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# CT Family Foot Care and Surgery, LLC

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## FEATURED ARTICLES

### 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 DOCTOR



LORI K. PARAGAS, DPM, D. ABFAS, FACFAS

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## Dear Patients:



We strive to give you the best care possible, and to help other patients get the care they need. If you are happy with the care from our doctors and staff, please share your experience with other patients using the clickable icons below:



## RECIPE OF THE MONTH

### Patriotic Cheesecake Parfaits

Take all the great, rich flavor of cheesecake, 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

- 8 ounces Neufchâtel (light) cream cheese, at room temperature
- One 5.3-ounce container of vanilla nonfat Greek yogurt
- 1/4 cup light sour cream
- 1/2 cup confectioner's sugar
- 6 chocolate wafer cookies, crumbled
- 1/2 cup crisp rice cereal
- 1/4 cup Grape-Nuts brand cereal
- 1 1/2 cups sliced strawberries
- 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 [foodnetwork.com](http://foodnetwork.com).



## THIS MONTH IN MAY

### INTERESTING DATES

#### MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 5 **Cinco de Mayo**
- 6 **National Nurses Day**
- 11 **Mother's Day**
- 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 the world at the time, and still remains an icon.
- ★ **May 5, 1868** - Gen. John A. Logan of the Grand Army of the Republic established 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 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 holiday to be celebrated on the second Sunday in May.
- ★ **May 21, 1881** - The American Red Cross was founded by Clara Barton, paving the way for humanitarian aid.

**Book Your Appointment Today!**

CT Family Foot Care and Surgery, LLC

Lori K. Paragas, DPM, FACFAS  
 1952 Whitney Ave., 3rd Floor  
 Hamden, CT 06517  
 Tel: (203) 288-0129

[Our Hours](#)



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