



FOOT & ANKLE  
WELLNESS CENTER

# THE Extra Mile

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

Jane E. Graebner, D.P.M. • Drew J. Belpedio, D.P.M. • Martha A. Anderson, D.P.M.

[www.FAAWC.com](http://www.FAAWC.com)

*Healthy Feet and Ankles are the Foundation of an Active Lifestyle*

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## Team Spotlight Meet Jenifer Van Baalen



Another new face has joined the FAWC team! Jenifer comes to us with a degree in Health Information Management Systems, and a strong background in medical billing. She is excited to be a part of our front office team and likes the challenges of working in a busy medical practice. In her spare time, Jenifer coaches youth football, and prides herself on being the only female coach. She has three children, and boasts that she can beat all of them in most video games. "I enjoy keeping my hand-eye coordination finely tuned," Jenifer told us. Please welcome Jenifer to FAWC and feel free to ask for her by name if you have a question regarding your insurance coverage or your bill.

## October is Fall Prevention Month

# Say Yes to Autumn, No to "Fall"

See your podiatric physician for more information on how you can prevent falls for yourself or a loved one!

Dr. Drew J. Belpedio

Falls in the elderly are a serious public health issue. Not only do half of all people over the age of 65 experience at least one fall each year, but over one-third of these falls lead to significant injury such as a broken hip. Special populations, such as those people with diabetes that have loss of feeling in their feet, are 15 times more likely to suffer injury as a result of a fall. In the United States, the cost of medical treatment of fall-related injuries exceeds \$20 billion annually and will probably double in the next 15 years.

Just as podiatric physicians have a crucial role in the prevention of ankle sprains and other injuries in the athlete, they have a similar role in preventing fall-related injuries in our senior population. Research on fall prevention by podiatrists has just been published in the British Medical Journal. This study was conducted on 305 community dwelling men and women over the age of 65. The researchers implemented a simple, low-cost podiatric intervention program.

The results of the intervention were spectacular. A podiatric fall prevention program reduced the incidence of falls by 36 percent and significantly reduced the incidence of fracture in the treatment group. This podiatric prevention program combined several interventions including patient education, foot and ankle muscle strengthening, regular podiatric care, appropriate footwear as well as foot orthotic devices.

The local Delaware Health Department offers a free safety check which includes assessing your risk of falling in your own home. The Foot and Ankle Wellness Center will be conducting free gait analysis during the month of November on Wednesdays 3:30 pm to 5:00 pm and Fridays 10 am to 2 pm so just drop by, no appointment needed. And call today for your free home safety check. *(See coupon on page 3 for home safety check)*



# Foot & Ankle Wellness Center Breaking Ground



Foot & Ankle Wellness Center broke ground September 13th on a new medical building in Delaware to better serve our growing community

The building is located at 1871 W. William Street, at the southeast corner of Route 36 and Houk Road. Construction of this medical office has been planned for many months, and our tentative opening will be February 2012.



The new building will almost double the current number of treatment rooms and will allow us greater efficiency with computers in every room. The facility sits on a 2.5 acre site and will include an innovative stone, wood, glass and stucco design with a drive up that allows patient drop-off and pick-up under cover. The parking lot will accommodate over 50 vehicles.

Dr. Jane Graebner has been providing foot and ankle care

to Delaware and the surrounding communities for over 29 years. Dr. Drew Belpedio joined the practice in July 2009 and Dr. Martha Anderson in August 2010. Together we are dedicated to provide you with the most up-to-date medical and surgical foot and ankle care. This modern office will ensure the continuance of that mission for many years to come.

You will be invited to our grand opening in the spring of 2012 and we thank everyone who has supported our medical practice over these many years.

## Be A Part of Our New Office, Just Focus & Click

The team at FAAWC invite you join us as we decorate the new office. All of us at one time have taken a photograph we are truly proud of – whether it be color or black & white; landscape or portrait; close up or long distance. We are asking our patients, families, friends and fellow team members to look through their photos and submit one (or perhaps two) for us to view. We will choose the 15 most interesting photos. Then we'll get them enlarged & framed to hang in our new office, complete with a plaque identifying you as the famous photographer. You can simply send any digital photos via email to [medofficeohio@gmail.com](mailto:medofficeohio@gmail.com) or drop by with a photograph or negative (which we will return to you). Be sure to mention that we have your permission to reproduce your photo.

The winners will receive a thank you gift and a special invitation to our grand opening.



## Baked Apples Filled with Dates and Pecans

These delicious baked apples release pectin which naturally soothes the stomach.

¼ c. toasted pecans, finely chopped  
¼ c. dates, pitted and finely diced  
Zest and juice of 1 orange  
¼ tsp. ground cinnamon  
¼ tsp. sea salt  
4 baking apples such as Pink Lady, Pipin or McIntosh  
1 T. butter (optional)  
Unfiltered apple juice, for baking

Preheat oven to 350 degrees F. Combine pecans, dates, orange zest, orange juice, cinnamon and salt. Stir. Core the apples, leaving half an inch at the bottom and peel top edges. Stuff the apples with pecan filling and dot with butter. Put the apples in a baking pan, pour about 1 inch of apple juice over apples, and cover tightly with foil. Bake 40-60 minutes until apples are tender but not mushy. Poke with a fork to test if done. Serve apples warm, drizzled with the apple juice from the baking pan.

**Nutritional Facts:** Serves 4, Calories: 205, Total Fat: 5.8 g, Carbohydrates: 41 g, Protein: 2 g, Fiber: 7 g, Sodium: 150 mg



# Comfort Fit Shoe Store EVENTS

## Store Hours:

Monday-Tuesday: 9am - 6pm,

Wednesday-Friday: 8am - 4pm

Or by appointment

(740) 369-3668

## October Events

October 10 - 24

SAS Sale

## November Events

Saturday, November 12

9am - 12pm

Shop Early, Save Big...  
HOLIDAY SALE!

First 25 customers that purchase will get to **open a Christmas gift with free items.** Free items will include 3 gift certificates valued at \$100, \$75 and \$50. Other gift items will include purses and socks.

## Stretch Your Holiday Dollars!

Spend \$25,  
receive a \$35  
Gift Certificate

Spend \$50,  
receive a \$70  
Gift Certificate



Comfort  
FitShoes

# fun Fall Facts



- Why is the season called "Fall". What happens in the natural world during this season? The leaves on many trees die and fall to the ground. About five hundred (500) years ago, when Middle English was spoken, expressions like "fall of the leaf" and "fall of the year" were quite common, and the season name "Fall" comes from them.
- The pumpkin is a member of the gourd family, which is native to the Western Hemisphere. There is evidence to support that the natives of Mexico were eating gourds as early as 5500 BC. When the Colonists arrived in North America, the Native Americans were growing pumpkins. It was after learning about these pumpkins did the Pumpkin Pie tradition begin during the Fall.
- What gives leaves their red color? Glucose trapped in the leaves! Brown comes from the waste trapped there. The red and purple color come from anthocyanin pigments formed in the dying leaves. It's the same pigment which is common in purple grapes, red apples and violets.

Changing the World - One Pair at a Time®

## Soles 4 Souls



Foot & Ankle Wellness Center Delivers 4411  
Pairs of Shoes to Soles 4 Souls in September!

The Foot & Ankle Wellness Center wants to thank you for your help in making our total shoe donations close to 9800 pairs of shoes collected and delivered in 2 years.

Soles 4 Souls is a Nashville-based charity that collects shoes from the warehouses of footwear companies and the closets of people like you. The charity distributes these shoes to people in need. Since 2005, Soles 4 Souls has given away over 14 million pairs of new and gently worn shoes. The shoes have been distributed to people in over 127 countries, including Kenya, Thailand, Nepal and the United States.



### Home Safety Check Up

Are you over 60 years old and a Delaware County resident?

Do you have concerns about fall hazards in your home?

Call Anne Goodman at 740-203-2086 to schedule a home safety check up!

FREE  
OFFER



Council for  
Older Adults  
OF DELAWARE COUNTY

- \$20 grocery card
- Home safety toolkit

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**FOOT & ANKLE**  
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**Exciting  
Changes  
Ahead for  
FAAWC**

*See inside  
for details...*



*Healthy Feet and  
Ankles are the  
Foundation of an  
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