

Hamden Lions Sponsor Blood Drive



Pictured: Lions June, Judy, Vinny and Alan volunteer at the American Red Cross Blood Drive sponsored by the Hamden Lions Club and hosted at the American Legion Hamden Post 88. The next Blood Drive is scheduled for Monday May 19, 2025.

Breastfeeding Support Group May 14th Meeting

Hamden: La Leche League (LLL) of Hamden/North Haven will meet on Wed., May 14, 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 New 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

Red Cross Blood Drive

The North Haven Sons and Daughters of Italy, Lodge 2805 will be hosting a Red Cross Blood Drive on Mon., June 2, from 10am-3pm at Hope Christian Church Hall, 211 Montowese Avenue. Help us contribute to the blood banks for the summer by making an appointment! Please call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org.

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Quinnipiac University Medical Students Shine Light On Sun Safety At Spring Glen Elementary School



Pictured Above: Spring Glen sixth-graders wait their turn to use a UV camera-equipped skin analyzer. **Right:** Spring Glen Elementary School sixth-grader Yizhar Yakir peers into a UV camera-equipped skin analyzer, which can reveal hidden sun damage not visible to the naked eye. **Hamden:** As summer draws near and Melanoma Monday kicks off May's skin cancer awareness efforts, a group of Quinnipiac University first-year medical students brought a timely message to the sixth-grade classrooms of Spring Glen Elementary in Hamden.

Armed with sunscreen, science and a surprising dose of star power, Grace Jeffries, Sharon Kung, Camilla Lee, Ishani Rao and Megan Wong-participants in the Sun Protection Outreach Teaching by Students (SPOTS) program-spent Tuesday morning educating 54 sixth-graders about the importance of sun safety and skin cancer prevention. "We wanted to address the misconception that not everyone can get skin cancer," said Camilla Lee, one of the students leading the initiative. "A lot of kids of color, especially, think the melanin in their skin protects them, but the truth is, everyone needs sun protection." Lee, who helped bring the SPOTS program to Quinnipiac, emphasized its mission: to promote early education on sun protection while increasing awareness of how skin cancer presents across all skin tones. The free, interactive program is designed to empower children, teens and families with tools and knowledge for lifelong sun-smart habits. Before visiting Spring Glen, the team had already brought their message to Hamden Middle School and Saint Martin de Porres Academy in New Haven. The sixth-graders at Spring Glen didn't just hear a lecture-they got a hands-on experience. The pre-



sensation featured striking images of celebrities such as Bob Marley and Khloé Kardashian, who have faced skin cancer themselves. Students also had a chance to look into a UV camera-equipped skin analyzer, which can reveal hidden sun damage not visible to the naked eye. At the end of the session, they received sun safety bookmarks, pamphlets and mini bottles of sunscreen to take home. "It's super important to discuss skin safety, especially at this age," Lee said. "Kids don't realize that damage from childhood sun exposure can lead to problems much later in life. Even on blistering sunburn as a child can double your risk of melanoma." Sixth-grade teacher Adrienne Quinn agreed. "The timing couldn't have been better," she said. "Summer is coming. These kids are 12, going through puberty and spending more time outdoors with their friends. I loved that the Quinnipiac students used celebrities—it made the lesson more relatable and memorable." And it worked. Sixth-grader Yizhar Yakir summed up the takeaways: "We need to wear sunglasses, sunscreen and hats. The sun can be very dangerous," he said.



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Question & Answer - Dr. Richard Durocher

Q: What is a bunion and what can be done about it?

A: A bunion is a bump that is present on the inside of your foot at the level of where the big toe is connected to the foot. It is actually a prominence of a bone at the great toe joint. In most people that great toe and attached bone are in good alignment, but in some people that bone points toward the other foot and the great toe points the other way. This can be painful as it progresses. The pain can be within that joint or on the bump itself. The bump may also have some redness and inflammation caused by irritation from the shoe gear worn, due to the tightness of the shoes.

The bunion can develop slowly from an imbalance of the muscles and structure of the foot. Inherited foot types can also contribute to bunion formation. To help slow the progression of the bunion, orthotics (custom arch supports) may be recommended. Wearing wider shoes can take some pressure off the bump to relieve the discomfort. For moderate to severe cases or when it is very painful surgical intervention is recommended to relieve the pain and realign the great toe/joint.

Contact Dr. Durocher for further evaluation of this condition.



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