North Haven Taking Back Unwanted Prescription Drugs

On Saturday, April 26, from 10am-2pm, the Town of North Haven and the Drug Enforcement Agency (DEA) This event is open to any residents from any town.

Visitors are asked to bring medications for safe disposal to North Haven Fire Headquarters at 11 Broadway. The service is free and anonymous, with no questions asked. This is the 31st National DEA Takeback Day, with collection events taking place every April and October.

This is a drive-through drop-off event. Visitors simply need to pull down the driveway of Fire Headquarters and drive around to the back of the building, where they will be greeted by staff to accept the medications. Visitors will be asked to remain in their vehicles and to hand the medications through the window to the staff. Visitors are discouraged from exiting their vehicles or walking up to the disposal tables.

Vapes and other e-cigarette devices or cartridges are also now being accepted; please remove the batteries before dropping these items off for safe disposal. Items that will not be accepted include syringes, needles or other sharps, inhalers, such as those for asthma, aerosol cans, mercury thermometers, iodine-containing medications and illegal drugs or substances (including marijuana which is still a schedule 1 drug under federal law).

Leave all medications in their original containers if possible. Cross out the person's name with a black marker to ensure privacy.

For more information, please contact Carla Picard in Community Services at (203) 239-5321 x504.

Vietnam Veterans Welcome Home In Wallingford



Pictured: Sen. Paul Cicarella, a member of the legislature's Veterans' and Military Affairs Committee, greets Vietnam veterans George Messier (right) and Bob Lombardo (center) on April 5 at the Welcome Home Vietnam Veterans Luncheon hosted by the Wallingford Veterans Coffee House at the Elks Lodge.

Wallingford: Sen. Cicarella, a guest speaker at the event, joined others in celebrating the 50th anniversary of the end of the Vietnam War. Lombardo, Wallingford Mayor Vincent Cervoni, and veterans Dave Flood and Brian O'Sullivan also spoke at the luncheon.

"Our Vietnam veterans were unfortunately not given the 'welcome home' they deserved after bravely serving our nation. I am proud to stand with them now, and with all veterans, to show our deep respect and appreciation for their sacrifices," said Sen. Cicarella. "Thank you to the Wallingford Veterans Coffee House for organizing this important event and for your ongoing support of local veterans."

Hamden Lions Blood Drive

The Hamden Lions Club invites you to become a hero and answer the call of patients in need by donating blood. The need for blood does not take a vacation. Please take the time on Mon., April 21 from 10am-3pm in the VFW Post 88 at 3005 Dixwell Ave., Hamden to give the gift that means something.

Donors can schedule appointments by calling 1-800-RED-CROSS (1-800-733-2767); going to redcrossblood.org; downloading the Blood Donor App; or contacting the Hamden Lions Club at lionalannhct@gmail.com

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FOR SALE: Michael Jackson doll, in box, never used $90; (203) 631-1804 •

WANTED: Collector buying old photographs from the 1800's on glass, tin or paper, of people, places or things; (203) 915-7662 •

FOR SALE: Oak TV stand with glass doors $25 or best offer; (203) 675-3989 •

FREE: Unopened bottle of AURYXIA; (203) 234-7255 •

GFWC Women's Club Prepares Treats For Veterans At Veterans Hospital



Pictured: Members of GFWC Women's Club of North Haven Making Treats for the Veterans.

North Haven: The Women's Club of North Haven held the regular March meeting on March 4 at the North Haven Senior Center. After the business part of the meeting, the group became involved in a working session preparing carrot-shaped bags filled with orange cheese balls as fun favors. The treats will be delivered to the Veterans at the Veteran's Hospital in West Haven. We hope this tasty treat will bring some cheer for all who receive them. For over a decade the Women's Club has made regular contributions of various types of items to the Veterans in the Veterans Hospital. In mid-December The Club delivered to the Hospital a van load of items including 296 paperback books, over 170 calendars, both men's and women's winter hats, scarves, gloves, socks, 100 puzzle and activity books, and 120 signed Holiday cards including paperback books, warm socks and hats, toiletries and other items.

The Women's Club has made regular donations also to various other groups, as part of the Women's Club's commitment to serve the community. The avowed function of the GFWC organization is community service. The Women's Club donates regularly to North Haven's Food Pantry and North Haven Community Services. Each year after the first of the year for the past dozen years and more, a large donation of school supplies is given to a North Haven Elementary School to help get the students through the rest of the school year. This year's donation in January was to Clintonville School. The Women's Club has hosted over 25 Red Cross Blood Drives over the past dozen years and will be hosting another Red Cross Blood Drive in early fall.

The General Federation of Women's Clubs is an international organization with clubs in every state in the continental US and in many countries including the Ukraine, Venezuela, Taiwan and many other countries. The GFWC is committed to volunteer activities enhancing the lives of others. Even Eleanor Roosevelt was a member of GFWC. 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 joining the organization 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 and meet other ladies who are committed to service to our community. 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 the month at 10:00 am. At our May meeting, we will have a speaker from Interfaith Volunteers of Greater New Haven. If you would like to find out more about Interfaith Volunteers and how they are helping seniors live independently at home, please join us at our meeting on May 2nd. Our members would enjoy meeting new people who may find our activities of interest. Like us on Facebook at GFWC Women's Club of North Haven. You may also contact us at gfwcnh@gmail.com.

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Question & Answer - Dr. Richard Durocher

Q: What is Tarsal tunnel syndrome?

A: Tarsal tunnel syndrome is an entrapment of the posterior tibial nerve, one of the major nerves of the foot which runs along the inside aspect of the ankle into the bottom of the foot. It may occur as a result of an acute injury such as ankle sprain or chronic overuse. It has also been associated with excessive flattening or rolling in of the foot and ankle when walking or running, metabolic diseases such as diabetes, certain arthritides and poor venous circulation. It can also be caused from ganglion cysts and inflammation of the tendons and/or muscle belly in that area leading to no blood circulation to that nerve and nerve damage.

Common complaints include radiating pain from the inside of the ankle and foot, and pins and needles or numbness of the toes and sole of the foot. The symptoms are often aggravated by prolonged standing, walking or running, but are also commonly present while at rest or even while sleeping at night. However the most common symptom is acute tenderness in the inside of the foot and ankle area.

Treatment may include orthotics (arch supports), steroid injections, oral anti-inflammatories, and physical therapy. In resitant cases, surgical release of the entrapped nerve may be necessary. It is recommended to see the podiatrist to treat your painful foot condition.



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FOR SALE: Harley Davidson jacket, size Medium engine's years on sleeves $100; (203) 208-5630

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