



The JDF Footprints



By Executive Director Carolyn D. Jenkins

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Happy Summer! 'Tis the season for vacations, family reunions, camping trips, amusement parks, and everything else we can squeeze in before the sun goes down. We All love this time of year so make sure you carve out time to give your feet extra TLC on **National I LOVE My Feet Day! August 17**. Yes, it's a real day! I established this very unique day in 2015 to serve as a reminder of the importance of taking good care of our feet.

The homeless and underserved have special foot care concerns that seldom get the attention they need. While

many of us can drop by the spa or salon for a pedicure, this is seldom an option for the underserved and homeless. Ill health, including obesity, diabetes, and gout, affect lower income populations in high numbers. Lack of medical insurance and financial resources limits this population from seeking regular podiatric care.

I LOVE My Feet Day! is a golden opportunity to help provide the underserved with extra TLC. A pair of new or gently used shoes, foot care supplies, and socks can make a huge impact for those in need.

Just remember, after you've celebrated **I LOVE My Feet Day!** at the salon, gather a few of the gently used/new shoes in your closet that are collecting dust and drop them off at a shelter.

This is also a great chance to perform a service project as a family by collecting and donating shoes and socks to a local shelter. Make this gift of service a new family reunion tradition!

The JDF attended the National APMA! We've had a busy summer but our JDF team was thrilled to squeeze in a visit to the *National American Podiatric Medical Association Scientific Seminar*. This was our first National *APMA* meeting and we expected to meet podiatrists throughout the US. We were pleasantly surprised to meet podiatrists from the Ukraine, Haiti, Barbados, and representatives from the *International Federation of Podiatrists*. We learned of the wonderful work so many of these doctors are doing and we're looking for opportunities to work with them.

One enthusiastic young podiatry resident, *Dr. Katerina Grigoropoulos*, stole our hearts. She was a keynote speaker and her new program, *Sole Fit*, will provide shoes for children in need. Yahoo! Another new partner in service and we are busily looking for prospects to give away more shoes!

RAM Follow-Ups! For the 18th year, the largest free medical event in the USA took place in Wise County, VA, *Remote Area Medical, RAM*, sponsored by *The Health Wagon*. This three-day event garners national and state attention but it lacks on thing, podiatric assistance.

Although the 2018 RAM has already taken place, you can still help. *The Health Wagon* needs *DPM's* to provide follow up care for their RAM patients. *Wise County* is very rural so The Health Wagon is set up for *Telepodiatry* or they can send patients to DPM offices. We'd love to chat about the ways you can help so contact us at thejdf@jdfffeet.org. Wanna' make a donation? Hit the **Donate** button at jdfffeet.org. Happy I LOVE My Feet Day! and Thank You!!

