



Dealing with Dry Cracking Heels and Feet

While it is sandal time year-round in the south, in the more central and northern areas of the county, it is just getting warm enough to start bringing out summer clothing and shoes.

Many people will discover that over the winter and throughout the summer, dry, flaky or cracking skin becomes a problem on the heels and the feet. For some, it is just an annoyance while for others it can create areas on the feet where there are deep cracks (heel fissures) that can bleed or become infected. People with circulatory problems and diabetes have to be particularly careful.



The skin on the feet is different than the skin on the rest of the body. It doesn't have oil glands, just sweat glands, so there can be a lack of natural moisture. Regular use of a good quality skin moisturizer can help to reduce the problem once the dry skin is under control.

To treat dry skin on the feet and painful heel fissures, try the following home remedies:

- Stop taking hot showers and baths – Try using warm instead of extremely hot water to wash. If you do soak your feet, use only warm water, never hot.
- Avoid using harsh soaps – Avoid using any soap that is not a moisturizing soap. Also, avoid using any soaps with heavy perfumes or additives.
- Remove dead skin – Soak your feet in warm water with a small amount of a moisturizing soap added to the water. Try to soak for at least 20 minutes. Pat dry. Using a pumice stone or a loofah, gently rub the heels and the bottom of the feet immediately.
- Apply moisturizing lotion – A quality moisturizing lotion for the feet should be applied and left on the skin of the feet until absorbed. Try doing this just before you go to bed to allow full absorption of the moisturizer. It can be helpful to wear a pair of 100 percent cotton socks after applying the lotion as well.

If you notice any pain or areas where the skin is damaged, make an appointment to see your podiatrist.

This should be a priority if you have diabetes or other types of health issues where infections are important to treat quickly.

May 2017

Hello! We are pleased to send you this monthly issue of *Foot Notes*. 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



Looking for a Job? Here's What Not To Do

Here are some things actual applicants for jobs have reportedly said or done during interviews:

- “Applicant stretched out on the floor to fill out the job application.”
- “A balding candidate abruptly excused himself. Returned to the office a few minutes later, wearing a hairpiece.”
- “Applicant asked to see interviewer’s resume to see if the personnel executive was qualified to judge the candidate.”
- “Applicant announced she hadn’t had lunch and proceeded to eat a hamburger and french fries in the interviewer’s office—wiping the ketchup on her sleeve.”
- “Stated that, if he were hired, he would demonstrate his loyalty by having the corporate logo tattooed on his forearm.”
- “Interrupted to phone his therapist for advice on answering specific interview questions.”

Looking for a Stylish Summer Sandal or Flip Flop that is good for your feet??

We have them at Fixing Feet Institute!!

Vionic Sandals and Flip Flops combine unparalleled support with a fresh modern design for any occasion. The innovative "Orthoheel" technology helps align the foot from the ground up.

At the core of this trusted footwear is the orthotic technology built into every pair. With a podiatrist-designed contour seamlessly engineered into each shoe, sandal and slipper, Vionic delivers the support your feet need.



Telic is a revolutionary new product with unparalleled comfort. It is being called "America's recovery shoe" and winner of the 'Readers Choice Award' for Best Comfort Shoe. Telic uses a new material called Novalon; a body heat activated, waterproof, feather-light material that is durable, elastic and pillow-soft. Contoured to support the arches of your feet, all styles feature a deep heel cup and great medial arch and metatarsal support.

Telic's award winning comfort makes for the perfect shoe during long days on your feet, or the perfect recovery shoe after a hard day's work.



Making History Come Alive

While some students love history, others can find names, wars, politics and dates boring, often because they feel it is irrelevant to their own lives.



The good news is parents can help to make history come alive for their kids by following a few simple tips.

One way to make history seem more exciting to children is to take a look at their own family history.

Use Ancestry.com to learn about historical relations or create a scrapbook with the use of old letters and family pictures. It can also be a good idea to get children to talk to older relatives about their own memories of their youth.

Reluctant readers could be made more interested in history with the use of movies and television shows.

Although many movies and TV shows are not always strictly factual, they can help to both historical events into perspective and provide a general sense of the era that can serve to bring history alive to younger students.

Parenting Tips

While there is no one method to guarantee success in regards to parenting, there are a number of tips that can benefit your child's overall sense of well being and happiness.



Everyone needs a good dose of self-esteem in order to achieve goals and be successful in life, and children need to be particularly encouraged to be positive and feel good about their selves.

Self confidence and self acceptance are extremely positive for children in regards to facing new challenging and being willing to face up to and correct mistakes.

A lasting impression can be made on young children by the body language, disposition, tenor and tone of their parents, as it is through their eyes that children start to see the world, so avoid harsh criticism and focus on paying attention to their words and interests and on their strengths as individuals.

It is also important to not compare your child with other kids.

All children are unique and special in their own way, and children can be dramatically negatively affected by being compared with other children, particularly siblings who may receive more positive attention than they do.

Always be neutral and fair and try not to pick sides.

Healthy Eating for Fussy Eaters

Parents can often worry about healthy eating when dealing with preschoolers that are particularly picky eaters.

It can be a daily strategy session, with power struggles as a normal occurrence, to try to get such a child to eat a balanced diet, but the good news is there are some smart methods you can employ to try to make it easier on everyone.

Snacks that you should avoid giving your kids include microwave popcorn, caffeinated drinks, fried snacks and sugar-candies.

Such foods should be removed from your grocery list altogether so as to avoid mealtime arguments. Healthier alternatives include the likes of cheese sandwiches, fresh lime soda and chicken wraps.

Other clever ideas to make fussy eaters eat healthily while still giving them the kind of foods they are actually willing to eat include replacing the normal cheese on pizzas with the fresh, white unsalted cheese paneer, and adding bean sprout or tofu to noodles.



Tips for Young Children

Introducing kids to finances and money at an early age is a good idea, though sadly the importance of investing, saving and spending money is no longer taught in many schools.

Children tend to be interested in learning about money and given that handling money is a life skill as vital as reading and writing to a successful adult life it is a good idea to begin imparting these concepts early on.

Between the ages of six to twelve it is a good idea to teach kids about how to earn money, such as getting their allowance for doing chores around the house rather than doing nothing.

Once they are earning money you could also open a bank account for your child.

Encourage them to save money for special occasions and teach them about concepts such as waiting for better deals and having to choose only one of several items they may want to buy.

Phones and Social Media Tips for Parents

Cell phones and kids can be an uneasy mix and parents need to keep an eye on the cell phone use of their offspring.

The fact is that cell phone addiction is a real thing, because a jolt of dopamine is given by checking texts and likes received on social media, and kids can get hooked.

Personal relationships can suffer because of social media and can cause depression and an inability to cope with stress.

The best tip for parents is to ensure that the cell phone and social media time for your kids is strictly limited.

Make sure that cell phones are forbidden from the dining room or kitchen table to guarantee that social media use is off the table during family meal times.

Another good idea is to occasionally take a complete break from social media of all sorts, for a day or even up to a month.

Social media makes it hard for kids to get a break from their peers, including the pressure of bullying or fitting in, so time and space for thoughtful reflection needs to be ensured.





FOOTPRINTS

GOOD NEWS AND INFORMATION FOR
THE FRIENDS OF FIXING FEET INSTITUTE

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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

MAY 2017

Treatment for Dry Callused Feet Available in our Office

If you are looking for a superb treatment for your Dry, Cracked Callused Feet, look no further than Fixing Feet Institute. We have available in our office 2 products to soften your feet and make them sandal ready for the summer.

Foot Miracle

This unique and penetrating formula Softens the skin and rejuvenates for a renewed feeling of comfort and vitality. Never sticky or greasy. Works on elbows knees, feet and any rough skin area.



Pedigenix

An exfoliating cream that improves the appearance of cracked and Callused feet in as little as 3 days. Unique Triple action formula to exfoliate and Burst of Vitamin E to nourish the skin.



May Dates to Remember

- May 5th – Cinco De Mayo
 - May 6th – National Nurses Day
 - May 9th – Lost Sock Memorial Day
 - May 9th – National Teachers Day
 - May 14th – Mother's Day
 - May 19th – National Bike to Work Day
 - May 20th – National Armed Forces Day
 - May 21st – National Waiter and Waitresses Day
 - May 29th – Memorial Day
 - May 31st – National No Tobacco Day
- May is also: Muscular Dystrophy Awareness Month
<https://www.mda.org/>
Lupus Awareness Month
<http://www.lupus.org/>

Help Us Help the Homeless

Ending homelessness in Maricopa County has been at the heart of Central Arizona Shelter Services' (CASS) work since the agency opened its doors in 1984.



As the needs of this population changed, CASS expanded its continuum of care to better address the needs of those who transition out of shelter and into permanent housing. Today, CASS continues to be the largest provider of shelter and supportive services. Through their enhanced continuum, CASS is able to provide a diverse array of services to meet the needs of individuals and families in Arizona and empower them to rebuild their lives and permanently end their homelessness.

During the month of May Fixing Feet Institute will be holding a donation drive to benefit this deserving organization. We will be collecting New Socks, Gently used or New Shoes and Bottled Water in our office. We have conveniently placed a collection bin in the reception area of our office. Please stop by with your donations and help us to provide those that are homeless, with good footwear and plenty of drinking water for the hot summer months coming up.