

Superior Foot & Ankle Care Center



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Happy holidays from Superior Foot and Ankle Care Center!



You may see some new faces around the office this month. Laura, our amazing medical assistant/X-ray technician, is moving back to Florida to be closer to family. We are going to miss her!

Nancy, our new medical assistant, joined our team last month and is excited to get to know all of our patients. Tyler, a senior at McBride high school in Long Beach, is our new intern who is interested in pursuing a career in healthcare.

We are excited to announce our "End of Year Specials" including discounted rates on our medical grade over the counter shoe inserts, Extreme Rx CBD muscle rub/insert combo, antifungal kits (antifungal nail medication, shoe spray and athletes foot cream), and Dr. Remedy's nail polish. Stop by the office before the end of the year to take advantage of these specials!

In this month's newsletter, we're exploring foot health tips, seasonal care advice, and exciting updates. 'Tis the season for happy feet! Wishing you all the best this holiday season!

Sincerely,
Dr. Ornelas & Dr. Foley

SOCKTOBER Drive Success!



Gratitude in every step! A heartfelt thank you to all of our amazing patients who generously donated warm socks for our SOCKTOBER drive. With your help, we collected over 1,000 pairs of socks for the Long Beach Rescue Mission! Your generosity is keeping spirits high and toes even warmer. Thank you for making a difference, one sock at a time!

Holiday Gifts to Treat Your Feet



We're betting during this busy holiday season that if you took a closer look at your "naughty and nice list," you'd find that your feet are near the top of the nice side - although they often get overlooked, especially at this time of the year.

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5 Winter Foot Care Tips



Baby, whether it's cold outside or not where you live, some changes occur over the winter months that may require corresponding changes in your podiatric care regimen to keep your feet in tip-top condition.

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Recipe of the Month Broccoli Veggie Pasta Primavera

Chock-full of veggies, this simple, colorful pasta makes a filling dinner. In smaller servings, it works well as a side dish.



Ingredients:

- 8 ounces uncooked linguine
- 1 cup thinly sliced fresh broccoli
- 1 medium carrot, thinly sliced
- 1/2 cup sliced green onions
- 1/4 cup butter, cubed
- 1-1/2 cups sliced fresh mushrooms
- 1 garlic clove, minced
- 1 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 6 ounces fresh or frozen snow peas (about 2 cups), thawed
- 1/4 cup dry white wine or chicken broth
- 1/4 cup shredded Parmesan cheese

Instructions:

- Cook linguine according to package directions.
- Meanwhile, in a large skillet, cook the broccoli, carrots, and onions in butter for 3 minutes.
- Add the mushrooms, garlic, basil, salt, and pepper; continue to cook for 1 minute.
- Add snow peas and wine.
- Cover and cook for 2 minutes or until peas are crisp-tender.
- Drain linguine; add to skillet and toss to coat.
- Sprinkle with cheese

Recipe courtesy of tasteofhome.com

December Special Days Mark Your Calendars!

December 1 World Aids Awareness Day	December 13 Ice Cream Day
December 3 Advent Begins	December 21 Winter Solstice
December 6 St. Nicholas Day	December 25 Christmas Day
December 7 Pearl Harbor, Hanukkah Begins	December 26 Kwanzaa
December 9 National Pastry Day	December 31 New Year's Eve

Trivia

Which famous civil rights activist was arrested on December 1, 1955?

- A. Bayard Rustin
- B. John Lewis
- C. Martin Luther King Jr
- D. Rosa Parks

Answer: D

Joke

What did the snowman have for breakfast?

Answer: Frosted Flakes

December Interesting Facts

- December 7, 1941, the U.S. Naval base at Pearl Harbor, Hawaii, was attacked by nearly 200 Japanese aircraft in a raid that lasted just over one hour and left about 3,000 Americans dead.
- On December 10, 1896, the Nobel Prize's namesake, Alfred Nobel, died. In Nobel's will, he declared that his accumulated wealth be used to give awards to members of society who show great achievement in advancing humanity. Some of the most famous Nobel Prize recipients include Albert Einstein, Marie Curie, and Martin Luther King Jr.
- On December 15, 1791, James Madison, a future president, created the Bill of Rights, signed by 39 delegates at the Pennsylvania State House. It contained the first ten amendments of our Constitution, intended to protect individual liberties such as free speech and the right to bear arms.
- December 17, 1903, after three years of experimentation, Orville and Wilbur Wright achieved the first powered, controlled airplane flights. They made four flights near Kitty Hawk, North Carolina, the longest lasting about a minute.
- December 21st marks the beginning of winter in the Northern Hemisphere, and December 22nd is the beginning of summer in the Southern Hemisphere.

Meet Our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

[Request An Appointment](#)

Our Office

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Mon: 8:30am – 5:30pm
Tue: 8:30am – 5:30pm
Wed: 8:30am – 5:30pm
Thurs: 8:30am – 5:30pm
Fri: 8:30am – 12:30pm

* Closed for lunch
12:30pm – 1:30pm

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