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### **FEATURED ARTICLES**

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#### **5 Fast Facts About Foot Pain**



As warmer weather settles in, many of us are looking forward to spending time enjoying outdoor activities, and the last thing we want is for foot pain to hold us back! Foot pain is a common issue that affects many people, yet it often goes untreated.

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#### **Warm Weather Foot Care Tips**

Proper foot care is essential no matter the season, but warmer weather brings its own set of challenges when it comes to keeping your feet happy and healthy! As the temperatures rise and summer approaches, it's essential to pay special attention to foot care.

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#### MEET OUR DOCTORS





MARC A. LEDERMAN, D.P.M.

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### **MEET OUR STAFF**







# Patriotic Cheesecake Parfaits

layer it with summer's best berries, then add a little crunch and a touch of chocolate, and you have what may just be the perfect summer dessert. INGREDIENTS

Take all the great, rich flavor of cheesecake,

## • 8 ounces Neufchâtel (light) cream cheese, at

- One 5.3-ounce container of vanilla nonfat
- Greek yogurt • 1/4 cup light sour cream
- 1/2 cup confectioner's sugar

• 1 1/2 cups sliced strawberries

- 6 chocolate wafer cookies, crumbled • 1/2 cup crisp rice cereal • 1/4 cup Grape-Nuts brand cereal
- 1 cup blueberries **DIRECTIONS**

# 1. Beat the Neufchâtel, yogurt, and sour cream with an electric hand mixer until smooth. Stir

- in the confectioners' sugar and beat again until smooth. 2. Combine the crumbled cookies and cereals in a small bowl.
- 3. Build the parfaits: Place a small spoonful of the cheesecake mixture in the bottom of each
- of 4 parfait glasses or wine goblets. Add a layer of fruit, followed by a second layer of the cheesecake mixture; top with a layer of the crumbs. Repeat. Arrange a final layer of berries on top, place a decorative dollop of the last of the cheesecake mixture, and sprinkle with the crumbs. Recipe courtesy of <u>foodnetwork.com</u>.

### **DON'T SUFFER** IN PAIN Whether it's a sprain, fracture or any foot injury, our skilled podiatrists are here to provide you with the highest quality care **WE OFFER SAME DAY URGENT CARE APPOINT** CALL 860-236-2564 THIS MONTH IN MAY West/Hartford



# **INTERESTING DATES**

# **MAY**

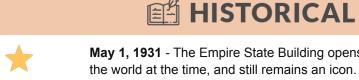
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6 National Nurses Day 11 Mother's Day

5 Cinco de Mayo

**26** Memorial Day 31 National Smile Day

### **HISTORICAL FACTS** May 1, 1931 - The Empire State Building opens in New York City — the tallest building in



Memorial Day, originally known as Decoration Day, to honor the fallen soldiers of the Civil War. In 1971, Congress officially declared it a federal holiday to be observed on the last Monday in May.

May 5, 1868 - Gen. John A. Logan of the Grand Army of the Republic established



May 10, 1908 - The first official Mother's Day was held in Grafton, West Virginia, and Philadelphia, Pennsylvania. Founded by Anna Jarvis, who wanted to honor her late mother, Ann Reeves Jarvis, a community activist who had organized "Mothers' Day Work Clubs" during the Civil War to care for wounded soldiers from both sides. In 1914, President Woodrow Wilson signed a proclamation declaring Mother's Day a national



May 21, 1881 – The American Red Cross was founded by Clara Barton, paving the way for humanitarian aid.



holiday to be celebrated on the second Sunday in May.



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