DECEMBER 2024

Superior Foot & Ankle Care Center



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Welcome To Our December Newsletter!

Step into December with healthy feet! As we embrace the holiday season, it's easy to get caught up in the hustle and bustle – shopping, decorating, and attending festive gatherings. But don't forget to give your feet the care they deserve! This month, we're sharing tips to keep your feet happy during this season.

Last month with Thanksgiving was a perfect time to show gratitude. We celebrated our staff with a dinner at Wood & Salt Tavern in Bixby Knolls. We appreciate our staff's hard work in keeping the high standards of our office and giving quality care to our patients. We could not run an efficient office without them!







Dr. Foley is taking some time this month to travel and chase the Northern Lights in Alaska! The dark, clear nights provide the perfect backdrop to witness these dancing ribbons of green, purple, and

Dr. Ornelas took her family to see Back to the Future at the Pantages theatre. The kids loved the bright lights of Hollywood and checking out the historic theatre!

We want to remind everyone of our December promotion. We are offering our **custom orthotics** for \$450 until the end of the year. For those patients that have received a pair of custom orthotics from our office within the past 6 months, a 2nd pair will be \$275. Hurry in before the end of the year as prices for both 1st and 2nd pairs of custom orthotics will increase in January.

Here's to a season filled with comfort, health, and joy!

Cheers!

-Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Safeguarding Your Feet During Holiday Travel: Tips for Happy Travels



Whether you're heading home for the holidays or exploring a new city, one thing's for sure: traveling is synonymous with this time of year! From planes and trains to long road trips, your feet will be working hard to help get you to your destination, so it's important they stay comfortable and protected during your travels.

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Treat Your Feet: The Best Gifts for Comfort and Care at Home

As we cozy up for the holiday season, it's the perfect time to think about treating ourselves (and our loved ones) to some self-care essentials—starting from the ground up! Our feet work hard for us every day, so why not give them a little extra love?

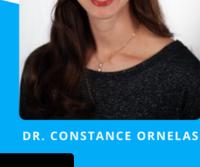
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MEET OUR DOCTORS







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Holiday Roast **DIRECTIONS INGREDIENTS** • 1 each bone-in holiday roast



- 2 tablespoons freshly ground black pepper 3. Reduce oven temperature to 325° F. Roast until • 2 tablespoons olive oil

1 tablespoon butter

- beef for 15 minutes.
- 1. Preheat oven to 450° F. 2. Place beef, fat side up, on a rimmed baking pan. Sprinkle with sea salt. In a food processor, pulse garlic, rosemary, sage, thyme, pepper, olive oil and
- butter until paste forms. Rub on top of beef. Roast meat thermometer inserted into center of beef registers 130° F for medium rare, about 40 minutes. Remove and transfer roast to platter. Let rest for 15

Recipe courtesy of kroger.com



Healthy Gingerbread Latte THIS HEALTHY GINGERBREAD LATTE IS PALEO, REFINED SUGAR FREE + EASY TO MAKE WHOLE30! SIMPLY DELICIOUS + A MUCH HEALTHIER VERSION OF STARBUCKS HOLIDAY DRINK. **INGREDIENTS**

DIRECTIONS • 11/2 cup almond milk 1.Warm almond milk in the microwave or stovetop • 1/4 cup espresso (1-2 oz shot) until it is at your preferred temperature.

2. Whisk together almond milk, spices and molasses • 1/8 teaspoon cinnamon

• 1/8 teaspoon ground ginger • 1 teaspoon molasses or maple syrup

minutes and serve.

for approximately 30 seconds until everything is thoroughly combined. Pour into a mug + top with

THIS MONTH IN DECEMBER

INTERESTING DATES

MON TUE WED THU FRI

11 12 13 17 16

DECEMBER

21

28

SAT

15 National Bill of Rights Day 25 Hanukkah Begins at Sundown

25 Christmas Day

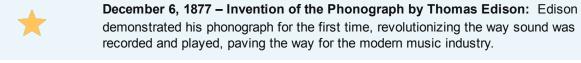
7 Pearl Harbor

1 Advent Begins

26 Kwanzaa 31 New Year's Eve

29 30 **HISTORICAL FACTS**

movement.



demonstrated his phonograph for the first time, revolutionizing the way sound was recorded and played, paving the way for the modern music industry. December 15, 1791 - Ratification of the Bill of Rights: The first ten amendments to

December 1, 1955 – Rosa Parks Arrested: Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her bus seat to a white passenger, sparking the Montgomery Bus Boycott and becoming a landmark moment in the civil rights



the U.S. Constitution, known as the Bill of Rights, were ratified, guaranteeing essential rights and freedoms for Americans, including freedom of speech, religion, and due



by dumping 342 chests of tea into Boston Harbor, an event that escalated tensions, leading to the American Revolutionary War. **December 17 – Wright Brothers' First Flight –** Wilbur and Orville Wright flew their

December 16, 1773 - Boston Tea Party: American colonists protested British taxation

powered aircraft for 12 seconds above the sand dunes of Kitty Hawk, North Carolina. An









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