



## Feet First Foot Care Specialists, LLC

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### FEATURED ARTICLES

#### The Connection Between Diabetes and Foot Health



Everyone is gearing up for one of the biggest holidays of the year: Thanksgiving! And while we're all excited to get started on the festivities, it's important to remember that November also marks National Diabetes Awareness Month, making it a crucial time to reflect upon the numerous ways that individuals living with this disease

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#### Reasons to Be Grateful for Our Feet

Family, friends, food (and football) are the focal points of the season, but it's time to take a moment to appreciate something that's often overlooked: our feet! While we're giving thanks and showing gratitude, incorporate them into the mix and appreciate your feet for all they do for you every day!

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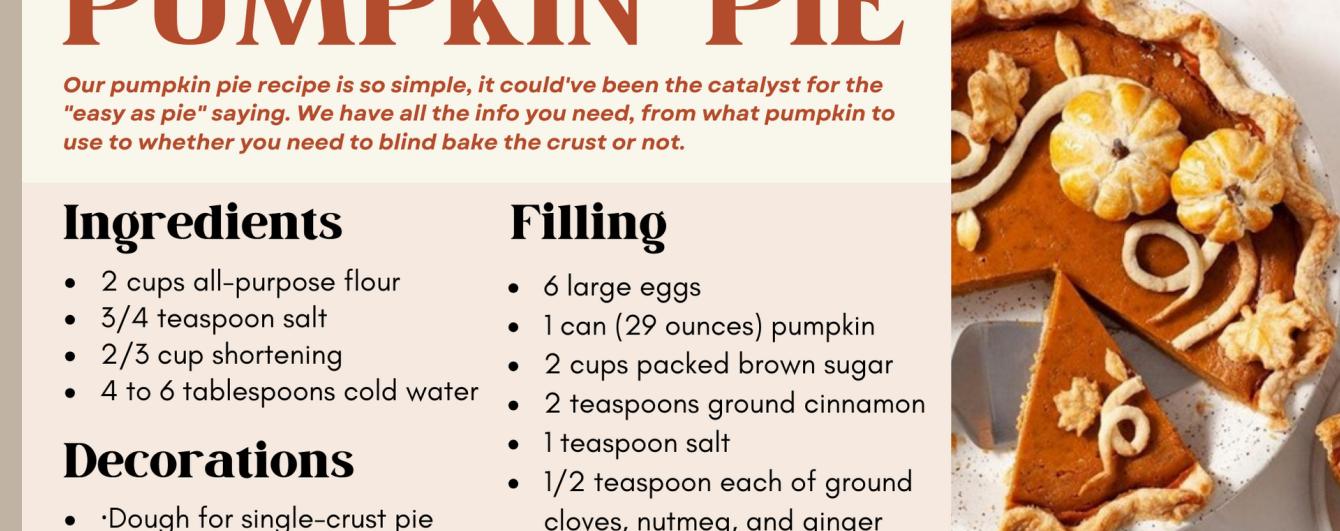


### MEET OUR DOCTOR



ADAM MUCINSKAS DPM, FACFAS

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### RECIPE OF THE MONTH

## PUMPKIN PIE

Our pumpkin pie recipe is so simple, it could've been the catalyst for the "easy as pie" saying. We have all the info you need, from what pumpkin to use to whether you need to blind bake the crust or not.

#### Ingredients

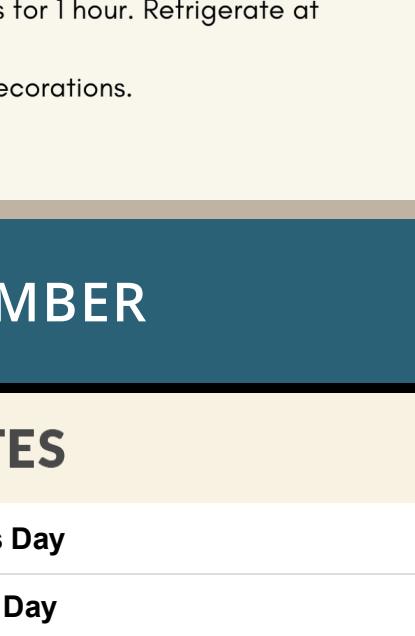
- 2 cups all-purpose flour
- 3/4 teaspoon salt
- 2/3 cup shortening
- 4 to 6 tablespoons cold water

#### Decorations

- Dough for single-crust pie
- 1 large egg, beaten

#### Filling

- 6 large eggs
- 1 can (29 ounces) pumpkin
- 2 cups packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon salt
- 1/2 teaspoon each of ground cloves, nutmeg, and ginger
- 2 cups evaporated milk



#### Instructions

1. Preheat oven to 450°. In a large bowl, combine flour and salt; cut in shortening until crumbly. Gradually add water, tossing with a fork until the dough forms a ball. Divide dough in half. On a floured surface, roll out each portion to fit a 9-in. pie plate. Place each crust on a plate; trim the crust to 1/2 in. beyond the edge of the plate. Flute edges.
2. For the filling, beat eggs in a large bowl. Add the pumpkin, brown sugar, cinnamon, salt, cloves, nutmeg, and ginger; beat just until combined. Gradually stir in milk. Pour into crusts.
3. Bake for 10 minutes. Reduce oven setting to 350°; bake until a knife inserted in the center comes out clean, 40-45 minutes longer. Cool pies on wire racks for 1 hour. Refrigerate at least 3 hours before serving. Refrigerate leftovers.
4. If desired, use additional pie dough and beaten egg to make decorations.

For the full recipe and decoration instructions visit [tasteofhome.com](#)

### THIS MONTH IN NOVEMBER

#### INTERESTING DATES

##### NOVEMBER

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 All Saint's Day

2 All Soul's Day

3 Daylight Savings Time Ends at 2 a.m.

5 Election Day

9 World Freedom Day

11 Veteran's Day

14 World Diabetes Day

17 World Peace Day

28 Thanksgiving

29 Black Friday

#### HISTORICAL FACTS

★ **November 4, 1979:** The Iran hostage crisis began when 52 American diplomats and citizens were taken hostage in the U.S. Embassy in Tehran, Iran. This crisis deeply affected U.S. relations with Iran and lasted 444 days.

★ **November 11, 1918:** Armistice Day marked the end of World War I. This day later became Veterans Day in the United States, honoring military veterans.

★ **November 19, 1863:** President Abraham Lincoln delivered the Gettysburg Address at the dedication of the Soldiers' National Cemetery in Gettysburg, Pennsylvania, redefining the purpose of the Civil War and reaffirming the principles of liberty and equality.

★ **November 22, 1963:** President John F. Kennedy was assassinated in Dallas, Texas, a tragic event that shocked the nation and led to the swearing-in of Lyndon B. Johnson as president.

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