

Paint Hamden Pink Drew A Large Crowd To Launch Breast Cancer Awareness Month



Pictured: Members of the Hamden Fire and Public Works Departments join Laura Hutchinson and Mayor Lauren Garrett in front of the pink ribbon created from rocks painted by Girl Scout Troop #60875.

Hamden: On September 25, Paint Hamden Pink launched Breast Cancer Awareness Month with an event at the Garden of Hope and Reflection in Town Center Park in Hamden. Partnering with Yale New Haven Health Department of Radiology and the CT Early Detection and Prevention Program, Paint Hamden Pink welcomed more than 100 people who came to celebrate survivors and remember those they have lost to the disease. Laura Hutchinson of Channel 8 News served as the event's host.

Paint Hamden is grateful for the help and support they received. Thanks to Mayor Lauren Garrett and Alexa Panayotakis for their unending communica-

tion with the committee; the Hamden Fire Department for their yearly presence; the Public Works Department for ensuring that the area was set up; and Girl Scout Troop #60875, under the direction of Vanessa Clarke and Tore Jackson, for painting rocks and using them to build a breast cancer ribbon.

Additional contributions include donations from Dowling and Hamden Florists; art supplies from Meredith Pavkov, general manager of AAA in Hamden; and support from Fred Dunn of Hamden Marketing Consultants and Lisa Newman of MadeRite shades.

In the spirit of Breast Cancer Awareness Month, remember to do monthly breast cancer exams and to make a mammogram appointment every year. These simple acts could make a difference in your life or in the life of women you love.

Free Nutritional Workshops

The following Free Nutritional Workshops will be held at Keefe Community Center, 11 Pine St., at 10am for English, and 11:30am for Spanish.

Food Safety: November 22. Learn about the right steps to take to keep your food safe from bacteria that can cause sickness. Jeopardy game available.

Get Moving! Learn about proper exercise techniques and how to lead a more active life.

Making Healthy Food Choices: December 10. Learn how to read food labels to understand the nutrient contents of foods you are eating.

Living a Healthy Lifestyle: January 14. Learn about chronic disease prevention through exercise and healthy diet.

Workshops are provided free of charge in Spanish and English through the Hispanic Health Council's SNAP-Ed PANA Program.

For more information, contact Linda Davis Cannon, (203) 562-5129, ext. 1121. ldaviscannon@hamden.com.

Lung Cancer Screening Information Session

Visit the Hagaman Memorial Library, 227 Main St., East Haven, on Tuesday, November 19 at 6:30pm, and find out if a Lung Cancer screening is right for you.

Gean Brown, Clinical Program Manager, Breast Center & Surgical Oncology at Yale New Haven Health will do a brief presentation on what a lung cancer screening does, who it is intended for along with some facts about lung cancer. The presentation will be followed by a Q & A session and discussion.

This program is sponsored by the Connecticut Department of

Public Health.

Please register ahead for this program by calling the library at (203) 468-3890 or by sending an email to Cynthia, Community Services Librarian at: cgwiazda@hagamanlibrary.org.

La Leche League Upcoming Meeting

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wed., Nov. 13, 9:30am, at Grace & St. John's Church, 2927 Dixwell Ave. Led by accredited LLL Leaders, our Group will gather in the upstairs church living room. We meet every 2nd Wednesday of each month.

Are you pregnant or a parent of a breastfeeding baby? Come to our free in-person meetings to get support and information on

all aspects of breastfeeding and parenting. Women with their babies and young children are welcome from all surrounding towns of the Greater North Haven area.

We also provide phone and online help at any time with your questions/concerns, plus can give you info on additional virtual meetings held monthly in CT.

To RSVP and get details on our monthly meeting and for breastfeeding questions contact: Anne.M@LLLCT.org

WANTED: Collector buying any Connecticut Brewery items for Wehle, Hulls, Wiebel, Largay or any other CT Breweries, signs, cans, bottles, etc.; call (203) 915-7662

Floral Designs For Wallingford Senior Center Entrance Table



Wallingford Garden Club members are providing floral designs, plants or educational exhibits for the Wallingford Senior Center Entrance area. Members have been taking floral design workshops provided by Design Committee Chair. New design chair is Shirley Lagerstrom. Every 2 weeks a member volunteer shares her talents for public view.

The participants were: Kirsten Pedersen with flowers in vase and Karin Pyskaty with fall display using a variety of plants.

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

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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 circulation 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,
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