

THE RIBBON IS CUT YOU WILL LOVE OUR NEW PUEBLO WEST LOCATION!



Here for Your Enjoyment Our Monthly Newsletter Multiple Pulitzer Prize-winning authors and highly sought-after

editors were tasked with creating this masterpiece of literature. Even before we sent it to you, a trophy from the National Newsletter Society of the World (NNSW) was awarded to those associated with the project amid hails of "BRAVO" and "Encore".

We here at Pueblo Ankle and Foot Care amazed ourselves at how hilarious the joke of the month is. Five-star restaurants are petitioning for the rights to the recipe of the month. Following the festivities, a hush fell over the office as our TEAM collectively pressed the "Enter" key on the computer sending this newsletter to your inbox for your reading pleasure. It truly has been an amazing experience getting this newsletter to you, and we hope you enjoy reading it as much as we enjoyed making it!

In this Issue...

- Dos and Don'ts for Reducing Fall Risk
- From Our YouTube Channel: Dr. Marble Talks About Orthotics for Kids FAQ's on Turf Toe
- Deal of the Month • Recipe of the Month: Non-alcoholic Cherries Jubilee



Every 11 seconds, an older adult is treated in an emergency room for a fall. It's a



startling statistic and why we recognize Falls Prevention Awareness Month each September. Falls cause serious injuries such as hip fractures and head injuries and a decreased quality of life for many seniors who begin to experience fear and anxiety about falling and limit their opportunities for socialization. Click Here to Read More

From Our YouTube Channel:

Dr. Marble Talks About Orthotics for Kids

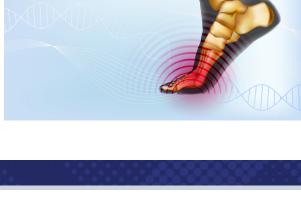


Fall is football season, and many athletes play on artificial turf—a surface commonly resulting in a turf toe injury.

FAQ's on Turf Toe

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DEAL OF THE MONTH - SEPTEMBER



non-alcoholic recipe. **Ingredients:**

Celebrate National Cherries Jubilee Day with this delicious, easy, mouth-watering,

 1 cup grape juice (or cherry juice plus ¼ cup more sugar) 2 tablespoons butter ½ teaspoon cinnamon

2 cups sweet cherries, rinsed and pitted (or use frozen pitted cherries)

Sprinkle of salt Vanilla ice cream Whipped cream

1 tablespoon cornstarch

1/4 cup sugar

1. Stir cornstarch and sugar together in a cooking pan until completely mixed and fine. 2. Add cherry juice, butter, cinnamon, and a sprinkle of salt to the pan and cook on medium heat, stirring often, until the sauce thickens and starts to bubble.

cream, and top with whipped cream.

the September 11, 2001, terrorist attacks.

September 23 marks the start of fall!

walks, concerts, and volunteering in the community.

3. Add the cherries and continue stirring for another 2-3 minutes until the cherries are heated (but not cooked). 4. When cherry sauce is done, add a few spoons to your dish, then add a scope of ice

Directions:

- Serve immediately. Recipe courtesy of <u>kathrynwarmstrong.wordpress.com</u>
- **September Fun Facts** Labor Day falls on the first Monday of September in the United States. The holiday is to celebrate the hard work laborers have put into the development of the country.

September 11 is Patriot Day, held in honor and remembrance of those who died in

 In 1979, National Grandparents Day was proclaimed by President Jimmy Carter to be celebrated on the Sunday following Labor Day. September 17 is Constitution Day. This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787.

Observances range from a moment of silence at noon to events such as peace

September 21 is recognized as the annual <u>International Day of Peace</u>.

- **September Special Days Mark Your Calendar!**
- September 5 Cheese Pizza Day September 10 Grandparent's Day

September 11 911 Remembrance

September 23

1st Day of Autumn September 24 National Cherries Jubilee Day

A. Chicago **B.** Philadelphia

Trivia

What city was the first to celebrate

U.S. Labor Day?

C. New York

D. Los Angeles

Answer: C

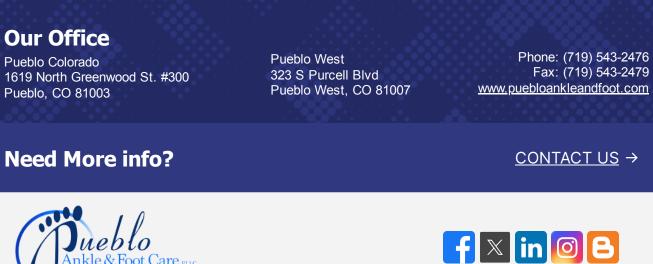
Joke

What did the leaf say to the other leaf?

Answer: I'm falling for you.

Meet Our Doctors





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