

Superior Foot & Ankle Care Center



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Wishing The Best For 2024



It feels like time is flying by. In December, Dr. Foley, Tom, Dr. Ornelas, Gerardo, Amelia, and Gavin went to the LABowl to watch UCLA play Boise St at SoFi stadium. It was the first time any of us watched a football game there. The stadium lives up to all of the hype. It was an amazing day! The kids had their photo taken with Josephine Bruin, Dr. Foley lifted Amelia up to get on the huge Infinity Screen, and we all cheered the Bruins to victory!

Now that 2024 has begun we have installed a state of the art digital x-ray. The images are improved and it will be more ergonomic for Anita and the patients.

We are excited to announce our orthotic promotion. **If you have had orthotics dispensed in 2023 by us, you can get a second pair for \$300 in 2024.** We know that it is nice to have two pairs of orthotics. Most of our patients like to keep one pair in their athletic shoes and have another pair in their work shoes.

It is heart health month so we want everyone to stay healthy and active. Wishing you the best in 2024.

Sincerely,

Dr. Foley and Dr. Ornelas

Heart Health is Foot Health!



February marks the start of American Heart Month, and while it might seem like a stretch to say so, that means it's also time to start thinking about your podiatric health! From chronic conditions such as peripheral arterial disease to ailments like Raynaud's, circulatory conditions take a severe toll on the lower extremities. Your heart and feet are as far apart as any two parts of your body can be, which means that your heart must pump harder to get blood where it needs to go.

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3 Wellness Options to Treat Your Feet



Wellness is on everybody's mind lately, and that's a good thing. However, the trending topics tend to center around more visible, face-forward aspects of health. We hear plenty about therapies aimed at healing skin or rectifying sleep, yet one pair of hard-working heroes is often excluded from the conversation: Your feet! This dynamic duo is just as deserving of your tender, loving care, so don't neglect them.

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Recipe of the Month One-Pot Enchilada Pasta

This cozy dish is ready in 30 minutes and is full of healthy ingredients. It has everything a busy weeknight meal calls for.



Ingredients:

- 4 cups uncooked mini penne or other small pasta
- 4 cups vegetable broth or water
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 medium sweet yellow pepper, chopped
- 1 medium sweet red pepper, chopped
- 1 cup fresh or frozen corn, thawed
- 1 can (10 ounces) enchilada sauce
- 2 tablespoons taco seasoning
- 1/2 cup shredded cheddar cheese
- Optional: Fresh cilantro leaves, cherry tomatoes, and lime wedges

Instructions:

- In a Dutch oven or large skillet, combine the first 9 ingredients.
- Bring to a boil; reduce heat. Simmer, uncovered, until pasta is al dente and sauce has thickened slightly, 12-15 minutes.
- Add cheese; stir until melted. Serve with optional toppings as desired.

Recipe courtesy of www.tasteofhome.com



Interesting Dates in February

February 2

Groundhog Day

February 9

National Pizza Day

February 10

Chinese New Year

February 11

Superbowl Sunday

February 14

Valentine's Day

February 14

Ash Wednesday

February 17

Random Acts of Kindness Day

February 19

President's Day

February 27

Polar Bear Day

February 29

Leap Year

Trivia: True or False

The first leap year was introduced in 46 BCE by Julius Caesar of Rome.

Answer: True

Joke

What is Cupid's favorite band?

Answer: Kiss

History Footnotes for February

- President Gerald Ford officially recognized Black History Month in February 1976, calling upon the public to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."
- February 1, 1960, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store in Greensboro, NC. They were refused service but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the arrest of over 1,600 people.
- The first official Groundhog Day celebration took place on February 2, 1887, in Punxsutawney, PA.
- February 8, 1910, the Boy Scouts of America was founded by William Boyce in Washington, D.C.
- An assassination attempt on newly elected U.S. President [Franklin D. Roosevelt](#) occurred in Miami, Florida, on February 15, 1933. A spectator deflected the gunman's aim. As a result, Chicago Mayor Anton Cermak was shot and killed instead. The gunman, an Italian immigrant, was captured and later sentenced to death.
- Former Black Muslim leader Malcolm X was shot and killed while delivering a speech in a ballroom in New York City on February 21, 1965.

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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