



Basic Foot First Aid

The summer seems to be the time for bites, scrapes, cuts, and skin conditions of the feet.

This is often made much more likely by the choice of footwear as we trade more protective shoes and sneakers for flip flops and sandals.

To address emergency issues with the feet before you can get to see your podiatrist or doctor, use the following treatment options.



Remember, if there is significant swelling, pain, or bleeding, get the person to a hospital immediately or call a podiatrist and ask for an emergency appointment.

- Insect bites – Itching and swelling of the feet caused by any type of insect bites can be more of an irritation than a true injury. However, if the person has an allergic reaction, these small bites can become painful and, if scratched, can lead to a risk of secondary bacterial infections. Treat with an anti-itch medication or a gel formulation of Benadryl or similar allergy medication.
- Cuts or open sores – Cuts or blisters that have opened should be immediately cleaned with warm water and antibacterial soap. Dry gently by patting the surrounding area and then treat with an antiseptic such as Betadine. Cover with gauze and a bandage to keep the gauze in place.
- Infections – Swelling around a cut, bite, or any type of lesion on the foot can indicate an infection under the surface. Soak the foot in warm water with Epsom salts or regular table salt at a ratio of two tablespoons of salt to one gallon of warm water at least three times a day. Cover with gauze and avoid pressure on the area. Any signs of red streaks or increasing of the swelling or discharge should be immediately checked by a doctor as it can indicate the presence of a very serious infection.
- Bruising – Bruising on the foot because of an injury should be carefully monitored. Small bones in the foot can be easily broken and should be examined by a doctor. Use ice to help to reduce the swelling and keep the foot elevated. Wrapping the foot with a compression bandage will be important, particularly if the ankle is injured. These types of issues should be checked by your doctor or podiatrist as soon as possible.

September 2016

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



Hypothetical Disaster

Two truck drivers, Jim and John, were being interviewed for a job with a big trucking firm.

The hiring manager asked Jim a hypothetical question:

“You’re in the mountains hauling a load of explosives, and the brakes fail.

As you go speeding down the mountain, out of control, you see a train crossing the tracks ahead of you, and a bus stopped in front of it, right in your path. What would you do?”

Jim replied without hesitation, “I’d wake John up.”

Puzzled, the interviewer asked, “What for?”

“Because he’s never seen a wreck like the one we’re going to have.”

Smart Work Tech Tips

Non-profit work can be very rewarding but also busy to the point of becoming almost chaotic on some occasions.

It can be difficult to keep track of everything that needs to be done, how much time can be spent on individual tasks and who needs to be met with. The good news is there are ways to get a bit more organized without having to spend a lot of time and money to do so.

There are a number of online tools that can assist you to keep track, most of which can be used on personal computers and mobile devices and which offer the opportunity to collaborate or communicate with others. Examples of these tools include the likes of Any.do, Wunderlist and Todoist.

Some more excellent tools include Timely, Toggl and TrackingTime, which are time tracking tools that allow you to work out the time spent on particular projects across weeks, months or even years, which can in turn help you to determine how to better budget for next year, scope a project or refocus your time.

Straightforward Inspiration Tips

Feeling uninspired, bored and listless is something that happens to everyone at one time or another, but the key is to find a way to shake yourself out of it before it becomes a permanent mindset. Fortunately there are many straightforward ways of getting inspired and bringing some excitement back into your life.

One good tip is to do the opposite of what you feel like doing. Those days when you seem to have little energy and would prefer to just crash on the couch all day would actually be better spent getting out and about. It can be particularly good under these circumstances to do something you might have never done before, just to really shake things up.

Loosening up is another good way to get out of a funk. There is frequently a physical aspect to feeling detached and uninspired so a good method of acquiring a better mental state is to go running, or walking, or dancing or even yoga. Anything that helps your body to become more flexible is likely to have a similar impact on your mind.

Nutrition Tips For Office Workers

Trying to stay healthy can be stressful all on its own, especially for people who have to spend many hours of the day sitting at a desk.

The good news is that even office workers can still stay healthy just by following a number of simple tips.

One good tip is to avoid over-thinking when it comes to your dietary habit.

Just stick to the rule of eating foods that are green and clean and you should be just fine. It is also important to not rule out certain foods entirely.

Even “bad” foods are acceptable if consumed in moderation and being inclusive is important.

Variety is, after all, the spice of life - just try to not to eat too much of the likes of white bread, pastries and sugary snacks. It is also crucial to ensure that the food you eat is properly digested.

When you eat, make you are sitting down (somewhere other than at your desk, preferably) and make sure you take the time to properly chew and genuinely enjoy your food.



Attracting and Managing Volunteers

Volunteers are the life-blood of many organizations, which makes it all the more important to be able to attract new volunteers and successfully manage them when you do.

In order to turn the interested into actual volunteers you need to move fast when people express an interest and make you sure that you have provided all the relevant information.

It is also important for you to understand what the volunteer is hoping to get out of the experience.

It is crucial to ensure that the volunteers you do have are given an adequate level of support from management.

Volunteers should be assisted to gain the confidence and find the knowledge they need in order to successfully fulfill their role.

You should also be prepared to recognize the contributions that have been made by your volunteers, such as the hours that they have given to your organization, the qualifications they have gained and outstanding achievements they have made.



Dealing With Children Who Have Learning Disabilities

Raising a child with a learning disability can be difficult but the good news is that such things are not insurmountable.



Parents need to remind themselves that challenges are faced by everyone and it is your job to teach the child to cope with such obstacles without feeling overwhelmed or discouraged.

The most important thing you can do, away from all the paperwork, bureaucracy and tests is to give your child the moral and emotional support they will need.

Parents can try to teach their children different forms of learning and seek out specific treatment programs, but parents need to be involved in their child's development for any such treatment program to stand a real chance of working.

Playing an active role in the child's education actually helps them to be focused and learn more. It is also crucial to ensure parents remain in continual communication with their child's school so that they can defend their right to a proper education and be vocal about their requirements.

Selling a Home With Kids

If you are intending to move home, trying to sell your current home can be particularly difficult while you are still living there, particularly if you have children.



With or without kids your aim is to prepare your home to look its best in the hope of attracting a buyer and while cutting down on the amount of clutter in your home is standard for everyone trying to sell, the presence of children in the home offers an extra set of challenges.

Toys tend to be the biggest issue.

When you are trying to sell your home, it is a good idea to get your children to pick out some of their favorites and then put the rest into storage.

This includes not just your child's bedroom and the main home but also the backyard and the garage too.

Put video game consoles away and try to make rooms appear as spacious as possible. It can also be a good idea to get children into the habit of making the bed every day and putting their remaining toys away in unobtrusive places every night.



Join Us in Welcoming Marie to our staff

Marie joined Fixing Feet Institute in June of 2016. Marie is our Patient Care Coordinator and is the smiling face that will greet you when you walk in the door. Marie checks in patients and assures that we have correct information, as well as preparing charts for new Patients. She also checks patients out making sure they receive follow up appointments as needed. In addition, she answers phones and generally helps out wherever she is needed.

This is Marie's first experience in the Medical Field. She comes to our office with an accounting background as well as extensive experience in Customer Service, which is what makes her a huge asset to our office.

Marie has been married to her husband, Matt for 11 years. They enjoy cooking together and spending time with extended family on the weekends. Marie also enjoys hiking and crafts, and is always willing to try something new when the opportunity arises.

"I believe that kindness and understanding are traits that should be practiced every day. With this belief, I will always do my best to help with anything you may need. I want all of our patients to feel welcome when they arrive and happy when they leave." - Marie



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

SEPTEMBER 2016

Bad Social Media Tips to Avoid

Everyone seems to have advice to give about something these days, but not all tips are created equal. When it comes to social media, there are a number of tips that just do not make sense and should be avoided. One bad tip to avoid is the idea that you need to have accounts on every social media site going. This is not only not the case, but can actually be seriously counter-productive; by trying to do everything you are likely to end up not handling any of your accounts to their fullest potential and spread yourself so thin that none of them attracts any real attention or success.

While frequent posting is important to keep your audience engaged, there is also such a thing as too much. A never-ending stream of posts can become a real problem, particularly if they lack real focus. It is also important to keep track of the posts that get the most attention and appreciation from your customers.

September Dates to Remember

September 5th – Labor Day
September 9th – Teddy Bear Day
September 11th – Grandparent's Day
September 13th – Positive Thinking Day
September 16th – Working Parent's Day
September 15th – Relaxation Day
September 19th – Talk Like a Pirate Day
September 21st – World Gratitude Day
September 22nd – Autumn Begins
September 28th – Good Neighbor Day
September is also: Leukemia & Lymphoma Awareness
<http://www.lls.org/>
Prostate Cancer Month
<https://zerocancer.org/>

Help Us Support the Leukemia & Lymphoma Society

We have made a commitment to support The Leukemia & Lymphoma Society's (LLS) Light The Night Walk.

Light The Night Walk is LLS's annual walk and fundraising event and the nation's night to pay tribute and bring hope to people battling cancer.

As you may know, Sara, our Financial Director is a Leukemia Survivor. Sara was one of the lucky ones and she went in to remission quickly following her treatment, and has remained in remission for over 14 years now. She has been giving back to the Leukemia and Lymphoma Society ever since by participating in this walk each year and by being a patient advocate, to help newly diagnosed patients to give them hope. We at Fixing Feet Institute are forming a fundraising team again this year to help Sara in her effort to give back.

For more info contact our office, or to donate online, visit
<http://pages.lightthenight.org/az/Phoenix16/FixingFeetInstitute>

