

Superior Foot & Ankle Care Center



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Welcome to our Spring Newsletter!



As the flowers bloom and the days grow longer, it's time to shake off the winter blues and step into a season of renewal and rejuvenation. In this edition, we'll share tips for keeping your feet healthy during this vibrant season. Whether you're gearing up for outdoor adventures or simply enjoying the beauty of nature, we're here to ensure your feet are ready to spring into action.

Dr. Foley was able to hit the slopes for some skiing in Colorado recently. The breathtaking mountain views and powdery slopes never disappoint!

Dr. Ornelas and her family spent Spring Break in Washington DC and NYC. The kids were excited to tour the White House and go up to the top of the Washington Monument. We made sure to pack our running shoes as the trip was filled with lots of walking and touring the sites!

This month's featured product is the Extreme Rx CBD muscle rub. Our patients LOVE this product as it helps with all muscle aches and pains from plantar fasciitis to peripheral neuropathy. Stop by the office to purchase this product before the price increases in May!

Hope you enjoy the newsletter!

Dr. Ornelas & Dr. Foley

Step Into National Foot Health Awareness Month!



As winter recedes into our collective rearview and the seasons start to shift, National Foot Health Awareness Month begins in earnest! April marks the perfect time to shed those winter boots, get out into the open air, and show your feet some love.

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Hitting the Trails with Happy Feet: 6 Tips for Outdoor Adventures



Whether you're lacing up your boots for a challenging hike, taking a leisurely bike ride, or enjoying a refreshing swim at the beach, your feet are going to be an integral part of any outdoor activity.

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Recipe of the Month

Strawberry Spinach Salad with Avocado & Walnuts

Serve this summery strawberry spinach salad alongside soup or a half sandwich. Top with grilled chicken or roasted salmon for a complete and easy, healthy meal.



Ingredients:

- 3 cups of baby spinach
- 1 tablespoon finely chopped red onion
- 1/2 cup of sliced strawberries
- 2 tablespoons vinaigrette, such as Annie's Light Raspberry Vinaigrette
- 1/4 medium avocado, diced
- 2 tablespoons of toasted walnut pieces

Instructions:

- Combine spinach, onion, and strawberries in a medium bowl.
- Drizzle with vinaigrette; toss to coat.
- Top with avocado and walnuts.

Recipe courtesy of www.eatingwell.com

Interesting Dates in April:

- April 1**
April Fool's Day
- April 2**
Autism Awareness Day
- April 7**
World Health Day
- April 10**
Golfer's Day
- April 11**
Pet Day

- April 12**
Grilled Cheese Sandwich Day
- April 15**
National ASL Day
- April 22**
Earth Day
- April 23**
Passover
- April 26**
Pretzel Day

Trivia:

What animal is most associated with the month of April?

- A. Cat
- B. Rabbit
- C. Mouse
- D. Chinchilla

*Answer: B.
The rabbit is often associated with the month of April. It symbolizes fertility and abundance, especially during springtime when nature is full of new life.*

Joke

Why won't eggs play April Fool's pranks?

Answer: They might crack each other up.

Historical Facts for April

- On the night of April 14, 1912, four days into its journey from Southampton, England, to New York City, the Titanic collided with an iceberg off the coast of Newfoundland. In the early hours of April 15, 1912, the 882.5-foot-long ship broke apart and sank to the bottom of the ocean, taking with it the lives of more than 1,500 passengers and crew.
- For all the car enthusiasts out there, Ford unveiled its first Mustang on April 17, 1964, which cost \$2,368.
- The first battle of the Revolutionary War, Lexington and Concord, broke out on April 19, 1775.
- The explosion of the Chernobyl nuclear plant in Ukraine occurred on April 26, 1986, which forced everyone within a 300-mile radius to be evacuated.
- Our first President, George Washington, was inaugurated on April 30, 1789, on the balcony of Federal Hall in New York City, New York. The inauguration was held nearly two months after the beginning of his four-year term as president.

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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