



July 15, 2015

***Have you heard about Care Crowd VT yet?***

Clint Maun, CSP has been sharing his knowledge, experience and passion for the care profession for decades. He is known far and wide for his unique touch of humor, but more importantly, his solution-oriented, team-based approaches to improving care nationwide.



Care professionals from every corner of the country have been asking for a way to benefit from Clint's™ ideas on an ongoing basis between those times when he might be speaking in their area. In response to this popular demand, Clint has created **Care Crowd VT**, an online, interactive training platform available 24/7 at a very affordable rate. For pennies a day, every employee at a facility can have unlimited access to Clint's™ unique approach to **improving care from within**.

At the heart of **Care Crowd VT** are 4 pillars that *define what it means to be a Care Crowd member*. These simple principles establish a framework that forms a strong foundation you can build your care career on for a lifetime of success.

- **Care is Cool!**
- **Customers are Great!**
- **Teaming Makes it Easier**
- **I (personally) Make a Difference**

By joining the Care Crowd and mastering these fundamental, yet critical courses, you make tremendous strides in *improving care, building self-esteem, fostering partnerships and driving accountability* at all levels.

***Become a part of the solution today!***

**<http://www.carecrowdvt.org>**

Please take just a few moments for Clint to tell you more about **Care Crowd VT**.



## Food For Thought

### Failing Feet?

Many healthcare professionals demand a lot from their feet. To be sure, many of us spend long days on our feet, walking from one place to the next. In the midst of your busy day, you may not think about your feet much, but if they start to hurt, you're quickly reminded how much you rely on them from the moment you get up until it's time to sleep.

#### **A Common Foot Condition**

If your first steps out of bed are extremely painful, you may have plantar fasciitis (fashee-EYE-tiss). Plantar fasciitis happens when the ligament that supports your arch is repeatedly strained, causing tiny tears. These ligament tears can lead to pain and swelling in the heel and sole of your foot.

#### **Common Causes**

*You can develop or be more prone to plantar fasciitis condition if you:*

- Are overweight
- Are on your feet all day or do a lot of walking (for your job for example)
- Walk or run a lot, but always seem to have tight calf muscles (you find it difficult to touch your toes or have limited motion in your ankles)
- Have very flat feet or very high arches
- Wear shoes that don't fit well or are unsupportive (i.e., flip flops, canvas shoes)

## Treatment

Plantar fasciitis can usually be treated with self-care. Although no single approach works best for everyone with the condition, here are some common self-care treatments that have proven effective:

- Try new activities that don't place stress on your feet or simply give your feet a rest. If you run every day and it's aggravating your feet, try cutting back or switching to something like cycling or swimming until your foot feels better.
- Use ice therapy. Apply ice to the sore area for 20 minutes, three or four times a day to relieve your symptoms.
- Do stretches that target your toes, Achilles tendon and calves. Stretches can help soothe your symptoms and they can also prevent recurrence.
- Invest in a pair of supportive shoes. Look for shoes with good arch support and a cushioned sole—ask the salesperson to measure your foot and seek their recommendations. It may be helpful to put your shoes on right when you get up to help give your feet the support they need.

If self-care treatments are not easing your pain after a few weeks, you may want to see your doctor. He/she may prescribe an anti-inflammatory medication, a splint or boot for you to wear at night and/or shots of medicine (such as a steroid) in your heel.

*Be sure you put your feet in the right place, then stand firm.*  
—Abraham Lincoln



## Quick Links

[MaunLemke.com](http://MaunLemke.com)  
[ClintMaun.com](http://ClintMaun.com)

[ClintCast.com](http://ClintCast.com)  
[CareCrowdVT.org](http://CareCrowdVT.org)



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