



## Caring for Your Achilles Heel Can Reduce Injury

Athletes are typically those who suffer the most from Achilles heel injuries but that doesn't mean that those who aren't athletes can't be injured as well – in fact, by doing something as simple as climbing a ladder at your home.

It's true – the Achilles tendon is the longest and strongest tendon in the body but it's important to remember that even though it's the strongest tendon, it's still exposed to wear and tear every day.

When injuries happen, it puts stress on the tendon and can cause tendonitis which will lead to tears. If the condition goes untreated, it can lead to worsened conditions and even rupture of the tendon itself.

Anyone who is on their feet for extended periods of time during any given day is subject to Achilles heel injury. Symptoms of inflammation can include pain, stiffness and tenderness in the area. These symptoms will typically be worse in the morning and improve as motion increases throughout the day.

If you experience any of the symptoms that come with tendonitis of your Achilles heel, you will need to see a podiatrist for a thorough examination and treatment. Depending on how advanced your particular condition is will determine the best course of treatment which can include:

- A cast that will immobilize the heel area
- Ice to help reduce swelling
- Anti-inflammatory medication
- Physical Therapy
- Surgery – if the condition is extremely advanced

If you are active in recreational activities with a lot of jumping and running involved – like basketball, tennis or regular jogging – you are at particular risk for Achilles troubles thanks to the imbalance that comes from being in constant forward motion.

The best way to avoid problems is to warm up completely through a series of stretching exercises and walking. And if you're not properly in shape of uphill sprinting and other similar activities – avoid them altogether.



## March 2016

Hello! We are pleased to send you this monthly issue of *Foot Prints*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

### Monthly Joke

#### None So Blind?



A priest, a doctor, and an engineer were playing golf one morning and found themselves behind a very slow foursome.

By the time they finished their round they were irritated enough to complain to the groundskeeper.

"Give them a break," the groundskeeper said. "Those guys are four retired firefighters, and they're blind. They saved the clubhouse from burning down years ago, so we always let them play for free."

The priest said, "That's very sad. I'll say a prayer for them at mass."

The doctor said, "I've got a friend who's an ophthalmologist. Maybe he could help them."

The engineer said, "Why don't they play at night?"

## Facebook Safety Tips

There are seemingly endless opportunities to create, collaborate, and explore on the internet, but to get the most from these opportunities it is crucial to ensure that you stay secure and safe, and Facebook is no exception.

The good news is Facebook provides plenty of ways in which people can do just that. Of vital importance if you have a Facebook account is to perform a Privacy Checkup. There is a small symbol of a lock on your Facebook feed's right hand corner; click on this symbol and a drop down menu will appear, at the top of which will be Privacy Checkup. Click on the small blue dinosaur symbol, and you will be given a walkthrough of the main three tools you can use to manage who is allowed to look at your apps, your posts, and your profile. You can also manage what you share and with whom. You can enable your posts to be seen by everyone or just your friends or certain groups. You can even choose for each individual post if you wish.

## Learn Horseback Riding

Many people like the idea of learning how to ride a horse, but if you really want to take the plunge and learn how to actually do it, there are a few tips that can get you started on the right path.

One good tip is simply to find a good instructor. Any instructor who has made a career out of teaching riders and handling horses knows how to develop a fine equestrian, so ask around, consult with any friends you may have who ride horses, and even use the internet to conduct some research.

Good boots are an essential for new horseback riders. You should always be wearing proper footwear if you intend to go anywhere near a barn. Find a durable riding boot that will guard you against all eventualities, and always wear a helmet. Once you have begun riding, do not allow yourself to become pigeonholed into one style too soon. Be open to attempting different styles of riding. Accept the fact that you will fall off the horse – even experienced riders do so occasionally – and that the important thing to focus on is getting straight back on again.

## Tips For Workplace Happiness

Being happy at work is crucial to your overall sense of happiness, as no one wants to feel like they are doing worthless tasks or are trapped in a dead-end job.

The good news is it is not that difficult to keep your work day focused on the good stuff and ensure you are happier at work.

One good tip is to measure your successes, not just by your wins but by your tries as well.

Just trying to do something to further your goals and your career can make you happier, even if you are not always successful; keep a checklist of everything that you have done, and focus on the small victories.

Another good tip is to listen to or read things that will be able to inspire you. Listen to podcasts relating to your interests or motivational talks at your desk or during your commute.

It is also a good idea to break up the inevitable 'busy work' with different tasks, such as brainstorming new projects, connecting with potential contacts on social media, or reading an industry-related article.



## How To Stop Emotional Eating

Emotional eating is the term for when we use comfort food to deal with emotional states such as sadness, depression, or even happiness.

Of course, the downside is that emotional eating is often unhealthy, particularly if it becomes a regular thing.

Rather than abandon your comfort food entirely, however, you just need to start paying more attention to mindful eating.

One good tip is to distract your mind. If you feel depressed or stressed, distract yourself not through emotional eating but with other methods such as listening to music or performing some other activity like reading, painting, or exercising.

Another important piece of advice is for when you actually do eat, which is to enjoy and savor every bite rather than just wolfing your food down.

This is also more likely to prevent you from overeating by making you feel full.

You should also make a point to try and only eat when you are hungry rather than in response to emotional situations.



# Planning An Overseas Family Vacation

If you are planning to go on an overseas vacation with your family, there are a number of tips you might want to take under consideration that can help you to make the trip as stress-free and successful as it can possibly be.



One good tip is to avoid the more Americanized aspects in your destination and try to go a bit more local.

It might be an idea to – if at all possible – take your vacation during the off-season so that there will be fewer other tourists, and it is also a good idea to use local transportation whenever possible and chat with local shopkeepers.

Another good tip is to check with the State Department, your family doctor, and the CDC for health tips specific to the region you are traveling to, as well as advisories and vaccinations or medications you might require.

Gather information about safety precautions you can take if you are traveling to countries with health considerations.

You should also pack light and leave the gadgets at home so you have more time to appreciate the overseas experience.

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## How To Run a Multicultural Meeting

If you are trying to run a meeting that is comprised of individuals from different cultures, you will need to take into consideration the different approaches and needs of your colleagues.



Fortunately, there are some good tips that can help you to make certain your multicultural meeting will go smoothly.

It is important to keep cultural differences in mind. Learn all that you are able to about those people you are collaborating with and the culture from which they spring in order to make small adjustments in your management style to achieve the best results.

Setting expectations is also a good idea. It is important to have established norms and protocols at the very start of meetings to allow you to rein in some people, while enabling others to get out of their comfort zone.

Flexibility can also be useful. If group meetings are being made particularly tricky because of cultural differences, try to solicit the opinions of co-workers in a different venue and offer alternative means of providing feedback.



## Tips For Those With Empty Nests

Parents whose adult children leave home are often left with mixed emotions and need to begin to look to the future, which includes new financial choices.

Parents need to get used to thinking about themselves again, instead of their kids, and to start asking serious questions about their future plans, including work, holidays, and retirement.

Setting financial goals is an excellent idea.

These goals can include finally paying off that mortgage in a measurable frame of time, working out how much money you will need to live on after you retire, and using any excess money you may have that may once have gone on school fees and sporting activities to reduce your debt or just add to your savings.

In the event that your adult kids decide to move back home, or indeed simply never leave, then providing they are working, it is only fair and proper to charge them rent; they are adults now, after all.



# FOOTPRINTS

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

MARCH 2016

## Laurel and Hardy Trivia

Laurel and Hardy are icons, but there is a surprising amount of information about them that most people are probably completely unaware of. For one thing, Oliver Hardy's real name was actually Norvell Hardy; Oliver was his father's name, which he decided to make use of when he became a stage singer. "D'oh!" – the popular catchphrase used by Homer Simpson in the long-running and much loved cartoon comedy series "The Simpsons" – was actually first popularized by Scottish actor James Finlayson who made thirty-three films with Laurel and Hardy and uttered the line every single time.

Stan Laurel had been in more than fifty films, and Hardy over 250 motion pictures prior to them becoming an onscreen team. They made 107 movies together, including twenty-three full-length films, forty sound shorts, and thirty-two silent shorts. During World War I, the Army rejected Oliver Hardy for enlistment on account of his weight.

## March Dates to Remember

March 4<sup>th</sup> – Hug a GI day  
March 6<sup>th</sup> – Dentist's Day  
March 10<sup>th</sup> – Popcorn Lover's Day  
March 14<sup>th</sup> – Potato Chip Day  
March 17<sup>th</sup> – St. Patrick's Day  
March 20<sup>th</sup> – Palm Sunday  
March 22<sup>nd</sup> – National Goof Off Day  
March 25<sup>th</sup> – Good Friday  
March 27<sup>th</sup> – Easter  
March 30<sup>th</sup> – National Doctor's Day  
March is also: National Kidney Month  
<https://www.kidney.org/>  
National Nutrition Month  
<http://www.eatright.org/>

## Help us Support our Troops

We have decided to extend our fundraiser for Packages from home throughout the month of March.

We will again be collecting food, hygiene and recreational items to send to our Military Troops overseas. Just as last year, we are again working with "Packages from Home," a local organization that collects items and ships them to our Troops overseas. This organization was begun by a mother whose son was deployed back in 2004, and has grown by leaps and bounds since then.

The mission of Packages from Home is to send care and comfort packages to deployed American military heroes who are stationed in active duty theaters around the world, as well as to facilitate activities that elevate the morale of all veterans. You can learn more about this generous organization from their website at [www.packagesfromhome.org](http://www.packagesfromhome.org).

For a complete list of their needs, you can go to their webpage at <http://www.packagesfromhome.org/index.php/donations/thing-s-to-donate/the-list> or contact our office. They will also accept cash donations to help cover postage costs to ship these items to the Troops.

Please drop your donations in the bins in the reception area of our office.