
HEIROUSALEM COMMUNICATIONS

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1999 WALKER - POPE - BATES - ROEBUCK FAMILY REUNION

"EMBARKING ON THE MILLENNIUM"

Dear Walkers, Popes, Bates and Roebucks:

I hope everyone is having a wonderful summer and will be joining us at the reunion. It will be Monday, August 2, 1999 at the Stardust Resort & Casino in Las Vegas, Nevada. The main activity will be a banquet, where a cornish game hen meal will be served, followed by a special family program. There will not be a picnic this time. Lynda Dunn, my Co-Coordinator, can arrange for a daytime excursion on Tuesday if enough folks are interested. We would like to thank Brenda Stewart for conceiving of this reunion's theme.

The cost of the reunion is \$50 per person. It includes \$35 for the banquet and hall; \$10 for a family tee shirt; and, \$5 for incidentals. It does not allow us to hire a professional photographer, so bring your cameras and camcorders. The deadline for registration, payment and ordering the tee shirt is July 20, 1999. The tee shirt can be ordered separately for \$10 if you are unable to attend. Please make your checks and money orders payable to Shirley A. Madden in D.C., Marion Jewel Suttle in Birmingham or myself in Oakland. Include a note or call to specify your tee shirt size.

We do not have a special room rate at the Stardust, although many of us will be staying there. They require a minimum of 10 rooms to get a bulk rate. My contact at the Stardust points out that at this time of the year we would do just as well, or better, to call and negotiate our own rate. The registration number is 800/634-6757. Of course we can stay wherever we like. All the casinos and hotels have 800 or 888 numbers. They can be obtained from directory assistance at 800/555-1212.

Shirley A. Madden is coordinating the program for the banquet. We will have the banquet hall until midnight. She is encouraging folks to be prepared to speak on family history and accomplishments; give blessings and condolences; and, just plain entertain. We may have a fashion show and there is a dance floor. There will be a family meeting later in the evening to discuss future events. Please contact Shirley with your great ideas.

We here on the West Coast are really excited about hosting the reunion this year as we "embark on the millennium". It will be great fun, not so much because we are having it in Las Vegas, but because it allows us a chance to come together to support and love one another. Please attend and help us make this one as grand a celebration of our families as they all have been.

All the best and God bless. *Maurice J. Walker*

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INFORMATION EXCHANGE**FAMILY FOOT CARE**

By Alesia Madden-Young, DPM

Many members of our family are diabetic. In conjunction with taking medication as prescribed and maintaining a healthy diet, we must remember to examine our feet daily and have them checked regularly. To assist all of us in maintaining healthy feet, enclosed is a circular distributed by the Miles Inc. Pharmaceutical Division titled *Foot Care and Diabetes*. Read and heed!

Studies have shown that most people will put over 70,000 miles on their feet in a 70 year life-span. The feet are one of the most complex parts of the body. With 26 bones, 30 joints, 19 muscles and 107 ligaments in each foot, they all tie together to allow the foot to move six different directions to produce each complete step. Even though they are built to last a lifetime, foot problems are one of our most common medical ailments. It is estimated that 80-85% of the general population will suffer from a foot complaint at some time in their life - second only to dental problems.

Two of the most common problems are hammertoes and corns. A hammertoe is a bent toe, either rigid or flexible, that makes the top of the toe very prominent. The toe bends at the joint area and the tendon, which connects the muscle to the

bone, and tightens. This is noted by the prominence of the band-like structures on the top of the foot that run to each toe. If the toe is allowed to remain bent, bony changes may occur, and the bent toe may become rigid at the joint. If the toe is corrected while still in the flexible stage, a simple soft tissue tendon release will eliminate the problem, and no bone work may be necessary.

A corn is a thickening of the skin, usually over the prominent part of the hammertoe, but corns can occur over any bony prominence on the toe. A corn can be hard or soft depending on the location. If it is located on the top of the toe, it is usually hard; if located between the toes, it is usually soft and is often confused with athlete's foot. A corn develops due to friction and rubbing of the bony prominence or bone spur on a shoe or on the adjacent toe. It is important to note that while shoes aggravate a corn, the actual cause is the malfunctioning of the toes. As the corn gets thicker, it produces more pressure on the underlying bone and soft tissue and causes increased pain. If the pressure gets severe enough, an ulcer or infection may occur under the corn, especially in a person with impaired circulation such as a diabetic.

Let's take a stand and commit to diligent foot care. Keep on truckin' on the good foot!

Welcome to the Family:

†Destiny - born June 1999 to Mr. and Mrs. (the former DeNitta "Pudding" L. Hollman) Gene E. Easterling.

All the Best:

†Candace Ann Reed on graduating from high school.

†Jeffrey Walker in your recovery from recent heart surgery.

†Rosemary (Hollman) Sharpe on your planned hip replacement.

†Donald "Randy" R. Madden, II, professionally known as DRM II, on your fashion design and sales enterprise.

Congratulations on a great fashion show in Atlanta on Mother's Day 1999.

Our prayers and best wishes are with you all.

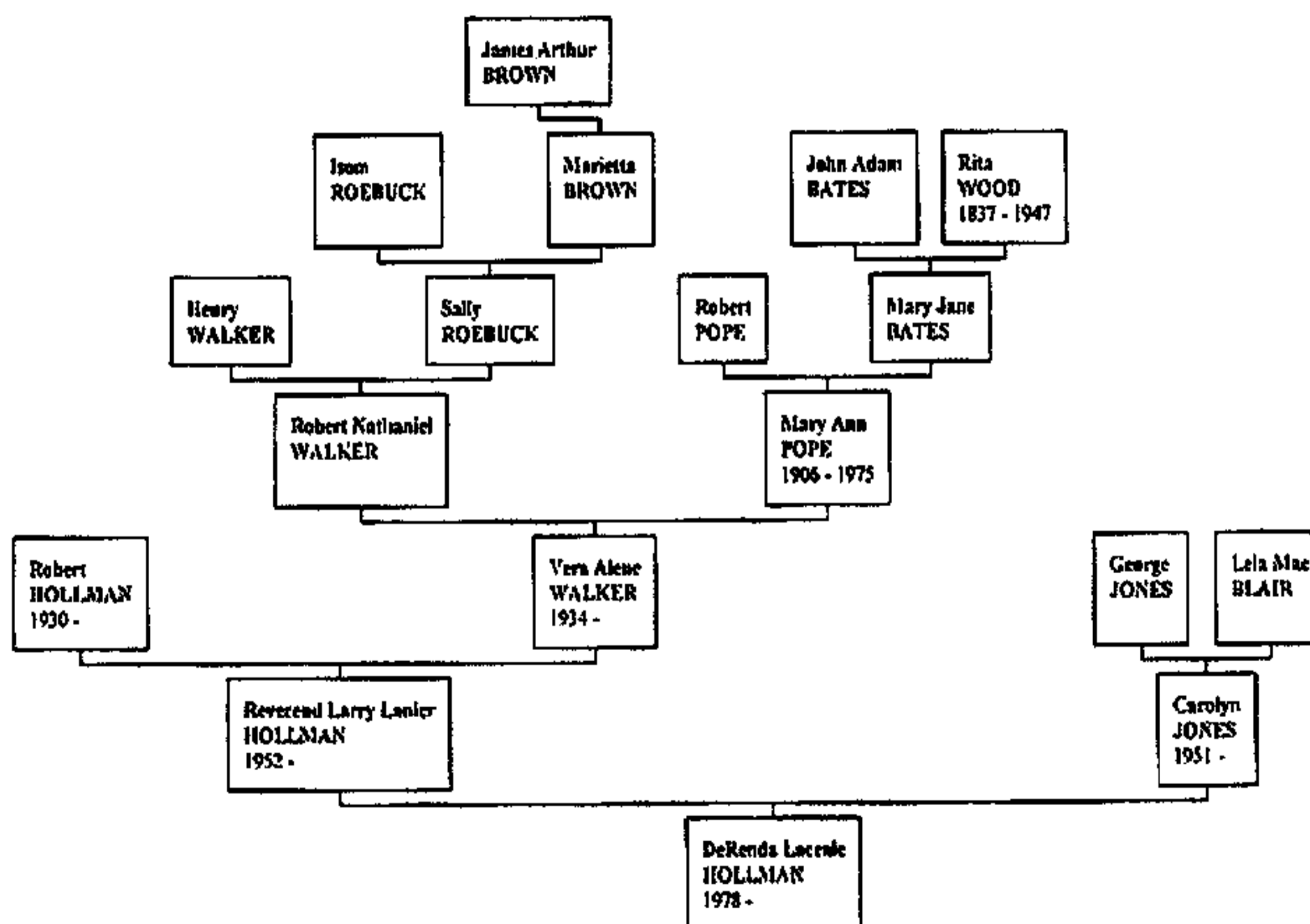
NOTE FROM THE EDITOR

We gather once again as family and I am encouraged! We will celebrate our fifth *Family Reunion* (1992-Birmingham, AL) of *Family Coming Together* (1993-Birmingham, AL). Who would have thought we would persevere this long when Reverend Jesse Henry Walker (1936-1998) first prompted us to begin this process in 1990? In addition to the Birmingham gatherings, we have experienced *Alabama on the Potomac* (1995-Washington, DC) and met in Atlanta, GA in 1997 to celebrate *Because They Were ... We Are*. Let us continue the tradition by *Embarking on the Millennium* and assemble in Las Vegas, NV on August 2, 1999.

The family history project continues. Submit any information to me on yourselves and our Walker, Pope, Bates and Roebuck ancestors to 2116 Hadfield Court, Marietta, GA 30062. Let's make progress on completing our family tree. Data on the Bates, Popes and Roebucks is particularly needed. For DeRenda's tree profiled below, let's try and find Robert Nathaniel Walker's birth and death dates; when he and Mary Ann Pope married; Henry Walker's, Sally Roebuck's, Robert Pope's and Mary Jane Bates' birth and death dates; and, when each couple married.

See you in Vegas! God bless you all, *Millicent*

Hourglass Tree of DeRenda Laceale HOLLMAN



Warning Symptoms and Signs of Diabetic Foot Problems

Look at Your Feet Every Day

Remember, any injury to the foot or break in the skin is potentially serious in a person with diabetes. So look at your feet every day, especially between the toes. If poor vision or arthritis makes it hard for you to do this yourself, have someone look at your feet. Notify your doctor at once if you see

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- Puncture wounds

 - Cuts or scrapes that do not heal

 - Ingrown toenails

 - Corns and calluses

 - Problems due to poorly fitting shoes

 - Any injuries to the feet

 - Discoloration, pain, redness, or swelling

 - Pain in the calves during walking or exercise



Make sure your feet and legs are examined every time you visit your physician.

FOOT CARE AND

D·I·A·B·E·T·E·S

Important Information From Your Doctor

Diabetes can contribute to foot problems in two ways:

- It can cause decreased feeling in the feet, so that injuries such as cuts and scrapes may go unnoticed.
- It can cause decreased circulation to the feet, resulting in a reduced blood supply that may be insufficient to fight infection and heal wounds. The risks of developing foot problems can be greatly reduced if you follow the simple principles of foot care outlined here and see your doctor regularly.

Take good care of your feet

Wash your feet everyday. Use warm water, not hot, and a mild soap. Don't put your feet in water without testing it first with your hand, elbow, or a thermometer. Don't soak your feet unless recommended by your physician.

Pat your feet dry with a soft towel, making sure to dry between the toes. Do not rub the skin too vigorously. If your skin is dry or shows evidence of cracking, use a moisturizing cream as prescribed and directed by your doctor. Never put the cream between your toes. Foot powder, used sparingly, can help if you have a problem with excessive perspiration. Change stockings daily. Don't wear stockings that have been mended or have seams; these can injure or irritate the skin.

Shoes

Shoes that fit poorly can cause irritation and injury. Shoes should fit snugly but not tightly. Make sure there is plenty of room for your toes. Avoid shoes made of plastics; leather shoes that allow your feet to "breathe" are best. New shoes should be broken in gradually. Inspect the inside of your shoes daily for torn linings or foreign objects. Remember, diabetics sometimes have decreased sensation and can be unaware of something inside the shoe. Walking or running shoes may be helpful for some diabetics. Consult your physician or podiatrist. If you have deformed feet, you may need special therapeutic shoes.

Never go barefoot. Always wear shoes or slippers, even at home, and especially in the dark. Remember: an unnoticed minor cut, scrape, or burn can rapidly lead to a serious infection in a person with diabetes.



Trim your toenails carefully

Be very careful to avoid injury when you trim your toenails. Trim them frequently, straight across, and not too short. Do not dig into the corners of the toenails. Use a nail clipper or an emery board or nail file. It helps if you soften your nails by soaking them in warm water for about 10 minutes before cutting them. If nails are thickened and difficult to cut, see your doctor.

No home surgery

Don't try to remove ingrown toenails. Don't use razor blades, scissors, or knives to remove calluses or corns. A minor cut can rapidly lead to serious infection. Removal of an ingrown toenail should be done by your physician or podiatrist. They can also give you instructions on the use of emery boards or pumice stones for removing calluses at home. Extremely thickened calluses should be removed by your physician or podiatrist.

Watch out for burns

People with diabetes may have a loss of feeling in their feet and suffer a burn without knowing it. It is important that you check the temperature of hot water before you put your feet in it. Bath water should be lukewarm, between 85° and 90° F. If you don't have a bath thermometer, test the water with your elbow.

Don't use hot water bottles or heating pads. Check with the doctor about the use of an electric blanket on your bed. Wear socks to keep your feet warm. Wear protective footwear at the beach or around swimming pools. Do not use chemical corn or callous removers; they can cause chemical burns.

Women should avoid tight pantyhose, panty girdles, elastic garters, and socks with elastic tops. If you see lines or indentations when you take off socks or undergarments, they are probably too tight and thus may cause swelling of the feet.

Don't smoke

If you smoke, stop! Smoking narrows the blood vessels and decreases circulation to the feet. Smoking is not wise for anyone, and particularly dangerous for people with diabetes.

