

## Special Olympics Games—Foot screenings bring genuine delight



2015 FIT FEET TEAM: I-r, Amanda Leonhart, LPN; PPMA Board Member Rick Tomassi, DPM; Dan Olson, DPM; Larry Assalita, DPM; Kris German, Pedorthist/Orthotist; Anthony Colonna, DPM; Jim Dodds, Pedorthist; Kelsey German, Kris German's daughter. Absent from photo: John Ziegler, DPM, PA FIT FEET Clinical Director and Kristen Heard, DPM, Resident.

participated at the campus to help out the 2,000 athletes and 750 coaches. This year, the Fit Feet team screened 192 athletes and provided 117 pairs of Apex® thermo-adjustable innersoles, which were supplied by Aetrex® Worldwide. During close to 10 hours of steady activity, gratitude was high as we provided a much-needed service to some well-deserved athletes.

PA Podiatrists have provided this service for more than 10 years at the PSU Summer Games. Part of our mission is to make recommendations for follow-up care with the appropriate specialists if a condition is observed.

### Experience Refreshing for New Volunteer

During dinner after the first day, we asked our newest volunteer, PPMA Resident Member Anthony Colonna, DPM, what he thought about this experience. He stated he was amazed how important the Special Olympics weekend was to the athletes he met. Even how excited some were about just having their feet examined.

Dr. Colonna said he personally could “never get that excited about something as simple as what they were excited about.” We acknowledged that we all take things for granted and get caught up in our busy lives. So take it from this second-year resident who found the experience uplifting, and think about volunteering in your community for local Special Olympic events to experience the fun. Or come to State College next year.

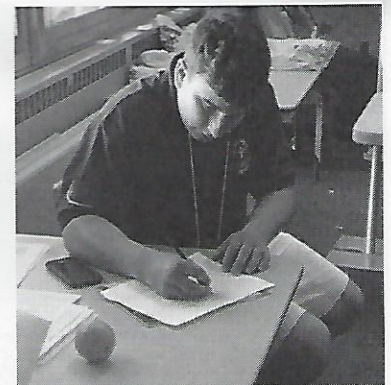
It is so very simple what we do at these screenings. We're all just giving a little time. Thanks to the Pennsylvania Podiatric Medical Association for helping out this year with a generous grant to enable the purchase of team shirts detailed with the Special Olympics and PPMA logos, as well as for the fall games at Villanova.

We still have hopes in the near future to provide goodie-bags of foot hygiene supplies/products donated, along with information about podiatry. Any ideas and help would be appreciated. Until then, try a *Breath of Fresh Air!* Contact John Ziegler, DPM, at 814-724-6060 to volunteer or provide a giveaway. ☒

—Fraternally, Larry Assalita, DPM, State College, PA

Thanks to Dr. John Ziegler's behind-the-scenes work leading up to this year's event, we had another great year volunteering at the “Fit Feet” Screenings at Penn State University Main Campus in State College, PA, June 5 and 6. We were honored once again to have this opportunity and provide screenings to Special Olympic Athletes from all 52 Pennsylvania counties.

The nine of us were among the 2,500 volunteers that



Anthony Colonna, DPM, PPMA Resident Member, said his experience at the Special Olympics for the first time was like a “Breath of Fresh Air!”