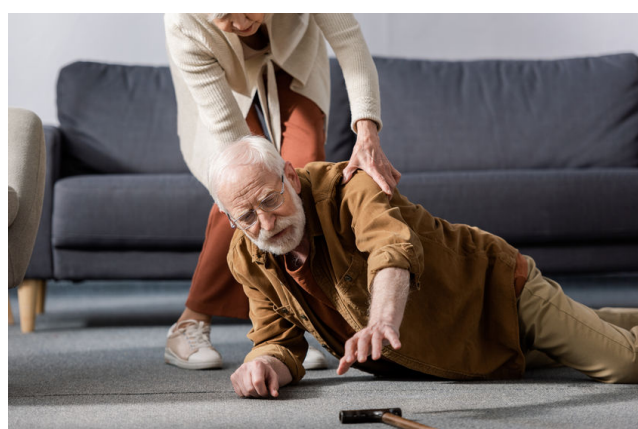


**In this Issue...**

- Dos and Don'ts for Reducing Fall Risk
- Moore Balance Brace
- Recipe of the Month: Non-alcoholic Cherries Jubilee

**Dos and Don'ts for Reducing Fall Risk**



Every 11 seconds, an older adult is treated in an emergency room for a fall. It's a startling statistic and why we recognize Falls Prevention Awareness Month each September. Falls cause serious injuries such as hip fractures and head injuries and a decreased quality of life for many seniors who begin to experience fear and anxiety about falling and limit their opportunities for socialization.

[Click Here to Read More](#)

**Moore Balance Brace**

Many falls can be prevented. Our team at Caring Podiatry is happy to answer all your questions regarding fall prevention. Aside from offering information, on the Moore Balance Brace, our team includes a brace specialist (Pedorthist) who comes to our office every month to evaluate and make the Moore Balance Braces.



**MOORE  
BALANCE  
BRACE**



**Meet your PEDORTHIST!**  
*Diana Fassett, C.Ped*

Caring Podiatry in our on going effort to innovate and deliver the most comprehensive patient care available, we've added the services of a Certified Pedorthist to our practice. A Pedorthist is a healthcare professional trained in the science and practice of evaluating for, and then custom-fabricating, medical braces that prevent or improve painful or disabling foot and ankle conditions. The Pedorthist works under the direction of the Doctor to provide therapeutic devices and footwear that assist in:

- Accommodating foot deformities
- Correcting misalignment of the foot and ankle
- Reducing Damaging motion that can cause pain and deformities
- Improving balance
- Mitigating fall risk

Your Pedorthist, Diana Fassett, is a highly trained clinician with many years' of experience. Her expertise is complementary to, and fits seamlessly with, the podiatric care you're already receiving.



**Recipe of the Month**

**Non-alcoholic Cherries Jubilee**

Celebrate National Cherries Jubilee Day with this delicious, easy, mouth-watering, non-alcoholic recipe



**Ingredients:**

- 2 cups sweet cherries, rinsed and pitted (or use frozen pitted cherries)
- 1 tablespoon cornstarch
- 1/4 cup sugar
- 1 cup grape juice ( or cherry juice plus 1/4 cup more sugar)
- 2 tablespoons butter
- 1/2 teaspoon cinnamon
- Sprinkle of salt
- Vanilla ice cream
- Whipped cream

**Directions:**

- Stir cornstarch and sugar together in a cooking pan until completely mixed and fine.
- Add cherry juice, butter, cinnamon, and a sprinkle of salt to the pan and cook on medium heat, stirring often, until the sauce thickens and starts to bubble.
- Add the cherries and continue stirring for another 2-3 minutes until the cherries are heated (but not cooked).
- When cherry sauce is done, add a few spoons to your dish, then add a scope of ice cream, and top with whipped cream.

**Serve immediately.**

Recipe courtesy of [kathrynwarmstrong.wordpress.com](http://kathrynwarmstrong.wordpress.com)

**September Fun Facts**

- Labor Day falls on the first Monday of September in the United States. The holiday is to celebrate the hard work laborers have put into the development of the country.
- September 11 is [Patriot Day](#), held in honor and remembrance of those who died in the September 11, 2001, terrorist attacks.
- In 1979, National Grandparents Day was proclaimed by President Jimmy Carter to be celebrated on the Sunday following Labor Day.
- September 17 is [Constitution Day](#). This day celebrates the adoption of the U.S. Constitution, which occurred on September 17, 1787.
- September 21 is recognized as the annual [International Day of Peace](#). Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.
- September 23 marks the start of fall!

**September Special Days  
Mark Your Calendar!**

- September 5**  
Cheese Pizza Day
- September 10**  
Grandparent's Day
- September 11**  
911 Remembrance
- September 23**  
1st Day of Autumn
- September 24**  
National Cherries Jubilee Day

**Trivia**

What city was the first to celebrate U.S. Labor Day?

- A. Chicago
- B. Philadelphia
- C. New York
- D. Los Angeles

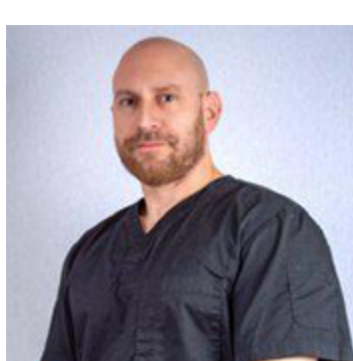
Answer: C

**Joke**

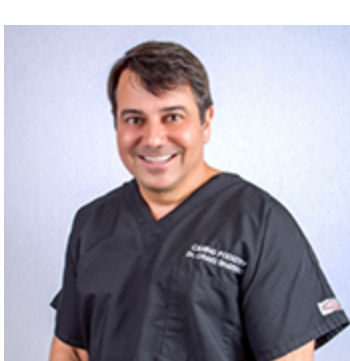
What did the leaf say to the other leaf?

Answer: I'm falling for you.

**Meet Our Doctors**



**Dr. Andrew Schmierer**



**Dr. Craig Shapero**



**Dr. Mark Fillari**

**Our Offices**

18 Centre Drive, Suite 203  
Monroe Township, NJ 08831  
Phone (609) 860-9111  
Fax (609) 860-9311

444 Neptune Blvd, Suite 1A  
Neptune, NJ 07753  
(732) 455-8700

Monday : 8:00 A.M. To 8:00 P.M.  
Tuesday: 8:00 A.M. To 7:00 P.M.  
Wednesday: 8:00 A.M. To 6:00 P.M.  
Thursday: 8:00 A.M. To 5:00 P.M.  
Friday: 8:00 A.M. To 5:00 P.M.  
Saturday: 8:00 A.M. To 12:00 P.M.

**Need More info?**

[CONTACT US →](#)



Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.