

Superior Foot & Ankle Care Center



In This Issue...

- Summer is here!
- Summer Vacation Tips for Your Feet
- Focus on Lawn Mower Safety
- BURRATA CAPRESE - Recipe of the Month

Summer is here!

Time to enjoy the longer days, get outside, go to the beach, catch a concert in the park or enjoy any of your other favorite summer activities. We love hearing what all of our patients are up to!



Dr. Ornelas was able to get away with her family and enjoy Spring Break in Hawaii. The highlight of the trip was seeing a perfect double rainbow on a coastal hike. The kids loved the beach, and Gavin even caught his first wave during a surf lesson!



Dr. Foley and her husband enjoyed a relaxing weekend in Catalina to celebrate their wedding anniversary. Here's a picture of them stopping for the famous cookie at the Catalina airport while they were on a Catalina Conservancy Eco Tour.

Hope everyone and their families are doing well. We are looking forward to seeing everyone this summer. We are here for all of your podiatric needs!

Sincerely,

Dr. Ornelas & Dr. Foley

Summer Vacation Tips for Your Feet



It's almost time for summer vacation! Wherever your travel plans take you this season, give your feet a break by following the suggestions below for a fun and healthy trip.

[Click Here to Read More](#)

Focus on Lawn Mower Safety



How not to injure feet while mowing the lawn with a power mower may seem obvious. Mower blades can whirl at a rate of 3,000 rotations a minute, and the damage they can do in a split second is devastating. Yet, statistics show that 86,000 adults and 4,500 children need emergency medical care for injuries sustained from this common summer task.

[Click Here to Read More](#)



Recipe of the Month BURRATA CAPRESE

This juicy tomato and creamy burrata cheese salad is filled with summer's best produce! Enjoy as an appetizer, side dish, or light main meal.



Ingredients:

- 1¼ pounds heirloom tomatoes
- 8 oz burrata cheese
- 2 tablespoons olive oil
- 2 tablespoons aged balsamic vinegar (or balsamic glaze)
- 1 handful of fresh basil and dill
- Sea salt

Instructions:

- Slice tomatoes about ½" thick and layer onto the serving dish.
- Add burrata cheese to the serving dish, keeping it whole or breaking it into pieces and scattering it around the dish.
- Drizzle the dish with oil and vinegar.
- Scatter herbs over tomatoes and cheese. Generously sprinkle the salad with sea salt.

Recipe courtesy of [gamishwithlemon.com](#)

June Special Days Mark Your Calendar!

- June 2**
National Donut Day
- June 11**
National Children's Day
- June 14**
Flag Day
- June 18**
Father's Day
- June 19**
Juneteenth Day
- June 21**
1st Day of Summer

Trivia

Which US State has the average hottest temperature?

- A. California
- B. Texas
- C. Arizona
- D. Florida

Answer:
D. Florida

Joke

Why did the fish blush?

Answer:
Because it saw the ocean's bottom

June Fun Facts

- June 5 is World Environment Day - a day meant to raise environmental awareness across the globe.
- June 14 is Flag Day (U.S.). Be sure to raise the flag! Learn about the U.S. Flag Code, which provides guidelines for displaying the American flag properly.
- June 19 is Juneteenth (also known as Freedom Day or Emancipation Day). On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating slaves in the state.
- Father's Day is celebrated annually on the third Sunday in June in the United States, United Kingdom, Canada, India, and a number of other countries around the world.
- June is the month with the longest daylight hours of the year in the Northern Hemisphere, and conversely, June has the shortest daylight hours of the year in the Southern Hemisphere, which marks the beginning of winter.

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](#) →



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.



Did I accidentally go into your spam/junk folder?
To correct this please hit "Not Spam" or "Not Junk" next to your reply and forward buttons.
You can also add me to your contacts to ensure that I go to your inbox next time.

Please do not reply to this email with personal health information.
Contact the office directly for further assistance.

Changed your mind? You can [unsubscribe](#) at any time.