Hamden Woman's Club To Host Military Whist Nite Mar. 7



Hamden: SAVE THE DATE - FRIDAY, MARCH 7: Join us for a NIGHT OF FUN! The members of the Hamden Woman's Club are very excited to host a MILITARY WHIST GAME NIGHT, to be held in the Miller Memorial Library Auditorium, 2901 Dixwell Avenue. TICKETS ARE ONLY $10.00 - TO BE SOLD AT THE DOOR which OPENS AT 6:15pm! Plenty of free parking is available. Come early to socialize and look over the great prizes because the GAME BEGINS PROMPTLY at 7:00!

Please plan to bring a friend(s) and get out of the house for a NIGHT OF FUN & PRIZES! Don't worry if you've never played before - the "Whistmaster" will explain all rules for this EASY, EXCITING & FUN CARD GAME! Light refreshments and table snacks will be available. Several beautiful Gift Baskets prepared by the clever & creative HWC ladies will be raffled off, and there will also be a separate 50/50 Raffle, so remember to bring some cash to purchase tickets for these. Who knows? YOU MAY BE A LUCKY WINNER! $$$

Wallingford Garden Club's March Meeting Features Alaska Flora And Fauna



Wallingford Garden Club will hold the March 11th meeting at 11:00. The program will be held at the First Congregational Church, 23 South Main Street.

The program is 'Alaska Flora and Fauna' Sally Brockett at 11:00. Following the program will be a BYO lunch with dessert and coffee/tea available by the Club. A WGC business will follow.

Guests welcome with a $5 donation. Parking is available off Center St and/or beyond in Town Hall public parking area. For more information, please call 203-269-2653.

Wallingford Garden Club is a member of The Federated Garden Clubs of Connecticut, New England Garden Clubs, Inc and National Garden Clubs, Inc.

Photos provided by speaker Sally Brockett.

Mae's Closet Still Needs Help

Hamden: Mae's Closet, the place where durable medical equipment is loaned out, is asking for volunteers to assist in helping. You do not need to be familiar with the equipment, we will teach you. What we need are people who are friendly and helpful, and interested in making life easier for our fellow citizens.

The Closet is based in Hamden but we serve people from all over the area. We are a non-profit affiliated with Interfaith Volunteer Care Givers and we meet our borrowers or donors of equipment on weekday afternoons by appointment.

If you are interested in volunteering or to find out more, please call (475) 414-8333 and a volunteer will return your call.

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WANTED: Collector wants to buy early historic New Haven County related items, maps, books, engravings, paintings, paper items or actual products; (203) 915-7662 •

Are You Looking for a Meaningful Volunteer Job?

Hamden: If so, come and join the team at Mae's Closet, the Hamden based durable medical equipment loan closet. We lend all sorts of durable medical equipment, including wheelchairs, shower chairs and walkers, to those who need it. The equipment is donated, repaired if necessary, sanitized and then loaned out for $1.00. It is recycling at its best.

The hours are flexible, the company is great, and the people who come to borrow equipment are most grateful. We save them a lot of money.

Mae's Closet is a program of Interfaith Volunteer Care Givers, (IVCG) the organization that provides volunteer drivers to seniors to medical appointments. If the closet doesn't appeal to you then you can volunteer to drive for IVCG. Either way you will be providing a valuable service to our community.

To reach Mae's Closet, call (475) 414-8333 Mon.-Fri., 9am-12 noon. To reach Interfaith Volunteer Care Givers call (475) 257-6538.

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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.

In Al-Anon, members do not give direction or advice to other members. Instead, they share their personal experiences and stories.

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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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.

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Volunteers Needed for Nursing Home

Hamden: Whitney Rehabilitation Center at 2798 Whitney Ave., is seeking volunteers for our recreation department.

Interested individuals can inquire at (203) 287-7718 and ask for our Director of Recreation, Donna Mignosa.

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FOR SALE: Men's L.L.Bean tan lightweight hooded jacket, size tall extra large $50; (203) 605-2615 •

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Question & Answer - Dr. Richard Durocher

Q: I have had pain on the bottom of my left heel for over a week. I do not recall any injury to my foot. I get the pain worst when I first get out of bed or when I first stand on my feet after sitting for a while. Why am I having this pain and what should I do?

A: There are many causes of heel pain. The treatments vary depending on the cause. From the information you have given me, it is more likely that you have a heel spur with inflammation in that area. A heel spur is a projection or growth of bone and can grow where the muscle attaches to the bottom of the heel. Some spurs are painless while others are the cause of chronic pain. This problem is aggravated by excessive flattening of your arch when walking, thus also causing the inflammation in that area. Often pain can be relieved by conservative care. Initially, decrease activity on your feet.

There are additional treatments that would be beneficial as well and should be done under the supervision of a podiatric medical doctor to prevent contraindications of care depending on the patient's medical condition. Some of these treatments include anti-inflammatory medication, application of ice, stretching exercises, Cortisone injections, foot taping, physical therapy and orthotics.

Contact Dr. Richard Durocher for evaluation of this condition.



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

Call to schedule a complimentary consultation appointment!

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