Happy Mardi Gras





Pictured Top: Some of the members enjoying the food and music. **Bottom:** The musicians "Mass-Conn Fusion".

North Haven: On Friday, February 20, a great luncheon was held at the North Haven Senior Center. It was a jazzy time which everyone enjoyed the music played by Mass-Conn Fusion. The food included salad, stuffed breads, and a piece of chicken leg served by volunteers. Delicious cupcakes were made for us by senior center member Terry. A raffle was held that if one person found a candy of a "baby" in their cupcake, they won a ten dollar gift card donated by the North Haven Republican Sunshine Committee. What is better than having a great time with friends and family where wonderful memories are made! Thank you goes out to the senior center staff, volunteers, the musicians, and member Terry.

Story and photos by activity coordinator Mary Higgins, and member Jo Ann

Spring Glen Garden Club March 9th Meeting



Pictured: Miller Library dressed up for Valentine's Day. Members of The Spring Glen Garden Club water the plants in the library weekly. Members also maintain the plants and replace them as needed.

Hamden: Please join the club with its first meeting this year, Monday March 9th. The meeting will be held at Lockwood Cottage at Lockwood Farm 890 Evergreen Ave. Hamden. The speaker is Gina Mita and her timely topic will be "Starting from seed for the home gardener". Meeting will begin at 11:30 am with a light lunch, bring a sandwich, dessert and beverage will be served. After a short business meeting the speaker will begin at 1pm.

The Garden Club ongoing projects includes the gardens and planters in Spring Glen, Poppy's Garden on the Farmington Canal Trail and the Historical Herb Garden at The Jonathan Dickerman House, watering the plants at the Government Center and the Miller Library.

Other projects of the Club were a Rhododendron Garden at the entry to Lockwood Cottage and the Red Oak tree (Quercus rubra) affectionately known as "Annie Oakley" planted in the Eli Whitney Park.

The Club has been a fixture in the Hamden community since 1925, a chartered member of The Federated Garden Clubs of Connecticut, Inc., and National Garden Clubs, Inc., since 1929. Please stop by our historical display in hall outside the Miller Library in front of Thorton Wilder Auditorium.

Free Prescription Discount Cards for Residents

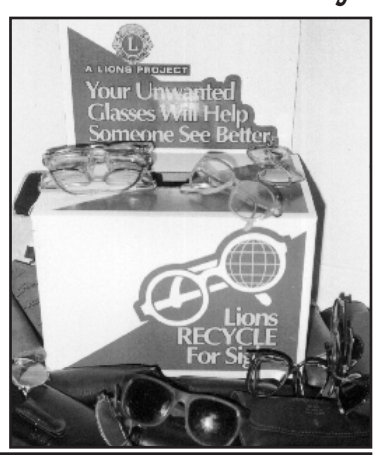
The **Town of North Haven** is stepping up to make medication more affordable and want YOU to be part of it. North Haven has partnered with the State of Connecticut Comptroller to spread the word about a free prescription savings card for anyone living in Connecticut. No cost. No insurance needed. Just real savings and better access.

ArrayRx is a free prescription discount card program offered by the State of Connecticut. It helps people in our communities save money on their medications, no matter their age, income, insurance, or immigration status. Anyone who lives part- or full-time in Connecticut can sign up online or over the phone and begin using it right away. There are no fees, no applications, and no eligibility requirements. Just real savings on the medications people need to stay healthy.

Not sure if you would like to sign up? You can search for the price of any of your medications online before enrolling if that makes you more comfortable. The tool shows real-time prices at pharmacies near you, so you can compare and save.

For more information or if you would like assistance in signing up, you can call the ArrayRx Enrollment Line at 1-800-913-4146, Monday-Friday, 10:30am–8:30pm, contact Carla Picard in Community Services at 203-239-5321 x8504 or visit ArrayRxCard.com.

North Haven Lions Collecting Used Glasses for Charity



The box pictured at right is for used glasses for the underprivileged that cannot afford them.

The North Haven Lions would appreciate help in collecting glasses for these people around the world.

Listed below are the locations where glasses can be dropped off:

Key Bank (Washington Ave., North Haven); North Haven Library (Elm St., North Haven); North Haven Congregational Church (28 Church St., North Haven); Total Vision Eyecare Center (81A Washington Ave., North Haven); Arnold's Jewelers (117 Washington Ave., North Haven); North Haven Senior Center (189 Pool Road.); North Haven Pharmacy (278 Maple Ave. North Haven); North Haven Funeral Home (36 Washington Ave. North Haven); Washington Memorial Funeral Home, (4 Washington Ave. North Haven).

For more information, contact Marie Anne Barnhart, call 203-248-6948.

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Question & Answer - Dr. Richard Durocher

Q: I have a difficult time wearing shoes comfortably because of recurring corns on my toes. I have tried wearing pads that I purchased over-the-counter, but they either do not help or cause my toes to become more sore. What can I do to prevent these painful corns from forming?

A: Corns on the toes are layers of abnormally thickened skin that forms as a result of pressure or rubbing on an area of prominent bone within the toe. Ill-fitting shoes, poor quality shoes, or various foot deformities can lead to these lesions. The little toe is likely to have this happen because it has a tendency to roll under the adjacent toes and is in direct contact to the narrowing part of the shoe. When the corns get thick it presses on the nerves beneath it, leading to pain. Depending on the location of the corn or callus, the pain may also be associated with an underlying bursitis below the corn or callus, which is the inflammation of a bursa.

To relieve this painful condition, removal of the corn or avoiding direct pressure on the area is recommended. Try to avoid medicated pads, because they can lead to open and infected wounds if placed on healthy skin for a period of time. Also avoid scraping the area yourself with a razor or other sharp objects because this often results in cuts, burns or infections which may be very dangerous, especially if you have circuation problems or other diseases such as diabetes. If the corn is painful and keeps coming back even after professional care, you may want to consider surgical correction of that toe by removing the deforming part of bone. Please call our office to set up an appointment for further evaluation.



Dr. Richard W. Durocher, Podiatrist & Surgeon
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Doctor is fluent in French & Spanish

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The North Haven office is staffed by Dr. Preeti K. Chandhoke & Dr. Jonny Feldman

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