



## Give the Gift of Happy Feet

Most people do not take the time to pamper their feet, and they may be dealing with foot issues and simply ignoring the problem.

Painful and sore feet are often a result of not spending a bit extra to purchase quality socks, shoes, and footcare products.

Over the holiday season, investing in different types of gifts for friends and family members to take a little extra care of their feet is always a good idea.



To get you started, here are some low and higher cost gift items that can be perfect for that special someone in your life or even as a gift at the office, and all are available for purchase in our office.

- For Friends and Family with Heel Pain – To start off, consider Vionic Slippers and Sandals or Telic Sandals. Other small gift ideas might include Ortho-Nesic Pain Gel, a Foot Roller to massage the foot, or a heel sleeve to protect the heel. If you want to spend a little more, consider a Gift Certificate for Pain Laser treatments.
- For your Diabetic loved ones you might consider Foot Miracle Cream, which moisturizes dry diabetic skin. Also, we now have NerveReverse pain cream and vitamins to help with Neuropathy, often caused by Diabetes
- Supportive slippers – These are unique types of slippers that are designed to support and relax your feet and body. A good quality slipper can provide almost as much support as an orthotic. Your feet will benefit from good support around the house as well as outside the home.
- To Pamper your loved ones – We offer a wide array of creams and lotions to pamper the skin. You may also want to consider an Organic Nail Polish that is actually good for your nails, and available in a rainbow of colors.
- Socks – While socks may be a very traditional gift, giving a gift of healthy and comfortable socks is always something to smile about. Our compression socks are breathable and comfortable and promote healthier legs. There are many options in styles and colors that make them a perfect gift idea.

There are many different options and foot lotions and foot care kits that are available at our office and they are ideal for a present for anyone in the family.

DECEMBER 2019

Happy  
Holidays!

### Gift Suggestions:

*To your enemy - forgiveness.*

*To an opponent - tolerance.*

*To a friend - your heart.*

*To a customer - service.*

*To all - charity.*

*To each child - a good example.*

*To yourself - respect*

*- Oren Arnold*





During the month of October, our office raised funds to support the effort to fight Breast Cancer.

In conjunction with our patients we were able to raise \$450 to donate to Susan G Komen.

In November, we kicked off our annual Food Drive for St. Mary's Food Bank, right here is Surprise. Again, our patients came through and helped us to deliver over 200 food items to St. Mary's Food Bank, just in time for Thanksgiving.

Each month we have a fundraiser or donation drive for a worthy organization, and month after month, our patients prove how caring and generous they are.

We want to take this opportunity to thank all of you for making this the best year yet.

## How to Get Off a Plane

The process of getting off a plane can be more troublesome that you might think, and can actually cause a lot of irritation and anger. However, there are some etiquette tips for getting off a plane that could make it all a lot less stressful.

One good tip is to have packed light and ensure that you have gathered together all your things before the plane even lands. Make certain you have got all of your valuables, wind up the headphones and gather up your trash, so you are ready to go.

It is also important to remain in your seat until the "fasten seatbelt" sign actually goes off. Everyone wants to get back to the real world and out of the cramped environment of an airplane as fast as possible, but for safety issues planes are not allowed to move on the jetway if there are passengers standing up, meaning getting up early could actually delay your – and everyone else's - exit even longer. Above all, you need to show consideration for other people and slow down for long enough to be respectful. Thanking your flight crew as you exit the plane can also be a nice touch.

## Health Tips for Busy People

A lack of time is often the number one reason why people do not take care of their health and wellbeing like they should. With jobs, relationships, kids and numerous other obligations eating a healthy meal, letting alone getting some exercise, can often be very low on the list of priorities.



However, neglecting health and wellbeing can cause real physical and emotional harm and it is important to be aware of ways in which you can focus on your health even in spite of your busy lifestyle.

It is important to take just five minutes every morning to meditate. Stress is an inevitable accompaniment to a busy lifestyle and can be physically and emotionally wearying. Five minutes meditating in a quiet space can help to reduce stress.

Yoga is another way to manage stress and promote a healthier mind and body. And while you are out and about, try to keep some healthy snacks with you to prevent from binging on fast food, and as always drink plenty of water.

---

## Effective Weight Loss Tips

Overweight and obese people can be at risk of a number of serious health issues such as heart disease, high blood pressure, depression, stroke and diabetes.

While there is no sure-fire quick solution to the problem, eating less and exercising more is the safest and most effective method of losing weight.



One good tip is to do some exercise first thing in the morning. A morning walk is able to stimulate the human body and triggers the dissolving of fat deposits.

Many people think they can cut calories by skipping breakfast, but they then end up eating a lot more the rest of the day. Eating regular, smaller meals throughout the day is a good place to start.

The most fattening items people consume are drinks that are filled with sugar, so avoiding them will immediately help you to start losing weight. Stop drinking soda. Even diet soda and fruit juices can cause weight gain and high blood sugar.

Green tea speeds up the metabolism and is an excellent source of antioxidants in addition to fat-burning agents. It is recommended to drink 1-2 cups per day.

## Stay Connected with Adult Children

Once your grown children leave home, you don't have to become distant. Many adult children still want to spend time with their parents, but obviously dinner at Chuck E. Cheese's or a trip to the playground is out. Still, you can stay close with these ideas from The New York Times:



- Take a family vacation. It's a growing trend. A week at the beach or in the mountains can help everyone relax and feel like part of a family again. Don't overschedule; allow everyone some time to themselves. You might assign responsibilities like preparing meals, and everyone should pitch in to clean up.
- Visit a museum or park. A simple day trip to a local art or natural history museum can be a good chance to reconnect while learning. Similarly, a non-strenuous hike will give people the opportunity to bond over an activity.
- Go to lunch or a movie. Meeting for lunch once a month, or going to see a movie, provides for the chance to talk and share an experience (as long as everyone agrees on what restaurant to go to or what movie to see).

---

## Millennials Struggle to Buy Their First Home

Millennial's planning to buy their first house are resorting to all sorts of tactics, according to the Market-Watch website. To fund their down payment and closing costs, 13% are dipping into their retirement savings, 14% are saving money by moving in with family or friends, and 12% are selling personal items, according to a Bankrate survey of 2,582 adults. Furthermore, millennials' most common funding sources for home-buying include saving their own money (53%), gifts from family or friends (33%), and using a down payment assistance program (33%).



Here are some savvy tips for financing your first home purchase:

- Leave retirement savings alone. Your 401(k) and other retirement accounts are your ticket to a comfortable retirement. Sacrificing these should be a last resort.
- Figure out how much house you can afford. You don't have to buy a mansion right out of the gate. Look at the monthly payment on whatever mortgage you're considering, and make sure you can handle it along with all your other monthly expenses.
- Watch your credit report. This can help you determine what kind of loan programs you're eligible for. Doing this early in the process will let you keep your credit score healthy.
- Create a separate savings account. Open an account that's only for home-buying expenses, and keep it separate from your emergency savings. Be patient: Millennials in the survey cited above need about three years to save up for the down payment and closing costs.



## How to Avoid Dangerous Financial Decisions

Many people make financial decisions that end up backfiring on them, either because they were trying to help out a friend or family member or because they made a speedy decision about a financial issue without considering the possible negative consequences.

Lending money to family members or friends is always a dubious financial choice. Almost 75 percent of people who borrow money from friends or family members never fully pay back that loan, according to a recent Forbes article, so you should only lend money that you are happy to essentially give away.

Likewise co-signing a loan or lease for a friend or family member may seem like a nice thing to do, but it makes you responsible for the whole debt and it is crucial to consider whether you could afford the payments if the other person defaults and the effect late payments by the other party could have on your own credit.

Having an underfunded retirement account or not having one at all when you are over 50 is very risky, and anyone in this position should work out a strategy with a financial advisor immediately.



# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
14823 W. Bell Rd #100  
Surprise, AZ 85374  
623-584-5556  
www.fixingfeet.com

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

DECEMBER 2019

## We have help for warm and cold feet.

Did you know that we sell Shoes, Sandals and Comfy, Cozy Slippers?? Who wouldn't love to wake up to a pair of cozy slippers to warm their feet on a cold morning. Or a pair of comfy Telic flips flops or slide ons if you are still wearing sandals. We can custom order a pair in the style, size and color that you choose, and have them here in time for the holidays. Stop by our office, and one of our friendly staff will help you pick out just the right pair for your loved one – and maybe a pair for yourself too!! These are just a few of the styles we have to offer and most are available in other colors as well.



## December Dates to Remember

- December 2<sup>nd</sup> – National Mutt Day
- December 3<sup>rd</sup> – National Day of Giving
- December 4<sup>th</sup> – National Sock Day
- December 10<sup>th</sup> – National Human Rights Day
- December 18<sup>th</sup> – Answer the Phone like Buddy the Elf
- December 20<sup>th</sup> – Ugly Sweater Day
- December 23<sup>rd</sup> – Hanukkah Begins
- December 25<sup>th</sup> – Christmas Day
- December 26<sup>th</sup> – National Thank You Note Day
- December is also: Identity Theft Prevention Month  
<https://www.consumer.ftc.gov/topics/identity-theft>
- Nat'l Drunk & Drugged Driving Prevention Month  
[https://www.cdc.gov/motorvehiclesafety/Impaired\\_Driving/index.html](https://www.cdc.gov/motorvehiclesafety/Impaired_Driving/index.html)

## We Need New Toys!!

This year marks the 7<sup>th</sup> year that we have supported the Phoenix Children's Hospital Toy Drive. We are asking the patients and friends of Fixing Feet Institute to help us in our goal of collecting 200 toys this year.



Although we will gladly accept toys for any age group, the hospital has asked us to target toys for babies and teens, as these ages are often forgotten in toy drives. If you need some ideas you can see their "Child Life Wish List" at

<https://www.phoenixchildrens.org/centers-programs/child-life/wish-list>

We have placed boxes in our waiting room to collect donations during our regular office hours.

The staff, patients and friends of Fixing Feet Institute have always proven to be generous in the past. Won't you please help us in making the holidays better for someone less fortunate than ourselves. Please drop your donations at our office no later than Friday December 20<sup>th</sup>.