



The JDF Footprints



By Exec. Dir. Carolyn D. Jenkins

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Happy Memorial Day!



America; land of the free, home of the brave. Memorial Day is so much more than barbeques and family gatherings. In the busyness of 2017 sometimes we forget the countless sacrifice's our brave men and women in blue, camouflage, green, tan and white make every day for us.

As we casually watch our favorite television shows and go about our daily lives, our brave soldiers stand guard at each of our borders to ensure our safety. At a moments' notice, they are sent into harms' way, here at home, and abroad. We as Americans have come to expect that our countrymen will eagerly fight for us.

Sadly, like the war in Normandy, we know before the battle begins that everyone will not come back home. Memorial Day honors those who did not return home. We owe them a debt we cannot repay. But perhaps we can do more than just sit around the grill on Memorial Day.....

How Can We Honor Those Who Serve?

This Memorial Day weekend is a great time to contact all the veterans and enlisted people we know to thank them for their service. It's also a good time to turn off the television and share stories about our military loved ones with our children and grandchildren.

It's difficult for my grandchildren to comprehend the benefits they've reaped due to the selfless and historical sacrifices their great grandfathers, grandfathers, aunts and uncles have made. My job is to keep telling our stories. It's also my job to teach them to respect and appreciate the brave men and women who continue to selflessly serve each day. Looking our brave service men and women in the eye and saying, "Thank you for your service" is an honor I want to pass on.

Did you KNOW?

The military places a high priority on healthy feet! Wet socks, heel spurs, plantar fasciitis and fallen arches are just a few of

Wanna' join us at RAM! Email me at thejdf@jdf Feet.org !

the foot problems that left unchecked, can derail a military career.

Road Trip!

I attended my first podiatric event this month! I owe a huge “**Thank You**” to Executive Director, **Ms. Jean Kirk**, and the members of the **Virginia Podiatric Medical Association, VPMA**. I met some of the wonderful podiatrists who volunteer their time to treat patients at the free clinics, like **Dr. John Wood, Dr. Lisa Morse.**



A very special ‘Shout Out’ goes to **Dr. Claudia Sands!** Dr. Sands volunteers by helping patients every week. She also volunteered and has already signed up to assist patients at the **Wise County, VA RAM** event! **YAY!**

What in the world is **RAM**?

Boy, am I glad you asked that! **Remote Area Medicine, RAM**, provides free medical care to underserved citizens in low income areas. The **Wise County, Virginia RAM** event has never had podiatric care available for their patients. That sad commentary became a priority for The JDF. I took my case to the members of the VPMA and they did not disappoint!



Dr. Kathleen Newport was the 1st podiatrist I recruited who said Yes to RAM! **We love you VPMA!**



The JDF is hard at work for those in need! Join us, donate & get more news in June!