JUNE 2024

Superior Foot & Ankle Care Center



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Welcome To Our Summer Newsletter!

As the days get longer and the weather warms up, it's the perfect time to give your feet the attention they deserve. Whether you're hitting the beach, hiking trails, or simply enjoying the sunshine, our podiatry team is here to ensure your feet stay healthy and happy all season long.

You may have noticed Dr. Foley was out of the office for a bit last month. She embarked on an unforgettable adventure to the Galapagos Islands and Amazon rainforest. She experienced the stunning landscapes and extraordinary wildlife, snorkeled with sea lions and explored volcanic formations. The trip was truly a paradise for nature enthusiasts!

Dr. Ornelas has been busy with her kids' extracurricular activities. Amelia was lucky enough to participate in a Disneyland parade with her dance studio! Gavin found a love for baseball this season. He practices daily in hopes of hitting a home run some day! Gavin got to go to his first Dodger game and see his favorite players up close.





We would like to announce our Summer Promotion for the months of June and July - our medical grade over-the-counter orthotics (Revolutions) are now \$100 for 2 pairs. They are usually \$70 each, so stock up for all your different pairs of shoes!

At the end of this month, the Superior Foot & Ankle Care Center team will be attending our annual podiatry conference at the Disneyland hotel. It will be a 4 day event where we get to learn about all the new advances in podiatry, attend meetings, and network with colleagues. We can't wait to share what we learn with our patients!

Let's step into summer with confidence and comfort and make sure your feet are ready for every adventure this summer brings!

Sincerely,

Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Get Ready to Celebrate the 4th With A Run in the Sun!



The fourth of July is just around the corner, and with beachy celebrations so close you can almost smell the barbecue, many of us will get into high gear and head outdoors for some summer exercise. After all, there's no better way to earn your burgers and hot dogs than a little jogging, sprinting, or long-distance running!

Click Here to Read More

Sidestepping Summer Wear and Tear

As flip flops and sandals become our footwear of choice, relaxation can give way to some frustrating aches and pains. The reason why is fairly simple: Breezy, opentoed footwear styles often lack structure, which can take a toll on our hardworking feet.





MEET OUR DOCTORS





DR. VICTORIA M. FOLEY Read More Here

DR. CONSTANCE ORNELAS



RECIPE OF THE MONTH

Ribbon Salad with Orange Vinaigrette Zucchini, cucumbers, and carrots are peeled into "ribbons" for this citrusy salad. Serve this refreshing salad at parties and special occasions.

YOU'LL NEED

Salad

1 medium zucchini 1 medium cucumber 1 medium carrot 3 medium oranges

3 cups fresh baby spinach 4 green onions, finely chopped 1/2 cup chopped walnuts

1/2 tsp salt 1/2 tsp pepper 1/2 cup golden raisins, optional

Vinaigrette 1/4 cup olive oil

4 tsp white wine vinegar 1 tbsp green onion, finely chopped

2 tsp honey 1/4 tsp salt 1/4 tsp pepper

1. Using a vegetable peeler, shave the zucchini,

ALL YOU HAVE TO DO

cucumber, and carrot lengthwise into very thin strips. 2. Finely grate enough zest from the oranges to measure 3. Cut 1 orange in half. Squeeze the juice from the orange to measure 1/2 cup. Reserve the zest and juice for the vinaigrette. Cut a thin slice from the top and

bottom of the remaining oranges; stand the oranges upright on a cutting board. With a knife, cut off the peel and outer membrane from orange. Cut along the membrane of each segment to remove fruit. 4.In a large bowl, combine spinach, orange sections, green onions, walnuts, salt, pepper, and, if desired, raisins. Add vegetable ribbons; gently toss to combine. In a small bowl, combine vinaigrette ingredients. Add reserved orange zest and juice; whisk until blended. Drizzle half of the vinaigrette over the salad; toss to coat. Serve with remaining vinaigrette.

Recipe courtesy of tasteofhome.com

THIS MONTH IN JUNE **INTERESTING DATES**

4 National Hug Your Cat Day JUNE

SUN MON TUE WED THU

7 National Donut Day 14 National Flag Day

> 19 Juneteenth 20 Summer Begins 21 Take Your Dog to Work Day

27 International Pineapple Day

HISTORICAL FACTS June 3, 1972 - Sally Jan Priesand was ordained a rabbi, becoming the first woman rabbi



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New York City. On June 5, 1968, Senator Robert Kennedy was shot at the Ambassador Hotel in Los Angeles after winning the California presidential primary. He was shot several times by

24-year-old Palestinian Sirhan Sirhan. He was pronounced dead a day later, on June 6,

in the U.S. She then became an assistant rabbi at the Stephen Wise Free Synagogue in



June 18, 1983 - Dr. Sally Ride, a 32-year-old physicist and pilot, became the first American woman in space. She began a six-day mission aboard the space shuttle

Challenger, which was launched from Cape Canaveral, Florida. June 27, 1972 – Nolan Bushnell and Ted Dabney founded Atari, Inc. The pioneering video game and home computer company produced arcade classics like the two-dimensional

tennis simulator, Pong. In the '70s and '80s, its products had a large impact on the

electronic entertainment industry.





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