




# The JDF Footprints



By Executive Director Carolyn D. Jenkins

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**Happy Independence Day!** Grab your blankets and head outside; it's time for fireworks! We all enjoy watching fireworks. This is the type of generational family fun we crave. Toddlers, children, teens, young adults, parents, grandparents, and great-grandparents share the darkened sky as they excitedly gaze skyward.

Most people over the age of 50 can remember their childhood 4<sup>th</sup> of July celebrations included running around excitedly **waving sparklers**. Little did we know **these colorful firesticks can cause 1<sup>st</sup> and 2<sup>nd</sup> degree burns**. **As alarming, the temperatures of sparklers ranges from 1000c-1600c degrees. Yikes! It's amazing most of us didn't get burned.** 

Nowadays children don't run around with sparklers, but everyone can still share the fun on the **4<sup>th</sup> of July**. At the end of our newsletter we've listed 10 tips from the **National Council on Fireworks Safety**.

**We're recruiting for RAM!**  
**Remote Area Medical, RAM, is**  
**July 20-22, Wise County, VA.**



We are very fortunate to work with many wonderful organizations and RAM is one of our favorites. RAM is the largest free medical event in the US. Patients begin lining up 24 hours in advance for services. The Virginia Governor and assorted state officials always make appearances and interact with attendees.

Thousands of healthcare volunteers travel to Wise County at their own expense to deliver free medical care to adults and children. Dentures and eyeglasses are made on the spot as patients wait patiently in lawn chairs in the grass.

Last year, for the first time in its 17 year history, Wise County RAM had a podiatrist volunteer and treat foot pain patients. Our friend and podiatrist extraordinaire, Dr. Claudia Sands treated foot pain sufferers in a 'Mash-style' environment.


As I wove my way through the tunnel of enclosed interconnected white tents, I found Dr. Sands treating a young lady and a very relieved mother was looking on appreciatively. Dr. Sands treated more appreciative patients throughout the weekend.

***We're looking for podiatrists to volunteer again for RAM and/or podiatrists to volunteer to provide follow up services for RAM patients.*** Telepodiatry is also an option for RAM patient follow-ups. Contact us at [thejdf@jdfffeet.org](mailto:thejdf@jdfffeet.org) or click on the link to register to volunteer at RAM. <https://www.ramusa.org/event/wise-virginia/>

**Happy 4<sup>th</sup> of July  
& Be Safe!!**

We're still collecting shoes and donations! Contact us at [thejdf@jdfffeet.org](mailto:thejdf@jdfffeet.org) and please click the **DONATE** button at [jdfffeet.org](http://jdfffeet.org)

### **10 Tips For Safe Fireworks!**

- 1) Obey all local laws regarding the use of fireworks.
- 2) Know your fireworks; read the cautionary labels & performance descriptions before igniting.
- 3) A responsible adult **SHOULD** supervise all firework activities. Never give fireworks to children. 
- 4) Alcohol and fireworks do not mix. Save your alcohol for after the show.
- 5) Wear safety glasses when shooting fireworks.
- 6) Light one firework at a time and then quickly move away.
- 7) Never carry fireworks in your **POCKET** or shoot them into **METAL** or **GLASS** containers.
- 8) Always have a bucket of water and charged water hose nearby.
- 9) Never carry fireworks in your **POCKET** or shoot them into **METAL** or **GLASS** containers.
- 10) Dispose of spent fireworks by wetting them down and place in a metal trash can.

You can get more tips from the National Council on Fireworks Safety at <http://www.fireworkssafety.org/>.