GFWC Women's Club Prepare Items For BHcare For Women Victims Of Domestic Violence





Pictured Above: GFWC Women's Club of North Haven members at work preparing "Purple Purses" for BHcare to help combat Domestic Violence. **Right:** Stack of finished purses.

North Haven: October is Domestic Violence Month. Tragically domestic violence is a critical problem facing many women and families and its incidence across the nation and the state has escalated. BHcare is the Umbrella Center for Domestic Violence Services (UCDVS) in CT. BHcare provides HOPE-HEALTH-RECOVERY for victims in need.

For over a decade the GFWC Women's Club of North Haven has provided regular contributions of goods to BHcare for use in safe houses. BHcare supports safe houses for women trying to step away from violence. To avoid possible tragic situations women often must flee quickly from their homes to safe houses with their children. All too often they take little with them and consequently have many needs for basic items.

On Wednesday, September 6th the GFWC Women's Club of North Haven prepared "Purple Purses" (although not actually purple-see photo) to focus attention on Domestic Violence Awareness. Each purse contains a pair of cozy socks along with toiletries and personal hygiene items and an encouraging note bearing the motto, "Step Away From Violence". The Development Coordinator for BHcare will accept these "Purses" filled with the items for BHcare and give a talk on Domestic Violence at the Women's Club meeting on October 4th. Please join us at our meeting if you would like to hear more information about our club and the work of BHcare.

Women who wish to support their community by becoming involved in community activities serving others have numerous opportunities through the GFWC Women's Club of North Haven. The organization operates the "Little Free Library" at the North Haven Congregational Church providing free books for children, especially, and adults. We thank all those who are using the little library and sharing books for others to enjoy. The club continues to provide food donations to the Food Pantry of North Haven and North Haven's Community Services. The Women's Club supplies various items including toiletries, paperback books, calendars, winter accessories, and other items to the veterans in the Veterans Hospital of West Haven and is engaged in many other activities.

Meetings of the GFWC Women's Club are held on the first Friday of each month from September to June at the North Haven Senior Center. As indicated, the next meeting is scheduled for Friday, October 4, 2024 at 10:00 am. Join us for a meeting. Contact Pam Lerner at (203) 281-3090 for additional information. If anyone wishes to support our causes with toiletries, paperback books, activity books, winter accessories, and calendars, please contact Pam. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

The General Federation of Women's Clubs began in the 1890's and is an international organization with clubs across the United States and in many countries of the world all committed to volunteer community activities enhancing the lives of others. Come to our meeting and meet other ladies who have made a commitment of service to our community.

Attention: Parents / Guardian / Educator / Agency Worker

I am a retired New York City high school guidance counselor. With the help of students and adults, I have developed and facilitated a program known as the "Anger Management Power (A.M.P.) Program." I am the author of the book entitled, *Peace the Other Side of Anger* (2011), based on this program for parents/guardians and professionals helping youngsters handle anger in positive ways.

I'm in the process of revising this book by adding additional chapters on the pandemic, gun violence, and social media -- all of which had not existed or have the impact they have today. I value the opinion of teenagers, and find their perceptions can be helpful. I have created three surveys on these subjects to be completed by teens. No names of participants will be used. The only identifying information will be participants' gender, age and grade.

You can access these surveys on the link and/or QR Code shown. If acceptable to you, have your teen(s) complete and submit using the same link and/or QR Code.

Thank you for your consideration.

https://forms.gle/aa4jCEXfdUxvNixm6

Dave Wolffe, MS, Author
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Agency on Aging
OF SOUTH CENTRAL CONNECTICUT

Free Caregivers Workshop Series

The Agency on Aging of South Central Connecticut is sponsoring a self-care education program for family caregivers called "Powerful Tools" which is designed to provide you with tools and strategies to better handle the uniqe challenges you face.

The free workshop series consists of six sessions. This will be an in-person workshop at the Agency on Aging of South-Central Connecticut (117 Washington Avenue, Suite 17, North Haven) beginning on October 11 and ending on November 15. The six 3-hour sessions will take place on Fridays from 11:30am-2:30pm; lunch will be provided.

Dates: Oct. 11, Oct. 18, Oct. 25, Nov. 1, Nov. 8 and Nov. 15.

The six sessions will be presented by Patricia Soos and Cassandra Brunson.

To register call Patricia Soos at phone number (203) 785-8533 extension 3159 or email her at psoos@aoascc.org.

Please only register if you plan to attend all or most of the six sessions. Space is limited to a maximum of 12 people.

Need Someone To Reach Out To You?

The Agency on Aging of South Central Connecticut -- Your Advocate for Indepencence® has an announcement:

Senior Residents living alone are welcome to contact our Volunteer Representative, Janet, if you wish someone to reach out to you to see how you are doing or just to say hello.

Please call Janet at (203) 500-9359.

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FOR SALE: Saint Lawrence Cemetery mausoleum prime location, first floor eye level. Two side by side units willing to discount them for a quick sale. Call (203) 710-9955 •

WANTED: Old tools, musical instruments, military, Winchesters, Colts, antique guns & old hunting & fishing. We buy gold & silver coins and jewelry. Anything related to vintage jewelry. Call Joe, (203) 488-7271 •

"Don't Despair... Move On"

We all have experienced an act of rejection in our lifetime whether we want to admit it or not. When someone says they are too busy, then unload that person, they obviously do not feel the same way. If they did care, they would make time to see you no matter how busy they are. Therefore, accept the fact that it was not meant to be. But don't despair, there is someone out there that will acknowledge your worth and deserve your attention -- just be patient. In the meantime, keep busy and healthy by seeing friends, start a new hobby, join a club, and of course attend church.

Speaking of being rejected, I was bullied in my younger years and it was not a pleasant experience, but I persevered and survived. I have outlived the bullies and as they say, "what goes around will come around."

By the way, I have graciously and sympathetically forgiven the bullies posthumously.

Ron Johnson, Hamden

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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.
Dr. Richard W. Durocher, Podiatrist & Surgeon
Board Certified
Member of the American College Of Foot & Ankle Surgeons
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