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OCTOBER 2025

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Superior Foot & Ankle Care Center



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Welcome To Our October Newsletter!

Happy Autumn from Our Podiatry Team!

As the leaves turn and the air gets crisp, we're excited to share some updates from our office along with a special seasonal promotion. Dr. Foley recently enjoyed a wonderful vacation in Vancouver and Whistler, Canada, where she took in the stunning mountain views and vibrant city life.

Dr. Ornelas is back on the soccer field, proudly coaching her son's team for the fourth year in a row and cheering her daughter's team from the sidelines this year—it's always a joy to support young athletes as they grow in the game!



We've also been busy refreshing our office. You'll notice a fresh new look with updated paint, plus we're upgrading our computer systems to make your visits smoother and more efficient. Along with these changes, we've introduced a **new billing system** – patients will now receive statement notifications conveniently by **text message and email**, making it easier than ever to keep track of balances. Please make sure to click the link on the text message or email to open your secure account to review the statements.


This October and November, we're pleased to offer a special promotion on **custom orthotics for \$499** (regularly \$525). Orthotics are a great way to support healthy feet, improve comfort, and prevent injuries—especially as we head into the busy holiday season.

We look forward to seeing you soon and helping you step into the season with comfort and care!

Sincerely,  
Dr. Ornelas & Dr. Foley

FEATURED ARTICLES

Happy Feet for Halloween: Kids' Shoe Tips



Halloween is one of the most exciting times of the year for kids. Between dressing up in fun costumes, collecting candy, and walking around the neighborhood with friends, it's a night full of fun and adventure.


While parents often focus on finding the perfect costume, one detail is sometimes overlooked: comfortable footwear.

Click Here to Read More


Celebrating International Podiatry Day

Every October, International Podiatry Day rolls around, putting the spotlight on something we all take for granted: our feet! They carry us through life, yet they're often overlooked until there's a problem. This day is a great reminder to appreciate our feet while learning ways to help keep them healthy, strong, and pain-free.


Click Here to Read More



MEET OUR DOCTORS



DR. VICTORIA M. FOLEY



DR. CONSTANCE ORNELAS

Read More Here

HELLO Fall


RECIPE OF THE MONTH

HEALTHY

pumpkin

Bread

WITH MAPLE GLAZE



Click Here for the Full Recipe

Recipe courtesy of [ambitiouskitchen.com](https://ambitiouskitchen.com)

THIS MONTH IN OCTOBER

INTERESTING DATES

OCTOBER

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	31	

1 International Coffee Day

4 World Animal Day

8 International Podiatry Day

13 Columbus/Indigenous Peoples' Day

26 National Pumpkin Day

31 Halloween

HISTORICAL FACTS

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October 2, 1950 – Charles M. Schulz's Peanuts comic strip debuted, introducing the world to Charlie Brown, Snoopy, and friends.

★

October 10, 1933 – A United Airlines flight became the first U.S. passenger flight with a female stewardess (Ellen Church), opening careers for women in aviation.


★

October 27, 1904 – The New York City Subway officially opened, making city travel much easier for millions.

★

October 31, 1941 – Mount Rushmore was completed after 14 years of work.

REQUEST AN APPOINTMENT TODAY!



Superior Foot & Ankle Care Center

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MARKETING