

## LOCAL ENTREPRENEUR MARY LESSARD -- FOOT CARE

*Article & Photo by: Cookie Smith*



Born and raised in Deux-Montagnes, Mary has been married 17 years with two children and one granddaughter. Mary is a Registered Nursing Assistant with many years of experience in Montreal area hospitals. She worked 10 years at St. Mary's Hospital in various departments: i.e. geriatrics, urology, surgery, medicine and neurology. Due to the first health care cuts in 1986, Mary left St. Mary's Hospital to pursue her career at Lachine General Hospital for 10 more years until it closed. More cuts.

Following her hospital stints, Mary now works at CHSLD Foyer Dorval nursing home where she has been employed for 10 years. The nursing home is also threatening to close within the next five to seven years, as it does not conform to the increased needs of seniors.

For the past ten years, Mary has been very interested in foot care and has specialized in this particular field. In October 2006, she completed the LCN Advanced Pedicure Course and has earned certification as an Advanced Pedicurist. LCN is also a line of foot care products. It has always been one of Mary's passions that people have comfortable feet and enjoy pain-free walking. While some might view foot care as a 'gross' profession, Mary anticipates a challenge and loves to see the outcome and satisfaction of her customers. Her warm smile and friendly easy-going nature help Mary's customers feel very relaxed.

Another one of Mary's passions is quilting and she is a member of the Deux-Montagnes Quilt Guild. This hobby requires tremendous patience and tenacity, virtues that also reflect in Mary's foot care.

Mary holds a foot care clinic at the 4 Korner's Family Resource Center every second Friday from 1:00 p.m. to 5:00 p.m. She is bilingual, does home care and attends to shut-ins on appointment. Mary's fee is \$25.00 per session (approximately one hour) plus \$5.00 to open a file for first-time home care. The foot care includes a short medical questionnaire, nail cutting and filing, reducing calluses, corns, trimming ingrown toenails, massage and counseling on diabetic care with suggested treatments.

You can reach Mary Lessard at 450-491-6732 or through the 4 Korner's at 450-974-3940. Mary will always try to accommodate everyone's needs on her days off, after work and evenings. When Mary retires she plans to operate her business full time, utilizing her foot care room at home as well as continuing home care service.

**Just remember Mary's motto:  
"Healthy Feet are Happy Feet!"**