

Happy 2020!!



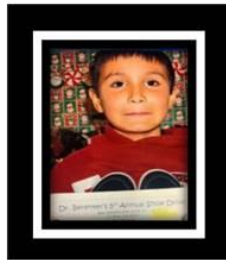
**Synergy Orthopedic Specialists**  
medical group



# Employee Newsletter

Volume 1, Issue 1

February 2020



## Orphans Have a Very Merry Christmas!

Few of us think about being without shoes, we all have them, and we can all buy them. But imagine finding yourself in a room with dozens of children and noticing that all of them are wearing old and used shoes; then discovering that those shoes have to last for a *full year*.

This is what happened 5 years ago when Tracey Ward, manager of Dr. Berenter's podiatric practice, entered the Colima de Luz orphanage in Tijuana. Tracey immediately thought, "surely a group that specializes in feet, can find a way to get shoes for these kids!"

A shoe drive was quickly organized and now, at Christmas time each year, Tracey manages to collect enough donations to provide shoes for each of the children. By providing the donors with the names and shoe sizes, each child is gifted with a brand-new pair of shoes. Beautifully wrapped and labeled with each of the children's names, they are given as real Christmas gifts.

(continued)

## IN THIS ISSUE DID YOU KNOW...?

### February:

- First week, African Heritage & Health Week
- American Heart Month ♥
- National Children's Dental Health Month
- Valentine's Day ♥
- Chinese New Year
- Groundhog Day
- Mardi Gras
- Chocolate Lover's Month
- National Bird Feeding Month
- President's Day

And...

***February 2020 is a leap year!!***

Shoe drive, continued

*But it doesn't stop there....*

Dr. Berenter's office also receives donations of refurbished laptops and tablets from a nonprofit agency called "Computers to Kids," and Tracey brings those down to Colima de Luz too.

And here's more; over the last 5 years Dr. Berenter has purchased 2 trampolines, an air hockey table, and a foosball table as donations to the orphanage.

Colima de Luz typically has 50 to 60 children, from infants up to college age. Many of the children spend their entire childhood there living entirely off of donations.

***Kudos and Thanks to Dr. Berenter, Tracey and staff for your all you do!!***

## San Diego Top Five List ...

*This month: Restaurants*

*\*Featuring - Casual Dining*

### Devine Pastabilities

3545 Midway Dr, Midway  
5 stars \$\$ Italian 619.523.5441

### Gerry's Grill

3030 Bonita Rd, Bonita  
5 stars \$\$ Filipino 619.464.3779

### Not Your Momma's

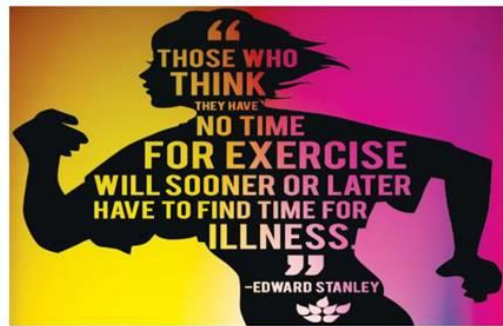
213 Highland Ave. National City  
5 stars \$ Diner 619.477.7777

### California Fish & Grill

1530 Camino De La Reina, Mission Valley  
5 stars \$\$ Seafood 619.541.8723

### Miguel's Cocina *5-star Margaritas!*

1351 Orange Ave, Coronado  
4 stars \$\$ Mexican 619.437.4237



## AMERICAN HEART MONTH

*Heart Disease: It Can Happen at Any Age!*

Heart disease doesn't happen just to older adults, it is happening in younger adults more and more often. This is partly due to the conditions that lead to heart disease happening at much younger ages.

The conditions that lead to heart disease can happen at any age. High rates of obesity and high blood pressure among young people (ages 35 – 64) creates an increased rate of health disease. One in three Americans have at least one of the top three risk factors for heart disease.

High Blood Pressure – Millions of Americans of all ages have high blood pressure. About half of the population with high blood pressure do not have it under control. Having uncontrolled high blood pressure is the one of the biggest risk factors for heart disease and strokes.

High Cholesterol – High cholesterol is a significant risk factor for heart disease. Diabetes, obesity, smoking, eating unhealthy food and not getting enough physical activity are contributors to high cholesterol.

Smoking – More than 37 million Americans are actively smoking, and thousands of young people start smoking every day. Smoking damages blood vessels

Carrying extra weight puts stress on the heart and nearly 1 in 3 Americans and 1 in 6 children are considered obese. Obesity can lead to diabetes; elevated sugar in the blood which can cause damage to nerves, blood vessels and the heart muscle.

Staying physically active keeps the heart and blood vessels health, but only 1 in 5 Americans meet the physical activity guidelines of 150 minutes a week of moderate intensity activity.

**Make February the month you start taking care of your heart!!**