February is Heart Health Month

Lancaster County WOMAN™
The Woman’s Journal

www.LancasterCountyWoman.com • January–March 15, 2016

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Mammograms. No Appointment Necessary. 9 a.m.–5 p.m., Monday–Friday, Lancaster Regional Medical Center, p. 29

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Two Workshops to Create Your Best Year Ever! Sat., Jan. 23 & Mon., Feb. 22 Lititz Family Chiropractic, p. 21

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There’s Still Time to Sign Up for Health Insurance and Avoid a Penalty, p. 10

Plastic & Aesthetic Surgical Associates
1535 Highlands Drive, Suite 300 • Lititz 717-625-3509 PlasticSurgeryinLancaster.com

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Coming Soon... LUXE LITITZ

March 2016...
Visit our website for the most current announcements and information: www.luxelancaster.com/luxe-lititz/
Sadiya Cheshty, MD, a board-certified gastroenterologist with Regional Gastroenterology Associates of Lancaster (RGAL), understands the challenges of women’s digestive health.

“Women go through life stages and events that uniquely impact their gastrointestinal system,” explains Dr. Cheshty. “Women have more abdominal surgeries than men, including C-sections and hysterectomies. In addition, pregnancies, hormonal fluctuations and stages of menopause can all impact GI health.

In fact, research indicates that gastrointestinal (GI) distress is more than twice as common in women as in men, and that females have a greater incidence of complicating factors than males. Digestive disorders, such as reflux, constipation, diarrhea, gas and bloating can disrupt and interfere with the daily activities and quality of life of many women.

To provide a more comprehensive and compassionate approach to expert healthcare, RGAL is providing women’s digestive health services at the (new) Lancaster General Health Women’s Specialty Center to help women find relief from gastrointestinal distress and restore digestive health in a supportive and comforting environment.

As an independent practice, RGAL is collaborating with Lancaster General Health and other providers in this new Women’s Specialty Center. The differentiating point of this center is that it is a unique specialty center exclusively for women, and the staff and providers are all women. In addition to Dr. Cheshty, healthcare will be provided at the center by a female cardiologist, female internal medicine physicians, and other female providers. The Women’s Specialty Center will have a multidisciplinary approach to care.

As she encourages Lancaster-area women to schedule proactive screenings and adopt healthy lifestyles promoting wellness and prevention, Dr. Cheshty notes: “Women are getting more in touch with their GI health, and there is a real need for women to have a place to go for digestive disorders.”

In addition to the new and existing patients Dr. Cheshty will see at the Women’s Specialty Center, patients continue to have the option to see her, or any of the other 14 RGAL gastroenterologists at the other three RGAL sites at the Health Campus, on Oregon Pike in Brownstown, and in Elizabeth-town.

With patient-care excellence as the driving force at RGAL, providing care at the new Women’s Specialty Center is yet one more way this practice makes patients feel comfortable as they are treated with dignity and compassion.

Dr. Sadiya Cheshty is board certified in gastroenterology and internal medicine. She earned her medical degree at the State University of New York (SUNY) Downstate School of Medicine in Brooklyn, N.Y., and completed her medical residency at North Shore University Hospital—New York University (NYU) School of Medicine. Dr. Cheshty pursued her fellowship training in gastroenterology, hepatology and nutrition at Loyola University Medical Center—Stritch School of Medicine in Chicago, Ill. Her special interests include women’s health, hepatitis, gastrointestinal cancers and nutrition issues. She enjoys drawing, painting, skiing and box aerobics.

Dr. Cheshty will provide digestive health services for female patients at the Lancaster General Health Women’s Specialty Center.

Dr. Cheshty is board certified in gastroenterology and internal medicine, with special interest in women’s health, gastroenterological cancers, health and nutrition.

Visit RGAL.com or LGHealth.com to learn more about this center, the only one of its kind in the region.

You can schedule an appointment by calling 717-544-3400.

RGAL Provides Care at the LGH Women’s Specialty Center

A unique specialty center exclusively for women.

Women’s Specialty Center, 690 Good Dr., Lancaster, PA 17601
(On the 2nd floor in the Women’s Outpatient Center at Women & Babies Hospital)

www.RGAL.com
Active, but can’t lose the weight? LancasterWeightLoss.com can help.

Sometimes diet and exercise aren’t enough to help you lose the weight. Whether you need nonsurgical weight management assistance or are considering minimally invasive weight loss surgery, we’re here to help you. John Powell, M.D., leads our bariatric team. Dr. Powell is a board-certified general surgeon and a member of the American Society for Metabolic and Bariatric Surgery, and is fellowship trained in bariatrics and laparoscopic surgery.

Our bariatric team also includes a bariatric surgery coordinator, bariatric dieticians and an exercise physiologist who are here to educate you, answer your questions and work with you throughout your weight loss surgery journey. We also host monthly weight loss seminars and monthly support groups to discuss a variety of topics related to life before and after surgical weight loss.

For a private consultation, visit LancasterWeightLoss.com or call 717-271-7670.

Specializing in reconstructions, reductions and enhancements.

Whether you’re considering reconstructive surgery, simply want to improve your silhouette or having difficulty returning to your pre-baby figure after pregnancy, you can turn to Bryan Cicuto, D.O., with confidence. Dr. Cicuto is a fellowship-trained plastic and reconstructive surgeon. He is skilled in breast augmentation, lifts and reconstruction, as well as in breast reduction surgery for women and men. Dr. Cicuto will listen carefully to your preferences, then refine or restructure your body for a natural, enhanced appearance.

Call 717-625-3509 to schedule your free consultation. For a limited time only, enjoy 25% off aesthetic services including spa, injectable, and laser treatments.
Stay a Step Ahead of Common Foot Problems

LG Health Physicians Podiatry

Your feet provide the foundation for all of your daily activities: walking, exercise, and driving. They get you where you need to go.

Our podiatrists are here to help keep your feet healthy and keep you moving. So whether you’re dealing with bunions, heel pain, toenail problems, diabetes-related issues or a foot or ankle injury, LG Health Physicians Podiatry can help you put your best foot forward.

Offering a full array of foot care including:
• Healthy foot and ankle maintenance
• Diabetic foot care
• Foot trauma
• Sports medicine
• Foot and ankle surgery

Between narrow-fitting shoes that squeeze the toes and high heels that stress ankles and arches, it’s not surprising that women are more likely than men to develop certain kinds of foot problems. Here’s a look at the three most common conditions women experience, and steps you can take to alleviate the pain and strain.

About bunions
If you have a bony lump on the outer edge of your big toe, it is likely a bunion. Bunions occur when misaligned big toe joints swell and get tender. Although pointy shoes make bunions more painful, bunions are typically hereditary and not caused by the shoes you wear.

What you can do for bunions:
• Stay as comfortable as possible by wearing shoes made of material like leather, which can stretch and conform to the shape of your foot.
• When shopping for shoes, try them on later in the day to take foot swelling into consideration.
• Before buying shoes, hold the sole of the shoe against the sole of your foot, and make sure the toe area is as wide as your toes.
• Ask your podiatrist, a physician specializing in treating the foot and ankle, about custom insoles, which may help prevent bunions from getting worse.
• If bunion pain interferes with your normal activities, a podiatrist can remove the bunion surgically.

Help for hammertoes
Too-narrow shoes that crowd your toes can contribute to hammertoes, a condition that causes toes to bend into a claw-like position. Other causes of hammertoes include arthritis, a high foot arch, toe injuries and bunions. Although the condition can affect any toe, hammertoes most frequently occur on the second toe and result in irritation to the top of the bent toe. For people with diabetes or poor circulation, this can be a serious problem that requires medical attention.

What you can do for hammertoes:
• Buy shoes and socks that don’t cram your toes. Shoes that provide enough room for your toes help reduce pain and discomfort.
• A Budin splint, or a pad with an elastic loop that goes under the ball of your foot and wraps around the hammertoe, can relieve pressure and friction from shoes.
• If the condition gets worse, a podiatrist may suggest pain medication, or surgery for more lasting pain relief.

Preventing heel pain
Heel pain can have several sources. Heel pain can come from heel spurs, which are bony growths on the back of the heel bone. They occur when the Achilles tendon pulls at the spot where it attaches to the heel bone. Calcium builds up in the area, forming a bone spur.

Another cause of heel pain is plantar fasciitis, an inflammation of the plantar fascia, a band of tissue that runs along the bottom of the foot. This condition can cause a stabbing or burning pain in the heel, which is often worse in the morning. Plantar fasciitis can have several causes, including a variety of foot injuries, exceptionally high or flat arches, standing or walking for long periods of time, or being overweight.

What you can do for heel pain:
• To help prevent bone spurs, warm up properly and wear appropriate athletic shoes when exercising.
• Icing and foot exercises can help relieve the pain of plantar fasciitis, as can over-the-counter arch supports or custom orthotics that correct the foot position.
• If the pain is extreme, talk to your podiatrist. Several new treatments are available for heel pain.

Three top tips for the healthiest feet
Here are three rules of thumb that all women should remember:
• Avoid shoes with pointed toes.
• Don’t wear heels higher than two inches.
• Pay attention to pain. It’s a warning sign.

Put your best foot forward
If you want to learn more about preventing and reducing foot pain, visit the Health Library on the Lancaster General Health website and search foot pain. If your foot pain persists or is extreme, a board-certified podiatrist can explain your options and help you make a treatment decision that fits your lifestyle.
The Special Advantages of Balancing Your Hormones WHILE Losing Weight:

- Actually BURNS UP fat cells, not just shrinks them.
- Our average weight loss for a woman is "20 POUNDS OF FAT in a month!"
- This PLAN takes hormones into account and corrects the imbalance for good.

Our program will aid these symptoms:

- Headaches...Irritability...Hot Flashes...Cramps..."Heavy" Periods...Depression...
- Low Libido...Anxiety...Night Sweats...Bloating...Insomnia...Mood Swings...

Health Benefits:

- Lower blood pressure, blood sugar, and cholesterol; many medications for pain/inflammation and depression/anxiety are reduced or eliminated!

Kristi Baker (59 years old)
Kristi participated in our 30-Day Menopause Makeover, and this was her testimonial after just 30 days!

The “Menopause Makeover” truly changed my life. I was so excited because I lost those last 16 lbs. of stubborn fat that I had not been able to lose on my own with traditional diet and exercise alone. Now I understand that I truly needed to balance my hormones naturally. I was thrilled to be involved in the Menopause Makeover because now it was time to do something for me! I was having wicked hot flashes that went away quickly as well as persistent headaches. My quality of life really improved due to this. I did not want to take synthetic hormones or sleep aids or risky medication to help with these issues. I am also now able to sleep through the night when I used to wake up 3-4 times. My whole outlook and mood have changed, and I feel much better about myself through doing this. Thanks, BeBalanced!

How do we do it? With a process that makes you feel as good as you look… "Natural Hormone Balancing"! It has worked for thousands of women over the last eight years. The fast results in how you look AND feel keep you going to reach your final goal. We want to help women achieve the highest quality of life through our patent-pending program. So much so, we are now franchising to spread the results around the country.

Hormones do not have to be confusing just because your doctor has not been trained in them or your nutritionist or personal trainer have no idea how they affect your weight. This is OUR SPECIALTY. We at BeBalanced Centers have some unique answers to the hormone “confusion” that is out there, and we are here to help! We have been helping women for years to work with their bodies to naturally speed their metabolism by balancing their hormones… at ANY age, even after menopause!

By simply balancing your insulin and blood sugar, along with balancing your estrogen and progesterone while decreasing cortisol (a major stress hormone), you will not only lose weight quickly, but your mood and sleep will improve as well as any type of female-related condition (almost all PMS and menopausal symptoms).

Our philosophy is simple stress management and diet changes (getting rid of foods you are sensitive to) combined with natural supplements to balance sex and stress hormones naturally. These lifestyle changes are the foundation to our scientific PATENT-PENDING system. So let us help make you over in as little as 30 days. A month of time is worth it to feel like you have had a complete mind, body and spirit “makeover”!

At BeBalanced Centers we know that when results are slow or nonexistent it is hard to keep going and you see another failure coming, making the next time even harder to get back into it! For most women over age 35 or 40, this is the case. This is where our knowledge of hormones and our program come in. The Becoming Balanced program balances your hormones, which is the very reason you gained weight to begin with. So why wait another week? Stop in or call to hear more on how we can help you make this year different. Make your health and well-being as your top priority this year…and all the other issues you put ahead of your health this past year will improve as well: your job, your relationships and even your self-esteem.

The Hormone “Shift”

How to resolve issues with your Mood, Weight & Health by Dawn Cutillo, foreword by Dr. Patricia Joan Austin.

Find out more about “Natural Hormone Balancing” Tuesday nights at 7 p.m. FREE Seminar to answer ALL of your questions/concerns OR make a FREE Consultation appointment

Our Becoming Balanced Program is now PATENT PENDING.

BeBalanced
HORMONE WEIGHT LOSS CENTERS

Franchises now in Blue Bell, King of Prussia and Harrisburg, with one soon opening in Ashland, Kentucky!

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- Detoxification Services
- Massage/Cellulite Treatments
- Aging Skin & Hair Loss treatments

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484 Royer Drive, Lancaster, PA 17601
Along Oregon Pike in the new Worthington Complex

Read more about our center or see if your hormones are balanced with a free test at www.BeBalancedCenters.com

Lancaster County Woman
CASA Welcomes 13 New Advocates

Court Appointed Special Advocates (CASA) of Lancaster County recently swore in 13 new volunteer advocates. Judge Jeffrey J. Reich swore in the new volunteer advocates during a ceremony held on Wednesday, October 21, 2015, at the Lancaster County Courthouse, 50 N. Duke St., Lancaster, PA 17602.

CASA volunteer advocates are appointed by the court to represent the best interests of children in foster care, with the belief that all children deserve safe, nurturing, and permanent homes. CASA advocates are consistent, compassionate adults who walk beside a child in foster care. Advocates provide court reports to the judge to help aid in the decision about where that child will live. CASAs provide essential information to the court about what is in the best interests of the child.

This class was the first to be sworn in at the courthouse. Jessica Laspin, Executive Director of CASA, says, “It was incredible to witness the first class taking their oath in the courthouse. What a perfect way for them to be welcomed into the CASA family!”

Before being sworn in, volunteers complete a required 36-hour training program. Volunteers must also complete a series of background clearances prior to being appointed to a child.

D’Arcy Crocker, Program Director, describes the fall 2015 class, “This class was a very calm and engaging group. They were eager to learn and exciting to teach.”

The fall 2015 class of advocates will bring the total number of trained CASA advocates in Lancaster County to 159. These 13 new volunteer advocates will serve between 20 and 30 children in foster care. CASA volunteers have served 345 children to date since the organization’s first appointment in January 2010.

CASA is central to fulfilling society’s most fundamental obligation by making sure a qualified, compassionate adult will fight for and protect a child’s right to be safe, to be treated with dignity and respect, and to learn and grow in the security of a loving family.

To learn how you can be a part of the CASA movement to make Lancaster County a place where every child grows up in a home free of abuse and neglect, contact us at (717) 208-3280 or casa@casalancaster.org.
Acupuncture: A Case Study of Chronic Tension Headache Pain

Kathi, age 41, came in for acupuncture for chronic tension headache, which had been causing discomfort and pain for her nearly every day for five years. She was unsure of the reason for its onset, but realized after some discussion that juggling a family of three children while working full-time had run her energy levels down. She also noted that certain food triggers, such as chocolate and dairy products, as well as too many hours spent at the computer often made the headaches much worse. They usually started at the back of her head, or as a tightness in her neck and shoulders, and often spread forward. At their worst, she would feel a tight band of pain wrapping around her head and a tightness in her jaw, which made sleeping and eating difficult.

Her regular doctor ruled out any serious causes for the headache pain and advised her to try over-the-counter pain relief when they occurred. This helped sometimes, but Kathi needed more relief and did not want to progress to stronger prescription analgesics, once she had researched the adverse side effects. She asked her doctor if acupuncture might be an option for her, and he told her that it was worth a try.

She had recently started an exercise program and was feeling positive that she could help herself get better naturally. She was “so afraid of needles” but had heard good things about acupuncture from a colleague, as well as her father, who had been using acupuncture at Blossoms and Roots Wellness for some time for back pain. Jo Ellen reassured her that the needles used in acupuncture treatment were as thin as a human hair, and not hollow, which was the standard most people think of as introducing a substance such as medication into the body, or taking something out, such as blood.

At her first acupuncture treatment, Jo Ellen took the time to answer questions, take a thorough health history, and explain her treatment plan of weekly sessions for 5–6 weeks before Kathi’s first session. Kathi responded well to the treatments. After her first session, she reported a “really good night’s sleep” as well as a reduction in headaches from six per week to four, the week before. Kathi reported changes that began to last longer, with an overall reduction in pain levels by the end of six sessions of 40 percent. She felt more freedom of movement in her neck and shoulders, and did not tire as quickly at her computer as before. She reported less intensity of the headaches around the time of her menstrual cycle. She realized she was taking less over-the-counter pain relief as well, needing it only if the headaches did not clear after a few hours. Her family recognized the changes and told her she seemed more like her “old self” again. She was encouraged by these results and chose to continue with treatments with a long time between in which to test if the results lasted longer and “held” better, as Jo Ellen explained.

The Cochrane (www.cochrane.org) Collaboration of evidence-based medicine has recently concluded, after reviewing 11 trials that passed stringent criteria for being set up in an evidence-based and objective fashion, that acupuncture “could be a valuable nonpharmacological tool in patients with frequent, episodic or chronic tension-type headaches.” Kathi continues acupuncture regularly to maintain a reduction in her headache frequency and intensity. She says of acupuncture treatments, “I find this time for myself so relaxing, I often fall asleep on the table and come out of a treatment feeling renewed. And I appreciate that the treatment does not require another medication.”

Other facial conditions which can respond well to acupuncture include Bell’s palsy, aftereffects of stroke, rhinitis, sinusitis, facial neuralgia, TMJ pain and migraine pain.

How many treatments will it take? Typically, a course of acupuncture treatment will consist of 6–12 sessions, each lasting 30–60 minutes. There is an ongoing review between the person and the acupuncturist during a treatment course in order to measure progress and keep the individually tailored treatment plan on track.

For more information, visit the Blossoms and Roots Wellness website, blossomsandroots.com. Jo Ellen Wisnosky has 13 years’ experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.

Blossoms and Roots Wellness

acupuncture and therapeutic massage

122 East Chestnut Street, Lancaster, PA 17602 • 717.723.1362
email: bookings@blossomsandroots.com
www.blossomsandroots.com

Mon., Wed., Thurs., Fri. 9:15 a.m.–5:15 p.m. • Sat 8 a.m.–11:00 a.m.
Community Acupuncture Tuesdays 1:30–3:30 p.m.

Pennsylvania College of Health Sciences News

Alumni Spotlight

Educator, practitioner and author, Dr. Rebecca Cox-Davenport is returning to Lancaster to teach at PA College in June! Dr. Cox-Davenport, a 1996 nursing graduate, recently served as the project editor and chapter author for the upcoming book, “Fast Facts for NCLEX.” (2017). This is Rebecca’s second book, her first, “The Student Nurse Playbook,” was released in 2005 by Lulu Publishing.

Dr. Cox-Davenport’s research on student testing methods and NCLEX preparation has been published in several scholarly journals, and she has presented nationally on student stress and gaming with student nurses to improve learning. Rebecca continues to work as a hospice nurse when not in the classroom and considers it to be “the best nursing [she] has ever done.” Her professional nursing experience also includes working in the Emergency Room and on the Cardio-Thoracic Intensive Care Unit.

Rebecca received her nursing diploma from PA College, her BSN from the University of Pittsburgh, MSN from Waynesburg University and her PhD in Nursing from the University of Nevada Las Vegas. She is an Assistant Professor of Nursing at Wilson College and resides in Chambersburg with her family.

Faculty/Staff Spotlight

Ever since Rebecca began volunteering as a tutor in the eighth grade, she knew she wanted to become a teacher. Her love of the classroom has led to her teaching ESL at the Center for Inter-American Studies in Cuernca, Ecuador, and Spanish at the high school and university levels before joining PA College.

Dr. Smith has taught Introduction to Sociology, Cultural Diversity and Social Problems, and serves as both the Social Sciences Coordinator and Faculty Governance Chair at PA College.

As Social Sciences Coordinator, Dr. Smith oversees two elements of the student ePortfolio—Cultural Diversity and Productive Citizenship—and collaborates with faculty to ensure students are provided classroom and experiential learning opportunities related to diversity and citizenship.

In 2013, she began a research study at PA College on student and faculty appreciation of liberal arts and education. She has since delivered a number of poster and podium presentations on the findings and plans to publish them in the near future with fellow investigators Lena Frennborn. Rebecca lives in Lancaster with her husband, two sons ages 4 and 2, and a dog, a black Lab/blue heeler mix they rescued in Utah. She enjoys trivia nights with friends and spending time at the beach with her family.

In addition to an outstanding academic performance, Jessica received accolades from hospital staff and her instructors. “Her proactive attitude and commitment to teamwork served as an example to fellow students, while her genuine caring manner helped her to quickly develop rapport with patients,” noted nursing faculty. Often observed speaking to hospital staff about the management of those in her care, she showed initiative every step of the way.

Student Spotlight

Jessica Martin received both the Judith A. Weaver Hibel Excellence in Care Award and the Academic Achievement in Nursing Award at the College’s recognition ceremony in December. The Hibel award, given to a student demonstrating both academic and clinical excellence in a family and community setting, was presented to Jessica for consistently going above and beyond for both patients and staff during her medical-surgical clinical rotation.

Jessica Martin Nursing ‘15

Assistant Professor

Dr. Rebecca Smith, PhD

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EDITOR’S PAGE

Dear Readers,
Happy 2016!

As we head into our 19th year of operation, we reflect and honor YOU—our readers, our care providers and our loyal contributors—for enabling us to do what we truly love to do! Without all of you, we would not exist. We are truly blessed by your trust, loyalty and confidence. Thank you!

Two of our many wonderful supporters are featured in this edition: Rochelle “Rocky” Welkowitz, owner of Transition Solutions, and Dr. Spage Yee, founder and medical director of the Eye Care Group of Lancaster and Vive Facial and Bodyworks. Both Rocky and Dr. Yee have supported and contributed to this publication for many years. In addition to providing outstanding service to seniors for over 31 years, Rocky has been our longest and most loyal supporter from day one! Thank you, Rocky and Dr. Yee. Without your support and loyalty, we would not be the publication we are today.

The articles “Plan Ahead and Choose a Law Firm for Life” from the law firm of Brubaker Connaughton Goss & Lucarelli and “Frostbite and Your Feet” from Martin Foot and Ankle educate and provide guidance on decision making for legal and healthcare needs. Information on “What Causes Mental Illness?” with therapist Dawn M. Baldwin of Life Span Psychological Services and “Take Simple Steps to Manage Stress” by Dr. Hyasmine M. Charles of LG Health Physicians Women’s Internal Medicine can be found in this edition, along with event dates for Lancaster’s annual Roots & Blues Festival on Feb. 26, 27 and 28.

The Art of Matthew Thomas Abruzzo

Mulberry Art Studios will be exhibiting the work of late artist Matthew Thomas Abruzzo in February. A First Friday opening reception will be held from 5–9 p.m. on February 5.

Abruzzo, who died in December 2013, began creating art as a 9-year old in the New York Student Art League. He worked in oil, acrylic, watercolor, and charcoal. Though he enjoyed still life, his true love was his own brand of abstract painting, which he called organic abstract expressionism.

The show has been curated by his wife, Ann. The two were college sweethearts who parted ways and were later reunited in their 60s. They married in 1995. For more information and to preview the work from this exhibit, please visit www.mulberryartstudios.com.

And we are forever grateful to our servicemen and service-women everywhere for the freedoms we oftentimes take for granted. With God’s grace and provision, we look forward to another 18 years with great enthusiasm and renewed energy.

With blessings and appreciation,
JoAnn Notargiacomo
Managing Editor

Lancaster County Woman
The Montessori Academy of Lancaster, a private school located in Manheim Township, announces its 2016 winter class for 1–2 year old children accompanied by a parent or caregiver. This class is designed to develop fine and gross motor skills, paired with social skills, and language skills. The class is 10 weeks long, from 9:15-10:30 a.m. for 8 weeks beginning January 28. Classes will be held at the Montessori Academy located at 2750 Weaver Road in Lancaster and the cost for the complete session is $60.

The Montessori Academy of Lancaster, founded in 1982, is currently celebrating over 30 years of educating Lancaster county toddler, preschool and elementary students. To order an form or additional information, please contact Karen Rubenstein, Head of School, at (717) 560-0815.

Spotlighting Dr. Spage Yee
Dr. Spage Yee has been a fixture in the Lancaster area for the last 16 years, as a resident and also as an ophthalmologist (chief physician) with the Eye Care Group of Lancaster. Dr. Yee earned his medical degree from the Albert Einstein College of Medicine in New York City and served his residency at the Temple University Hospital in Ophthalmology. He is currently on the active medical staff at Lancaster General Hospital.

Dr. Yee is versatile in the medical field. In addition to his duties as an ophthalmologist, he is also the current medical director of Vive Facial and Bodyworks, which specializes in medical cosmetics and cosmetic procedures. To recharge his batteries, Dr. Yee enjoys the outdoors, in particular fishing and lamenting the big one that got away.
Body & Sole Reflexology Continues to Evolve

Holly was among a few pioneers of the area to practice Reflexology, but the first to open a commercial establishment solely focused on the healing modality of professional Reflexology.

“It’s been quite a ride,” says Holly. We shared a space with a salon for a few years, then relocated to our current spa location on Oregon Pike, a true peaceful, healing environment with a tropical feel to it. I now have a staff of six, and am currently scouting for one more Massage Therapist and an additional Reflexologist to handle our growth. We continue to evolve with new treatments and services and service clients regularly both locally as well as out of state, and as far as Texas and Seattle. Reflexology is still our most popular service. It’s given me such a warm heart to know how many lives we’ve changed with our healing hands, and hearts.

Manual Lymphatic Drainage Gentle and Effective

The Lymphatic System is a vital, but often an overlooked component of an individual’s health and wellbeing. It is directly related to our immune system, working as a filter to remove waste, excess fluid, bacteria, and other harmful debris in our cells. The primary function of the lymphatic system is to transport lymph, a fluid containing infection-fighting white blood cells, throughout the body. When the Lymphatic System is not working properly, a buildup of excess fluid can occur, a condition known as lymphedema. This can cause symptoms such as swelling, pain, excess fatigue, or even higher susceptibility to colds and infections. Lymphedema can occur after surgery, removal of lymph nodes from cancer, injury, or even be present from birth.

“Manual Lymphatic Drainage (MLD) is a form of bodywork used to stimulate the lymph system, removing any blockages and encouraging the flow of lymph back to the heart. Differing from a massage, MLD utilizes only light pressure, applied in specific motions and directions. As most of our lymph vessels lie directly under the skin, this technique achieves the safest and most effective results.” says top Massage Therapist, Leah Reider. Here at Body & Sole, all of our Massage Therapists are professionally trained in Manual Lymphatic Drainage. We work with a variety of cases of lymphedema, from tummy tucks, to sports injuries, to cancer patients. We are happy to answer any questions you may have about this gentle yet effective modality.

There’s Still Time to Sign Up for Health Insurance and Avoid a Penalty

Lancaster Regional and Heart of Lancaster Regional Medical Centers can Help

Are you still uninsured? If so, there’s still time to sign up for health insurance and avoid the penalty. And Lancaster Regional and Heart of Lancaster Regional Medical Centers can still help.

“With many people lacking access to a computer or just needing help maneuvering through the Marketplace website, our application counselors can help,” said Russell Baxley, CEO of Lancaster Regional Medical Center. “We can assist individuals and their families evaluate available health plans and determine if they’re eligible for Medicaid or other insurance options. But you have to call for an appointment; open enrollment ends January 31 for 2016. The penalty fee for not having insurance has increased this year. If you can afford health insurance coverage in 2016 but don’t sign up, you may have to pay a penalty ($695 per adult, $347.50 per child—up to $2,085/family or 2.5% of family income, whichever is higher). And, without insurance, you will be financially responsible for all of your medical costs.

The good news is that based on household income and dependents, some individuals may qualify for financial assistance from the government—or subsidies—towards the cost of the premium and other financial obligations like co-pays or deductibles. Medicaid

In all states, Medicaid provides health coverage for some low-income people, families and children, pregnant women, the elderly, and people with disabilities. In some states, the program covers all low-income adults below a certain income level. Pennsylvania has expanded Medicaid coverage. This expansion increases the eligibility limits for adults to 138 percent of the Federal Poverty Level (equivalent to an annual income of $16,242/year for one person; $33,465 for a family of four in 2016). However, citizens must enroll in the program; it’s not automatic.

“Let Lancaster Regional and Heart of Lancaster Regional Medical Centers help take the frustration out of the enrollment process. Call (717) 358-7318 for an appointment before January 31, and let us help you get a healthy start to the new year,” said Baxley.

About Lancaster Regional and Heart of Lancaster Regional Medical Centers

As one of the first hospitals in the county, Lancaster Regional Medical Center in downtown Lancaster has been providing care for over 122 years. Heart of Lancaster Regional Medical Center is a 148-bed hospital in Lititz providing care since 2005. Both hospitals offer a comprehensive, personalized range of inpatient and outpatient medical and surgical services administered by compassionate, experienced physicians and staff; beautifully appointed patient rooms; and the latest medical technology. For more information, visit LancasterMedicalCenters.com.
The number of Americans with food allergies is at its highest rate ever. Fifteen million people navigate dangerous waters every day, and a slip-up can be life-threatening. The good news, though, is that the chance of your child dying or having a severe outcome from a food allergy is actually extremely small. With a well-thought-out emergency action plan, some forethought and common sense, disaster is avoidable.

Up to 1 in 13 suffers from a food allergy, so chances are one or two children in your child’s class at school are affected. Most common allergens affecting children are milk, eggs, wheat, soy, fish, shellfish and “tree nuts” (e.g., walnuts, pecans, cashews and hazelnuts which are distinct from peanuts and soy, which are legumes). Ninety percent of all food allergies include these. Food allergy is an allergic reaction that may include skin rash, itching, nasal congestion, wheezing, throat tightening, vomiting or diarrhea, or even passing out, usually occurring within 20-30 minutes of eating a food. This is different from food intolerance, where an unwanted side effect, for example, diarrhea with milk/lactose intolerance— is associated with a food but not life-threatening.

Will my diet during pregnancy affect the baby, and should I limit allergenic foods? The preponderance of evidence does not support this. Enjoy and eat a healthy diet.

What about breastfeeding? Earlier guidelines suggested that high-risk babies, those with eczema or strong parental history of allergic diseases and asthma might benefit from reduction of these hyperallergenic foods. However, there is not strong evidence to support this. Breastfeeding does show protection against eczema, although not food allergies. Recommendation is for breastfeeding at least one year.

When can I introduce solid foods and which to give? Again, earlier recommendations from pediatricians suggested holding off on allergenic foods in the high-risk child. However, many new studies, including a highly publicized one on peanuts, showed early introduction of allergenic foods might actually be beneficial, with significantly less peanut allergy in kids who got the food before 11 months of age. Edigest new food guidelines from national organizations soon with this new information.

If you or your child has experienced symptoms of food allergy, discuss this with your pediatrician or allergist. Some allergies like milk, wheat, and eggs are often outgrown, but nuts and fish/shellfish often persist. There is no current treatment for food allergies, but some exciting therapies, such as a “peanut patch” to wear to desensitize for peanuts are in the works with the FDA. It is important to have an epinephrine device in case of accidental ingestion and an asthma plan for your child at school. There was an important recall of a popular epinephrine device, AuviQ, on October 26, 2015. Check the company’s website for information on returning devices and reimbursement for out-of-pocket expenses for switching to another device.

My child doesn’t have food allergies, but her friend does; how can I help? Send allergen-friendly snacks to school as allergen alternatives at trick or treat and holidays. Think how you would feel if your child had a potentially life-threatening condition. Watch out for hidden allergens— in crafts, or wheat in play dough for example.

Don’t Eat That! Food Allergies for Women and Children

Established in 1844, the Lancaster County & City Medical Society (LCCMS) is a professional association for physicians which serves to promote and protect the practice of medicine for the physicians of Lancaster County so they may provide the highest-quality patient-centered care in an increasingly complex environment.

Doctors and Patients— Preserving the Relationship

The Lancaster County & City Medical Society

480 New Holland Avenue, Ste. 8202, Lancaster, PA 17602
Tel: 717-393-9588
Email: info@lancastermedical society.org
lancastermedicalsociety.org

It Takes “Guts” to Stop Eating: Obesity and the Microbiome

Laura Fisher, MD

For many years there has been an extensive national conversation about our epidemic of obesity and its health consequences. Endless articles have been written, and myriad diets are touted. Yet, most dieters don’t lose any significant weight on any regimen, and for those few who do, it is often only a temporary weight loss, with most people reverting back to their original baseline after a few months. The causes for the persistence of this latter phenomenon have never been clearly understood, but the most frequent explanation is that the overweight individual simply lacks self-control. Despite all these concerns, there has been very little data about the exact mechanisms that separate someone who eats till feeling full and still maintains a normal weight, compared to another individual who also eats till full, but has consumed much more food and has a consequent weight problem. Frequently, we simply say that one person has a more “active” metabolism than another.

However, new research is revealing an extensive metabolic interplay that has been obscured until very recently. It seems that we have ubiquitous companions underwriting our self-control and sending us unwanted signals. And I don’t mean your friends or relatives. I’m talking about the trillions of microbes that live inside our gut and perform essential services for us. Previous research reports have revealed that the gut microbiome has a startling range of influences. These microorganisms serve a crucial role in mediating our immune systems, metabolism and central nervous system, assisting in normal growth and development, and protecting us against unwanted pathogens. Our gut microbes even affect our mental state and have been linked to depression and anxiety.

In addition, recent research has uncovered that our gut bacteria play a critical role in obesity. Furthermore, it is also now understood that certain strains of bacteria are associated with an increase in the consequences of obesity, such as insulin resistance, type II diabetes, hypertension and elevated blood lipids. Until now, our working model for appetite or satiety was based upon the assumption that this aspect of obesity was dependent upon an intrinsic gut-brain axis of circulating molecules and hormones, and was not unrelated to the microbiome.

Our assumption had been that when people eat and begin to digest, gut tissues send signals of fullness and satisfaction to specific centers in the brain, such as the hypothalamus or amygdala, in which the nutritional and sensory aspects of food trigger an eating-control regulatory circuit. However, recent research has demonstrated that our gut microbes are directly participating in that circuit by giving off bioactive molecules that tell us whether we are full or still hungry, and surprisingly, this circuit is dependent on their assessment of their own needs. The other circuits certainly exist, but gut bacteria can produce some of the same types of chemicals that regulate satiety, such as proteins and peptide hormones that are part of the regulatory system of our own cells. So our gut bacteria are directly participating in the body’s triggering mechanisms determining both hunger and satiety.

There is an immense amount of microbial life in the stomach and intestines. A new study from researchers in France investigated proteins that are produced by one type of bacteria in the stomach, known as E.coli. When we eat, these bacteria go through a biphasic pattern of response to the nutrients entering our stomach. At first, they begin to multiply very rapidly, producing one set of proteins. After about 20 minutes of eating, the bacteria stop their rapid growth phase and begin to produce other proteins that are distinct from the earlier products of bacterial metabolism produced during the most active period of their reproductive cycle. It is the second type of protein that seems to directly influence our feelings of satiety. To prove the connection, the researchers injected this second type of protein into rodents that had not been fed or only given small amounts of food. Upon administration of this specific bacterial protein, these hungry rodents either significantly diminished their food intake or stopped eating completely. This experiment demonstrated that the bacterial proteins from the E. coli are involved in the same pathways of hormonal stimulation used by our own cells to send the brain indicating hunger or a sensation of satiety. Based on this research, it is estimated that it takes an increase of about one billion extra bacteria in the stomach before the growth phase switches from active growth to the more static one associated with the production of proteins linked to satiety. So although it may take a village to raise a child, it takes about 1 billion more bacteria to make each one feel full.

Additional research should clarify further aspects of this dynamic and hopefully lead towards better treatments for obesity in the future. It is becoming clear that any pathway towards real success will be based upon a deeper understanding of our crucial microbiome, as our obligatory companions interact with our intrinsic regulatory mechanisms. As for my own gut microbes, I’m pretty certain that they prefer chocolate chip cookies. For now, that’s definitely going to be my new excuse.

Dr. William Miller has been a physician in academic and private practice for over 30 years. He is the author of The Microcosm Within: Evolution and Extinction in the Hologenome. He currently serves as a scientific advisor to OmniBiotic Therapeutics, a pioneering company in discovering and developing solutions to problems in human fertility and health through management of the human microbiome. For more information, go to www.themicrocosmwithin.com.
Innovative Approach to Low Back Pain

Just like 100 million other Americans, Mary Jo suffered daily with severe low back pain. She had tried over-the-counter medication, physical therapy, massage therapy, chiropractic therapy and even yoga, with no relief. Her family physician treated her with prescription medication, but nothing helped. An MRI revealed spinal stenosis and severe arthritis of her spine. She eventually underwent back surgery. But one year later her pain returned, and life became limited once again. She was in so much pain that the only treatment helping her was a potent oral opioid (narcotic) medicine called OxyContin. Unfortunately the side effects of this medication were intolerable: drowsiness, nausea and constipation.

Her husband was deeply concerned that she would one day take too much of her medicine and overdose. Mary Jo was in a tough spot. No conservative treatment had helped, additional surgery was not recommended and potent painkillers made her miserable. Her quality of life had deteriorated to a point where she no longer had a desire to leave her home. Her husband of 45 years was losing his traveling companion.

Mary Jo was referred by her spine surgeon to Dr. David Simons, a pain management specialist, for consideration of a treatment called Targeted Drug Therapy. This treatment involves the placement of a small pump—about the size of a hockey puck—under the skin. This pump is attached to a small catheter—about the size of a spaghetti noodle—which is tunneled under the skin and inserted close to the spinal area in the lower back. The pump is filled with a potent medication (morphine). The medication is delivered directly into the lower spine at very minute amounts in order to relieve pain. Because the medication is administered directly near the spinal pathways, the side effects can be minimized as compared to oral medications. The entire system is contained under the skin and can be programmed as needed to optimize pain control.

Thankfully, Mary Jo qualified for this treatment option and today enjoys excellent relief of her low back pain with minimal side effects. She has resumed traveling with her beloved husband and is pleased with her decision to embrace this exciting therapy.

If you would like more information about Targeted Drug Therapy, and the necessary prequalifications, contact Pain Specialists of Lancaster at 717-627-7246.

Dr. Simons is a board-certified anesthesiologist with 25 years of experience in pain management and a member of the International Spine Intervention Society. Dr. Simons is the president of the medical staff at Heart of Lancaster Regional Medical Center in Lititz, Pa. He serves as a member of the board of the Lancaster City & County Medical Society. He may be contacted at Pain Specialists of Lancaster, 1575 Highlands Drive #2014, Lititz, PA 17543, 717-627-7246.

Pain Specialists of Lancaster serves the needs of those individuals with chronic pain conditions. Utilizing a mix of current technology and conventional methods, the physicians of Pain Specialists of Lancaster seek to find the most appropriate methodology to manage your pain.
What Causes Mental Illness?

logically transmitted from parents to their children. “Nurture” refers to the individual’s environment (family, culture, regional) in critical stages in their maturation, such as childhood and adolescence.

I proceed to discuss how neither nature (heredity) nor nurture (environment) are singularly responsible for the manifestation of mental illness; both are usually present to result in emotional and behavioral problems. Nature and nurture interact in a way I like to call the “Light Switch Metaphor.” Essentially, the individual inherits the biological vulnerability to depression or anxiety, meaning they “have the light switch inside of them.” However, an event in the client’s environment must occur to “turn the light on.”

Dawn M. Baldwin, MS, LPC, earned her master’s degree in clinical psychology from Millersville University and completed her internship/practicum in a partial hospitalization program for adults with various mental illnesses. She received her bachelor’s degree in psychology from Millersville University. Dawn has experience in outpatient psychotherapy as well as substance-abuse evaluations and substance-abuse group therapy. Her interests include issues related to depression and bipolar disorders, women’s issues, substance abuse, family and relationship issues, anxiety, and adolescent issues.

Very often when clients begin experiencing mental-health symptoms (e.g., depression, anxiety, dramatic mood alterations), the natural question to a mental health professional involves the cause of these symptoms. Did I inherit traits from my parents or other family members? Is my dysfunctional childhood the reason I am struggling with these mental problems? The answer to the etiology (cause) of mental illness is not nearly as clear-cut as most clients would like it to be in order to understand their complications. Furthermore, an inordinate focus on the cause of the client’s problems may impede coping and progress.

When I am explaining the development of mental illness to my psychotherapy clients, I start by describing the concepts of nature and nurture. “Nature” refers to heredity and the genes that are biologically transmitted from parents to their children. “Nurture” refers to the individual’s environment (family, culture, regional) in critical stages in their maturation, such as childhood and adolescence.

I have learned that sharing this information can be very liberating to clients. Frequently, clients search to pinpoint and occasionally blame their struggles on others or society. When they are able to grasp the idea of a process involved in the emergence of symptoms, many can begin to focus on current coping skills instead of the anger of blame on the past. There is an additional benefit to counseling produced by the scientifically demonstrated “Light Switch Metaphor.” The metaphor helps clients realize it will take time to learn how to understand and deal with their mental illness because there was a similarly complicated route to its development.

I hear that many school cafeterias have nutrition standards no better—even worse—than those of fast-food chains. What can be done about this?

– Betsy Edison, Nashville, TN

Americans have done a great job making sure that our kids have something to eat at school regardless of socioeconomic status, with the National School Lunch Program providing low-cost or free lunches to upwards of 31 million students at 92 percent of U.S. public and private schools. But that doesn’t mean the food has been especially nutritious, and public-health experts say it’s no wonder our kids are more obese than ever when we feed them trans fats, salts and sodas for lunch. Kids get half their daily calories at school, so what’s for lunch has a big impact on health and lasting eating habits.

A 2008 analysis of school lunches by the Institute of Medicine (IOM) concluded that American kids consume very few fruits and vegetables in their cafeterias—with potatoes accounting for a third of all vegetables consumed. IOM also found that kids were eating many refined grains and too much saturated fat and sodium. A 2009 study by USA Today found that meat used by McDonald’s and Burger King was tested for bacteria and unsafe pathogens up to 10 times as much as meat bond for U.S. school cafeterias.

In response to these stark findings, along with vigorous advocacy by First Lady Michelle Obama, things are starting to improve. In 2010, Congress voted to revamp the nation’s school lunch program by enacting the Healthy, Hunger-Free Kids Act (HHFKA). The higher standards in the new law seek to align school meals with the federal 2010 Dietary Guidelines for Americans by upping the availability and portion sizes of fruits, vegetables and whole grains (and requiring students to select a fruit or vegetable), establishing calorie ranges, removing trans fats and limiting sodium levels. The law also incentivizes schools to take part with generous meal reimbursement funds. The new standards went into effect in 2012 and have been working their way through school districts from coast to coast and getting rave reviews in the process.

Researchers from the Harvard School of Public Health, who collected plate waste data among more than 1,000 students in four schools in urban, low-income school districts both before and after HHFKA took effect, found that fruit selection increased 23 percent following implementation: “Average per-person fruit consumption was unchanged,” said researchers, “but because more students selected fruit overall, more fruit was consumed post-implementation.” Also, per-student vegetable consumption went up 16.2 percent.

But just because public-health researchers think the program is going well doesn’t mean Congress will keep it going. The Republican-dominated House of Representatives has included waivers for school lunch nutrition standards in its fiscal-year 2015 agriculture appropriations bill. “The provision would allow schools with a six-month net loss of revenue to opt out of providing the healthier meals outlined by the HHFKA,” Dr. Jennifer Woo Baidal writes in the New England Journal of Medicine. “A deficit of any amount from any cause could allow schools to return to the same meals that the IOM found in 2008 to be nutritionally lacking.” Consumers interested in protecting the new nutritional standards should weigh in by calling, writing or e-mailing their Congressional representatives and speaking up for healthier kids.


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Frostbite and Your Feet

Although we’ve recently had an unseasonably warm December, the cold weather will most certainly make its way into our local area at some point this winter. Exposure of your extremities to the cold weather can cause a multitude of local tissue injuries.

Frostbite, the most serious of these cold-weather exposures, has four different degrees of damage that can occur. It is a condition where localized tissue damage is caused to the skin and deeper structures due to exposure to cold for an extended period of time. Frostbite is most common on the fingers and toes, the areas farthest from the heart. It is a common misconception that frostbite occurs on unexposed skin, but frostbite can occur on skin covered by gloves, socks or other clothing.

First-degree frostbite, also known as frostnip, is quite common when temperatures are decreased due to windy conditions. Frostnip does not cause permanent skin damage. You can treat first-degree frostbite with traditional first-aid measures, including warming your skin. All other frostbite degrees require medical attention because it can damage skin, tissues, muscle and bones. Symptoms of frostbite can start as a burning and tingling sensation in the affected area and progress to a throbbing pain. Hard, pale skin ensues and as the part warms up, redness and intense pain can be overwhelming.

Second-, third- and fourth-degree frostbite are progressive degrees of damage with worsening signs and symptoms, such as a gangrenous digit. If blisters or open wounds occur, it is important to keep the area clean with dry dressings until you can seek medical attention. The risk of infection increases with open sores or blisters. Antibiotics may be used to prevent infection as prescribed by your physician. Debridements, or removal of devitalized tissue, are very common in more severe cases. Amputation of the affected digit may also be indicated, depending on the amount of tissue loss that is involved.

Certain medical conditions or conditions that may predispose you to developing frostbite are as follows: dehydration, exhaustion, diabetes and poor blood flow in your limbs. Other common conditions that may increase your likelihood of developing frostbite are; smoking, alcohol and drug abuse.

The most effective way to protect your feet against frostbite is to wear layers of socks, and wear boots or gloves with Gore-Tex® lining. Obviously, when the signs and symptoms of burning and tingling start in the extremities, it is important to remove yourself immediately from that cold environment and rewarm your digits.

It is important to seek medical attention if blisters form or if pain persists in the affected extremities.

Free Book on Foot Pain and What You Can Do About It

Martin Foot and Ankle doctors have written a new book designed to give you the information you need to maintain the health of your feet and ankles, and they are offering it to the local community free of charge.

“We wrote the book because too many people suffer from foot pain unnecessarily.”

– Martin Foot and Ankle Doctors

Local residents can order a copy of A Step in the Right Direction: A User’s Guide to Foot and Ankle Health by visiting www.martinfootandankle.com or by calling 717-757-3537, ext. 7010, 24 hours a day. There is no obligation, no one will call, and we value and respect your privacy.
Chances are you have heard or read something about the microbiome and how it is affecting our health. The microbiome has been implicated in a number of conditions, including digestive health, but also autoimmune diseases, heart disease, obesity and cancer. I would like to take a few minutes to introduce you to some of the ongoing research and major changes in the way doctors treat a range of diseases.

**What is the microbiome and what is it doing there?**

In short, it is the entire assembly of microscopic organisms in and on our bodies, mostly bacteria but also other simple life forms, and some viruses and fungi. For the most part these organisms are harmless. There are a few which can cause infections and harm, and there are others which give direct health benefits by defeating virulent microbes or helping with digestion. Microbes interact with our cells millions of times each day, and these interactions actually govern some of our most important human functions, such as digestion, metabolism of drugs, hunger and satiety, development of certain cancers, regulation of the immune system, and even sleep and brain function!

**Why is this topic so hot in medicine right now?**

Well, innovation has led to discovery, which led to understanding, which likely will lead to new and exciting advances in medicine. Molecular science and genetics have allowed scientists to get a glimpse for the first time of the incredibly vast and complex world of these organisms inside us. For example, in the past the only way to “see” these organisms was to grow them in culture. Now, scientists can “map out” the entire genome of every organism in an individual.

**Great! How do I get my microbiome in order?**

Therein lies the rub. I said this research will lead to major treatment changes… it just hasn’t come to fruition yet. It is becoming more and more apparent that the microbiome is essential to human health. It is also apparent that it is not a one-germ, one-medicine fix. It is likely that a “balance” of organisms is necessary to educate the immune system and exert influence over time on the host. However, we don’t know the right balance; it may even be different for everyone, like a fingerprint. We don’t know which “bugs” to decrease and which ones to promote, let alone the doses necessary to accomplish these goals.

Some of our early interventions, like FODMAP diets for IBS and fecal microbiota transplants (FMT) for C. diff colitis, and probiotics, will seem so simplistic to future scientists, but are compelling enough to interest us and also give a try for some of these common GI problems. We just have to remember what we have learned about the complexities of the microbiome, and once these complex systems are made clearer, there will be a whole new range of therapies directed at manipulating parts of the microbiome to cure diseases!

If you have questions or would like to schedule a confidential consultation with Dr. Betteridge, please call (717) 544-3500.

Dr. John Betteridge joined Lancaster Gastroenterology in June 2015. He is board certified in internal medicine and gastroenterology, and specializes in the care of patients with irritable bowel disease. Born in Philadelphia, Pa., he earned his medical degree at Temple University in 2004. Much of his professional life has been centered around military service with the Walter Reed National Military Medical Center (WRNMMC). While at WRNMMC, Dr. Betteridge along with two other physicians formed the Gastroenterology Clinic in August 2011, the first-ever clinic at a military facility to provide dedicated service for inflammatory bowel disease.

Dr. Betteridge also served as Battalion Surgeon, 3rd Brigade HBCT, Operation Spartan Shield, in Kuwait in 2012. In addition, he has been a teaching fellow and assistant professor for the Department of Medicine, Uniformed Services University of the Health Sciences in Bethesda, Md., and is an accomplished researcher/writer, having been published on several occasions in the GI field.

Dr. Betteridge resides in Lancaster with his wife Carrie and their three children.
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Botox® and Juvederm® Treatments

Dentists are specialists of the head and neck, which makes them ideal for Botox® and dermal filler treatment. Dr. Stevens is part of a progressive group of dentists (approximately 16% in the United States) that now offer facial rejuvenation options in office. With specific training from Aesthetic Trainers, LLC, and his broad education in the anatomy of the face, head and neck; Dr. Stevens has become an ideal Doctor for facial rejuvenation procedures, such as Botox and dermal fillers (Juvederm®) in Lancaster County.

Through his extensive training, Dr. Stevens has learned the art of using these cosmetic rejuvenation tools to provide soft and therapeutic results. When administered correctly, these products never leave the patient with lack of movement or an expressionless appearance. Our office prides itself on only obtaining refreshed, natural-looking results.

**Botox Cosmetic** (Type A) is the first and only FDA-approved product that can improve both moderate to severe frown lines and crow’s feet. Botox Cosmetic is the #1-rated product of its kind and approved in 78 countries around the world.

In our office, Botox can be utilized to address the following concerns:

**TMJ Disorder/Clenching/Bruxism (Grinding) of Teeth:** Botox in the upper and lower lobes of the masseter muscle can reduce the forces a patient’s jaw can generate. The reduction of force is needed to provide relief for the jaw and tooth discomfort the patient is experiencing. This procedure does not stop the muscle from working or make any changes to the patient’s appearance. This treatment is ideal for patients with TMJ issues, who chew through night guards, or still experience jaw discomfort even with a guard in place.

**Excessive Sweating:** Botox placed directly into the overactive sweat gland in the armpit, hands, or forehead will reduce the overproduction of perspiration and can potentially remove the need for the patient to wear antiperspirants altogether. This procedure is ideal for those who have tried topical sweat reduction techniques, with little to no results.

**Facial Rejuvenation:** Botox can address multiple cosmetic concerns, including softening minimal frown lines across foreheads, crow’s feet, smokers’ lines, and nasolabial fold lines (parentheses lines from the side of the nose to the chin). These lines are caused by the tensing of facial muscles. Additionally, Botox can alter the draping of the upper lip to adjust for “gummy smiles” and achieve eyebrow lifts to provide a more awake and refreshed appearance.

Juvederm, a dermal filler, is made from a hyaluronic acid gel. When we are born, our bodies contain this natural acid which contributes to our full lips and supple skin. As we age, the amount of hyaluronic acid, within our bodies decreases. Juvederm contains this natural acid which contributes to our full lips and supple skin. Juvederm also contains lidocaine, which is a basic local anesthetic, to allow for a numbing sensation during treatment. In our office, Juvederm can be used to treat the following concerns:

**Fuller Lips:** Juvederm can provide an enhanced border around the lips, which will prevent lipstick run and allow for sharper lip lining. It can also be used within the body of the lips to gain a natural, youthful plumpness.

**Moderate to Severe Wrinkles:** Juvederm will reduce the appearance of areas creased by moderate to severe wrinkles, like nasolabial folds and between eyebrows. Juvederm does this by replenishing support under skin that was lost through the aging process. With the support replaced, the creased area gains a natural, smoothed appearance.

**Scar Revision:** Similar to the way wrinkles are treated, skin that has an indented area from scarring can be corrected with Juvederm, evening out the appearance of the divot area by providing a natural support under the skin.

We would love to provide a complimentary cosmetic consultation to anyone interested in learning more about Botox or Juvederm treatments. Call Dr. Stevens and team at 717-581-0123 to schedule your consultation today!

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January/February 2016

Lancaster County Woman
Take Simple Steps to Manage Stress

Women keeping WOMEN WELL.

LG Health Physicians Women’s Internal Medicine
Primary care dedicated to women’s unique healthcare needs.

Our experienced and caring physicians listen to each patient and emphasize prevention through wellness, medical management, stress reduction and attention to mind, body and spirit. And, as part of the LG Health Women’s Specialty Center, you’ll have convenient, coordinated access to dedicated female specialists in cardiology, gastroenterology and urogynecology.

The impact of chronic stress
In a crisis, the body releases a burst of stress hormones. After the threat passes, the body chemistry returns to normal. However, when stress is ongoing, the stress hormones stay elevated. Eventually, chronic stress can have an effect on physical and mental health. Different people react differently. Some will develop headaches. Some will lose their appetites or develop digestive trouble; others will overeat and gain weight. Chronic stress can also lead to insomnia, depression or anger and irritability. It can make it hard to concentrate and affect memory. Chronic stress can also take a toll on your immune system, so you are more likely to get colds or the flu. It is also associated with problems like heart disease, high blood pressure and diabetes.

How you can manage stress
The good news is, you can cope with stress and not let it get the better of you. Here are some tips:

- **Know your limits.** Learning how to say “no” sometimes will help with time management.
- **Stay connected.** Be sure to spend time with family and nurture healthy friendships.
- **Get active.** A 30-minute walk or gentle exercise every day can help. So can a healthy diet. If your body feels better, so will your mind. And exercise releases endorphins, a natural stress reliever.
- **Empower yourself.** Meditation and breathing exercises can help you relax. Try three-minute meditation breaks or mindfulness with imagery.
- **Learn to relax.** Look for yoga, tai chi or reiki classes in your community.
- **Ask for help if stress is severe.** A professional can provide talk therapy and teach you to use techniques like biofeedback to help reduce your stress.

Take advantage of our resources
Lancaster General Health offers several tools to help you manage stress, including yoga for beginners classes and a free walking club. Look under Classes & Events on our website, LGHealth.org, and select Mind-Body-Fitness. Remember that stress, especially chronic stress, can affect your health, so be sure to tell your healthcare provider about any stress you are experiencing so she can understand your whole health picture. Your doctor, physician assistant or nurse practitioner can offer suggestions for managing stress or put you in touch with a specialist if necessary.
Advanced Workshop titled Family Chiropractic will host On Monday June 1, Lititz and Krysta O’Neill will offer. At this workshop, Drs. Greg exercise, and certain toxins. to nerve supply, lack of ex-
poor nutrition, interference by factors like stress levels, men and women are affected “Holy Hormones!”

Michelle Cantwell, DMD
by Michael C. Upton
Obstructive sleep apnea is a relatively common disorder affec-
ting approximately 1 in 15 Americans. It is more common in overweight individuals and those individuals with a greater neck circumference (greater than 17 inches in men and 15 inches in women); however, the disorder can be seen in people of all ages and of any weight.

If left untreated, sleep apnea can impact many aspects of personal health, including high blood pressure, heart disease, stroke, and increased risk of motor vehicle accidents. Proper sleep is also directly linked to maintain-
ing a healthy weight. Patients of Lancaster prosthodontist Dr. Michelle Cantwell—one in only 250 people certified in dental sleep medicine—often share concerns about difficulty losing weight. A vicious cycle begins when poor sleep quality and/or too little sleep alters the release of hormones your body needs to maintain a healthy weight. In short, too little sleep or poor-quality sleep will promote weight gain.

Let’s take a quick look at the role of human hormones before discussing some published find-
ings about the side effects of lack of sleep. The leptin hormone inhibits hunger. It’s made by fat cells and helps you to feel full. Too little of this hormone or a decreased sensitivity to it creates cravings. An area of heavy research, leptin is thought to do much more than simply regulate fat storage. Ghrelin is a hormone that has the opposite role; its job is to act as a “hunger hormone.” Created by cells located in the gastrointestinal tract, ghrelin is secreted when the stomach is empty. Secretion of ghrelin stops when the stomach is stretched. According to research published in the Annals of Internal Medicine, after four sleep-deprived (only 4.5 hours per night) nights, participants in a major study appeared with insulin sensitivity 16 percent lower than normal. The participants’ fat cells’ insulin sensitivity was 30 percent lower, rivaling levels seen in those with diabetes or obesity. According to the study’s senior author, University of Chicago associate professor of medicine Matthew Brady, this is the equivalent of aging 10 to 20 years just from four nights of sleep restriction. He explained that fat cells need sleep; when they don’t get it, they become metabolically tired.

In another study published in the American Journal of Clinical Nutrition, research showed healthy men and women who were restricted to just four hours of sleep per night over six nights took in significantly more calories—mostly from fat—than their well-rested counterparts. Dr. Arlet Nedeltcheva worked with the University of California in 2009 and found adults allowed to sleep only 5.5 hours per night for two weeks snacked more than those who enjoyed 8.5 hours of sleep each night.

Poor sleep makes you think you are hungry, you eat more (and often it’s fatty, feel-good sugary food) and this creates more difficulty sleeping. There are more frequent obstructions because of the weight gain, and your body tries to protect you by triggering the sympathetic nervous system (think fight-or-flight mechanism). The contents of your stomach can get pushed upwards, irritating everything in its path and causing more inflammation. The result? More difficulty breathing and sleeping…and more weight gain. So, the vicious cycle continues.

If you snore heavily, have been told you stop breathing while you sleep, or if you have already been diagnosed with sleep apnea but cannot tolerate a CPAP mask, please call Dr. Cantwell’s office to see if you are a candidate for oral-appliance therapy. Dr. Cantwell’s patients pay the minimum out of pocket because they are in a network with med-

ical insurance and Medicare. For more information on this topic or to schedule an appointment, please call 717-509-7486 or go to lancastersleepdentist.com.

Michelle Cantwell— proving...
Meet Patsy Symson

Travel, according to Patsy, played an integral role in shaping her life. “I’m from nowhere,” she said with a chuckle. “I’m what they call a ‘military brat.’” Before coming to Lancaster—and I’ve been here 17 years now—I had never lived anywhere for more than three or four years at a time.

“My personality has been molded by my parents’ military careers—it was perfect for me,” continued Patsy. “I loved meeting new people, traveling, soaking up culture, finding new things. The experience molded me into a social, active person.” It was during that time that Patsy first got behind a microphone. “It was on a naval base in the Azores, Portugal. It was a small place, and there was nothing for kids to do. I was lucky enough to be chosen to be a DJ for the Armed Forces Radio station, or AFRTS. I played pop music popular with the teenagers. I was young and naïve, but it was fun.”

This experience led Patsy into majoring in broadcasting at Murray State University, where, in addition to her studies, she hosted a college radio show. “Music is such a big part of life to me. As a kid, music was a way of escaping, a way of rebelling. I’ve always been interested in many different kinds of music,” Patsy said. According to Patsy, developing your speaking voice takes time and experience. She learned how to be confident and project her voice while working at radio stations around the country.

“It’s hard to believe, but in the beginning, I was too laid back. The best advice I ever got was from my program director when I was at a Kentucky radio station. He said, ‘What I want you to do is amp yourself up way beyond anything you’ve ever done, and you’ll meet in the middle,’” she explained, adding that the advice helped her develop a confident, cheery, up-tempo voice.

In 1998, Patsy received a job offer in Lancaster and jumped at the chance. Soon after, she was contacted by FUN 101.3 to be their Afternoon Drive Personality, a position she has enjoyed for the last 15 years. “I enjoy being on the air, and I enjoy being creative. Crazy, funny things are always happening to me. I just talk about life,” she said.

Patsy has also grown to consider Lancaster home. “I have so many friends who are like family to me; I love it here so much. I like living in a small city, and I love all the opportunities in Lancaster, like the farmer’s market—I can get my eggs, milk and veggies straight from the farm. I also like being close enough to large cities for day trips,” she said.

When she’s not on air, Patsy enjoys hanging out with her husband, radio professional/writer Dave-o Thompson. She’s also skydived and hiked all of Pennsylvania’s Appalachian Trail with Heidi, their golden retriever, and enjoys girls’ nights, sushi, indie movies, the theater and all kinds of live music!

New Novel Defies Genre and Reality

Go inside the mind of Hope, a clairvoyant and sensitive soul, as she attempts to transcend her victimhood and flimsy grip on reality, while attempting to find her truth about divinity.

In another place, the stunning fictional debut by Tina Shyver-Plank, poetry and surrealistic imagery blend with prose that meanders between dark and flowery to create a novel that defies genre.

Hope’s internal struggle to overcome the effects of physical and emotional abuse by The Man are compounded by her fragile mental state. In order to cope, she has created a subconscious realm where she coexists with her strong and brave alter ego, Sarah St. Vincent, who ultimately tempts her to leave Another Place and find sanctuary in the real world. One prison is exchanged for another as Hope strives for stability and reality to occur simultaneously inside her mind.

Hope represents a deeply sensitive, creative and feminine aspect of being where multiple states of consciousness can exist integrally. Within a nurturing environment, this state can lead to self-actualization, but in Hope’s case, the abuse has severely wounded it. By attempting to reclaim her complicated nature, Hope is fighting against the patriarchal imbalance and antagonism that her abuser, The Man, represents.

The deep, meaningful symbolism of another place do not make it a cumbersome read. Tina Shyver-Plank has dared to say so much in a manner with which almost all readers will relate. She truly represents a fresh voice and perspective that is lacking in much of popular literature.

another place is now available everywhere books are sold.

Tina Shyver-Plank is an independent author who lives in Lancaster, Pa., with her husband, Todd Plank, and their dog, Lilith. Currently also a proofreader, Tina has credits as a writer and editor. Writing and contemplating human existence have come naturally to Tina, who has a degree in philosophy with a minor in English from Millersville University of Pennsylvania.
Two Workshops to Create Your Best Year Ever!

It’s that time of year again. You’ve made promises to yourself and to your health. How many years have passed, and with them, your dreams of a healthy and vibrant life? It’s time to make the change now—there’s no more time to waste! Join us for a revolutionary health seminar on Saturday, January 23—the Maximized Living Makeover.

“Most disease is preventable, yet only eight percent of people achieve their health-related resolutions,” says Dr. Greg O’Neill of Lititz Family Chiropractic. “Whether it’s losing weight, getting more sleep, eating less sugar or reducing stress, your resolutions have real meaning to you and your health. For many of you reading this, change needs to happen now.”

Dr. O’Neill continued, “Heart disease, cancer and diabetes do not care about your excuses, your sweet tooth or your bad habits. In order for you to change, your thoughts, habits and beliefs about health need to change first. This is the purpose of the Maximized Living Makeover—to change the way you view and manage your health.”

Our upcoming seminar will give you the strategy, plan and mindset necessary to achieve your desired outcomes this year! At this workshop, Drs. Greg and Krysta O’Neill will help you understand:

• The mindset necessary to replace your aggravation with motivation, and how to conquer self-limiting beliefs.
• Finally learn how to eat right and exercise properly to supercharge your health!
• Participate in a “30-Day Challenge” alongside others to lose weight, build muscle and reinvigorate your energy.

Saturday, January 23
10 a.m.—1 p.m.
Spooky Nook Sports, Manheim

Readers of Lancaster County Woman will receive FREE admission. For more information and to register, call 717.627.0365 or visit lititzfamilychiropractic.com/events.

According to the Centers for Disease Control and Prevention, heart disease is the number-one killer of both men and women. While 1 out of 31 women dies of breast cancer each year, 1 out of 3 women dies from heart disease. The most alarming statistic of all is that only 1 in 5 American women believe that heart disease is her greatest health threat. So how do you make sure that you are not the 1 in 3?

Conventional wisdom and practice is through early detection and preventive testing. However, early detection is most times too late since the most common first symptom of heart disease is the heart attack itself. Unfortunately, tests do not prevent the disease process; only healthy actions do.

Monday, February 22
6:45 p.m.
Drs. Greg & Krysta O’Neill
“Heart Talk: Change the Stats for Good!”

There is no cost to attend, and the event will offer practical tips that will help people of all ages create a game plan to overcome health hurdles. You will learn:

• Why the age-old saying “It runs in my family” should be banished.
• How reparable irregularities in the nervous system can interfere with heart function.
• Why the link between what you eat and how your heart beats is so strong.

“It saddens me to think that the vast majority of Americans believe that heart disease is inevitable” says Dr. Krysta O’Neill. “At this workshop we will be busting through long-held myths and misconceptions while providing simple and practical action steps.”

For more information and to register for the February workshop, visit www.lititzfamilychiropractic/events or call 717.627.0365.
Based on the beloved original film, Disney’s *Aladdin Jr.* follows the tale of young thief Aladdin as he wins the heart of beautiful Princess Jasmine. The show is adapted for the stage with a slightly shorter run time that makes it perfect for young audiences. Both children and adults will be happy to hear many of their favorite Disney songs from the movie performed live on stage!

Promising “magic, mayhem, and flying carpet rides,” this production will be performed by a talented cast of young actors. Kids4Kids provides a great opportunity for children between the ages of 6 and 17 to hone their acting skills while making new friends. This year’s production will be directed by Irving I. Gonzalez.

 Reserve your tickets today to see these talented children, and have fun with the whole family!

EPAC would like to thank our wonderful sponsors who made this show possible.

EPAC’s Kids4Kids Show Sponsor is Ted Williams, CFP®, MBA, Ameriprise Financial Services, Inc.

Partial Show Sponsor and Opening Night Party Sponsor—Lily’s on Main/Main Theater. EPAC’s 2016 season sponsor is 12:34 MicroTechnologies.

EPAC’s 2016 season media sponsor is Blue Ridge Communications.
The Yoga World—specifically hot Yoga Bikram Yoga—is changing dramatically. It’s imperative that studios engage their students on a regular basis to emphasize why this Bikram series comprehensively works the body, bone-to-skin, inside-out, fingertips-to-toes. And, to impart what distinguishes Bikram Yoga from the perspective of the anatomical and biochemical level, than other yoga series.

The Bikram Yoga practice is a main source of well-being as Bikram Yoga is the fastest and most efficient method to heal the body physically and mentally and this Bikram Yoga practice gets better and better with time.

What is Bikram Yoga?
Bikram Yoga is a fun, demanding and physically challenging 26-posture Series that works the entire body. It is a Beginning Yoga series that is suitable for all levels and ages. Every pose (asana) is meant to be performed in the given order, to the best of one’s ability.

A principle of the class is physical exertion and relaxation operate most effectively when practices simultaneously through controlled breathing and focus. The Bikram Yoga classes are 90-minute sessions and performed in a heated room.

Why the Heat?
The heat softens muscles for safe, deep stretching; increases blood flow; improves coordination; lowers blood pressure; challenges meditation through distractions; AND burns fat more easily!

Bikram Yoga at Brighton caters to beginners!
Beginner Yogi Guide
BEFORE
• Come with an open mind and positive attitude – be prepared to work hard and sweat!
• Classes are 90 minutes – please arrive 15 minutes early
• Avoid eating a big meal within 3 hours of class
• Bring a yoga mat (or purchase one at the studio), towel, wash cloth & water bottle.

DURING
• Do the best you can! You will get 100% of the benefit by doing your personal best
• Breathe normally through your nose.
• Listen to the Instructor as he/she will guide you step-by-step

AFTER
• Come as often as you can during your intro month and aim to maintain a consistent practice.
• Feel the improvement in your mental and physical balance
• Notice the changes of the mind, body and spirit.

And, paramount, just enjoy the experience!!

Join us for our GRAND OPENING February 20 & 21!
We will have Posture Workshops facilitated by a National and International Bikram Yoga instructor and Meditation sessions guided by a nationally renowned expert, life and health coaching sessions, intuitive sessions, nutrition and core strengthening workshops and clothing trunk shows!

For more details, visit www.bikramyogaatbrighton.com
We look forward to seeing you!

Denyse Kling, Owner
Bikram Yoga at Brighton

Health & Wellness
You Eat What You Are?
Changing Identity to Motivate Healthy Eating

If you’ve resolved to eat more healthily this new year, you might find that imagining yourself as a healthy eater is the key to changing your behavior for the better.

Writing in the journal Self & Identity, Amanda M. Brouwer and Katie E. Mosack explore the concept of “self as doer” and whether it could be of use in changing people’s eating habits.

As Brouwer and Mosack explain, the concept of “self as doer” links identity with behavior. “The more one identifies with a particular role, the more likely one is to participate in role-related behaviors,” they write. Thus, when it comes to eating better, “It stands to reason that the very process of conceptualizing the self as a ‘healthy eater’ brings about greater identification with this role.”

To put their theory to the test, the pair attempted to influence the eating habits of 124 women. Each was provided with information about portion sizes and asked to create food diaries for the six-week period of the study. They were then split into three groups; the first was provided with standard educational material about nutrition, the second was treated as a “control,” and the third asked to create six “identity statements.”

These statements took the form of “identities” created from the participants’ own healthy eating goals. If participants wanted to eat more fruit, they were encouraged to think of themselves as “fruit eaters.” If they wanted to make better drink choices, then they thought of themselves as “less soda drinkers,” and so on.

The results of the study showed that the “self as doer” approach has potential. Women assigned to that group maintained their healthy-eating habits over the course of the study, whereas women in the other two groups actually ate less healthy food as the weeks wore on. Women in the “self as doer” group also ate one portion more a day of healthy food than those in the other two.

But (perhaps most promisingly) participants in the “self-as-doer” group gave Brouwer and Mosack a lot of positive feedback about the approach: “They reported how the exercise of thinking of themselves as ‘doers’ motivated them to make different health-behavior choices...[even] in situations where the imagined healthy choice was not preferred.”

This study demonstrates a novel and effective way to encourage people to make better diet choices. It also demonstrates that simply educating people about nutrition is not enough to help them see a New Year’s resolution through.

Read the full article online: http://www.tandfonline.com/doi/full/10.1080/15298868.2015.1043335

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Bridge of Hope Lancaster & Chester Counties
Announces New Executive Director

Tamara J. Fox

Bridge of Hope Lancaster & Chester Counties, the charity committed to ending and preventing homelessness for women and children, is pleased to announce the appointment of Tamara J. Fox as its new Executive Director. She began her leadership role with the organization on January 4, 2016.

Tamara brings a wealth of nonprofit fund development leadership and marketing experience to Bridge of Hope Lancaster & Chester Counties, joining the organization following four years as Director of Development for ChestPenn Health Services in Coatesville, including Chester County Community Dental. Her extensive expertise also includes service as Director of Development and Marketing for La Comunidad Hispana in Kennett Square, and Director of Development for Friends Association for Care and Protection of Children in West Chester.

“We are very fortunate to have someone with Tamara’s skills in nonprofit leadership and fundraising, combined with the knowledge of the dynamics of the region and an understanding of the issues facing women with families who are experiencing homelessness,” said Joyce Reeves, Board President for Bridge of Hope Lancaster & Chester Counties. “Her background, her experience and her Christian faith will be tremendous assets as we continue to change the lives of homeless single mothers and their children.”

Commenting on her appointment to Bridge of Hope Lancaster & Chester Counties, Fox said, “I have followed the excellent ministry that Bridge of Hope Lancaster & Chester Counties has undertaken for many years and am honored to be asked to serve as Executive Director. I look forward to working with the staff, board members, member churches and mentors, and especially the mothers and children who will benefit from the successful model that Bridge of Hope Lancaster & Chester Counties has developed over the past 27 years.”

The search for a new Executive Director followed the resignation of Francesca Crane, who served Bridge of Hope Lancaster & Chester Counties as Executive Director for 11 years. Bridge of Hope Lancaster & Chester Counties assists homeless mothers with children in securing permanent housing, stability and access to resources in the community through relationships with professional staff and mentoring friendships from local church congregations. Last year, the charity served 58 single mothers and their 112 children, and since its beginning in 1988, more than 1,000 mothers and children have been served by Bridge of Hope Lancaster & Chester Counties.

For more information about Bridge of Hope Lancaster & Chester Counties, go to www.bridgeofhopeLCC.org.

As winter turns to spring, it is time to plan your garden!

Please join us at one, or both, of these fun and informative events!

Ticket go on sale in February for 3/19 luncheon & in March for 4/30 luncheon.

Contact 717-394-7406 ext. 106 to confirm reservation.

1516 Olive St. Coatesville, PA 19320 - 616 North Lime St. Lancaster, PA 17602
Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential services and is committed to serving all victims of domestic violence. Facilities are handicapped-accessible.

- Emergency Shelter
- Individual and Group Counseling
- Children’s Activities
- Domestic Violence Legal Clinic
- Transitional Housing
- Education and Outreach

Seeking Volunteers

Domestic Violence Services of Lancaster County is seeking volunteers to provide the following services to victims of domestic violence: answering the 24-hour Hotline; front desk coverage; public ed/speaking engagements; group facilitation, fundraising; PFA court accompaniment and children’s services. Call for upcoming 40-hour training session dates. The fee for individuals interested in volunteering is $50, or $75 for individuals taking the training for professional reasons. In addition, other volunteer opportunities are available that do not require the 40-hour training. Volunteers must be at least 18 years of age. By donating your valuable time and talent, you can make a difference in the lives of victims of domestic violence and their children. Volunteers are needed at all times of the day, seven days per week. For more information, or to schedule an interview, call Cathy Sofilka, 299-9677, ext. 3105.

Domestic Violence Services of Lancaster County Holds Support Group for Victims of Domestic Violence In Columbia And Surrounding Area

Domestic Violence Services of Lancaster County will hold a weekly Support Group on Mondays in the Columbia area for victims of Domestic Violence. Please call 717-299-1249 (collect calls are accepted) for time and location.

Nature’s Precious Treasures

Adopt-A-Manatee®

Call 1-800-432-5646 (JOIN)
savethemanatee.org

Photo © David Schrichte

24-Hour Hotline: 299-1249

31 Years of Giving a Voice to Victims
DOMESTIC VIOLENCE SERVICES OF LANCASTER COUNTY
A Community Action Program of Lancaster County
299-9677 • www.dvslanc.org

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Ask Melissa Greene why she teaches creative writing and she’ll tell you, thoughtfully, “because writing touches the soul.” Melissa, a 14-year resident of Lancaster County, is a professional fiction writer, poet and writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens.

“Her class is a totally warm, whimsical, one-of-a-kind experience—not at all like that writing class you hated in school,” says an adult student. “It’s about finding a way into your creative self.”

“My creativity and I grew up in a 14-year resident of Lancaster County. She offers year-round workshops for men, women, children and teens—summer camps for children and teens—and coaches all ages, privately. Her work also includes essay-writing support for high-schoolers and college applicants (with emphasis on the enjoyment of the process!). She also leads workshops supporting cancer patients and caregivers at the Lancaster General Health Ann B. Barshinger Cancer institute and the Penn State Cancer Institute, Hershey, Pa.

“Writing from the heart isn’t about grammar, spelling or punctuation, but what we long to write, deep down. It’s a return to our feelings—serious, funny, whatever appears on the horizon. Writing is freedom. A relief from pain. Our inner lives matter—especially today—they calm and replenish us.”

Fresh Air summers are filled with children running barefoot through the grass, gazing at star-filled skies or swimming for the first time. Join volunteer host families in and around Lancaster County for our 140th summer, and open your heart and home to a Fresh Air child! Each summer, thousands of New York City children visit suburban, rural and smalltown communities along the East Coast from North Carolina to Maine and Canada through The Fresh Air Fund’s Friendly Towns Program.

Edward has truly taught us a lot. We were hoping to give him a fun summer and did not expect anything in return, but he gave us so much. The respect he has, the kindness and sweetness, that is really what stands out about him. Edward has this smile that just makes you feel happiness. I could not imagine our summers without him now,” says host mom Erin.

Fresh Air children are boys and girls, from seven to 18 years old, who live in New York City. Children who are reinvited by host families may continue with the Fresh Air Fund through age 18 and can enjoy extended trips. For more information on hosting a Fresh Air child this summer, please contact the Fresh Air Fund at 212-897-8900, or visit the Fresh Air Fund online at www.freshair.org.
The Arts Take Center Stage in Greater Wilmington

As the weather warms, the arts take center stage in Greater Wilmington, Del. Some are established favorites; others are new undertakings.

OperaDelaware Festival (May 14–22)

The OperaDelaware Festival makes its debut on two consecutive weekends in May. The festival features two main stage opera productions at the Grand Opera House in the heart of downtown Wilmington. OperaDelaware presents the fully staged East Coast premiere of Franco Faccio’s lost opera, Amleto (Hamlet), which was discovered in Italy after 145 years and painstakingly reconstructed by Maestro Anthony Barresse. OperaDelaware also performs Verdi’s timeless Falstaff based on Shakespeare’s The Merry Wives of Windsor and Henry IV. In recognition of this prodigious undertaking, OperaDelaware has been awarded a $15,000 grant by the National Endowment for the Arts. www.operade.org

Clifford Brown Jazz Festival (June 21–25)

The Clifford Brown Jazz Festival is recognized as one of the largest festivals of its kind on the East Coast. This festival brings some of the most exciting jazz personalities to the stage in Wilmington, punctuated by a mix of fusion, funk, blues and rock. Sponsored by the City of Wilmington and held in Wilmington’s Rodney Square, this open-air festival is free, open to the public and held rain or shine. www.cliffordbrownjazzfest.com

Delaware Shakespeare Festival (July 15–31)

Pack a picnic, bring a lawn chair or blanket, and enjoy Shakespeare under the stars at beautiful Rockwood Museum & Park during the annual Delaware Shakespeare Festival. This year’s featured production is Comedy of Errors. Performances begin at 7:30 p.m. on Wednesday through Saturday, and 6:00 p.m. on Sunday. www.delshakes.org

Nightscape: A Light and Sound Experience (August 3–October 29)

Nightscape: A Light and Sound Experience returns to Longwood Gardens in August. Using a patented mapping technology to synchronize moving images and light with an original music score, Klip Collective, a Philadelphia-based visual arts firm, transforms one of the world’s most celebrated display gardens into a living canvas where lights and shadows dance and music fills the air. Nightscape takes visitors on an immersive, after-dark journey through Longwood Gardens. www.longwoodgardens.org

The Greater Wilmington Convention & Visitors Bureau is a nonprofit organization founded in 1978, chartered by the Governor of Delaware, the New Castle County Executive and the Mayor of Wilmington. Its mission is to serve as the community’s customer-focused destination marketing organization, generating economic growth through leisure travel and meetings development by aggressively marketing attractions, facilities, amenities and services for visitors.

Singer and songwriter Morgan James is playing on Sat., Feb. 27, at 10 p.m. at the Lancaster Roots and Blues Festival. She will be performing in Steinman Hall at the Ware Center.
Frozen Paws: Help Keep Your Pets Safe This Winter

Bryan Langlois, DVM
Medical Director and Co-Founder Pet Pantry.

Winter can be a great time for you and your pet, but it is always wise to observe some basic safety precautions when Fido is frolicking in his Winter Wonderland. Remember that, like people, not all dogs will love being outside in the cold, especially the smaller breeds. When walking these smaller and less haired dogs, it would be a good idea to put a jacket on them to help keep them warm. Some dogs will tolerate little boots on their feet to protect their feet from the cold ground as well as salt that might be down to de-ice the walks. If you have a dog that spends most of the time outdoors, make sure they have an adequate shelter that prevents any drafts and is well insulated and dry. Simple straw works well as an insulation. Food and water bowls must be checked often as well to make sure they have not been frozen, and any automatic heaters for these bowls must be in working condition. Remember, just because they are a breed that may enjoy being outside more, like a Husky or St. Bernard, does not mean they cannot succumb to the severe dangers of very cold temperatures.

This time of year vets always deal with cases of cats or other wildlife that suffer horrific injuries from car engines. These animals will crawl into the engine area of the car for warmth, and then get caught in the engine when it is started by the owner. It is always wise to bang on your hood a few times before starting your car to give any animal a chance to get out and run away before starting your engine. It is also wise to make sure that your dog’s paws are thoroughly cleaned off after a walk if they have walked through some de-icing salt. Some brands of salt are pet friendly, but others are not. They can cause bad irritation to the paw pads and also cause upset stomachs if it is licked off. Finally, if you are winterizing your car make sure that your pet and any outside cats or other animals have no access to any anti-freeze. It has a sweet taste that animals like, but is extremely lethal to your pet. A large dog needs only a few teaspoons and a regular cat only a few licks of antifreeze to cause a fatal kidney failure. If you suspect your pet has gotten into anti-freeze please contact a vet immediately!!

Give for the Animals!

- 100% of donations go towards helping people and pets right here in Lancaster County.
- We give out 9–10,000 pounds of pet food every month to over 300 families and 1,100 pets in need.
- We provide life saving veterinary care to strays and animals.
- We have rescued and adopted out over 350 cats this year.

26 Millersville Road Lancaster, PA 17603
(717)-983-8878
Visit www.petpantrylc.org for dropoff locations near you!

Become a 2016 Member and Save Lives!

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn. For as little as $15, you can become a Humane League member and help animals on their journeys to a forever home. As a member, you will receive Paw Prints, our printed newsletter, and you can take advantage of discounts from local businesses with our exclusive membership discount card.

2195 Lincoln Highway East, Lancaster
(717) 393-6551
Visit our website at www.humaneleague.com
I hear this all the time from the women who come to my salon completely frustrated about the colour and health of their hair. They ask me, “Why doesn’t my hair look the way I want it? They ask me, “Why doesn’t my hair look the way I want it? My team and I will solve this problem for you.

I want every woman to have healthy hair. It takes a lot of skill and knowledge to do it correctly. I encourage any woman in Southeast Pa. to call my salon and make an appointment. My team and I will solve this problem for you.

If you have knowledge, you become empowered.

I want every woman to have all the information she needs to understand and solve this problem for good. That’s why I wrote “Don’t Fear the Bleacher,” which is an easy-to-read book that empowers every woman to take control of her hair colour and health. I wrote this book so any woman can understand how to communicate much more effectively with their stylist and stop suffering needlessly.

Anyone who would like a copy of this book at no cost to them at all should just call 877-702-3081 24 hours a day, or go to www.DontFearTheBleacher.com to request a copy.

Dedicated to your beautiful hair,

A. L. Segro

A. L. Segro’s salon, Segro’s Lancaster Hairport, is located on the corner of Queen and Lemon streets in Lancaster; anyone who wants to make an appointment can call 717-299-9592.

No One Should Ever Be Frustrated With the Colour of Their Hair.

“Why Can’t SOMEONE (ANYONE!) Colour and Style My Hair the Way I Want It EVERY SINGLE TIME!”

A. L. Segro

Why Can’t SOMEONE (ANYONE!) Colour and Style My Hair the Way I Want It EVERY SINGLE TIME!”

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No One Should Ever Be Frustrated With the Colour of Their Hair.
Making House Selling and Buying Easier for Seniors

After living for so many years in their homes and collecting not only valuables but also memories, many older adults find the idea of moving to be frightening and overwhelming. Rochelle “Rocky” Welkowitz, Lancaster County’s first Real Estate Specialist for mature adults (with Prudential Homesale Services Group) is making the entire process easier for seniors.

For many, it has been so long since they’ve bought or sold a house—often 20 to 50 years—that they don’t know where to begin. “I spend a great deal of time with my clients and listen very closely to what their needs and problems are. My goal is to identify how I can help them make the transition to a new lifestyle with as little stress and worry as possible. I’ve actually advised some individuals not to sell their home, but to hire a contractor and make some accommodating adjustments,” she says.

Rocky offers free in-home consultations to mature adults who are thinking of making a change.

Rocky is a fabulous resource for finding many services older adults might need before, during, and after moving. These include an interior designer to help select which furniture to sell or keep and where to place it, buyout people, auctioneers, moving companies, estate planners, financial advisers, lawyers specializing in mature adult concerns, insurance advisers, a geriatric care consultant to help select a community which matches the client’s budget and medical needs, and organizers who can pack, unpack, and resettle clients in their new homes. Rocky and her team are happy to put her clients in touch with those professionals who can deliver the services they need, or coordinate the entire process for her clients. They will even send out change-of-address notices for clients, if they so desire.

Many of her clients of the last 31 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky’s services as the “missing link” in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

“My clients are vibrant, enthusiastic, and valuable people; their standards are so much of what I knew growing up. Several of my clients have known me since I was six years old,” she says. Rocky has spent most of her life in Lancaster County. She is more than just a realtor and move organizer; Rocky is a personal advocate working to make people’s lives easier and more enjoyable.

Need a Speaker for Your Group?
Let Rocky Share Her 31 Years of Downsizing Experience.
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Give your home a new look for the new year. It is a great time to give your home a makeover. You can make small changes or do a total makeover of a room or two.

Small changes can make a big difference. Whether it’s paint, pillows, area rug, window treatments or accessories, choose refreshing colors and patterns that make you feel happy.

Don’t be afraid to add a fun color or pattern, such as an animal print, stripe, check, or plaid. Texture is another way to add interest. You can change or add a cotton throw and pillows on your furniture or bed.

Add bright or light-colored floral designs to your rooms. Many flowers and greens today look real. Add some brighter colored accessories such as pottery, candles, and decorative plates. Don’t forget your front door; add a spring-colored wreath or a fun, patterned hook rug will lighten up your space.

As the sun warms up your home, it will feel great, but will fade your fabrics, photos, and artwork. Adding light filtering blinds or sheers can help reduce fading as well as save energy. Blinds and shades are a great option to help with your cooling and heating bills.

Heritage Design Interiors is a great place to shop for spring decorating accessories, lamps, artwork, and floral designs. We can help your window treatment needs and wants. With our expertise on design, measuring, and installation, they take the worries out of window treatments.

Stop by and see the beautiful and unique decorating products for your home or workplace. Heritage Design Interiors specializes in window treatments and home décor along with design and decorating consultation.

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Recently I had to purchase a new SUV for my family, as my wife and children had had it with my “drive it until it dies” mentality. So I shopped for a couple of months for the best SUV that met the family’s current and long-term needs, taking into account price, dependability, reputation, comfort and safety.

This is the same approach you should take in choosing your law firm. As with a vehicle, you should pick the best firm possible to meet your future needs, whether it is estate planning, buying or selling real estate, or your business needs and the inevitable legal matters that come up.

First and foremost, you should choose an attorney you determine to be honest. See if you can meet with the attorney for a free consultation. Some lawyers provide free consultations so clients can meet them to make sure they are comfortable with the attorney. Use this meeting to determine your comfort level, and be ready to move on if you are not comfortable with the attorney.

Of course, it goes without question that you should find an attorney whom you can afford. For this reason, you should ask about how the attorney charges for matters. Also, if a flat fee or an estimate of hours is given, ask that it be put in writing. I have had a number of clients ask me for an estimate, and I am happy to provide one. For many typical legal matters, the fees are easy to determine, as the attorney has done it before, whether it be an estate plan, real estate closings or setting up a business. Many of these matters are done for a flat fee, while complex litigation or estate/trust administration matters may be based on an hourly fee. The goal is to obtain a fair price for the quality of work you are obtaining. Similar to my SUV purchase, if your goal is the cheapest estimate, you are likely to also get the lowest quality.

Beyond choosing someone you find is honest, trustworthy and who you can afford, it is even more important to choose someone who has substantial experience in the area of law for which you require their services. For example, my expertise is estate, trust, small business and elder law matters, but I will refer my clients in need of a litigation attorney to one of our litigators, who have the skill set to navigate clients through the intricacies of court cases with their many filing deadlines and procedural gymnastics.

Another important aspect is choosing whether to use a large or small firm. For many individuals and small businesses, a small firm is fine, but for businesses with multistate business or unique licensing or federal or international work, a larger firm with multiple offices may be important. Also, it is important to choose a firm that will live beyond you and be able to serve you or your family in the years to come.

As for finding a lawyer to talk to, it is important to ask trusted friends, financial advisors, bankers, accountants and business colleagues. Word of mouth and recommendations from those who have seen the product are important. While ads and websites can be helpful, the best referral is one which has the recommendation of someone who has seen the product and is satisfied customer.
Pete is a 7-year-old male miniature dachshund who has been a patient at VCA Smoketown Animal Hospital ever since he was a puppy. Pete just like all other dogs, likes to play with his toys and chew them to pieces. One day Pete was chewing on a solid toy and happened to break his main chewing tooth on his upper jaw.

Pete obviously could not tell his family that he broke his tooth; his mom and dad happened to notice that the tooth looked different. They brought Pete to see Dr. Battah at Smoketown Animal Hospital to figure out what to do.

After careful evaluation, we determined that we could save the tooth so that Pete could continue to use it the way he always did, just not chewing on solid objects or objects. You may ask why dogs shouldn’t chew on solid objects like bones. It is because their upper and lower jaws work like a pair of scissors. If the bone does not break in time, their biggest chewing tooth on their upper jaw will bend sideways and break. You may wonder why dogs or wolves in the wilderness do that. The answer is we do not know if their teeth are broken or not. Also survival is for the fittest; those with weak teeth may not survive. We should not compare our domestic pets with their wild cousins. Their lifestyle is totally different.

Back to Pete. Since he was so healthy otherwise, we placed him under anesthesia and cleaned his teeth. We then took dental radiographs (X-rays) and determined that all three roots of that tooth were healthy, so we did a root canal therapy just like your dentist would do for one of your teeth. In order to have Pete’s mouth balanced, we decided to put a crown on the broken tooth. Pete’s mom and dad were very happy with the fact that Pete is going to have a normal looking and functioning tooth. They were also proud that Pete was the very first patient in the history of Smoketown Animal Hospital to ever receive a dental crown.

Root canal and crown treatment in dogs and cats do require more attention and commitment from you the parent, so be careful with the chew toys that you choose for your beloved pet. Finally, if you are interested in advanced dental treatments for your beloved four-legged furry family member, come visit us at Smoketown and see Dr. Battah. He will offer you the best dental care possible.
Extend Your Beauty with Xtreme Lashes from Shear Perfection

A full-service salon located in Mount Joy, Shear Perfection is owned and operated by Deborah Cohen, who founded the salon in 1987 with a vision of creating a space where clients could relax and feel at home while being pampered.

“I wanted to offer a place that had a warm and welcoming atmosphere, and where clients could have a selection of services and be assured they were receiving high-quality treatment,” she explained, adding that she began with one chair and over the years expanded to offer a full-service salon and spa menu.

One such specialty service offered by Shear Perfection is eyelash extensions.

“I’m really excited to offer eyelash extensions—it’s an opportunity for true artistry, and they allow for a glamorous, natural look, which will also cut your time getting ready in half,” Cohen explained, adding, “My clients always tell me how beautiful they feel after getting them, and they move just like your natural lashes.”

“Having a thick set of beautiful lashes really enhances everyone’s look, giving you a very natural, wake-up-beautiful experience each day. I usually apply a few light strokes of mascara and some lip gloss and I’m out the door for a busy day, looking beautiful with very little effort,” she added.

According to Cohen, she uses synthetic mink lashes from high-end lash company Xtreme Lashes,® which come in 14 different lengths and a variety of curves for a more natural look and feel. Each lash is applied individually to a natural lash. Extensions last roughly 30-90 days—the length of time it takes for natural lashes to shed—and can easily be reapplied in an hour-long visit, which is recommended every two to three weeks to maintain optimum look and feel.

“The application process is very easy—many clients rest during the process and report finding it very soothing,” said Cohen, who also noted that the lashes are safe for the eyes and contacts can still be worn.

Another Shear Perfection specialty service is essential oil treatments, either during aromatherapy for relaxation, or as an addition to a massage or facial.

“Essential oils are helpful in so many ways—from improving your energy level to boosting your immune system to detoxifying your body. They are a fantastic addition to any service,” Cohen explained.

Shear Perfection also offers a large menu of services, including hair styling, tanning, nail artistry, body waxing, facials and massage.

“If you’re looking for a great gift for that special someone, we have the perfect service to rejuvenate them during a busy time of year,” said Cohen.

“Or, if you have a big event coming—a wedding or special occasion—we can help you look and feel amazing. We really enjoy our clients and love what we do!”

For more information on their services, or to book an appointment, call Shear Perfection at (717) 653-6167, or visit their website at www.sp-spa.com.
Refresh The Appearance Of Your Hands
By Spage Yee, M.D.

Like our faces, the hands undergo similar changes with aging. In fact, next to changes over time in one’s face, it is changes to one’s hands that give away one’s age. Fortunately, like the face, there are ways to quickly, and with little downtime, enhance the appearance of one’s hands and effect a fresher, more youthful appearance.

The Changes
With aging, the skin on the back of the hand gets thinner and loses elasticity. This results in wrinkles and crepiness to the back of the hands. There is also loss of fat in tissue under the skin of the hands. This results in the development of a hollow, more bony appearance, as well as making the presence of veins more prominent. Additionally, because the back of the hands tend to be exposed to the sun, pigmented changes, such as age spots can develop on the back of the hand.

Treatments
Like the face, a combination of treatments give the best results to refreshing the appearance of one’s hands. Replacing lost volume helps diminish the prominence of veins and reduce hollowness. Furthermore, this plumping effect helps to “iron out” the wrinkles on the back of the hand. Recently, the filler Radiesse, used in our Liquid Facelift, was approved for replacing volume in the hands.

Combined with modalities such as skin tightening, peels or fractional collagen induction, other issues such as pigmented changes and excessive crepiness can be addressed. Our hands can make us seem older than we otherwise look and feel. Fortunately, with minimal effort and downtime, you can freshen their look today.

Start The Year With Your Eyes In Mind
By Spage Yee, M.D.

Because of the constantly changing insurance market, many of us have seen changes to our coverage, including, perhaps even starting the new year with new insurers. It is important, however, when dealing with this shuffle, not to forget about the health of your eyes. Many conditions which may adversely impact the health of your eyes can, if found early, be successfully treated. Routine eye care can ensure that such conditions are not overlooked.

Glaucoma
Glaucoma is a family of diseases which damage the optic nerve. Examination of the optic nerve and measurement of intraocular pressures are typically normal components of the routine eye exam and can allow for early detection of the condition. Early detection can ensure that any needed monitoring and treatment to minimize future vision loss can be implemented.

Cataracts
Cataracts refer to the loss of clarity in the natural lens of the eye. They can be congenital, a natural part of aging, or a result of systemic disease or injury to the eye. Routine examination allows for the detection and monitoring of any effects of cataracts. If needed, cataract surgery, is generally very successful in restoring vision.

Diabetes
Diabetes can cause damage to the eyes in many ways, including cataracts, retinal bleeding, and retinal swelling. All of these can adversely impact the health of your eyes and have the potential for permanent damage. Without exception, annual eye examinations for diabetics are a must and are covered by medical insurance.

Other Systemic Conditions
Other health conditions can affect the eyes. As a part of your routine eye exam, your practitioner will elicit a medical history. This can help your practitioner better evaluate your eyes for possible eye complications arising from these conditions. Annual eye exams can benefit not only the health of your eyes, but can benefit your health in general. Taking the time now to keep up on the health of your eyes can help ensure your sight well into the future. Furthermore, they are frequently a covered benefit in many health plans.

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