

Superior Foot & Ankle Care Center



In This Issue...

- October Greetings from Dr. Ornelas & Dr. Foley
- Celebrate Socktober!
- Foot Care 101
- Help for Heel Pain
- Recipe of the Month: Apple Cinnamon Bread

Happy October!



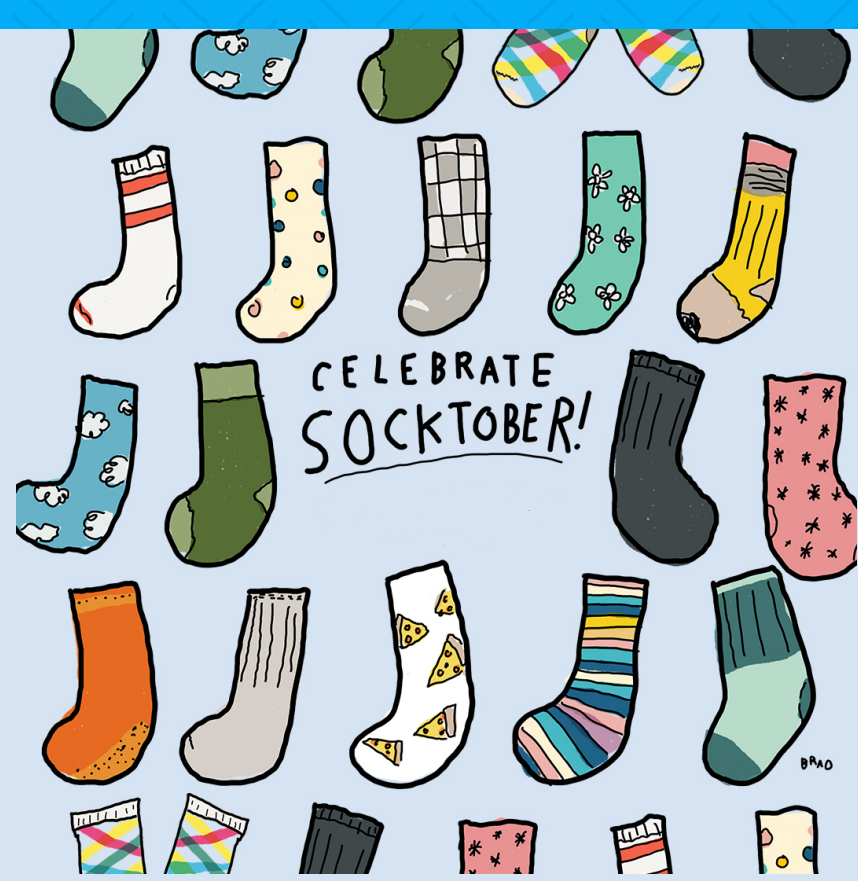
Dr. Foley spent a long weekend enjoying some quality family time with her mom and uncle along the coast of Oregon. Check out the picture of her and her new friend Skunk riding along the beach!

Dr. Ornelas and her family were able to enjoy a day at Disneyland before school kicked back into gear. Gavin and Amelia are now tall enough to get on all the rides! The Star Wars Rise of the Resistance and Mickey's Runaway Railway were our favorite attractions!

Come check out our Halloween decorations this month and don't forget to bring a pair of NEW socks for our donation to the Long Beach Rescue Mission for SOCKTOBER!

We're here for all of your podiatric needs. Stay well and remember to put your best foot forward!

Sincerely,
Dr. Ornelas & Dr. Foley



Each night in the United States, an estimated 600,000 people live on the streets. This October, we want to show that even a small act of love, such as donating a pair of socks, can make a big difference in the lives of our neighbors who are homeless. Our office is joining the "Socktober" movement and hosting a sock drive to benefit the Long Beach Rescue Mission in downtown Long Beach. Please bring a new pair of men, women or children's socks to your next appointment. We have a bin in the waiting room for the donation. At the end of the month, we will be delivering our collected socks to the **Long Beach Rescue Mission**. Socks may seem small, but their impact is huge! Share the warmth this #Socktober!

Foot Care 101



In October, we celebrate International Podiatry Day. Your feet are amazing structures! They consist of 52 bones-- nearly a quarter of all the bones in your body, 60 joints, and over 200 muscles, ligaments, and tendons. Most people walk 2.5 to 5 miles daily and over 100,000 miles in a lifetime. Often, however, feet are overlooked when it comes to care. Foot care isn't difficult; sometimes, the best podiatric care doesn't even start with your feet...

[Click Here to Read More](#)

Help for Heel Pain



One of the most common complaints heard in podiatrists' offices is, "My heel hurts." Heel pain can have several different causes:

- Sports or overuse injury
- Trauma due to a fall or accident
- Disease or other medical condition
- Obesity

[Click Here to Read More](#)



Recipe of the Month Apple Cinnamon Bread

Anyone who tries this apple cinnamon bread will be thrilled. It has a hearty texture and sweet, home-baked flavor, but none of the fat and calories.



Ingredients:

- 3 cups all-purpose flour
- 1-1/2 cups sugar
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- Two large eggs, room temperature
- 1/2 cup unsweetened applesauce
- 1/3 cup canola oil
- One teaspoon of vanilla extract
- 3 cups chopped peeled tart apples

Topping:

- 1/2 cup all-purpose flour
- 1/2 cup sugar
- Two tablespoons chopped walnuts
- 1/3 cup cold butter

Instructions:

- Preheat oven to 350°. In a large bowl, combine the first six ingredients. In another bowl, whisk eggs, applesauce, oil, and vanilla. Stir into dry ingredients just until moistened. Fold in apples. Transfer to 2 greased 8x4-in loaf pans.
- For the topping, combine flour, sugar, and walnuts; cut into butter until crumbly. Sprinkle over batter.
- Bake until a toothpick inserted in the center comes out clean, 45-55 minutes. Cool for 10 minutes before removing from pans to wire racks.

Recipe courtesy of www.tasteofhome.com

October Special Days Mark Your Calendar!

- October 9**
Columbus Day and Indigenous Peoples' Day
- October 21**
National Apple Day
- October 26**
National Pumpkin Day
- October 28**
National First Responders Day
- October 29**
National Cat Day
- October 31**
Halloween

Trivia: True or False

A pumpkin is a vegetable.

Answer:
False. A pumpkin is a fruit.

Joke

What was Humpty Dumpty's favorite month?

Answer:
October because he had a great fall.

October Fun Facts

- October is Breast Cancer Awareness Month, an annual campaign to raise awareness of this complex disease and fund research into its causes, treatment, and cure. Since 1985, individuals, businesses, and communities have come together every October to show their support for the many people affected by breast cancer.
- October is the best harvesting month for many crops, including apples, carrots, corn, grapes, onions, potatoes, squash, and pumpkins.
- The World Series of Major League Baseball always starts in October. The first World Series occurred on October 1st, 1903, with the Boston Americans, also known as the Boston Red Sox, winning it all.
- October is the spookiest month of the year and is a lead-up to the granddaddy of spooky days, All Hallows Eve, aka Halloween, on October 31st.
- The Great Chicago Fire occurred on October 8th, 1871, destroying the city and leaving 100,000 people homeless.
- In October 1886, France gifted the US with the iconic Statue of Liberty.

Meet Our Doctors



Dr. Victoria M. Foley



Dr. Constance Ornelas

[Request An Appointment](#)

Our Office

Superior Foot & Ankle Care Center
3747 Worsham Avenue,
Suite #201
Long Beach, CA 90808

Phone: 562.420.9800
www.SuperiorFootCare.com

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

Need More info?

[CONTACT US](#) →



Superior Foot & Ankle Care Center
Victoria M. Foley, DPM, FACFAS | Constance J. Ornelas, DPM, AACFAS



Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.