



## Getting Rid of Summer Foot Odor

August is often the hottest part of the year in most areas of the country.

However, it is also a time when some children are getting ready to go back to school, college students are heading off, and parents and adults are returning to work after the summer vacation.

Typically, most people do not have significant problems with foot odors when they are wearing summer shoes such as sandals, flip-flops, and even good quality athletic shoes with moisture-wicking socks.



This is not because the bacteria causing the odor is not present; rather, it is due to the open nature of the shoes which allows for drying and less odor buildup. In some cases, even with the open shoes, rubber, plastic, and nylon shoes can create foot odor problems that can become significant for some people.

To treat bromodosis, the medical term for bad smelling feet, try some of these at-home treatment options.

- Correct socks – Look for moisture-wicking socks. This helps to keep the moisture away from the skin and limits the conditions where bacteria can grow.
- Change your socks – If you are washing your feet daily and using the right types of shoes and socks and still have foot odor, try bringing a fresh pair of socks and changing throughout the day.
- Breathable shoes – Look for shoes that "breathe" and allow air to flow in and around the feet and toes. Avoid plastic shoes or man-made materials and switch to canvas, leather, or other natural types of materials.
- Remove dead skin from the feet – Regular removal of dead skin from the feet using a foot file or one of the specialty products on the market will help to eliminate the tissue where bacteria can thrive. Use a soft cloth to wipe between the toes and remove any dead skin in that area.
- Warm soaks – Warm, but not hot, foot baths can be helpful after a long day at work. Consider adding Epsom salts and a drop or two of lavender, tea tree, or peppermint essential oils that act as natural antibacterial oils. Allow to soak for 15 to 20 minutes, then dry completely, paying particular attention to between the toes and on the underside of the toes.
- Talk to our staff about Sterishoe Sanitizer – We don't wear clothes day after day without washing them, yet we wear our shoes day after day without cleaning the insides. If you have a foot odor problem, the last thing you want to do is put your feet into bacteria ridden shoes. The Sterishoe Sanitizer will clean your shoes while you sleep. Ask us for more information.

## AUGUST 2018

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



#### A Potent Prescription

A man went to the doctor and told her that he hadn't been feeling well lately.

The doctor performed a quick exam, then left the room and came back a few minutes later with three bottles of large colored pills.

"Take the green pill with a big glass of water when you wake up," the doctor said.

"Then take the blue pill with a big glass of water after you eat lunch. Just before you go to bed, take the red pill with another big glass of water."

"Geez, doc, that's a lot of medicine," the patient protested. "What's the matter with me?"

"You're not drinking enough water."

## Make Your Favorite Meals Healthier



Many people find food a difficult conundrum as their favorite meals often tend to be ones that not so healthy. The good news is that you can increase the nutritional and health value of some of your favorite foods by adding some extra special ingredients.

One good tip is to make use of baby spinach instead of lettuce. Baby spinach is packed with both Vitamin C and the antioxidant known as beta carotene, which also gives a boost to the body's immune system. Cooking with olive oil is another boost to the immune system and a great way to help the body fight off infection. Vitamin C is also to be found in high levels in capsicum.

Chicken is also good for the immune system, being very rich with Vitamin B that also causes the formation of healthy new red blood cells.

Prawns are a good source of zinc, which also helps the immune system, as well as vitamin B12, which can assist the body to metabolize energy. Just one serve of mushrooms will be enough to provide you with the recommended daily intake of vitamin D.

## Etiquette Tips

Social media can be a complicated place and it is easy for people to get in trouble or annoy people without meaning to. The good news is just following a simple tips about etiquette can ensure you will avoid making embarrassing mistakes while on social media sites.

One good tip is to only make use of hashtags when it is really appropriate to do so. The whole point of hashtags was to help find posts that are relevant to the hashtag, but overusing them has resulted in their usefulness being severely compromised.

Another good tip is to make sure to interact with other social media users. Social media interaction etiquette includes commenting on, liking and sharing content you think your followers will find interesting, and the more active you are the more you will be noticed, resulting in a natural increase in your social media presence.

Always avoid posts that are vague or too frequent, and refrain from endless complaining.

## Travelling With Teens

Family holidays with teenagers can be difficult but the challenge of ensuring the time is harmonious and fulfilling for everyone can be achieved by following a few basic tips.

Teenagers often dislike being separated from their peer group, so ways to deal with this could include allowing them to bring a friend along or ensuring that your phone/data plan is able to accommodate plenty of social media and texting so they do not feel completely isolated.

Providing teens with a degree of ownership over the holiday can also make them more enthusiastic.

Hand over the computer and guidebook and give them the responsibility of planning one or two days in your holiday, allowing them to be more invested in the adventure and more likely to be patient when visiting places they are not overly interested in.

It can also be a good idea to occasionally allow your teenager to leave your side and be free to explore on their own for a while, which can give everyone a breather and be very empowering for them.



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## Inspire Your Staff

Words can win and inspire the hearts and minds of employees, but language is not the only important aspect of inspirational leadership.

Emotional tone is every bit as important as the actual words themselves.

One important lesson on how to use both empathic and commanding language to inspire your staff is to ensure that you have stated your goal often and in as clear a manner as possible.

You should not be scared of sounding like you are repeating yourself, as the simple fact is that the more you make your point, the more that point will be remembered by those around you.

Tell stories rather than just making use of talking points, and use stories that appeal to the emotions that we all have.

Making use of good jargon is also a good way to inspire your team. Jargon often gets a bad rap but there is such a thing as good jargon, and colorful, direct and memorable examples can create a strong feeling of identity, unity and of being part of something genuinely special.



# Staff Adventures – Amber in Tanzania, Africa



Some of us dream of being able to travel the world. Others dream of being able to volunteer for a greater cause. This past June, I had the opportunity to do both. My name is Amber Olney and I am a part time employee at Fixing Feet institute, a full time student at Northern Arizona University, and a GIVE Ambassador. This past semester at school I went to a meeting for GIVE (Growth International Volunteer Excursions). The opportunity to travel and volunteer was presented to my best friend and me. We've always been spontaneous and craved adventure, so of course later that day we signed up for the trip.

After 28 hours of flying time, we arrived in Dar Es Salaam, Tanzania. I was shocked by the lack of heat and the intense humidity. We started meeting other members that we would be with for the next few weeks. The organization has several groups that rotate through the summer. We had a large group of 31. We were like one happy family that always encouraged one another. I was surrounded by 30 amazing people that I could call my best friends. Even though we came from all different backgrounds, we shared a common goal uniting us. Simply, we wanted to help others.



I spent the majority of the time in Zanzibar, an island off the coast of Tanzania. In Zanzibar, I helped construct more of a school known as "Skuli Ya Kairo GIVE". I also taught beginner literacy in English to a group of local men, who spoke Swahili. Most of my students were part of a tribe known as Maasai. These young adults were some of the most inspiring characters I have ever met. Their dedication and eagerness towards learning was admirable. Although there was a language barrier, the human connections were undeniable. We shared laughs, played learning games, and sang songs in Swahili. I dreaded the day that I had to say goodbye to my students, but of course all good things come to an end. We hugged goodbye and shed some tears. It amazed me how genuine these friendships were for such a short time of knowing each other.

The Maasai men surprised us with a performance dance to thank the volunteers for all we had done for them. After, we were informed that the dance is done in ritual for lion hunts. However, they no longer hunt lions due to the animal being a protected species in parts of Africa. They were so excited to share their culture and shed a light on their lifestyles, while learning and picking up on the cultures from the volunteers. We were also thanked by the local women who were students, which offered fresh baked goods, henna tattoos, and hair braiding. This was the purest "melting pot" experience.

After being on the Island of Zanzibar we traveled back to the mainland of Tanzania, where we then took a 10 hour bus ride to Arusha, Tanzania. In Arusha, we worked alongside a women's co-op that relied on chicken farming for supporting their families. We helped build new chicken coops that would be reliable for several generations to come. This co-op empowers women and gives them an opportunity to provide more money towards an education and better life.

While in Africa we were treated to a few different days of relaxation. We went swimming with wild dolphins in the Indian ocean, sailing off the coast of Ungunja, and a two day Safari in Lake Manyara and Tarangire National Parks. All of the proceeds went to either locals or funds for the conservation and preservation of the animals/parks through another organization called Green Paw Adventures. Even though we were having a great time on our days off of work, we were still giving back to the community in some aspect.

Before I left, I heard "this will be an opportunity of a life time", "you can't pass this up", and several other things along those lines. I learned that everyone who told me so, was very much right. I discovered a passion for volunteering and interacting with cultures different to my own, which helped me grow tremendously as an individual. I learned a phrase in Swahili "tupo pamoja" translating to "we are together" and that's what we are. We are all human and so similar no matter where we come from. I encourage others to travel even if it is scary, and don't say tomorrow, because if not now, when? Mankind is one kind, tupo pamoja.





# 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

AUGUST 2018

## Mark your Calendar for our 1<sup>st</sup> Annual Foot Health Fair

Be sure to set aside some time on Saturday, September 8<sup>th</sup> from 11am to 3pm, to stop by our office and attend our Free Foot Health Fair. We will have several vendors who offer foot care services and products, such as Vionic Shoes, Encompass Home Health Care, Dr Comfort Diabetic Shoes and Compression Stockings, and more. We will also be offering Free Circulation Screening, Free Fall Prevention demonstrations, Free product samples and give-aways, as well as a raffle and FREE FOOD!

Please let us know if you plan on attending, and how many people you will be bringing with you, so we can make sure to have enough food!! Phone – 623-584-5556 E-mail – [fixingfeetinstitute@gmail.com](mailto:fixingfeetinstitute@gmail.com) Fax 623-584-0755

## August Dates to Remember

August 4<sup>th</sup> – National Chocolate Chip Cookie Day

August 5<sup>th</sup> – Sister's Day

August 6<sup>th</sup> – Wiggle Your Toes Day

August 10<sup>th</sup> – Lazy Day

August 11<sup>th</sup> – Son and Daughter Day

August 16<sup>th</sup> – National Tell A Joke Day

August 18<sup>th</sup> – National Honey Bee Awareness Day

August 21<sup>st</sup> – Senior Citizen's Day

August 22<sup>nd</sup> – National Tooth Fairy Day

August 26<sup>th</sup> – National Dog Day

August is also: Cataract Awareness Month

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

Psoriasis Awareness Month

<https://www.psoriasis.org/home/>

## Help us Help Homeless Children

The Children First Leadership Academy inspires students to solvers and active citizens. The school serves the whole child by providing transportation, Food, Clothing & Medical Care.



100% of the students and their families are at or below the poverty line and a vast majority of students are Homeless. There are approximately 300 students Grade K-8 that need your help.

During the months of August and September we will be collecting items for the students, ranging from Food, Clothing, Healthcare and Hygiene items and of course, school supplies. We will have collection bins located conveniently in our reception area.

To obtain a list of their current needs, please contact our office or go to their website at <http://cfaphoenix.org/donate/current-needs-list/>

Please consider making a donation – It will make a difference to child in need.