



Best Options for Healthy Summer Footwear

Summer is the season of flip-flops and sandals, sneakers, and deck shoes, as well as clogs and strappy summer heels.

Not all of these shoe types and options are good for your feet, and they can lead to issues with foot and heel pain that can last well beyond the summer months.



This is a great time of the year to start buying your summer shoes. Having a good selection of both casual and summer shoes that are designed to support your feet while also keeping them cool in the hot summer months is always a great idea. To get started, let's take a look at the most common types of summer shoes for men and women, and why they are a good choice or should be avoided.

- Flip-flops – While popular, most flip-flops do not offer enough support for the foot. This is why when deciding to wear flip flops, you need to consider styles that provide support, like Telic or Vionics. Flip-flops may be a good option around the pool or the backyard, but they should not be your all day casual footwear or be used when walking for exercise.
- Sandals – For both men and women, walking or hiking sandals come in a variety of styles, options, and designs. They secure the foot in place on the sole, and the sandals can provide arch support or additional support around the heel area. Dressier sandals for both men and women can double for work casual wear as well as wearing in your free time. Look for well-made sandals that provide the level of support you require. Leather or other natural materials are a better option to allow the feet to breathe and to keep the feet cool.
- Dress shoes for men – Men's shoe styles for business or formal events in the summer can include stylish loafers, boat shoes, and Brogue Oxfords that are comfortable and lightweight, perfect for the summer season. Ideally, avoid going without socks in your shoes to prevent blisters. To get the look of bare feet in your shoes, invest in a few pairs of invisible socks for men.
- Dress shoes for women – Summer is the time for cool and comfortable shoes. Lower to moderate heels, flat shoes, and lower wedge heels can provide a stable footbed while also offering a dressy yet comfortable shoe option.

Try on any shoes before buying and shop at the end of the day when your feet are slightly larger than they are in the morning. This ensures a shoe that stays comfortable all day. If you have any questions or need suggestions, please let us know.

MAY 2020



Wonderful Mother

God made a wonderful mother,
A mother who never grows old;
He made her smile of sunshine,
He molded her heart of pure
gold;
In her eyes, he placed bright
shining stars,
In her cheeks fair roses you see;
God made a wonderful mother,
and he gave that dear mother to
me.

And Grandma's Too

While we honor all our mothers
with words of love and praise.
While we talk about their goodness
and their kind and loving ways.
We should also this of Grandma,
She's a mother too, you see....
For she mothered my dear mother
as my mother, mother's me

Thanks for filling their bowls

Even with all the events happening in our world now, our patients have still shown their generosity by making donations to the Empty Bowl Pet Food Pantry.

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.



If you would like to make a donation to this worthy organization, you can do so year round at <http://www.emptybowlpetfoodpantry.org>

Facts About Animals and Love

Love and reproduction can be as complex in the animal world as it is for human beings, and there are many fascinating scientific facts about animal courtship and copulation. Giraffes have fertility cycles just like humans, but giraffes will sip at another giraffe's urine to detect whether a female giraffe is in heat.

Slugs are hermaphrodites but unlike other species they do not self-fertilize. Instead slugs use partners for the symmetrical exchange of sperm.

The Laysan albatross could be described as a true romantic, as it is quite frequent for this species, which is found in Hawaii, to mate for life. However, because males are in short supply on the island of Oahu, females finding it difficult to incubate eggs and raise chicks on their own will cohabit with another partner, often female and sometimes for many years.

Male white bellbirds do not hide when they are feeling frisky - often screaming directly into the face of a female to make sure she gets the point. These calls are actually the loudest that have ever been recorded within the avian world, reaching as high as 115 decibels.

Healthy Nutrition Tips

Health and good nutrition go hand in hand, so taking notice of good nutrition tips is also a great way to improve your overall health and well being.



One good nutrition tip is to avoid drinking sugar calories. Calories in liquid sugar are not measured by the human brain in the same way as solid food, with the result being more calories.

Drinks that are full of sugar have been strongly linked to obesity and other health problems including heart disease and type 2 diabetes.

Many people are worried about caffeine intake, but the good news that so long as you do not drink to excess, coffee is actually good for human health.

Coffee and Tea are very high in antioxidants and can reduce risks of illnesses, improve brain function, and increase fat burning – especially green tea.

Avoiding dieting is another good tip. Diets are notorious for their ineffectiveness, particularly in the long-term and the adoption of a healthier lifestyle is the only true guarantee of weight loss.

Email Organization Tips

Many people find that their inbox in their email account is disastrously bogged down by the sheer number of emails, but the good news is it can be kept under control by using folders, rules and a number of other strategies.



The great majority of email systems, including Apple Mail, Gmail and Outlook, provide the ability to use rules to filter email messages.

This can be a big help to narrowing down a packed inbox, but even before this deleting messagee you are sure will never be needed again can be a big help.

The fewer the messages, the easier it will be to filter them all.

After filtering the emails will still need somewhere to go. Extra mailboxes - also referred to as folders - can help here. The number of folders is up to the individual's own preferences, though some will already have been set up by the email app you use.

Folders for different things such as receipts, bank statements and emails from friends and family members can all be created.

The help site of your email system can also assist to set up rules. There are a number of different options to help with filtering, including the date, subject or email address of the sender.

Thank You!!

The Doctors and staff at Fixing Feet Institute would like to thank our patients and our community for coming together through this difficult time.

We remain open as an essential service to help keep our patients healthy and out of the hospital.

We thank you for adapting and your patience with us as we navigate the continued changing atmosphere of our office and the guidelines we are following to serve you better.

Our office will remain open, with some adjusted business hours to better serve our community. As restrictions and continued changes occur, we will continue to adhere to strict protocols for your safety.

At any time you have any questions regarding the need to be seen for an appointment or concerns about coming into the office, feel free to give us a call.

We are continuing to strive, here at Fixing Feet Institute, to meet your needs and keep you healthy.

Again, thank you for your support and understanding, we wish health and happiness for all.

Stay Positive....

We would like to remind you, that though we may be restricted on where we can go and what we can do, please try to get outside, especially in the morning hours to get some sunshine and start to resume a normal routine. Let us allow this time to have been a learning experience about ourselves and to grow from it. Please remember to make your overall health a priority.

Some of the most important things I hope we all learned from this:

Sleep – we should all be trying to adhere to a regular sleep pattern daily and need at least 6 hours a day. Not getting enough sleep or poor quality of sleep affects your health, your mood and your immunity.

Diet – avoid sugars and limit your carbs, though not new advice, still worth enforcing. The food we eat fuels our mood, health and energy levels. We need to make steps to gradually improve the quality of food and type of food we eat on a daily basis.

Supplements - with all the changes in the world and to our land, we no longer get all of the needed supplements and minerals from our foods, no matter how great your diet. Most of the population is low in Vitamin D, though sunshine in the morning helps, most still need supplements. Vitamin C is also needed and important for your immune system.

Attitude and Mood – stop watching or at least limit the amount of time you are willing to watch the TV and especially the news. Make sure you continue to read, listen to music, enjoy talking with family and friends, even if on the phone or facetime, and maybe try a new hobby. Remember to take a few deep breaths throughout the day and wake up with a smile!

A Treat for Mother's Day

By Rhonda and Gabriele

Oatmeal Breakfast Cookies



Ingredients

- 2 ½ cups rolled oats
- 3 med bananas, mashed
- 4 oz unsweetened applesauce
- 5 Tbls chia seeds (optional)
- ¼ cup skim milk
- 1 egg
- 2 Tbls ground cinnamon
- 2 Tbls Agave Nectar (optional)
- 1 Tsp vanilla extract

Directions

- Preheat the oven to 350 degrees. Grease a baking sheet.
- Combine oats, bananas, applesauce, chia seeds, milk, egg cinnamon, agave and vanilla extract in a bowl. Let cookie dough sit for 15 minutes
- Scoop dough by teaspoons onto the prepared baking sheet.
- Bake in preheated oven until edges are set and golden, about 18 minute



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 2020

Summer Sandals and Flip Flops now in stock

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. Vionic delivers the support your feet need.



Telic is a revolutionary new product with unparalleled comfort. 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.



May Dates to Remember

- May 6th – National Nurses Day
- May 8th – Military Spouses Appreciation Day
- May 9th – National Dog Moms Day
- May 9th - Lost Sock Memorial Day
- May 10th – Mother’s Day
- May 15th – National Bike to Work Day
- May 28th – National Hamburger Day
- May is also: Muscular Dystrophy Awareness Month
<https://www.mda.org/>
- Lupus Awareness Month
<http://www.lupus.org/>

Special Thanks to Lynn Culpepper at Valley Vista High School and the Dysart School District for the supply of Surgical Mask ear guards for our staff, to make wearing their masks all day more comfortable.



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.