

GFWC Honors American Heart Month by Providing Information Session on Heart Health and by Wearing Red



Pictured: Jen Carabetta in Blue after Talk on How to Support a Healthy Heart with GFWC Members in Red Honoring American Heart Month.

North Haven: On February 6th the GFWC Women's Club of North Haven commemorated American Heart Month at the North Haven Senior Center by wearing red. American Heart Month is celebrated each year to raise awareness of the importance of preventing cardiovascular disease and promotes ways to prevent this disease. The Women's Club provided a lecture/demonstration by Jen Carabetta, a technical trainer who works at the Cheshire YMCA.

The Cheshire YMCA has many outstanding programs including promoting cardiovascular health, helping diabetic and Parkinson patients along with many other programs. Jen did a truly fine job discussing all aspects of heart health including proper diet. She even demonstrated exercises for strength and mobility, emphasizing that these could be used with positive effects at any age. Overall, Jen did a superb job in providing valuable information to our members and underscoring this important month.

The General Federation of Women's Clubs has existed for over 130 years and is the oldest Women's Club in America. Currently the GFWC is an interna-

tional organization with clubs in every state in the continental US and in many countries including the Ukraine. The GFWC is committed to volunteer activities enhancing the lives of others.

The GFWC Women's Club of North Haven has been in existence for over 13 years serving North Haven and other communities and working to support community needs. The Women's Club is active between September and June of each year. 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 finding out about the Club 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. 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 each month between September and June at 10:00 am. Our members would enjoy meeting new people. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

16th Annual Hamden Restaurant Week Winter Edition - February 23-28

The Hamden Regional Chamber of Commerce is pleased to announce that Hamden Restaurant Week - Winter Edition will take place Monday, February 23 through Saturday, February 28, presented by Bankwell.

A long-standing community tradition, Hamden Restaurant Week - Winter Edition invites residents and visitors to come in from the cold and explore the town's diverse dining scene while supporting local restaurants during the winter season. Participating eateries will offer special prix fixe menus and dining promotions designed to showcase their unique flavors and hospitality.

Participating restaurants will feature:

- Prix fixe lunch menus ranging from \$15-\$25
- Prix fixe dinner menus ranging from \$30-\$45

- Some restaurants offering both lunch and dinner options
- Select restaurants offering two-for-one or other creative dining promotions

The easiest way to stay up to date on participating restaurants and menu offerings is to download the Hello Hamden Community App, available for free on iPhone and Android devices. Diners may also visit: www.hamdenrestaurantweek.com for details.

Restaurant owners interested in participating are encouraged to contact the Hamden Regional Chamber of Commerce at (203) 288-6431 for full details.

For additional information on Hamden Restaurant Week, other Chamber programs and events, or Chamber membership, call (203) 288-6431 or visit: hamdenregionalchamber.com.

\$300 Million Response Fund Shields Connecticut from Federal Chaos

State Senator Jorge Cabrera (D-Hamden) has voted to establish a Federal Cuts Response Fund, continuing the effort begun in late 2025 to ensure that Connecticut is well-positioned to respond to the rapid and unpredictable federal funding cuts coming from Donald Trump and a Republican Congress.

The fund, consisting of about \$313 million, follows \$186.6 million in state investments in December 2025 and January 2026 from a \$500 million pool established by the legislature in November, thereby ensuring a vital fiscal resource as Connecticut continues to face threats of funding cuts from Trump and Republicans.

"There's nothing but mean-spirited cuts and chaos coming out of Washington, D.C. right now, and the legislature needs to take steps to ensure that Con-

necticut residents are protected when it comes to their health, education, nutrition, and other vital services," Sen. Cabrera said. "That's what this fund has done, and that's what this fund will continue to do. I'm more than happy to vote for it."

Connecticut's emergency fund has already been used to support multiple state investments in response to federal changes and funding cuts, including:

- \$115 million to replace expiring federal health care subsidies for Connecticut residents with plans through Access Health CT, its Affordable Care Act exchange, which will take effect in March
- \$24.6 million to support food banks and food pantries' capacities to serve the public after eligibility changes to SNAP ended benefits for thousands of residents
- \$11.4 million to support sys-

tem upgrades at the Department of Social Services to successfully implement eligibility changes and constituent support

- \$8.5 million to replace lost federal reimbursement for Planned Parenthood of Southern New England and \$1.9 million to replace funding for its frozen Title X family planning and preventive health services grant
- \$6.88 million to support expiring Continuum of Care grants for homelessness prevention and housing vouchers formerly funded by the federal Department of Housing and Urban Development

• \$4.7 million to increase call volume at 211, Community Action Agencies to help the public better understand and meet new SNAP eligibility requirements

- \$4.513 million to replace Community School grants for New Haven, Waterbury and Hartford public schools providing health care and childcare services to children and families
- \$2 million to expand community health workers' ability to help the public meet changes to SNAP and Medicaid eligibility
- \$830,000 to replace funding for mental health counselors to schools in the Northwest region of Connecticut

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.

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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Question & Answer - Dr. Richard Durocher

Q: I have Diabetes. I heard that it is important to check my feet regularly. Can you explain?

A: Diabetes should be taken seriously. Diabetes often decreases circulation and sensation. It also diminishes your ability to fight off infections and heal after an injury. This puts diabetics at risk for serious complications even from a small cut in the skin. The best way to keep your feet healthy is to prevent an injury from occurring.

Start by controlling your blood sugar levels and monitoring your feet regularly. Inspect your feet daily. Look for changes in skin color, temperature, swelling, numbness, cracking, open wounds, drainage and odor. If you have a difficult time looking at the bottom of your feet, ask a friend or relative to help you or use a mirror. Never walk barefoot and wear only shoes and socks that fit appropriately. Check your shoes daily to make sure there are no sharp objects in them or irritating areas. Socks should not irritate the skin or be worn too thin. A good white cotton sock is best. Test bath water with your elbow before entering because your feet and hands are the first to have decreased sensation.

Care should also be taken when trimming toe nails. A small cut could lead to complications. Most insurances cover routine foot care. It is recommended that diabetics see the Podiatrist to treat their foot conditions.

Contact Dr. Durocher for an evaluation of this condition.

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The North Haven office is staffed by
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