

Foot Notes

Oregon Foot Care Centers

K. G. Gauntt, D.P.M.

May 2015



May
Special
Gormel
Crème

*With 20% urea,
wonderful for
moisturizing and
softening dry feet*

\$18.00

Reg. \$20.00

*April Showers Bring
May Flowers!*



May is National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active. Now is a great time to renew your commitment to a healthy, active lifestyle!

Here are just a few benefits of physical activity:

- Children and adolescents – Physical activity can improve muscular fitness and bone and heart health.
- Adults – Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.
- Older adults – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Walking is a wonderful way to get your exercise in, why not spend some time in Portland. Your feet can take you to some fantastic places!

Waterfront Loop

Just a short stroll from downtown hotels, the Waterfront Park/East Bank Esplanade loop is a three-mile route along both sides of the Willamette River that offers walkers unparalleled views of downtown Portland and the river. The trail is accessible at any point between the Steel and Hawthorne bridges on the west side of the Willamette River.

Forest Park

Forest Park, northwest of downtown, includes 70 miles of forested trails. Most trailheads are only accessible by car. Audubon Society Sanctuary, Pittock Mansion and Washington Park are part of this region's 40-mile loop system.

Hoyt Arboretum

At Hoyt Arboretum, nearly 1,000 species of trees and shrubs — more than in any other arboretum in the country — are showcased on 185 acres of hilly terrain within Washington Park. An interpretive center offers restrooms, maps and brochures and a gift shop. The arboretum's 21 trails cover 12 miles; two miles of trail are suitable for wheelchairs, baby strollers and visitors who appreciate firm footing.

4T Trail

The 4T Trail is a self-guided tour that lets you explore the city — and see some of the best views — without a car. All it takes is about four hours, five dollars and a bit of leg power. The route is well marked with signs, and includes about 2.5 miles of walking.

Courtesy of Healthfinder and Travel Portland

Thank you to everyone that donated to our Soles 4 Souls Shoe Drive

We had a great outpouring of response to our shoe drive and were able to collect over 500 pairs of shoes! A special thank you to Riverstreet Church of God and McMinnville's First Federal Bank that held their own shoe drives to help us donate to this wonderful cause.



Recipe Corner

Lemon Blueberry Cheesecake Bars (My new favorite!)

Ingredients

- For the base:
- Butter, for greasing
- 2 tablespoons sugar
- 1/8 teaspoon ground cinnamon
- 9 graham crackers
- 1/2 stick unsalted butter, melted
- For the filling:
- 16 ounces cream cheese, room temperature
- 2 eggs
- 2 lemons, zested and juiced
- About 1/2 cup sugar, more or less
- 1 1/2 cups fresh blueberries
- Powdered sugar, for dusting

For the filling:

Preheat oven to 325 degrees F.

For the base:

Grease the bottom of a 9 by 9-inch baking pan with butter. Then place parchment paper over the top, pressing down at the corners. In a food processor, process the sugar, cinnamon and graham crackers until you have the texture of bread crumbs. Add the melted butter and pulse a couple of times to fully incorporate. Pour into the lined baking pan and gently pat down with the base of a glass. Bake in the oven for 12 minutes until golden. When done set aside to cool.

For the filling:

Add cream cheese, eggs, lemon zest, lemon juice and sugar to the food processor and mix until well combined. It should have a smooth consistency. Pour onto the cooled base and then cover with blueberries. They will sink slightly but should still be half exposed -- as the cake bakes they will sink a little more and break down.

Bake in the oven for 35 minutes or until the center only slightly jiggles. Remove from the oven and cool completely before refrigerating for at least 3 hours. Once set, remove from pan using the parchment lining and slice into 10 rectangular bars. Dust with powdered sugar.

Recipe courtesy Tyler Florence

Fun Food Facts
May is
National.....

**National Barbecue
Month**

**National Loaded
Potato Month**

**National Chocolate
Custard Month**

National Egg Month

**National Hamburger
Month**

National Salad Month

National Salsa Month

**National Strawberry
Month**

