



## Clearing Your History on YouTube

YouTube is one of the world's most popular websites, allowing users to share videos of all kinds including music videos, movie trailers and reviews and "how to" videos of all descriptions.

However, there are also some odder videos on YouTube that people may not be overly proud of having watched, or even been unaware of their true nature when first clicking on them. This can be embarrassing, especially for those who have to share their computer with others.

The best way to avoid embarrassment is to clear your YouTube viewing history. Click on your profile image, go to Settings and then move to the History and Privacy section.

One of the options you will see is "Clear History". Click on that option, click "yes" when asked if you are sure if you want to delete your browsing history, and all videos you have watched on the site will be deleted from your computer and any other device.

## Changing Careers

Changing careers is something that happens today more than ever before, with technology helping to allow people to work from anywhere, from home and for companies on the other side of the world.

A job is no longer for life and individuals can now be measured by their talents and skills. A career change can still be a scary prospect however, which is why there are a number of tips to help accomplish that goal. Freelancing can be an excellent option for those wanting more flexibility, a career they actually care about and the ability to work from home.

More and more people are choosing to become freelancers long-term, and there are many career choices for freelancers including writing, programming, business consulting, IT and marketing.

Hiring a career coach is a good tip for those who want to change careers but are nervous about making the move. These career coaches can help to create action plans for the short and long term and keep you accountable and on track.

## The Best Sources of Potassium

4700 milligrams of potassium is required for the human body to stay healthy and strong, and the good news is that potassium can be found in other foods besides just bananas.

There are in fact many good sources of potassium that can be consumed in order to meet the daily intake requirement.

One good source of potassium is avocados. All avocados contain potassium, in addition to mono and polyunsaturated fats that are very good for heart health.

One of the very best food sources of potassium is ordinary cow's milk. Just one cup of milk can provide between 322mg and 466mgs of potassium, depending on the nature of the milk (low-fat, skim or whole).

A2 milk, which is more tolerable to some people unable to drink other forms of cow's milk, contains up to as much as 510mgs of potassium in every cup.

Sweet potatoes are a powerhouse for nutrients and in addition to being a strong source of potassium also contains lots of Vitamin A.



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## Brain Tips for Older People

Older people have to keep learning too, but as the brain ages it can become more challenging to do so than when they were young.

However there are a number of tips that can help older people to keep learning.

One good tip is to avoid multitasking. Far from being a good way of keeping the brain active, it actually causes the brain to function in an inefficient manner because the load is being handled by many different parts.

The communication is not synchronized and is essentially overusing the brain, causing it to become fatigued, decreasing performance and slowing efficiency.

In order to accomplish more than one learning task, older people in particular should just do them one at a time, and minimize distractions by not looking at emails and turning off their phone.

Too many hours of brainwork can also result in the brain slowing down, as it is important to allow the brain downtime. Decreasing exposure allows the frontal lobes to more focused on important data and aware of what information needs to be learned and what can be ignored.



# How to Be a Host

If you are hosting any kind of family party, be it for a birthday, engagement or festive celebration, it can be a stressful responsibility.

However, there are some helpful tips to enable the event to go as smoothly as possible.

One good tip is to make sure there is good food at the party, and plenty of it. People expect to eat at a family party, so make sure there is enough to go around. If you are not much of a cook, you can always order in.

Music is also very important at parties, and can have a big impact on the mood of family members. It is also important to have music that is appropriate for the occasion, such as romantic songs for an engagement party or Christmas songs during the festive season.

Children are often forgotten at family parties, and can then cause trouble in order to try and get attention.

Make sure you have plenty of activities and games to entertain them and keep them occupied.



## A Treat for St Patrick's Day

By Rhonda and Gabriele

### Lemon Curd Tartlets

#### Ingredients

- 3 large eggs
- 1 cup sugar
- 1/2 cup lemon juice
- 1 tablespoon grated lemon zest
- 1/4 cup butter, cubed
- 1 package (1.9 ounces) frozen miniature phyllo tart shells, thawed
- Fresh raspberries, mint leaves *and/or* sweetened whipped cream, optional



#### Directions

1. In a small heavy saucepan over medium heat, whisk the eggs, sugar, lemon juice and zest until blended. Add butter; cook, whisking constantly, until mixture is thickened and coats the back of a metal spoon. Transfer to a small bowl; cool for 10 minutes. Cover and refrigerate until chilled.
2. Just before serving, spoon lemon curd into tart shells. Garnish with raspberries, mint *and/or* cream if desired. Refrigerate leftovers.

#### Nutrition Facts

1 tartlet (calculated without garnishes): 115 calories, 5g fat (2g saturated fat), 50mg cholesterol, 45mg sodium, 16g carbohydrate (14g sugars, 0 fiber), 2g protein. **Diabetic**

**Exchanges:** 1 starch, 1 fat.

Courtesy of Tasteofhome.com



## SAVE THE DATE

Some of you may be aware that Sara, our Office Administrator, has an Etsy shop called Cactus Valley Creations, where she sells quilts, hand sewn items such as aprons, pet items, children's clothing, household items, etc, and other crafty things that she makes.

She is going to have a booth to display and sell her creations at the upcoming "Sweet To The Soul" Spring 2020 West Valley Market to be held on March 28<sup>th</sup> at the Peoria Sports Complex.

There will be a wide variety of arts and crafts vendors from home décor to clothing to baked goods. The local media will be there as well as several food trucks with unique food items.

It promises to be a fun day and we hope you can join in. There is a \$5 charge for admission.

## Sweet to the Soul Spring 2020 West Valley Market

Mar 28, 9:00 AM – 4:00 PM

Peoria Sports Complex  
16101 N 83<sup>rd</sup> Ave

# FOOTPRINTS

GOOD NEWS AND INFORMATION FOR  
THE FRIENDS OF FIXING FEET INSTITUTE

Fixing Feet Institute  
14823 W. Bell Rd Ste 100  
Surprise, AZ 85374  
623-584-5556  
[www.fixingfeet.com](http://www.fixingfeet.com)

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

MARCH 2020

## Latest styles in Compression Wear

We have the best name brands of Compression Wear, in the latest styles, available in our office. Our products are available in a wide range of compression and sizes. If you feel you might need some Compression Wear, speak with your Podiatrist for a recommendation. We have a large stock available for immediate purchase. In the event we don't have the style or size you are looking for, we will order it for you. Stop by the office and see what we have to offer.



## March Dates to Remember

March 3<sup>rd</sup> – National “I want you to be Happy” Day

March 4<sup>th</sup> – Hug a GI day

March 6<sup>th</sup> – National Dentist’s Day

March 12<sup>th</sup> – National Good Samaritan Day

March 17<sup>th</sup> – St. Patrick’s Day

March 19<sup>th</sup> – National Let’s Laugh Day

March 21<sup>st</sup> – National Single Parents Day

March 28<sup>th</sup> – National Weed Appreciation Day

March 30<sup>th</sup> – National Doctor’s Day

March is also: National Kidney Month

<https://www.kidney.org/>

Multiple Sclerosis Awareness Month

<http://www.nationalmssociety.org/>

American Red Cross Month

<http://www.redcross.org/>

## Help us fill their bowls and feed some hungry Pets!

For the 4<sup>th</sup> year during the month of March and April we will be collecting pet food, and other pet items to help pet owners who are facing challenging times, be able to keep and take care of their pets.

The Empty Bowl Pet Food Pantry helps people who have been knocked off their feet because of a job or home loss, illness, or community disaster. They also help Veterans, domestic violence victims, and the Red Cross with pet food and pet items so their pets can stay with them and be taken care of.

We will have collection boxes placed in our reception area. If you would like to donate something other than pet food, you can see their complete wish list on their website at <http://www.emptybowlpetfoodpantry.org/inkind-donation-needs.html> or contact our office.

