



**FOOT & ANKLE  
WELLNESS CENTER**

# THE Extra Mile

*We're going the extra mile...to help you go your extra miles.*

Jane E. Graebner, DPM • Drew J. Belpedio, DPM • Martha A. Anderson, DPM • Billy J. Rutter, DPM • Scott J. Blanchard, CNP

740.363.4373 | www.FAAWC.com

*We Keep You in the Game*

## Do Your Feet Look Like This?



### *Simple—Effective— Rapid—Inexpensive*

Surgical instructions for removing bunions were first written down in 1881, but bunion surgery has come a far way since then. A new, minimally invasive procedure offers a simple, effective, rapid, and inexpensive (SERI) option for removing your troublesome bunions.

**Simple:** The SERI procedure is easy for podiatrists to learn. It requires only a small incision, minimal tools, and no additional corrective hardware.

**Effective:** In a 7-year study, SERI procedures were shown to provide the same or better results as other bunionectomies.

**Rapid:** The SERI procedure averages only 3-5 minutes. Recovery is quick and patients report less residual pain.

**Inexpensive:** Less surgical time can save you hundreds of dollars. There is also no need for further procedures to remove hardware.

At FAAWC, we offer a wide variety of bunion correcting surgeries. Talk to your provider today to discover if a SERI bunionectomy is right for you.



## *The Best Part of Back to School: New Shoes!*

Back-to-school time is going to look a bit different this year, but shoes should still be on the list of necessary supplies. Even children schooling at home should be wearing shoes during learning hours. Shoes protect from possible trauma or infection, and they provide support for children's growing bones and arches.

### **You can safely buy back-to-school shoes online using these tips:**

- If you can, buy styles you already own or from brands you are familiar with.
- For children with fast-growing feet, buy one shoe size ahead of where they are right now.
- Test any new shoes at home just like you would in the store. (Dirty or worn merchandise is often impossible to return.)
- Check the return or exchange policy before you buy, to ensure you'll get good service if you didn't pick quite the right style or fit.

Not sure what size or style you should be buying? **The FAAWC is happy to provide a complimentary shoe consultation including foot measurements and sizing. Call us at 740.363.4373 to book yours today.**

## *Dr. Marti Celebrates 10 Years at FAAWC!*

Dr. Marti joined the FAAWC in August of 2010. We are thankful for her knowledge and expertise that has helped us evolve as a practice.

Vote on Facebook for a chance to dunk her in a dunk tank, see her kiss a pig or get pied in the face on Sept. 2!

If you see Dr. Marti in the office in August, be sure to tell her congratulations!





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## WHAT'S UP, DOCS?

- 1. **Scott and Dr. Rutter** at the Delaware Area Chamber Annual Golf Outing!
- 2. **Scott** with his wife and children having fun at Norris Lake.
- 3. **Dr. Drew** and his sister, Katie, surprised their mom for her birthday!
- 4. **Dr. Jane**, Dorothy and ToeToe wedding dress shopping for her daughter, Alison.
- 5. **Dr. Porter, Lauren and Chelsea** at 5th Wednesday.
- 6. **Dr. Marti's** girls with their grandpa Jeff snapping green beans.

## Congratulations Chelsea and Yasmin!

Congratulations to **Chelsea Troiano** and **Yasmin Sferrella** for completing their X-ray certification. We are proud to have them on our team!



## We are Celebrating Delaware's Day of Kindness



The Foot and Ankle Wellness Center will celebrate **Delaware's Day of Kindness on Monday, August 31, 2020**. On this day, citizens of Delaware are called upon to partake in acts of kindness, no matter how big or small.

**Anyone is welcome to stop by our office for a special treat on this day.**

## We Have a Winner!

**Samantha Long** is the winner of our Summer Patient Appreciation Treat — a Cuisinart Soft Serve Ice Cream Maker, ice cream fixings, summer decor and a Kroger gift card. We can't wait to hear about all of the flavors of ice cream you make this summer, Samantha!



# Hacks to Wearing A Mask

## Types of Masks

**Scarves & Bandanas:** Using an improvised face covering is better than none, but scarves and bandanas should only be used as a last resort as they do not provide great filtering or sealing.

**Facemask:** These soft paper or cloth masks provide a loose seal and a barrier to transmission by blocking fluids and aerosols (emitted when talking or sneezing) from reaching others.

**N95 Mask:** A type of Filtering Facepiece Respirator, this mask provides a tighter-fitting seal and contains a filter or is made of filtering materials that are designed to block smaller particles than a cloth mask.

**Face Shield:** This is a clear sheet of stiff plastic, usually attached to a headband, which sits over a person's entire face. It does not provide a seal from transmission and should always be worn in conjunction with a mask.

## Choosing a Mask

**For Low-Risk Persons:** If you stay mostly at home and only venture out for essential errands, then a properly designed cloth facemask is good for your needs.

**For Medium-Risk Persons:** If you are a worker interacting with the public on a regular basis, consider a filtering facemask such as an N95 mask.

**For High-Risk Persons:** If you work near infected persons or those who are at higher risk of facing complications if they become infected, then an N95 facemask and a face shield are recommended.

## Proper Mask Wearing

Your mask should fully cover your mouth and nose and the sides of the fabric should rest lightly on your cheeks (aka, no big gaps). An adjustable nose piece is often built-in for better sealing. Put on and remove your mask by touching only the straps. Do not pull the mask up or down on your face or swing it from one ear. This can increase your risk of infection.

## Masks We Love

There are a lot of choices for masks, but here are a few places making ones we like.

**Sanctuary Clothing**—For every mask bought, another mask is donated to those in need

**Etsy**—Support local businesses and creatives by buying here

**DIY**—A great way to ensure a perfectly fitting mask is to make one yourself (or ask a friend)



## Accessories We Love

Having trouble with glasses or hearing aids falling off when you take off your mask? Try an accessory like a headband with buttons on which you can loop your mask straps. Or get an ear saving extension strap that clips to both mask straps and slips behind your head.



## APPLE & PEAR CRISP

An old favorite made healthy without losing any flavor.

### INGREDIENTS

3 medium apples  
3 medium pears  
3 tablespoons fresh lemon juice  
1 tablespoon sugar  
(coconut or organic pure cane)  
1 heaping teaspoon cinnamon

### Topping:

1 3/4 cup old fashioned oats  
1/4 cup almond meal, optional  
1 cup finely chopped walnuts, optional  
1/2 cup pure maple syrup  
3 – 4 tablespoons coconut oil (at room temp)  
1 teaspoon vanilla extract  
1/4 teaspoon salt  
cinnamon, to garnish

### DIRECTIONS

Preheat oven to 350 degrees F. Slice, core and dice the apples and pears. Combine apples, pears, lemon juice, sugar and cinnamon. Mix well and layer into a 9 x 9 baking dish. In a separate bowl, combine oats, almond meal, walnuts, maple syrup, coconut oil, vanilla and salt - mix well. Spread oat mixture evenly over the apples and sprinkle with cinnamon. Bake for 35 – 40 minutes or until apples and pears are fork-tender. Let cool 5 – 10 minutes before serving.

### NUTRITION

**Serves 6** — Calories: 344; Total Fat: 22.1g - 28%; Sat. Fat: 7.3g; Sodium: 102.1mg - 4%; Total Carbohydrate 36g - 13%; Dietary Fiber: 4.9g - 17%; Sugars 26.5g; Protein 4.4g

Recipe from: <https://simple-veganista.com/rustic-apple-pear-crisp/>

WALK WITH A DOC

## Walk With a Doc!

August 25 — Dr. Porter  
September 22 — Dr. Anderson  
October 27 — Scott Blanchard  
November 24 — Dr. Rutter



## FOOT & ANKLE WELLNESS CENTER

1871 W. William St.  
Delaware, OH 43015



Every Friday  
**Walk-In Hours**  
**Noon - 3 pm**  
No appointment  
needed!



# *Did you know that you can improve your balance?*

## *Have you fallen recently?*

The Foot and Ankle Wellness Center, Central Ohio Physical Therapy and FitFam personal trainer, Dave Lewis, are hosting a

**Balance Challenge**  
**Wednesday, Sept. 16**  
**3 p.m. to 6 p.m.**

*(Corrected Date)*

Register today to receive a personal consultation to assess your fall risk and discover your strengths and weaknesses.

**CALL 740.363.4373 to register for this free event.**  
**Registration is required. Participants do not have to be a patient of FAAWC or COPT.**

*Prizes and giveaways for everyone. No walk-ins permitted.*