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Superior Foot & Ankle Care Center

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Welcome To Our April Newsletter!


Spring is in the air, bringing warmer temperatures, blooming flowers, and more opportunities to get outside and stay active. Whether you're dusting off your running shoes, starting a new fitness routine, or simply enjoying longer walks in the sunshine, your feet play a crucial role in keeping you moving comfortably.

Dr. Ornelas and her family spent a weekend in beautiful Lake Arrowhead at UCLA's alumni retreat, Bruin Woods. The weekend was spent hiking, playing pickleball, painting, and connecting with friends. It was a nice getaway to the fresh Spring air!

Baseball and dance season are well underway this Spring! You can either find Dr. Ornelas at the baseball field cheering on Gavin, her favorite Little Leaguer, or at a dance competition cheering on Amelia, her favorite dancer!







Look out for our Spring promotions in the office! This April and May, our Dr. Remedy Nail polish are 3 bottles for \$40 (regularly \$18 each). This nail polish, formulated by doctors, maintain strong and healthy nails without all the harsh chemicals. Stop by the office to check out the new Spring colors! We are also offering the Extreme Rx CBD muscle rub with the Revolution medical grade over the counter orthotics for \$110 (regularly \$135). No appointment is needed to stop by to take advantage of these promotions!

This season, we're focusing on foot health tips to help you stay active and pain-free. From choosing the right footwear for outdoor activities to preventing common springtime foot problems like plantar fasciitis and athlete's foot, we've got expert advice to keep you stepping strong.

Cheers!

Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Three Things to Keep in Mind During National Foot Health Awareness Month



April is National Foot Health Awareness Month, a time dedicated to reminding us of the importance of caring for our feet! Often overlooked, foot health plays a crucial role in our overall well-being.

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Common Foot Health Myths Debunked

Foot health is often taken for granted, and with it comes a host of myths that can misguide individuals when caring for their feet. Debunking some of these myths is crucial for maintaining optimal foot health and taking better care of your feet!


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MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

Read More Here



RECIPE OF THE MONTH

Spinach and Potato Frittata

This potato frittata is delicious and easy to make. Serve it at Saturday family brunches and get-togethers, it's always a big hit.

Ingredients:

• 2 tablespoons of olive oil

• 6 small red potatoes, sliced

• 1 cup torn fresh spinach

• 2 tablespoons sliced green onions

• 1 teaspoon crushed garlic

• salt and pepper to taste

• 6 large eggs

• 1/3 cup of milk

• 1/2 cup of shredded Cheddar cheese

Directions:

1. Gather all ingredients.

2. Heat olive oil in a medium skillet over medium heat. Cook potatoes in hot oil, stirring occasionally, until tender but firm, about 10 minutes.

3. Mix in spinach, green onions, and garlic. Season with salt and pepper. Cook and stir until spinach is wilted, 1 to 2 minutes.

4. Beat together eggs and milk in a medium bowl. Pour over vegetables in the skillet. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook until eggs are firm, 5 to 7 minutes.

5. Slice and enjoy!



Recipe courtesy of [allrecipes.com](#).

THIS MONTH IN APRIL

INTERESTING DATES

APRIL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

1 April Fool's Day

2 National Peanut Butter and Jelly Day

12 Passover

20 Easter

22 Earth Day

HISTORICAL FACTS

★ April 3, 1860 – The Pony Express Begins - The first Pony Express mail service between Missouri and California started, dramatically improving cross-country communication.

★ April 8, 1974 – Hank Aaron Breaks Babe Ruth's Home Run Record - Hank Aaron hit his 715th home run, surpassing Babe Ruth and making history in Major League Baseball.

★ April 20, 2008 – Danica Patrick Becomes First Woman to Win IndyCar Race - Danica Patrick made history by winning the Indy Japan 300, proving women belong in the highest levels of motorsports.

★ April 30, 1789 – George Washington Becomes First U.S. President - The United States inaugurated its first president, George Washington, marking the beginning of American democracy.

Book Your Appointment Today!

Superior Foot & Ankle Care Center

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