



SUMMER 2025



# CT Family Foot Care and Surgery, LLC

## IN THIS ISSUE

- Choosing School Shoes 101
- Do You Need Custom Orthotics?
- This Month in August
- Recipe of the Month: Chicken Skewers

## FEATURED ARTICLES

### Choosing School Shoes 101



When it comes to back-to-school shopping, one of the most important purchases you'll make is your child's school shoes. The right pair of shoes supports healthy foot development, prevents discomfort or injury, and can even boost your child's confidence throughout the school day.

[Click Here to Read More](#)

### Do You Need Custom Orthotics?

Foot pain can throw off more than just your stride. It can mess with your posture, your energy, and your everyday routine. The good news? Custom orthotics might be the relief you've been looking for.

[Click Here to Read More](#)



## MEET OUR DOCTOR



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

[Read More Here](#)

## 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

# CHICKEN SKEWERS

[CLICK HERE FOR THE FULL RECIPE](#)



Recipe courtesy of [tasteofhome.com](http://tasteofhome.com)

## THIS MONTH IN AUGUST

### INTERESTING DATES

#### AUGUST

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						

4 U.S Coast Guard's Birthday

7 Purple Heart Day

16 Tell a Joke Day

19 World Humanitarian Day

30 National Beach Day

### HISTORICAL FACTS



**August 2, 1990 - First Elephant Born via Artificial Insemination in U.S.:** The first successful elephant birth using artificial insemination in the U.S. occurred at the Pittsburgh Zoo, advancing conservation and animal science.



**August 7, 1782 - Purple Heart Established:** General George Washington created the Purple Heart, the first U.S. military decoration for merit and bravery. It later becomes a symbol of honor and sacrifice.



**August 15, 1969 - Woodstock Begins:** The iconic Woodstock Music Festival begins in New York. It becomes a symbol of peace, music, and counterculture, remembered fondly to this day.



**August 28, 1963 - "I Have a Dream" Speech Delivered:** Dr. Martin Luther King Jr. delivers his iconic speech during the March on Washington, a defining moment of hope and civil rights history.



[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



Need more info?

[CONTACT US](#)

[Our Hours](#)

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.

