Giordano and Cindy Golia, and clockwise Ellie Tessmer, Karin Pyskaty, Wini Colleran, Laurie Falco, Deb Armitage, Sandy Ginter, Maria Yankura, Carmen Sealy and Poonam Karnwal. **Right:** Noreen Adlwlym, Cindy Golia and Angela Buzzelli.

North Haven: The North Haven Garden Club held a members only Holiday Gathering on Thursday December 12th at the North Haven Congregational Church. Members gathered to share their favorite appetizers and hors d'oeuvres, and of course the desert table, enjoy each others company and have lively conversations. After enjoying the buffet, the members participated in a grab bag, which was loads of fun. Following the grab bag, members created fresh evergreen arrangements in mugs and tins for Whitney Manor in Hamden and Twin Maples in Durham. Most of the mug were made in advance and brought to the gathering. In all 24 members of the North Haven Garden Club attended the party and workshop - they were Cindy Adinolfi, Noreen Adley, Maryann Angelopolous, Deb Armitage, Italia Avitable, Angela Buzzelli, Laurie Falco, Lee Fermo, Katie Fritzel, Sandy Ginter, Gerri Giordano, Rich Glasson, Cindy Golia, Bene' Jablonski, Poonam Karnwal, Linda Lianos, Fran Notaro, Karin Pyskaty, Marge Quinn, Dianna Ramadei, Jennifer Sasfalasky, Ellie Tessmer, Deb Trapani, and Maria Yankura.

Look on our Facebook page for the many more photos from the evening!

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: What is gout?

A: Gout is an inflammatory arthritis that occurs as a result of an accumulation of uric acid in a joint. Uric acid is produced by the body and also derived from a food substance called purine. Gouty attacks can be brought on by an overproduction or underexcretion of uric acid by the body or an abundant consumption of purine-rich foods such as organ meats, sardines, sweetbreads and alcohol. In susceptible individuals, injury, stress from a surgery and some medications can contribute to a gouty attack.

The big toe joint is the most common joint affected, however, it can occur in any of the joints in the body. It is first noticed by symptoms of warmth, redness, swelling and severe pain around that joint.

Some treatments available for acute gouty attacks include: non-steroidal anti-inflammatories, Colchicine, allopurinol and cortisone injections. Recurrent gouty attacks can damage the affected joints. Therefore, it is important to have the underlying cause determined with appropriate lab tests.

Should this condition cause you discomfort, contact Dr. Durocher for further evaluation.



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