

# Foot Sense

FOOT AND ANKLE CENTER OF LAKE CITY



Offices of Dr. Rion Berg

206-368-7000

December 2020



## Are You Ready to Celebrate With Us?

As 2020 draws to a close and we put this challenging year behind us, let's take time to celebrate everything we're grateful for. At the Foot and Ankle Center of Lake City, we're celebrating 40 years in practice. The most important part of that celebration is YOU, our wonderful patients!

Please join us for a Zoom party on Friday, December 18th from 11am-11:45. You'll get the chance to reconnect with old friends and acquaintances. Dr. Berg will play his guitar, make a toast, show a video, and announce the winner of the sailboat trip!

To join the party go to our website at: <https://drberg.us/party>.

## We Need Your Help!! Be Part of Our Anniversary Video!

We can't make our anniversary video without your help. We'd like to get as many people as possible to wish Dr. Berg a happy anniversary in this video. Here's how!

1. Use your phone to record a video of you and other members of your family sending your well wishes.
2. Send your video clip (1 min or less) to [info@bergdpm.com](mailto:info@bergdpm.com) no later than Wednesday, Dec 16th at 12 noon.
3. You can try to send your clip by email or you can use a site called [www.wetransfer.com](http://www.wetransfer.com) to send it. You can log into this site and upload your video directly from your phone. Call Lynn at 206-368-7000 X-4 if you need any assistance.



## Holiday Punch (alcohol or alcohol-free)

Use this recipe to make your toast at our party.

- |                            |   |
|----------------------------|---|
| -1 orange sliced           | -1 cup pomegranate juice                            |
| -1 cup cranberries         | -2 cups Sprite or a sparkling water with less sugar |
| -1/2 cup pomegranate seeds | -1 cup of your favorite alcohol or not              |
| -2 cups cranberry juice    | -Rosemary sprig for garnish                         |
| -2 cups orange juice       |   |
| -Lemon and lime            |   |

Combine all ingredients in large pitcher or punchbowl. Add lemon or limes and ice.



Adapted from: Sugar and Soul (<https://www.sugarandsoul.co/christmas-punch-recipe/>)

## Foot Care Products for the Holidays

Wondering what to buy your sweetie, mother, or grandmother? Why not try give them a gift that will make them feel good and also improve their health. Here are some of my top picks!



### Moisturizing Gel Socks

So many people have cracked and dry feet. One easy way to take care of this problem is by wearing gel socks. These socks contain Vitamin E and essential oils. You can wear these 2-3 times a week during the day only.



### Sockwell Compression Socks

Have an active adult in your life who wants to live life with more energy? Compression socks may be just the thing. They can help reduce mild swelling, improve circulation, and reduce fatigue.



### Dr.'s Remedy Enriched Nail Polish

Many people try to avoid toxic chemicals in their self-care products. Most nail polishes contain a lot of these chemicals. To help your loved one avoid them, we recommend Dr.'s Remedy. This product does not contain harmful chemicals but instead contains biotin and tea tree oil which are good for the nails.

## Helping Those in Need During the Holidays and Covid

Keeping those less fortunate in mind for the holidays is a top priority for many of my patients. This year is a bit more challenging as we try to keep our distance during Covid.

However, there are many worthy causes looking for donations of goods, money, and time. Consider donating socks to our sock drive or helping out an organization like the [North Helpline](#), a lifeline to many local people.

