

## In Step

### Shoes to the Rescue

by Dr. Arthur Lukoff, D.P.M.

A change in the style of shoes you are wearing can actually help to relieve some types of foot problems. We sometimes blame our shoes on hurting our feet but if the shoe can hurt it also can help. Here is a group of foot problems and the shoe types that may make them go away.

If you have bunions, corns, and calluses wear a shoe with a rounded spacious toe box to give your toes room. Also, a lower heel will move pressure away from the toes and toward the back of the foot.

If you have pain in the back of your heel – what used to be called a pump bump – wear a backless shoe to remove pressure from the back of the heel and a higher heel to move pressure forward and off of the heel.

If you have pain on the bottom of the foot, wear a pump with padding to support the arch, along with a high heel to reduce pull on the bottom of the foot.

If you get numbness or shooting pain in the toes due to nerves being squeezed, change to a shoe with a rounded front to give toes room and a thick-cushioned-soled shoe to reduce pounding. 🌿

### Wawarsing Girl Scout Registration Set

by Jeanne Brumbelow

Girl Scouts of Ulster County's *Wawarsing Service Unit* (which serves girls who attend or are eligible to attend Ellenville schools) is holding registration for girls in grades K through 12 at the *Ellenville Public Library's Community Room* on **Wednesday, October 6<sup>th</sup> from 6:30 to 7:30 PM**. Information will be available during this time for parents and other community members who wish to be trained to become troop leaders. Although there are some slots available within current troops, more leaders will be needed to serve all of the girls that are expected to register. Likewise, any community member who has a special skill and would like to share that skill with our troops is encouraged to stop by to register as an adult volunteer. You really CAN make a difference! The Girl Scout program is rewarding for girls and adults alike! See you at registration! 🌿



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