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Spring 2025

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FOOT AND ANKLE CENTER  
OF THE ROCKIES  
*Excellence In Foot and Ankle Wellness*

IN THIS ISSUE

• Advancing Podiatry: Advocacy in Action at the 2025 APMA House of Delegates

• Three Things to Keep in Mind During National Foot Health Awareness Month

• Common Foot Health Myths Debunked

• Check Out Our Latest Blogs

• Recipe of the Month: Spinach and Potato Frittata

• This Month in April

ADVANCING PODIATRY

Advocacy in Action at the 2025 APMA House of Delegates



The 2025 APMA (American Podiatric Medical Association) House of Delegates recently convened in Washington, D.C., bringing together leaders in podiatry to advance the profession. As part of this important event, Drs. Jaakola and Weber met with legislators to advocate for podiatrists and the patients they serve. Their efforts highlight a deep commitment to improving foot and ankle care, ensuring that the needs of both practitioners and patients are recognized. Advocacy like this is rewarding work that strengthens the future of podiatry and underscores their dedication to the field.

FEATURED ARTICLES

Three Things to Keep in Mind During National Foot Health Awareness Month



April is National Foot Health Awareness Month, a time dedicated to reminding us of the importance of caring for our feet! Often overlooked, foot health plays a crucial role in our overall well-being.

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Common Foot Health Myths Debunked

Foot health is often taken for granted, and with it comes a host of myths that can misguide individuals when caring for their feet. Debunking some of these myths is crucial for maintaining optimal foot health and taking better care of your feet!

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CHECK OUT OUR LATEST BLOGS



Shockwave Therapy for Ankle and Foot Pain

There are many painful foot and ankle problems that can make it difficult to enjoy all the great activities that we have available to us in Colorado. When faced with a painful ankle or foot, [shockwave therapy](#) may be a treatment that can get you back to hiking, skiing, snowboarding, rock climbing, or even just walking along our beautiful trails.

Click Here to Read More

How Custom Orthotics Transform Your Foot Health

When it comes to foot health, one size doesn't fit all. Our feet are as unique as our fingerprints, and addressing foot pain or biomechanical issues often requires solutions tailored specifically to you. That's where [custom orthotics](#) come in.

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MEET OUR DOCTORS



Dr. Stacy M. Atherton



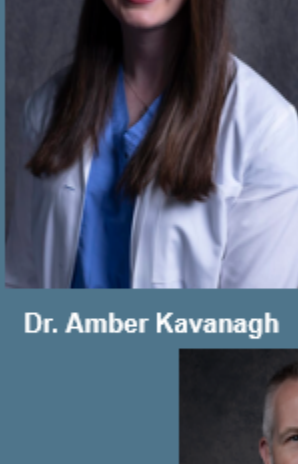
Dr. Joseph Coté



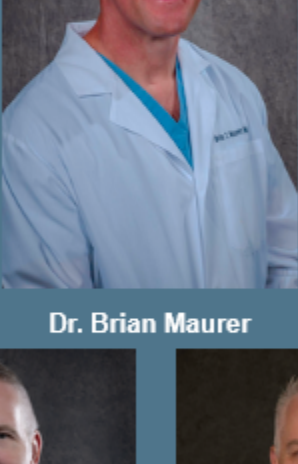
Dr. Eric D. Jaakola



Dr. Olivera H. Jovic



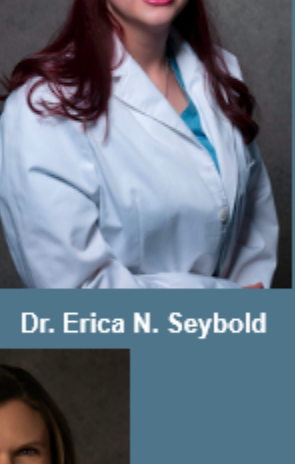
Dr. Amber Kavanagh



Dr. Brian Maurer



Dr. Hannah Mayo



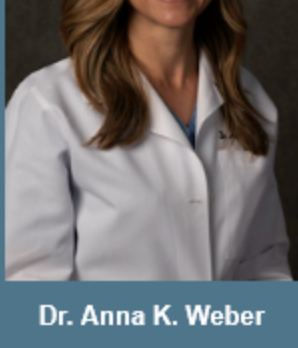
Dr. Erica N. Seybold



Dr. Erik J. Thelander



Dr. Michael D. Vaardahl



Dr. Anna K. Weber

Read More



Hello Spring

RECIPE OF THE MONTH

Spinach and Potato Frittata

This potato frittata is delicious and easy to make. Serve it at Saturday family brunches and get-togethers, it's always a big hit.

Ingredients:

• 2 tablespoons of olive oil

• 6 small red potatoes, sliced

• 1 cup torn fresh spinach

• 2 tablespoons sliced green onions

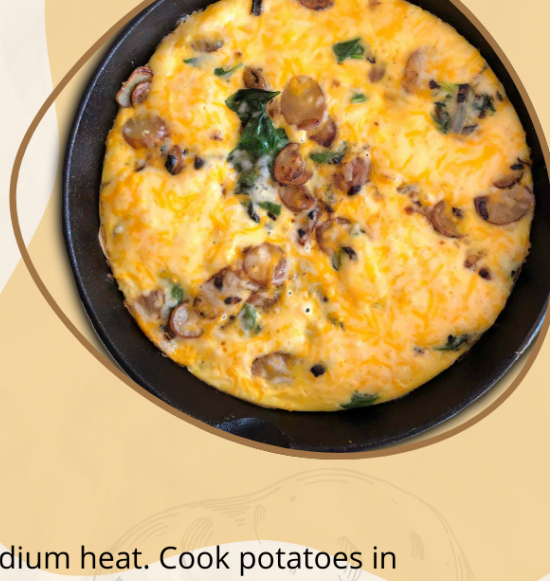
• 1 teaspoon crushed garlic

• salt and pepper to taste

• 6 large eggs

• 1/3 cup of milk

• 1/2 cup of shredded Cheddar cheese



Directions:

1. Gather all ingredients.

2. Heat olive oil in a medium skillet over medium heat. Cook potatoes in hot oil, stirring occasionally, until tender but firm, about 10 minutes.

3. Mix in spinach, green onions, and garlic. Season with salt and pepper. Cook and stir until spinach is wilted, 1 to 2 minutes.

4. Beat together eggs and milk in a medium bowl. Pour over vegetables in the skillet. Sprinkle with Cheddar cheese. Reduce heat to low, cover, and cook until eggs are firm, 5 to 7 minutes.

5. Slice and enjoy!

Recipe courtesy of [allrecipes.com](#).

THIS MONTH IN APRIL

INTERESTING DATES

APRIL

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  |     |     |     |

1 April Fool's Day

2 National Peanut Butter and Jelly Day

12 Passover

20 Easter

22 Earth Day

HISTORICAL FACTS

★ April 3, 1860 – The Pony Express Begins - The first Pony Express mail service between Missouri and California started, dramatically improving cross-country communication.

★ April 8, 1974 – Hank Aaron Breaks Babe Ruth's Home Run Record - Hank Aaron hit his 715th home run, surpassing Babe Ruth and making history in Major League Baseball.

★ April 20, 2008 – Danica Patrick Becomes First Woman to Win IndyCar Race - Danica Patrick made history by winning the Indy Japan 300, proving women belong in the highest levels of motorsports.

★ April 30, 1789 – George Washington Becomes First U.S. President - The United States inaugurated its first president, George Washington, marking the beginning of American democracy.

Book Your Appointment Today!

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OUR OFFICES

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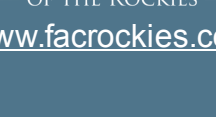
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MARKETING