

Officers Will Participate In Annual Law Enforcement Torch Run Statewide To Support Special Olympics



Hamden: Officers will run across Connecticut carrying the "Flame of Hope" to honor Special Olympics athletes and promote acceptance and inclusion for people of all abilities in the annual Law Enforcement Torch Run for Special Olympics Connecticut. The Torch Run will take place Wednesday, June 3rd; Thursday, June 4th and Friday, June 5th.

Participants will include officers from municipal departments and correctional facilities, military police, federal employees, Connecticut State Police and college and university public safety officers. Special Olympics athletes will participate in some communities.

The dates, times and locations of the Torch Run are:

Day One, Wednesday, June 3rd:

- Leg 1: Chester to Ledyard - Chester, East Lyme, Groton, New London, Old Lyme, Old Saybrook, Stonington, Waterford

- Leg 2: Putnam to Ledyard - Griswold, Killingly, Ledyard, Lisbon, Montville, Norwich, Plainfield, Preston, Putnam

Day 2, Thursday, June 4th:

- Leg 3: North Branford to Wethersfield - Cromwell, Meriden, Middletown, North Branford, North Haven, Rock Hill, Wallingford, Wethersfield

- Leg 4: Willimantic to Bloomfield - Bloomfield, Manchester, Mansfield, South Windsor, Tolland, Vernon, Willimantic, Windsor

- Leg 4A: Enfield to Glastonbury - East Hartford, East Windsor, Enfield, Glastonbury, South Windsor

- Leg 5: Plymouth to West Hartford - Avon, Barkhamstead, Canton, Hartford, Litchfield, New Hartford, Plymouth, Simsbury, Torrington, Waterbury, West Hartford, Winchester

- Leg 6: Naugatuck to West Hartford - Bristol, Farm-

ington, Naugatuck, Waterbury, Wolcott

- Leg 7: Hamden to Newington - Berlin, Cheshire, Hamden, New Britain, Newington, Southington

Day 3, Friday, June 5th:

- Leg 8: Clinton to New Haven - Clinton, Madison, Guilford, Branford, East Haven, New Haven

- Leg 9: New Milford to Bethany - Bethany, Bethel, Brookfield, Danbury, New Milford, Newtown, Seymour, Southbury

- Leg 9A: Ridgefield & Wilton - Ridgefield, Wilton
- Leg 9B: Monroe to New Haven - Ansonia, Derby, Monroe, New Haven, Shelton, Trumbull, Woodbridge

- Leg 10: Greenwich to New Haven - Bridgeport, Darien, Fairfield, Greenwich, Milford, New Canaan, Norwalk, Orange, Stamford, Stratford, West Haven, Westport

The Final Leg and lighting of the cauldron with the torch's "Flame of Hope" will take place at Southern Connecticut State University's Jess Dow Field during the Special Olympics Connecticut Summer Games Opening Ceremony on Friday, June 5th. The Opening Ceremony will begin at 7 p.m. and the event is free and open to the public.

For more information, visit soct.org, email specialolympicsct@soct.org or call 203-230-1201. Follow Special Olympics Connecticut and the Connecticut Law Enforcement Torch Run for Special Olympics on Facebook and Instagram.

During Summer Games weekend, June 5th – 7th, athletes of all abilities will compete in swimming, soccer, track & field, tennis and cycling at Southern Connecticut State University and additional venues in New Haven County. All events are free and open to the public.

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Question & Answer - Dr. Richard Durocher

Q: What is a Tailor's Bunion?
A: A Tailor's bunion is similar to a bunion which occurs at the joint between the big toe and the foot. A Tailor's bunion is located at the joint where the 5th or small toe and the foot meet. It is a bump of bone that protrudes outward. Some people are predisposed to this condition due to heredity and an imbalance in the functioning elements of the foot. Irritation and pressure from shoes can also contribute to the development of this condition. In the beginning of its development it is usually not painful, but as it enlarges, it may become painful.

Initial conservative approaches may include padding, wearing wider shoes and orthotics (custom-made inserts). Orthotics will help the foot function better. When conservative care has not helped, surgical intervention may be recommended to realign the bones and remove the bump.

Contact Dr. Durocher for an evaluation of this condition.

Dr. Richard W. Durocher, Podiatrist & Surgeon
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Pictured (L-R) Top: director of admissions, Rose Spinelli, dietary director, Adrian Crespo, Heather Cicom, recreation director, Tracy Gulliani, senior center program activity director Mary Higgins. **Bottom:** some of the Senior Center members.

North Haven: At the North Haven Senior Center the Montowese Center For Health and Rehabilitation workers had a wonderful presentation that dieter director, Adrian Crespo demonstrated as he cook the chicken and rice. Senior center members, Sally Nanfeldt helped chop some of the vegetables. Director of admissions, Rose Spinelli said everyone enjoyed a fun day with our seniors hosting their first Cooking Demo Chicken Fried Rice and Traditional Ice Box Cake with a healthy alternative. What an amazing turn out, very informative and interactive. Thank you Rose and the Montowese Health Center For Health and Rehabilitation workers for this wonderful presentation. Rose thanked the North Haven Senior Center and all the members who came for the presentation.

Story by Rose Spinelli admissions director, senior center member Jo Ann Buccetti and photos by Jo Ann Buccetti.

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