Mennonite Home
Personal Care—The Perfect Option

Please come see us! Call Cathy McBride 717.390.7979.

If you or a loved one could benefit from a little TLC, Mennonite Home Personal Care may be the perfect option!

Personal Care is designed for men and women ages 60 and older who need some help with daily activities, but who are not quite ready for Skilled Nursing (which Mennonite Home also offers).

We have several different Personal Care households as well as suites so residents have choices. Our admissions counselor can meet with you to show you around and determine which household is best suited for your loved one.

Our team of caregivers includes nurses, nursing assistants and med techs, all of whom are trained to provide services with the primary goal of encouraging and maximizing the independence, privacy and dignity of each individual.

Pricing is based on the amount of care the resident may need with three different levels available—ranging from minimal assistance to more advanced and/or memory care. If you decide to move in, our director of personal care will meet with you to determine the level of care based on resident needs.

Unlike some communities that specialize solely in personal care, with Mennonite Home, you also have access to skilled nursing if/when the resident needs care at a higher level. In addition, the Mennonite Home Benevolent Care Fund helps to assist those residents who have exhausted their financial resources, helping to ensure that they continue to receive high quality care as part of our resident family.

Many families also prefer personal care over home care because they know that their loved ones are around others at all hours of the day and night. Our staff even does a bed check in the middle of the night with each resident to make sure they are okay!

All personal care residents can enjoy:

- Breakfast, lunch and dinner
- Weekly housekeeping
- Laundry services
- Towels and sheets (if desired)
- Cable television
- Telephone service
- Social activities
- Craft room access
- Beauty salon/barber services
- Weekly chapel services
- Clubs
- Games
- Fitness center
- Performances/programs
- Routine check-ins
- Access to medical doctor or nurse practitioner (during the week)
- Medication management
- Bathing
- Dressing
- Memory support
- Physical therapy (Co-pays may apply)

Depending upon their needs, residents may also receive help with:

More on page 3.
On Behalf of the Medical Executive Committee, THANK YOU to the physicians who support Heart of Lancaster Regional Medical Center

March 30, 2016

Heart of Lancaster Regional Medical Center
Beth Niedrowski agrees. Sobel’s advice is the reason why she is currently working with Dr. Sobel on infertility issues of her own.

“It’s a very long process, and I never realized how complicated it could be,” said Niedrowski. “The number-one recommendation I would give is to make sure you find a doctor you are comfortable with, because it is confusing and complicated at times. It’s an exciting journey, but at the same time it can be scary.”

She tried working with three other fertility practices before finding Dr. Sobel and Lancaster Fertility.

“They walked my husband and me through every single aspect. A lot of places seemed to assume I knew what the process was,” said Niedrowski. “Dr. Sobel was so informative and explained everything to my husband and me.”

The October newlywed started the IVF process in February. Her preliminary bloodwork and diagnostic surgery is complete, and she looks forward to starting the next phase of medical treatment.

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We provide comprehensive female & male infertility evaluation/treatment:

- FIV (in vitro fertilization)
- ICSI (intracytoplasmic sperm injection)
- Egg donation (we have immediate availability for recipients)
- IUI (intravaginal insemination)/donor insemination
- Assisted Hatching
- Blastocyst culture and transfer
- Ovulation induction
- Andrology services
- Genetic counseling
- Preimplantation genetic diagnosis (PGD)
- Treatment of recurrent pregnancy loss
- PCOS (polycystic ovarian syndrome)
- Endometriosis
- Da Vinci robotic surgery
- Removal of uterine fibroids
- Management of ectopic pregnancy
- Reproductive urologist for male infertility
- LGBT Family Building
- Fertility Preservation—egg and sperm freezing/storage

General infertility treatment options and reproductive services, which can include fertility medication therapy, intrauterine insemination, intracytoplasmic sperm injection (ICSI), preimplantation genetic diagnosis (PGD), autologous endometrial coculture, egg donation and/or surrogacy. All of these treatments will be described in full by Dr. Sobel upon consultation.

“We feel so personally connected to Dr. Sobel,” said Niedrowski, who commutes 45 minutes each way from her Berks County home for her appointments at Lancaster Fertility. “We are so comfortable with him, my husband and I said, ‘we’ll drive; we don’t care.’”

Sobel, who is board certified in both reproductive endocrinology/infertility and obstetrics/gynecology, joined Lancaster Fertility after serving as the clinical director for the Reproductive Science Institute in Wayne, Pa., for 12 years. This fact is only part of the experience he brings with him. He received his undergraduate degree in chemistry from F&M College and completed medical school at the University of Medicine and Biosciences in Kansas City, Mo. It was while receiving his postgraduate medical training and completing his residency at the University of Medicine and Dentistry of New Jersey that he found his passion for infertility treatment.

“There was a time, especially in the 1980s, where the field of reproductive endocrinology was not well known,” said Sobel. “Science at the time was more surgical than medical. In vitro fertilization was in its infancy.”

He continued his specialization with a clinical and research fellowship in reproductive endocrinology at Thomas Jefferson University Hospital. Sobel remained at Jefferson Medical College as a full-time assistant professor from 1992–1997.

“My interest evolved because it’s a science that involves the tools of internal medicine—surgery—and laboratories. It’s an interesting field that contains so many aspects of science that have fascinated me for my entire career,” said Sobel.

He explained there are also myths about infertility to avoid. Just relaxing will not necessarily increase chances of fertility—infertility is NOT a psychological problem. Sobel called the misnomer that adoption increases the chances of becoming pregnant “a total myth.”

“Some couples really need time,” said Sobel. He also wants to stress that infertility is not solely a female issue. “Generally, the source of infertility problems is split equally among men and women. Essentially, almost half the time it will be a male diagnosis, and almost half the time it will be a female diagnosis. Maybe about 10 percent of the time it will contain both.”

With National Infertility Awareness Week upon us, now is the time to “start asking,” says the National Infertility Association, the force behind the campaign. Started in 1989, the awareness movement aims to—among other things—enhance public understanding that infertility is a disease that needs and deserves attention.

For more info on National Infertility Awareness Week, please visit www.resolve.org/niaw. #StartAsking

Lancaster Fertility
1059 Columbia Ave.
Lancaster, PA 17603
(717) 517-8504
www.lancasterfertility.org
Strategies for Long-term Weightloss Success

When it comes to managing your health, losers can be winners if they can keep the weight off. Long-term weight loss—intentionally losing at least 10 percent of initial body weight and maintaining the loss for a year—can help improve health and reduce the chance of weight-related illnesses. So how do you do that?

A “diet” isn’t enough. Permanent results require permanent lifestyle changes. The National Weight Control Registry (NWCR) has tracked more than 10,000 individuals who have lost at least 30 pounds and maintained that loss for at least one year. Most NWCR members report maintaining a low-calorie, low-fat diet and being active:

• 90 percent exercise an average of 60 minutes daily
• 78 percent eat breakfast daily
• 62 percent watch fewer than 10 hours of TV per week

How to Stick with the Winners
One of the keys to permanent weight loss is setting realistic goals. A 10-percent weight loss is both medically significant and realistic. Here are some tips for losing the weight and keeping it off:

• Be accountable. Successful losers journal their food intake, either on paper or with online tools such as MyFitnessPal, Lose It or Sparkpeople.

• Be active. Successful losers average an hour of moderate exercise, such as walking, each day. It’s OK to break it into 10-minute sessions.

• Eat mindfully. Focus on the food and enjoy it. Slow down and savor it. Don’t eat in front of the TV or computer.

• Eat breakfast. A high-protein breakfast keeps you full longer than a high-carbohydrate breakfast. If you’re in a hurry, protein shake meal replacements can be an easy breakfast choice.

• Chew your calories. Avoid sugary beverages such as soda, sports drinks, sweet tea and flavored coffee drinks, and limit alcohol and fruit juice. Eat whole fruit instead.

• Sleep well. People who get adequate sleep are more successful at weight loss. Sleep deprivation increases appetite and hunger.

• Monitor your weight. Some people weigh themselves daily; others weekly. Still others monitor progress by how well their clothes fit. Determine which strategy is most helpful to you.

• Be consistent. Successful losers eat at the same time during the week, weekends and holidays.

• Plan and prepare. Make a few days’ worth of meals ahead of time when your schedule is not busy. Having food on hand can help avoid drive-through and takeout meals.

• Eat at home. At six months, people who cut back on eating at restaurants lost more weight. If you do dine out, bring half of the meal home.

Learn How to Lose
Lancaster General Health/Penn Medicine offers a variety of resources to help you lose weight and keep it off, including weight-management classes through our Wellness department, a medically managed weight-loss program and, for those eligible, a bariatric surgery program. For more information, visit LGHealth.org/bariatrics or search “weight loss” on our website, LGHealth.org.

When Jen lost her father to heart disease, she vowed to change her life’s course. With a commitment to better health, Jen chose bariatric surgery at Lancaster General Health/Penn Medicine. The experienced team of weight loss experts and fellowship-trained surgeons partnered with her to tailor a program based on her individual needs. Today, she is racing ahead at full speed.

Her weight loss has her in the lead.

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Don’t stop taking strides.

To register for a seminar, visit LGHealth.org/classes or call 1-888-LGH-INFO (544-4636).

Also offering an online seminar:
LGHealth.org/bariatricsonline

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Jen has lost 182 lbs.

Lawrence A. Wieger, DO
Lancaster General/Penn Medicine Health
Healthy Weight Management & Bariatric Surgery

Her weight loss has her in the lead.

When Jen lost her father to heart disease, she vowed to change her life’s course. With a commitment to better health, Jen chose bariatric surgery at Lancaster General Health/Penn Medicine. The experienced team of weight loss experts and fellowship-trained surgeons partnered with her to tailor a program based on her individual needs. Today, she is racing ahead at full speed.

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Shed Your “STUBBORN” Weight This Spring!

This is our specialty! When all the other attempts fail, come to BeBalanced!

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.
- We target women ages 35–65 who find it difficult to lose weight.
- Simple grocery-store food, light exercise recommended but not required to start.
- No hunger or cravings, higher energy and clear thinking.

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!

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 hormone balancing with our patent pending program. Women LOVE their results so much, we have now franchised to spread our unique, nonmedical, safe system to other areas around the country.

Many women feel that they are trying to eat right, exercise and even do stress management to lose weight. When they don’t get results, they explain this to their doctor, nutritionist or personal trainer. The response they get is “Just keep on trying, you’ll get there,” but this can be discouraging after weeks of the scale not moving. If lowering your calories and expending more calories (“calories in, calories out” philosophy) actually worked and these professionals believed you were following this philosophy strictly, they would probably be more concerned. Instead, many women feel that their healthcare professionals do not really believe that they are trying their best. That’s the difference. At BeBalanced Centers, WE BELIEVE YOU! We can also actually explain to you what is happening in your body, hormonally, to cause you to not be able to lose weight. We have been helping women for years 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).

Jean Hinely

I’m so excited to introduce you to the BeBalanced program! I am thrilled to state that not only have I dropped 30 stubborn pounds of fat, but I feel much more healthy, energetic and terrific. I must admit that I was a tremendous skeptic, since I have tried and failed at many other diets, spending thousands over my lifetime, only to end up frustrated, hungry and heavier than when I began the process.

BeBalanced thoroughly explained the science behind the program, and it made sense to me. I had to give it a try! The BeBalanced staff was with me every step of the way, answering my questions, giving me direction and cheering me on to the finish line! I feel like I have my “self” back again.

I am more emotionally balanced, sleep through the night, feel rested and energetic in the morning, and NO MORE NIGHT SWEATS! Now that I have taken off the extra weight, I feel energetic enough to continue a healthy eating lifestyle and enjoy daily moderate exercise.

If you need to take off the extra weight or need to feel like your youthful self, please take advantage of the BeBalanced program.

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.

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Colon Cancer Screening A Good Idea Even After 75, Research Suggests

 Colon cancer should be like polio—completely eradicated, unheard of in our country. Instead, colon cancer remains the number-2 cause of cancer deaths in the United States. It accounts for nearly 45,000 deaths annually, while nearly 150,000 more people are diagnosed.

People ask me every day, “What made you go into this field?” I often joke that I am the organic plumber; my job is taking care of the pipes on the inside. The real answer to the question to why I became a gastroenterologist is that I hate cancer. My job as a gastroenterologist is to prevent cancer, and on rare occasion diagnose it. The other big cancers—lung, cancer, breast cancer, prostate cancer—are not as preventable. If the patient is lucky, these cancers are found early, but prevention is not possible.

Colon cancer is different. It grows from a polyp, which takes 10 to 12 years to evolve into cancer. We can literally “nip the problem in the bud” by removing polyps. Fifty percent of the people who undergo screening colonoscopy by Lancaster Gastroenterology, Inc., have a “precancerous polyp” found and removed during their exam. My colleagues and I pride ourselves on having the highest polyp detection rate in the United States. We are professional cancer preventers performing at a very high level.

Polyp-detection rate is the “battling average” for a gastroenterologist. The higher the detection rate, the more likely your doctor is to find polyps and prevent colon cancer. The national average for polyp detection at centers of excellence is 26%. I am proud to say that we have a polyp-detection rate that is twice as high. Why does this matter? Simply, colon cancer could be completely prevented by removing polyps. As a doctor, the more polyps you find, the better shot you have at preventing cancer for your patients.

A recent research study has found that colon cancer screening is safe and cost-effective, even in some cases appropriate after the age of 75. The study analyzed cost, life expectancy, and procedure safety and concluded that colon cancer can be screened for and prevented even if you have not yet had a screening exam prior to age 75. These study findings, in combination with your medical history, should be discussed between you and your family doctor. Together, you can make the decision about what testing is appropriate for you. Should you agree upon a colonoscopy, the physicians of LGI are here for you.

I recently had a patient ask if there was a “magic wand” coming out to make screening simpler. I joked that the colonoscope is a magic wand. In the right hands, it can prevent colon cancer and reshape the cancer landscape. Colon cancer should be like polio—a scourge that has become a nonfactor. We understand colon cancer’s nature, we understand its evolution from polyp to cancer, and we have the tool to completely prevent it.

Board certified in Internal Medicine and Gastroenterology, Dr. Harberson received his A.B. in Classics from Hamilton College. He earned his medical degree at the Temple University School of Medicine. Dr. Harberson completed his internal medicine residency and GI fellowship at Temple University Hospital. His special interests include complex abdominal pain, IBS, motility disorders, inflammatory bowel disease, Celiac disease and colon cancer prevention. Dr. Harberson joined LGI in 2008.

We practice medicine with care and concern, spending time with you – face-to-face and unrushed. Offering you the excellence of the most advanced medical technology available, we’re committed to helping you feel better.

717-983-4916

Lancaster Gastroenterology Inc. www.lancastergi.com
What Causes Mental Illness?

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.

Working with mental health issues in an out-patient setting, with a holistic approach 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.

Broad range of mental-health issues including, but NOT limited to:

- Depression/Anxiety/Panic Disorder
- Grief/Bereavement
- Phobias
- ADHD/ADD
- Postpartum Depression
- Obsessive Compulsive Disorder
- Oppositional Defiant Disorder
- Discipline/Behavioral Problems
- Anger and Stress Management
- Family/Children/Couples Issues
- Learning Disabilities
- Psychological Testing
- Bipolar Disorder
- Eating Disorders

Life Span

Lynnette G. Ruch, Ph.D.
Hubert R. Wood, MS, LPC
Sarah L. Bender, MS, CAADC, LPC
Dawn M. Baldwin, MS, LPC

Blossoms and Roots Wellness

Seasonal Allergies—Welcome Relief with Acupuncture

Blossoms and Roots Wellness 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.

When clients come in, they will rate their symptoms on a scale of one to ten for severity, so that we can monitor progress through a series of treatments, often 6-10 total. Keeping track of the amount of sneezes per day, need for allergy medications, amount of itchiness, or other relevant symptom trackers will help evaluate the effectiveness for each person.

“As soon as the needles are in place, I can feel my sinuses begin to drain, and some of the pressure lift from my head”, explains Judy T., a seasonal allergy sufferer for 10 years. “I come in for 3-4 sessions prior to the full bloom of Spring, and then as needed during the Spring season. In the last few years, my allergies have not led to sinus infections, as they might have in many previous years.” Judy also reports that symptoms reduce session-upon-session when she comes in for a series of treatments, and often her quality of sleep improves.

Jason L. also noticed a reduction in his allergy symptoms the season he started acupuncture. “My eyes felt clear, and my nose stopped running. I could enjoy dinner and events outside without having to plan ahead for days of suffering after the event.”

Jo Ellen often recommends cutting down on sugar and dairy, as in Chinese Medical thought, the blockage and buildup in the sinus passages often involves the digestive process, which is seen to be a contributor to the mucus forming process that ends up blocking the nose. “I have seen many clients who are so pleased with results, they refer their whole office, or family for treatment. The debilitating effects of chronic allergy discomfort are often underrated, in my opinion. And acupuncture is a natural way to help.”

Jo Ellen discusses each person’s symptoms and needs in a one-on-one thorough intake session, so that clients get explain their history, and help plan a course of treatment. The check-ins continue throughout a series of treatments, often once or twice a week initially. The needles are fine as a human hair, and most clients report little to no pain when they are placed into the skin, and often feel distinctly relaxed following their sessions.

Acupuncture needles are sterile, single-use only, and regulated by the FDA, ensuring safety. Most people feel a distinct sense of relaxation while the needles are in place for treatment—a first treatment typically lasts 60-90 minutes, including thorough consultation and history of your pain and previous therapeutic interventions. Sometimes treatment may also include a mild current attached to the needles, called electroacupuncture, cupping and/or palpation of points in the affected area for pain. Follow up treatments last 45–60 minutes.

For more information, visit the Blossoms and Roots Wellness website, blossomsandroots.com. Jo Ellen Witosky has 14 years’ experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.

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 proceed to discuss how neither nature (heredity) nor nurture (environment) are singularly responsible for the manifestation of mental illness; both are usually 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.
“The day the Lord created hope was probably the same day he created spring.” – Bern Williams

Dear Readers,

Happy spring!

In recognition of National Infertility Awareness Week, April 24–30, Lancaster Fertility, located on Columbia Avenue, is our featured story this edition. Their primary message to anyone suffering with infertility issues is that you are not alone. They welcome you to visit their practice and discuss the many treatment options available for both men and women. On page 3, you can read about one of their patients who is currently undergoing treatment.

We extend a warm welcome to Dr. David Winand and the Advanced Vein & Laser Center (AVLC), opening mid-April across from the Park City Mall on Harrisburg Pike. Specializing in treating all types of vein problems, Dr. Winand and his team will have your legs looking beautiful and ready for summer. Give them a call and welcome them to Lancaster County.

Congratulations to Dr. Lelah Radfar-Baublitz and Dr. Jennie-Corinne R. Baublitz-Brenenberg, who recently joined Brain Orthopedic Spine Specialists. Our best wishes to both these lovely ladies on their new endeavor. We hope to bring you an in-depth look at some of the conditions they treat in upcoming editions.

Among the many upcoming events mentioned in this edition are Schreiber Pediatric Rehab Center’s 34th Annual Gala on April 2 at the Lancaster Country Club, and the Pilot Club’s Spring Fashion Show, which will be held April 9 at the Four Seasons Golf Club in Landisville. Woodward Hill Cemetery and Wheatland will be observing President James Buchanan’s 225th birthday on April 23, and Bridge of Hope’s Spring Luncheon, April 30, will take place at Bent Creek Country Club in Lititz, Pa.

On Saturday, June 4, Moon Dancer Winery, located in Wrightsville, Pa., will be hosting the Moon Dancer Rocks the Arts festival. Local headliner bands The Love Haters, Mama Tried, and Dirty Little Secret along with gifted artists from throughout Lancaster County will be featured. This premiere event is sure to be a summer highlight for you and your family. If you’ve never visited the beautiful Moon Dancer Winery, this is the perfect opportunity. Fine art and great music deserve a stage, and this beautiful setting is an excellent backdrop. We’ll have more information about this event and the artists in our next edition. You can visit the Moon Dancer Winery website, www.moondancerwinery.com, for updated details.

And to all our military members and their families—thank you! Freedom is not free and we appreciate your sacrifice!

With blessings,
JoAnn Notargiacomo
Managing Editor

Fulton Academy Spring Classes Begin April 2!

Creating Characters for the Stage
Grades 3–5
 Saturdays, April 2–May 21
10:30 a.m.–12:00 p.m.
Cost: $120
Students will explore stories and characters using scenes and songs from popular Broadway musicals. Young actors will create sustainable and believable characters through ensemble and individual work.

Registration is also open for summer camps, too!

Fulton Theatre
PO Box 1865
12 North Prince Street
Lancaster, PA 17608-1865
thefulton.org
Health & Wellness

Body & Sole Reflexology Continues to Evolve

Holly E. Walters, NC, MR
Board Certified Reflexologist
Certified Weight-Loss Coach

In 2008, Holly Walters spread the word that she was opening a new Reflexology practice here in Lancaster County, adding to her already established health and weight loss business. She was asked by several associates, “Do you really think you can grow a business just doing reflexology?”

“Yes! No one else in Lancaster County has done it yet…until now.”

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, 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.

“My new facility is called Stratus Video. This new service will allow healthcare providers to more effectively communicate with the portion of the deaf and hard of hearing population that uses other forms of signed languages, significantly reducing healthcare disparities for this community. The service will be available Monday-Friday between 8am and 5pm, and pre-scheduled calls will be available 24 hours a day.

The technology leverages an advanced video platform to route video calls to specialized interpreter stations with two interpreters, one a Certified Deaf Interpreter (CDI) and one an American Sign Language (ASL) interpreter. Sign Languages take many forms, and as specialists in deaf culture and American Sign Language, CDIs act as intermediaries between deaf individuals and ASL interpreters. First the deaf individual and the CDI converse, the CDI interprets that message into ASL and the ASL interpreter then voices the message for the provider in English, and vice versa, ensuring effective and trustworthy communication.

Certified Deaf Interpreter (CDI) is a certificate provided by the Registry of the Interpreters for the Deaf, Inc. (RID). Anyone holding the certificate has passed both a knowledge and performance exam. Certified Deaf Interpreters are also called deaf interpreters and relay/mediary interpreters.

Remote CDI interpretation was developed by Stratus Video following feedback from many hospitals utilizing video interpretation services that wanted to enhance communication with deaf patients, even with ASL interpretation readily available onsite and over video. Cultural misunderstandings can occur, thus frustrations can run high. With a focus on increasing patient safety, Lancaster Regional Medical Center, Heart of Lancaster Regional Medical Center and the practices associated with both hospitals can elevate the level of care they provide for deaf individuals by improving communications between patients and healthcare providers.

To learn more about the practices associated with Lancaster Regional and Heart of Lancaster Regional Medical Centers, please visit HeartandRegionalMed.com.

As of March 15, 2016, Lancaster Regional Medical Center, Heart of Lancaster Regional Medical Center and practices associated with both hospitals will add Remote Certified Deaf Interpretation (Remote CDI) to their expansive range of video interpretation services for patients, provided by Stratus Video. This new service will allow healthcare providers to more effectively communicate with the portion of the deaf and hard of hearing population that uses other forms of signed languages, significantly reducing healthcare disparities for this community. The service will be available Monday-Friday between 8am and 5pm, and pre-scheduled calls will be available 24 hours a day. The technology leverages an advanced video platform to route video calls to specialized interpreter stations with two interpreters, one a Certified Deaf Interpreter (CDI) and one an American Sign Language (ASL) interpreter. Sign Languages take many forms, and as specialists in deaf culture and American Sign Language, CDIs act as intermediaries between deaf individuals and ASL interpreters. First the deaf individual and the CDI converse, the CDI interprets that message into ASL and the ASL interpreter then voices the message for the provider in English, and vice versa, ensuring effective and trustworthy communication.

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To learn more about the practices associated with Lancaster Regional and Heart of Lancaster Regional Medical Centers, please visit HeartandRegionalMed.com.

Thursday, April 28, 2016
6:30 – 8:30 p.m.
Sage Continuing Education Center
719 Olde Hickory Road
Suite B (2nd Floor) Lancaster, PA 17601

$20 prepaid; $25 at the door.

Forbes, who is a Holistic Educator, Hypnotherapist as well as a Facilitator of “The Work,” will lead an interactive workshop where we will learn how to use “The Work” and the 4 questions that, when applied to a specific problem, enable you to see what is troubling you in an entirely different light.

As Byron Katie says “It’s not the problem that causes our suffering; it’s our thinking about the problem. The Work also teaches us to Love What Is… it does not mean we do not make changes but when we can accept reality as it is, we have more clarity to move forward in a positive way instead of fighting against What Is… You don’t waste time and effort fighting against reality… you see that reality is reality and it is okay.”

For information and registration contact: jforbes102@icloud.com or call: 717-964-1110.

The Lancaster, PA Chapter of the American Holistic Nurses Association is a non-profit group of holistic-minded nurses and health care professionals, holistic practitioners as well as people interested in a mind-body-spirit approach to health and wellbeing. We promote the on-going education of those involved in healthcare and healing as well as the public, in every aspect of wellness.

Additionally, as a chapter of the American Holistic Nurses Association (www.ahna.org) we serve as a bridge between conventional medicine and complementary/alternative healing practices. All are welcome to attend our educational meetings and workshops, and to network, share knowledge and find ways to work together to support our common goals.

The Lancaster Chapter of the American Holistic Nurses Association Presents:

A Workshop on “The Works” developed by Byron Katie, Facilitated by Juanita Forbes

March/April 2016

Lancaster County Woman
Schreiber Gala to Celebrate 80th Anniversary
Introduces 2016 Ambassadors

Schreiber Pediatric Rehab Center has named its 2016 Ambassador children. All four will be formally introduced Saturday, April 2, during Schreiber’s 34th Annual Gala, to be held again at the Lancaster Country Club. This year’s gala, with the theme “Cheers for 80 Years,” will celebrate Schreiber’s 80th anniversary and will be presented thanks to the generous support of our presenting sponsor, Lancaster General Hospital/Penn Medicine.

Here are this year’s Ambassadors.

**Sophia Clay**
Age: She turns 5 in March
Diagnosis: Cerebral palsy
Parents: Kelly and Adam Clay of Manheim Township
Siblings: None
Favorite activities: Playing with her toys, going to the beach, watching movies on her iPad, riding her bike around the neighborhood and seeing plays at local theaters.
Favorite foods: Pizza and ice cream

What she watches and listens to: Disney movies, “Doc McStuffins,” “Sofia the First,” princess movies

Three words to describe her: Happy, outgoing and determined

What else to know about Sophia: She has a black Lab named Dallas.

Sophia’s cerebral palsy means she uses a wheelchair for a lot of her day. Her therapy at Schreiber is intended to help her be out of the chair more. “She’s working to become stronger in all areas of her life,” says her mom Kelly. “She practices with a gait trainer so she can stand on her own. She works on sitting up without assistance. She practices her fine motor skills, her articulation and eating on her own.”

Articulation—how clearly she speaks—is where Sophia has shown the biggest progress.

“Sophia’s language has come a long way,” Kelly says. “When she started, she could only say a few things. Now, she can say 10-word sentences.”

**Graham Lodwick**
Age: He turns 12 in August
Diagnosis: Deaf and childhood speech apraxia
Grade and school: Fifth grade, John Beck Elementary School

Parents: Wendy Williams and Karl Lodwick of South Lebanon Township, Lebanon County
Siblings: Graham has an older brother, Reese, 14
Favorite activities: Playing with pets, playing video games, bowling and riding his bike
Favorite food: Pizza

What he watches and listens to: “Drake and Josh,” “Minions,” the song “The Best Day of My Life” by American Authors.

When he grows up, he wants to: Be a car designer

Three words to describe him: Happy, silly and loving

Graham has been coming to Schreiber for speech therapy since he was six. Dorlas Riley, Schreiber’s lead speech therapist, diagnosed Graham with speech apraxia. The condition is defined this way by the American Speech-Language-Hearing Association: Graham knows what he wants to say, but his brain has difficulty coordinating the muscle movements necessary to say those words. He’s also deaf and has a cochlear implant.

So in his twice-a-week therapy at Schreiber, he practices his speech sounds and works on listening to get the best use of his cochlear processor. He’s also working on talking in complete sentences. The work is paying off. When he started with Dorlas, he communicated entirely by signing.

“(Now), he can carry on a conversation with someone who does not use sign language,” says his mom Wendy.

It takes a lot of effort to make that kind of progress. But his therapy with Dorlas doesn’t seem like work.

“He loves it,” Wendy says. “Even after six years, he still looks forward to coming.”

**Tiberius “Ty” McCabe**
Age: He turned 6 in December
Diagnoses: Pierre Robin syndrome, Prerrygium syndrome, hearing impaired, speech and language impaired
Grade and school: Schreiber S.T.A.R.S. Preschool
Parents: Kevin and Margaret McCabe, Lititz
Siblings: Delaney, 12
Favorite activities: Playing with Delaney; playing with trains, tractors and monster truck toys; playing ABC Mouse and tabletop games with the nurses; video games
Favorite food: Pudding

What he watches and listens to: On TV, he likes “Magic School Bus,” Mr. Rogers, and SpongeBob; for movies, he likes the “Air Bud” series; favorite song is “The Wheels on the Bus”

When he grows up he wants to: Be a pilot or drive monster trucks

Three words to describe him: Outgoing, determined and happy

Ty McCabe spreads smiles and good vibes whenever he comes to Schreiber, which it turns out, is a lot. He’s here for preschool, and he receives physical, speech and occupational therapy.

He was born with a couple of different conditions: Pierre Robin syndrome, which left him with a smaller-than-normal lower jaw, issues with his tongue and feeding problems; Prerrygium syndrome, which carries several symptoms but primarily affects his joints and bones; and he has hearing, speech and language impairments.

During therapy and at home, he works on stair climbing, bike riding and dressing himself. He practices fine motor skills like writing, using scissors and feeding himself. He’s trying to improve his speech and his signing skills. Since he started at Schreiber, he has learned to walk without a walker, is able to form some words and is eating Stage II foods, the thicker, chunkier foods that replace purees.

“(He is preparing) for mainstream education at the highest functional level of independence,” his mom Margaret says. “We have seen academic improvement despite many hospitalizations, surgeries and medical appointments.”

**Sophia Panzini**
Age: She turns 19 in March
Diagnosis: Autism spectrum disorder
Parents: Reenie and Peter Panzini, Manheim Township
Siblings: Edward, 20; Carina, 10
Favorite activities: Listening to music, adult coloring books, playing games on the Wii, collecting jewelry

What she watches and listens to: The Food Network, “Spider-Man” movie, Destiny’s Child
Favorite food: “Mac and cheese—gluten-free, please!”

When she grows up she wants to: “Be a Hollywood singer.”

Three words to describe her: Beautiful, sweet and funny

What else to know about Sophia: She attends Schreiber’s Club 625 events, making friends and being a teenager.

Like a lot of kids with autism, Sophia Panzini is reluctant to look people in the eye when she talks to them. But when she’s posing for a picture, she loves the camera—and the camera loves her.

Here’s her story, in the words of her mom Reenie.

“Sophia was diagnosed with autism when she was 8, and we had just moved to Lancaster from New York City. Her pediatrician told us about Schreiber, and we practically ran there! We didn’t know anything about therapy or autism, and we were literally walked slowly through everything, step by step. Sophia learned to have conversations, hold writing instruments, walk up and down stairs without crying, and so much more. We [as a family] learned that we’re stronger than we thought, and that you can get through anything with enough love and a lot of humor.”

From left: 2016 Schreiber Ambassadors Graham Lodwick, Ty McCabe, Sophia Panzini and Sophia Clay. Photo by Susan L. Angstadt Photography
**Health & Wellness**

**HLRMC Designated a Blue Distinction® Center+ for Maternity Care**

In an effort to help prospective parents find hospitals that deliver quality, affordable maternity care, Highmark BS announced that Heart of Lancaster Regional Medical Center has been designated as one of the first hospitals to receive the Blue Distinction® Center+ for Maternity Care designation, a new designation under the Blue Distinction Specialty Care program.

Nearly four million babies are born in the U.S. annually, making childbirth the most common cause of hospitalization. This new Blue Distinction Center+ for Maternity Care program evaluates hospitals on several quality measures, including the percentage of newborns that fall into the category of early elective delivery, an ongoing concern in the medical community. Compared with babies born 39 weeks or later, early-term infants face higher risks of infant death and respiratory ailments such as respiratory distress syndrome, pneumonia, and respiratory failure, among other conditions. These babies also have a higher rate of admission to Neonatal Intensive Care Units.

In addition, hospitals that receive a Blue Distinction Center+ for Maternity Care designation agree to meet requirements that align with principles that support evidence-based practices of care. They also agree to initiate programs to promote successful breastfeeding, as described in the Baby-Friendly Hospital Initiative by Baby-Friendly USA or the Mother-Friendly Hospital program by the Coalition for Improving Maternity Services (CIMS) through its “Ten Steps of Mother-Friendly Care.” The program also evaluates hospitals on overall patient satisfaction, including a willingness to recommend the hospital to others.

The Blue Distinction Center+ for Maternity Care program, an expansion of the national Blue Distinction Specialty Care program, recognizes hospitals that deliver quality, affordable specialty care safely and effectively, based on objective measures developed with input from the medical community. To receive a Blue Distinction Center+ for Maternity Care designation, a hospital must also meet requirements for cost efficiency.

“The Women’s Place at Heart of Lancaster Regional Medical Center delivered a record number of babies in 2015. Word has spread in the Lancaster community and beyond that we are committed to quality, personalized maternity care,” stated Deborah Willwerth, CEO of Heart of Lancaster Regional Medical Center. “The Blue Distinction Center+ for Maternity Care designation is a very important and telling milestone achievement.”

“Highmark Blue Shield extends its sincere congratulations to Heart of Lancaster Regional Medical Center for their dedication to quality, patient safety, and transparency that is required to achieve this great distinction. With consumer-driven healthcare programs like Blue Distinction, and the significant effort of our partner practitioners and facilities, Highmark can now afford our members the opportunity to make wise, value-driven healthcare decisions,” said Dr. Mark Piasio, Medical Director, Provider Strategy, Highmark Inc.

Blue Cross and Blue Shield (BCBS) companies across the nation have recognized more than 650 hospitals as Blue Distinction Centers+ for Maternity Care. Hospitals recognized for these designations were assessed using a combination of publicly available quality information and cost measures derived from BCBS companies’ medical claims.

Since 2006, the Blue Distinction Specialty Care program has helped patients find quality providers for their specialty-care needs in the areas of bariatric surgery, cardiac care, complex and rare cancers, knee and hip replacements, spine surgery and transplants. Research shows that, compared to other facilities, those designated as Blue Distinction Center+ demonstrate better quality and improved outcomes for patients. On average, Blue Distinction Centers+ are also 20 percent more cost-efficient than non-Blue Distinction Center+ designated healthcare facilities.

For more information about the program, visit [www.bcbs.com/bluedistinction](http://www.bcbs.com/bluedistinction).

**LRMC Designated a Blue Distinction® Center+ for Quality and Cost-Efficiency in Knee and Hip Replacement Surgeries**

Highmark BS has selected Lancaster Regional Medical Center as a Blue Distinction Center+ for Knee and Hip Replacement, part of the Blue Distinction Specialty Care program. Blue Distinction Centers+ are nationally designated healthcare facilities shown to deliver improved patient safety and better health outcomes, based on objective measures that were developed by Blue Cross and Blue Shield companies, with input from the medical community.

Knee and hip replacement procedures are among the fastest-growing medical treatments in the U.S., according to studies published in the June 2014 Journal of Bone and Joint Surgery and the American Academy of Orthopaedic Surgeons.

In 2010, the estimated cost of hip replacements averaged $17,500, and the estimated cost of knee replacements averaged $16,000, according to the Agency for Healthcare Research and Quality (AHRQ). Hospitals designated as Blue Distinction Centers+ for Knee and Hip Replacement demonstrate expertise in total knee and total hip replacement surgeries, resulting in fewer patient complications and hospital readmissions. Designated hospitals must also maintain national accreditation. In addition to meeting these quality thresholds, hospitals designated as Blue Distinction Centers+ are on average 20 percent more cost-efficient in an episode of care compared to other hospitals.

Quality is key. Only those facilities that first meet nationally established, objective quality measures will be considered for designation as a Blue Distinction Center+.

Lancaster Regional Medical Center is proud to be recognized by Highmark BS for meeting the robust selection criteria for knee and hip replacements set by the Blue Distinction Specialty Care program.

“This designation is a testament to our commitment to knee and hip replacement quality,” stated Russell Baxley, CEO of Lancaster Regional Medical Center. “That is why this designation is so important to the Lancaster Community.”

Since 2006, the Blue Distinction Specialty Care program has helped patients find quality providers for their specialty-care needs in the areas of bariatric surgery, cardiac care, complex and rare cancers, knee and hip replacements, maternity care, spine surgery, and transplants, while encouraging healthcare professionals to improve the care they deliver.

“Highmark Blue Shield extends its sincere congratulations to Lancaster Regional Medical Center for their dedication to quality, patient safety, and transparency that is required to achieve this great distinction. With consumer-driven healthcare programs like Blue Distinction, and the significant effort of our partner practitioners and facilities, Highmark can now afford our members the opportunity to make wise, value-driven healthcare decisions,” said Dr. Mark Piasio, Medical Director, Clinical Services, Highmark Inc.

For more information about orthopedics at Lancaster Regional Medical Center, please visit [www.LancasterOrthopedics.com](http://www.LancasterOrthopedics.com).

For more information about the program and for a complete listing of the designated facilities, please visit [www.bcbs.com/bluedistinction](http://www.bcbs.com/bluedistinction).

2. HCUP Projections: Mobility/Orthopaedic Procedures 2003 to 2012. HCUP Projections Report 2012-03. ONLINE

March/April 2016

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Lancaster County Woman
Depending on all the circumstances, that may be the question. We read in the newspapers and magazines, and see and hear on television of civil lawsuits that have astounding results, either in the amount rewarded or in an unexpected loss.

The basis for a civil lawsuit can arise from a variety of circumstances: an automobile accident, a slip and fall, a loss of employment, a broken contract, a landlord-tenant dispute, a real estate problem, etc. Because civil law is complicated, a lawyer is usually needed to resolve the matter.

In Pennsylvania there are three levels of judicial proceedings for resolving disputes:

1. Magisterial district judges. They can decide cases with a value up to $12,000. Their decisions can be appealed to the Court of Common Pleas.

2. Arbitration in a Court of Common Pleas. Three lawyers hear these cases. These cases have a limit of $50,000 and can also be appealed to be heard by a judge.

3. Cases in the Court of Common Pleas in excess of $50,000 or on appeal to be heard by a judge or jury.

In a civil case, the verdict is based upon a preponderance of the evidence. Unlike a criminal case, where the burden of proof is beyond a reasonable doubt, a preponderance of the evidence means that the scales of justice tilt, even if very slightly, in favor of the winning party. That is why evidence, both testimony and exhibits, is so important.

The judge or jury has to be persuaded that either the plaintiff or the defendant, or the plaintiff’s or defendant’s case, is more probably true than not. The judge or jury will listen to the testimony and look at the exhibits and, in the case of a jury, will consider the judge’s instructions, and decide. All of these factors must be considered before deciding to sue or not. An experienced attorney can help a great deal in evaluating the case. Likewise, an experienced attorney can analyze a case on behalf of a defendant and let him or her know if the case can be defended.

As to legal fees, there are basically two types for plaintiffs and one for defendants. A plaintiff’s case can be handled either on a contingency basis or hourly. A contingent fee means that the lawyer will take a percentage of the award or settlement, or will get nothing if the suit is unsuccessful. Regardless of whether the suit is successful or not, the client ordinarily has to pay costs. Generally these are filing fees, transcript fees, and expert fees. Hourly fees are simply a rate charged by the lawyer per hour plus costs.

To Sue or Not to Sue?

Christoper S. Underhill
May, Metzger & Zimmerman, LLP

Mr. Underhill is counsel for Lancaster County Woman. He is a member of the American College of Trial Lawyers. He has practiced civil litigation and municipal law in Lancaster for 50 years. He can be reached at csu@mmzlaw.com.
Spring Cleaning Tips for a Healthy Home

by Robin Wilson

Spring is almost here and that means it’s time for spring cleaning. In addition to getting rid of the clutter in your home, how can you create a truly healthy living environment for your family?

Robin’s spring cleaning tips:

1. Start with the closets for one very important reason: Start with your closets so you’re not dumping everything into a room you’ve already cleaned. Closets are dust mite havens because of the clothing and junk that sits untouched for years and collects dust. Empty it, trash what you don’t need, and put it back together neatly and organized. Then take on the rest of the room.

2. Bathing the bathroom: Get rid of vinyl shower curtains because they hold mold more easily and off-gas. Use a nylon curtain instead. Give the entire room a good scrub down using eco-friendly and nontoxic cleaners.

3. For fresh floors: Get rid of wall-to-wall carpeting. Tile and hardwood floors are preferable, but don’t forget to vacuum on a regular basis. Ensure that your vacuum has a HEPA filter to better manage dust particles in your home, especially since dust can be a leading trigger for allergic or asthma reactions.

4. Empty each room: For the ultimate in spring cleaning, remove everything from each room as if you were moving, and mop or steam clean the floors. You’ll be shocked at all the nastiness living underneath and behind furniture and appliances.

5. Lighten up the living room: Consider using slipcovers on upholstered sofas, which can be washed regularly and have come a long way from slipcovers of 10 years ago. Eliminate dust-catch ing draperies and horizontal blinds. Try washable rolling blinds or shutters instead.

6. Neaten up with the news: Use newspaper to clean windows. Newsprint is a cousin to paper towel, but its high absorbency makes it more effective and will leave windows sparkling. Newspaper is also recyclable. But be careful: The one downside is wet ink can stain wood moldings, so use extra caution. Use microfiber clothes instead of paper towels on floors, tile and countertops. They do a great job sanitizing and can be reused.

7. Mind the mold: Hot spots to look for mold buildup are dishwashers, the water pan under the fridge, and sink and bath drains. Change water dispenser and icemaker filters while you’re at it.

8. Take care of Ted E. Bear: Wash or freeze stuffed animals to kill dust mites. Keep all toys, games and stuffed animals in sealed bins when not being used.

9. Keep Fluffy dander-free: Groom your dogs or cats as part of your spring cleaning ritual, and keep them away from bedrooms and any rooms that contain carpets. If it’s an option, keep pets outdoors to avoid excess dander in your home.

10. Breathe easy in bed: Switch to hypoallergenic pillows and comforters. Make sure to wash pillow cases, pillow protectors and mattress protectors on a regular basis to protect against dust mites.

11. Pick non-VOC paint: Spring is a great time to paint a room. Use non-VOC paints, which won’t off-gas or leave an obnoxious odor and stir up asthma or allergies. It looks just the same on your wall.

Robin Wilson is founder and CEO of Robin Wilson Home, author of Clean Design: Wellness for Your Lifestyle and an ambassador for the Asthma and Allergy Foundation of America.

www.robinwilsonhome.com
www.cleandesignbook.com

Volunteers needed for Cyclone Disaster Relief in Fiji

International volunteer organization Projects Abroad calls for volunteers to help with recovery efforts in the wake of Cyclone Winston in Fiji.

Tropical Cyclone Winston, which struck Fiji on February 20th 2016, has left a trail of destruction in its wake. The storm was the most powerful ever to hit the islands and has claimed at least 43 lives and damaged or destroyed thousands of homes. Fiji is in desperate need of aid and Projects Abroad is calling for volunteers to help with recovery work in areas severely impacted by the storm.

The primary goal of the project is to help restore a safe learning environment for children by rebuilding and renovating schools in and around Lautoka, Ba, Tavua, and Rakiraki. Although the Fijian government is doing everything they can to return the children to a normal school environment, there is a great deal of work that must be done to ensure that the schools are safe. As work progresses, Projects Abroad will also be expanding the project to include rebuilding homes damaged by the tropical cyclone.

There are various tasks that volunteers will get involved in at the Disaster Relief Project, including conducting damage assessments, clearing debris, building water tanks, replacing window glass and frames, assisting local carpenters, and more. The project is already underway in Fiji and volunteers have begun working at sites in affected areas and distributing basic necessities such as food, water, and clothing where needed.

Volunteers can join at any time and stay for as long as they choose, for a minimum of one week. The project will run for as long as it is needed and the organization anticipates that volunteer aid will be vital for the next several months. During their time in Fiji, all volunteers will be accommodated in secure and undamaged housing with host families in Lautoka and be supported by full-time local Projects Abroad staff.

For more information on how to get involved, please contact Projects Abroad or visit www.projects-abroad.org/volunteer-projects/building/disaster-relief/volunteer-fiji.

About Projects Abroad

Projects Abroad was founded in 1992 by Dr. Peter Slowe, a geography professor, as a non-profit organization dedicated to providing high-quality volunteer and internships opportunities to people of all ages around the world on a wide range of projects.

Projects Abroad is a global leader in short-term international volunteer programs with projects in 30 countries and recruitment offices in the UK, Australia, Canada, Denmark, Finland, France, Germany, Ireland, Italy, Japan, Holland, Hong Kong, Norway, Poland, South Africa, South Korea, Sweden and the United States.

For details on volunteering abroad, visit Projects Abroad’s web site at www.projects-abroad.org.
Spring Cleaning for Your Body and Home!

On Monday, April 18, Lititz Family Chiropractic will host a free Maximized Living Advanced Workshop titled “Spring Cleaning!” With the coming of spring comes the urge to air out our homes, throw away junk and clean away the winter dust. But what about your body? Due to inactivity, lack of sunshine and holiday sweets, your body is more than ready for a spring cleaning this time of year.

Research shows that key lifestyle factors like stress, poor nutrition and certain toxins disrupt hormone levels in men and women. This has led to an explosion in toxin-related disorders such as thyroid disorder, PMS, chronic fatigue, fibromyalgia, pain syndromes, and gastrointestinal disorders such as Crohn’s disease and ulcerative colitis.

The key to naturally detoxing the body lies in key nutrients like glutathione, which is an antioxidant. Glutathione is nature’s natural defender and is found in eggs and in vegetables such as broccoli, cauliflower and dark leafy greens. Eating lots of raw vegetables is especially important this time of year. At this workshop, Drs. Greg and Krysta O’Neill will offer numerous other practical tips to help men and women learn simple lifestyle changes to help balance their hormones and body naturally.

“The words ‘toxins’ and ‘toxicity’ have become commonplace buzzwords over the last few years,” says Dr. Greg O’Neill. “More and more, people are waking up to the fact that the water you drink, food you eat and products you put on your body can have serious adverse health effects. A prime example, the fat-burning hormone leptin, becomes deactivated in the presence of toxins, making it almost impossible to lose stubborn belly fat. This workshop will show you how to gently remove toxins from your body so that you can finally shed those hard-to-lose inches and pounds.”

“For women, common signs of high toxicity include thyroid disease, metabolic syndrome, chronic fatigue and depression,” says Dr. Krysta O’Neill. “Too often, women are accepting that low energy, mood swings and belly fat are a normal part of aging or menopause. This workshop will give you the hope, information and tools necessary to regulate your hormones naturally so that you can feel younger, more fit and full of energy.”

This event will be held at Lititz Family Chiropractic on Monday, April 18, at 6:45 p.m. For more information and to register, call 717.627.0365 or visit www.lititzfamilychiropractic.com/events.

Sip and Paint Workshop with Bernadette Cachuela

Bernadette Cachuela, an acrylic and oil-based fine artist from Ephrata, will be holding Sip and Paint Workshops at Mulberry Art Studios this spring. The first class will be held on Sunday, April 24, from 2 p.m. until 4 p.m. Cachuela will work with the class, guiding them in the creation of a springtime-themed painting that depicts red flowers and dragonflies against a lovely open sky. Get your friends together for a fun afternoon of wine and art in one of Lancaster’s most unique creative venues, and register now by emailing Cachuela at bern.cachuela@gmail.com. Register before April 17 to receive a $5 discount, making it just $30. After the 17th, the workshop will cost $35 to attend. This is a BYOB event; please feel free to bring any food and beverage you desire.

Bernadette Cachuela has been painting for most of her life and is sharing her talents, time, and knowledge by holding classes and private lessons for all ages. Besides teaching and holding sip and paint classes, she has exhibits of her work at least twice a year. Bernadette is known for her “hauntingly beautiful”-style art. Her work has been on display and exhibited at Mulberry Art Studios in Lancaster, Chaplin’s Music Café in Phoenixville, and Omni Lens Studios in downtown Ephrata. She has experience working with adults and children, and makes her classes a fun, warm, and welcoming environment. When it comes to her work, she’s best known for her ability to connect with her audience in a way that transforms her art into more than just a painting. Her work is known to stir a nerve or evoke emotion with some; it all truly comes from within.

For more info on Mulberry Art Studios’ creative offerings, please visit www.mulberryartstudios.com.
If your wound hasn’t healed in 30 days, call us.

If age, health or diabetes keeps a chronic wound from healing, the Wound Healing Centers of Heart of Lancaster Regional Medical Center are here to help. The professional staffs are trained in the specialized, comprehensive care of problem wounds. We use advanced approaches in the science of wound healing, including hyperbaric oxygen therapy, dressing selection and special shoes. Our treatments are designed to complement the care your own primary physician provides.

If you have a wound that won’t heal, call us to schedule an appointment or visit LancasterMedicalCenters.com/Wound-Healing-Centers for more information.

Lancaster location:
90 Good Drive
717-299-3020

Lititz location:
1555 Highland Drive, Suite 100
717-625-5400

Heart of Lancaster Regional Medical Center is owned in part by physicians.
MENNONITE HOME

Personal Care—The Perfect Option

If you or a loved one could benefit from a little TLC, Mennonite Home Personal Care may be the perfect option! Personal Care is designed for men and women ages 60 and older who need some help with daily activities, but who are not quite ready for Skilled Nursing (which Mennonite Home also offers).

We have several different Personal Care households as well as suites so residents have choices. Our Admissions counselor can meet with you to show you around and determine which household is best suited for your loved one.

Our team of caregivers includes nurses, nursing assistants and med techs, all of whom are trained to provide services with the primary goal of encouraging and maximizing the independence, privacy and dignity of each individual.

Pricing is based on the amount of care the resident may need with three different levels available - ranging from minimal assistance to more advanced and/or memory care. If you decide to move in, our Director of Personal Care will meet with you to determine the level of care based on resident needs.

Unlike some communities that specialize solely in Personal Care, with Mennonite Home, you also have access to Skilled Nursing if/when the resident needs care at a higher level. In addition, the Mennonite Home Benevolent Care Fund helps to assist those residents who have exhausted their financial resources, helping to ensure that they continue to receive high quality care as part of our resident family.

Many families also prefer Personal Care over home care because they know that their loved ones are around others at all hours of the day and night. Our staff even does a bed check in the middle of the night with each resident to make sure they are okay!

Depending upon their needs, residents may also receive help with:

- Medication management
- Bathing
- Dressing
- Memory support
- Physical therapy (Co-pays may apply)

All Personal Care residents can enjoy:

- Breakfast, lunch and dinner
- Weekly housekeeping
- Laundry services
- Towels and sheets (if desired)
- Cable television
- Telephone service
- Social activities
- Craft room access
- Beauty salon/barber services
- Weekly chapel services
- Clubs
- Games
- Fitness center
- Performances/programs
- Routine check-ins
- Access to medical doctor or nurse practitioner (during the week)

Pricing: Depending on the level of care needed and length of stay, Mennonite Home Personal Care offers a range of care options from minimal assistance to more advanced and memory care.

To learn more about our Personal Care options and to schedule a tour, please call Cathy McBride at 717.390.7979.

PLEASE COME SEE US! CALL CATHY MCBRIDE 717.390.7979.
The winter snow has cleared away and spring is in the air. The stores are becoming inundated with bathing suits, shorts and sandals, and many of us are getting excited about the prospect of warmer weather.

A bunion, or as it’s scientifically known, hallux abducto-valgus (HAV) deformity, is an abnormal protrusion of bone on the inside of the big toe joint (Figure 1). As the bump increases in size, the big toe starts to migrate in the opposite direction, pressing up against the second toe. Following winter shoe wear, patients tend to have more discomfort, as close-toed shoes often apply pressure and irritate this area of the foot. Common complaints include pain, redness over the bony prominence, limitations of motion at the affected joint, numbness along the outside of the toe and difficulty finding shoes that do not irritate. Many people are under the misconception that poor shoe choices during their “younger years” have caused their bunions to form. It’s true that poor shoe choices do not help prevent progression of a bunion, but they are certainly not responsible for its presence. Hallux abducto-valgus is a deformity that occurs due to the abnormal biomechanics of the foot, which you were predetermined to have at birth. Those patients who have flatter, or more pronated foot types, tend to develop bunions more frequently than those with higher arched, or supinated, foot types. They are certainly not mutually exclusive of one another, and patients with all foot types can develop bunions. When the foot functions abnormally during gait, the foot begins to make accommodations, and a bunion begins to develop. The bunion is created by an actual shifting of the first metatarsal bone away from the second metatarsal bone (Figure 2).

We recommend you get your bunions evaluated by one of our physicians as soon as possible. We can get you feeling better and ready for summer sandals!

In the office, both your complaints and the physician’s evaluation of your foot and weight-bearing radiographs help to determine the best and most appropriate treatment. We look to evaluate the range of motion available at the big toe joint to determine if limitations of motion are contributing to your pain. We also evaluate your foot structure, how your big toe rests during standing and how it moves during walking. It’s very important, we want to know from you how much and how often the bunion bothers you.

Unfortunately, if you have developed a bunion, we cannot reverse the changes that have already occurred. What we can do, however, is improve your discomfort, alleviate aggravating factors and look to get you walking more normally to help slow or halt the progression of your bunion. Conservative treatments focus on realigning the foot structures with orthotic inserts that allow your foot to function normally during gait so that the foot and the big toe do not need to make accommodations. We can also discuss anti-inflammatory medications for symptomatic relief, whether they be taken orally or injected into the inflamed tissues, and we can offer suggestions on the best and most accommodative types of shoes that will work best for you.

In the ideal situation, progression of your bunion will slow, your pain will lessen and you’ll be able to perform your normal activities without any restrictions. In situations where your bunion has become so large or so painful that conservative treatment options are not effective in eliminating your symptoms, surgical correction may be recommended. There are a variety of surgical procedures that can be performed, and the selection of one procedure over another is largely based upon the size of the bunion and the causative factors. Your physician can discuss with you which procedure or procedures are best to correct your bunion and prevent its return.

Many of the corrective surgical procedures do involve cutting of the first metatarsal bone, shifting it back over and stabilizing it in its corrected position with the placement of metal plates or screws (Figure 3). These procedures often require periods of non-weight bearing or restricted weight bearing in a walking boot post-operatively. The complete recovery time is dictated by the type of procedure that is used to correct your bunion and can be further discussed with your physician.

If left untreated, the potential for the joint to become arthritic is high. Once the joint becomes arthritic, pain increases and more aggressive surgical treatment may be required. In many cases, the big toe joint may need to be fused to correct for the bunion and eliminate the arthritic pain caused by destruction of cartilage within the joint. The post-operative course for this is more extensive than bunion correction, and motion at the big toe joint is permanently lost. Ideally, bunions should be treated before they become arthritic.

Please call our office to schedule an appointment with any of our physicians for an evaluation. We can help you blast away those bunions this spring and get your feet beach ready!

Jennifer L. Mulhern, DPM, AACFAS

Dr. Jennifer L. Mulhern is an Associate of the American College of Foot and Ankle Surgeons, is Board-Qualified in Foot Surgery, Board-Qualified in Rearfoot/Ankle Surgery and Board-Qualified in Podiatric Medicine. She is also a member of the American Podiatric Medical Association and the Pennsylvania Podiatric Medical Association.

Dr. Mulhern completed a fellowship in Foot and Ankle Reconstructive Surgery at Coordinated Health, Bethlehem, Pennsylvania, after completing a three-year residency program at Geisinger Community Medical Center, Scranton, Pennsylvania. She graduated from Temple University School of Podiatric Medicine in 2011 and earned her Bachelor of Science degree in biology from Marywood University in 2006. Through her extensive training, Dr. Mulhern has become well-versed in treating all foot and ankle conditions, with particular interest in athletic injuries, foot and ankle arthritis, and total ankle replacement surgery. She is also well-published in the field of Podiatric Medicine and Surgery, presenting her research on both the national and local level.

Dr. Mulhern joined Martin Foot and Ankle in 2015. She currently resides in Ephrata, Pennsylvania, and in her free time enjoys golfing, reading and traveling.
According to the Centers for Disease Control and Prevention, colorectal cancer is the third-leading cause of cancer-related deaths in the United States. Many people who develop colorectal cancer have no symptoms during the early stages of the disease, which is why it is often discovered when it is too late. Fortunately, a simple screening colonoscopy can catch colorectal cancer easily and often stop it in its tracks.

The main advantage of colonoscopy is that we look for polyps, which can lead to cancer. “The vast majority of polyps don’t cause any symptoms; they just grow silently,” says Dr. Dale Rosenberg, a board-certified internist, gastroenterologist and Medical Director at Regional Gastroenterology Associates of Lancaster (RGAL). “If someone is at average risk, the recommendation is that they start screening at age 50. If they have other colon cancer risk factors, like a family history of polyps or colon cancer, they would start sooner, around age 40.”

Colonoscopies are quick and painless; the procedure generally takes 20–30 minutes. Dr. Rosenberg assures patients that the only side effect they are likely to have when they get home is a bit of mild gas. “In Lancaster County, the vast majority of colonoscopies are administered with Propofol anesthesia, and the patient is sleeping deeply and generally doesn’t feel anything.”

Dr. Rosenberg says less than 60 percent of people who should be screened in Lancaster County are screened regularly, but hopefully more people will be willing to schedule the procedure after learning how simple and essential it is. Medicare and most insurance companies will cover colonoscopies, which are offered at all area hospitals and two RGAL ambulatory surgery centers: one at the Lancaster General Health Campus, and the other at RGAL’s Brownstown endoscopy center.

Dr. Rosenberg and the other specialists at RGAL want you to keep this thought in mind: “Twenty to 30 minutes of screening could mean many more years of health and happiness.”

For more information regarding colon cancer screening, contact your primary care physician or call RGAL at 717-554-3400, or go online at www.rgal.com.
Moon Dancer Winery Festival Rocks the Arts Saturday, June 4, Wrightsville
Featured Bands & Artists: Love Haters, Mama Tried, Dirty Little Secret and Hand of Fire Artist Chatwin Osborn

On Saturday, June 4, from 3–10 p.m., make the Moon Dancer Winery in Wrightsville your destination to experience an event that will be a feast for the eyes and ears: Moon Dancer Rocks the Arts. The purpose of Moon Dancer Rocks the Arts is to provide a platform for local artists to express themselves, as self-expression deserves a stage! Local artists will get the chance to connect with art connoisseurs by exhibiting their works while being accompanied by the rhythms of some of the Lancaster area’s best bands, including Dirty Little Secret, Love Haters, and Mama Tried. To top it off, proceeds will be contributed to PRIMA Theatre of Lancaster, which provides opportunities for financially challenged area families to enjoy the theatre/music/arts. Add food, wine, and dancing to the mix to make the day complete.

The vision of the founders of Moon Dancer Rocks the Arts is to draw the interest of local art lovers first, and eventually expand their reach to those outside the area. They hope to one day include a stage show from a large venue, such as the Convention Center in downtown Lancaster, and include as part of that show the latest in hair trends, edgy fashion, locally made jewelry, and displays of body art tattoos. The possibilities are as boundless as the imagination.

Chatwin Osborn, of Hand of Fire Studio, will be one of the featured artists at Moon Dancer Rocks the Arts.

Chatwin has appreciated art his whole life and chose a medium which he could learn new ways of being creative: burning images on wood. He is presently doing commission art and is also planning to be involved with creative competitions in the near future.
Arts & Leisure

Bands Play while Artists Display!

Mama Tried • Love Haters • Dirty Little Secret

Saturday June 4, 2016 3–10 p.m.
at Moondancer Winery

1282 Klines Run Road, Wrightsville, PA 17368
More info posted by April 15th at moondancerwinery.com

Proceeds benefit Youth Experience Initiative

Music • Art • Food • Wine • Moonlight Dancing

Sponsored By BeBalanced

Lancaster County Woman
Heart of Lancaster Regional Medical Center’s Newest State-of-the-Art Addition

Diagnosing potential problems with the heart starts with a visit to the family doctor. Doctors may order electrocardiograms (EKG) and stress tests. If those results show nothing, but there is still pain and discomfort, what comes next? Heart of Lancaster Regional Medical Center’s Director of Cardiology, Shawn Hart, recently demonstrated the advanced technology of the hospital’s new and improved cardiac catheterization laboratory, a space-age-looking room that is a real benefit for diagnosing complicated heart problems.

“If a patient is feeling chest pain, but an EKG and stress test show nothing, they come here to have further studies done to determine if heart disease is present,” said Hart, who opened the doors to the new cath lab at Heart of Lancaster in late February—just in time for the culmination of the American Heart Association’s National Heart Month. “This lab is truly state-of-the-art in terms of advanced technology.”

Hart uses a 60-inch extremely high-definition monitor to “see” into the body using cardiac catheterization. This procedure examines blood flow to the heart and will test how well the heart is pumping. Basically, a physician inserts a thin plastic tube into an artery or vein in the arm or leg.

“We will prep both the wrist and the groin, but will always enter through the wrist when possible,” said Hart. “Entering at the wrist gives less of a chance of arterial damage, and the recovery time is much shorter.”

The catheter is advanced through the body and into the chambers of the heart or into the coronary arteries. This will measure blood pressure within the heart and determine how much blood flow is feeding the heart.

The monitor can display up to 12 images from the body and any series of vitals or patient monitoring the attending physicians will need. Dual-camera devices on the system allow doctors to capture three-dimensional images of the heart from any angle. And a Tempur-Pedic® mattress provides the ultimate in patient comfort throughout any procedure.

The catheters are also used to inject dye into the coronary arteries, a test called coronary angiography, or coronary arteriography. Catheters with a balloon on the tip are used in the procedure called coronary angioplasty (commonly referred to as percutaneous coronary intervention, or PCI), which is performed at sister hospital Lancaster Regional Medical Center.

Choosing the particular Toshiba devices in the new cath lab provides two distinct advantages. The first is the brand-new technology. This technology includes the ability to consistently monitor the radiation levels of patients in real time. The second advantage is function. All the cardiac experts needed can be in the same room at the same time—surgeons, radiologists, cardiologists—when a procedure is performed.

“In one room we can accommodate all the physicians and their needs,” said Hart.

If a patient would need further intervention, like PCI or heart surgery, they could be quickly transported to Lancaster Regional Medical Center. Any information obtained from the cath lab at Heart of Lancaster would be immediately available to Lancaster Regional’s cardiac team.

“So, when we transfer the patient, we won’t have to take any new pictures, saving valuable time,” said Hart. “That efficiency can save lives.”

With the addition of the new lab, Hart also wanted to stress the utmost importance of early detection when it comes to heart disease.

“Women may have different signs of cardiac problems than men. The more information we can put out there about heart attack warning signs in general, the better,” said Hart.

As well as the classic chest pain, women need to be aware of jaw pain, nausea, headaches, blurred vision, and fatigue.

“Heart disease isn’t ‘friendly’ to anyone. Once you have it, you have it,” said Hart. “However, our new cath lab can help detect it, and we can get you the treatment you need to fight it.”
Practical Snoring Solutions

Why People Snore

We all know at least one person who snores. These noisy sounds are the vibration of tissue in the back of the mouth and the throat that stretches and droops during sleep, causing the size of the airway to be reduced, which causes obstructed breathing.

Did you know that about 45 percent of normal adults snore on occasion, while 25 percent are regular snorers? Heavier and regular snoring is more frequent in males and those who are overweight, and it typically worsens with age. In general, snoring is often worse when a person sleeps on his or her back.

Snoring Solutions and Why You Need to Fix the Problem

Snoring can have both social and health consequences. It can cause embarrassment in social settings, such as traveling. It disrupts the sleep of loved ones, many of whom will choose to sleep separately from their snoring partner, which can lead to relationship difficulties.

Snoring is also a medical issue. It reduces deep, restorative sleep, and being sleep deprived has a negative impact on well-being and the quality of life we lead. Snorers often feel tired and sleepy, have morning headaches and dry mouth, reduced blood-oxygen levels, higher blood pressure, and other associated health issues.

Recent research has shown that loud, severe snoring can cause serious, long-term health complications, including obstructive sleep apnea.

What are the solutions for bothersome and potentially dangerous snoring?

There are ways to turn a night of snoring and interrupted sleep into a relaxing, tranquil night of deep sleep.

The Pillar Procedure

The Pillar Procedure is a simple, effective treatment to reduce sleep apnea and decrease chronic snoring.

Performed in a single, short visit at our state-of-the-art dental office, the Pillar Procedure involves placing three small, woven implants into the soft palate under local anesthesia. The implants stiffen over time, providing support to the soft palate and keeping it from drooping during sleep. This reduces the tissue vibration that can cause snoring. The implants are designed to be invisible and don't interfere with speaking or swallowing.

Clinical studies have shown that patients experienced a significant decrease in snoring intensity, and their bed partners stated their satisfaction with the reduction in snoring to be 80 percent or higher. Most patients noticed a significant improvement in their sleep in four to six weeks. Overall, patients experienced less daytime sleepiness and significant improvements in lifestyle.

The Pillar Procedure is less invasive and less painful than other surgical procedures, and FDA-cleared and clinically proven, with results comparable to more aggressive surgical procedures.

Oral Appliance—Silent Device

Silent Nite® is a custom-fabricated snoring dental device that is the most affordable, noninvasive, comfortable, and effective snoring solution for many snorers.

A dentist-prescribed, oral snoring preventive device, Silent Nite works by moving the lower jaw into a forward position, increasing space in the airway tube, and reducing air velocity and soft-tissue vibration. Special connectors are attached to upper and lower forms, which are transparent, flexible, and custom laminated with heat and pressure. The fit is excellent and comfortable, permitting small movements of the jaw (TMJ) and allowing uninhibited oral breathing.

Dr. Shea F. Stevens will be able to advise you whether this device could help you or your loved ones obtain better, more healthful, and restful sleep. If this is the right solution for your snoring, he will provide a simple checklist that will help determine the exact design of your Silent Nite.

At Smiles By Stevens cosmetic dentistry in Lancaster, Pa., we are committed to providing superior service and solutions and the highest quality of dental care. Dr. Shea F. Stevens received training at The Snoring Center for Palatal Pillar Treatment and is certified by Sleep Group Solutions for management of snoring and sleep apnea with oral appliances.

If you’ve sworn off sweets and work out regularly, but still dread the prospect of wearing a swimsuit in public, don’t despair. If diet and exercise haven’t eliminated the “belly bulge” or other problem areas, you have options. Both surgical and nonsurgical recontouring techniques are available to give you more confidence in your body.

CoolSculpting®: Contouring Without Surgery
If you can “pinch an inch” and pull it away from your body, you could be a candidate for a nonsurgical fat-removal process called CoolSculpting, which targets discrete, well-defined pockets of fat that have not responded to diet and exercise. CoolSculpting, which the Food and Drug Administration has cleared as safe and effective, permanently destroys fat cells, which the body eliminates in the weeks after the treatment. Treatments are available for the abdomen, love handles and muffin tops, bra bulges, upper arms, inner and outer thighs, and double chin, as long as the skin is healthy and still tight.

CoolSculpting is a simple process that requires no incisions, no anesthesia, and no downtime, making it a great alternative to the recovery times of surgical options such as liposuction or a tummy tuck. A single treatment takes only about an hour, with little to no discomfort. Results can be visible in as little as three weeks, but it may take up to three months to see the final results. CoolSculpting reduces fat deposits by up to 25 percent. The procedure can be repeated for further fat reduction.

Surgical Recontouring Options
Liposuction is a surgical technique used to remove fat by using suction. Small incisions are made that allow access to the unwanted areas of fat. This procedure is usually performed while the patient is asleep, although sometimes it can be done in the office using local anesthesia if the treatment area is small. Compression garments are often used to help with the healing process.

If there is a large amount of excess skin present or if the skin is of poor quality (i.e., very thin or the presence of stretch marks), skin and fat may have to be removed as in the case of a traditional tummy tuck. Skin and fat can be safely removed from most parts of the body.

Fat grafting is another technique used to help recontour different parts of the body. This procedure takes fat cells from one part of the body and injects them into another part to create a more youthful appearance. The most common areas for fat grafting include underneath the eyes, cheeks, lips, and hands. Some swelling and bruising are not uncommon, but usually subside in several days.

Learn More
If you think better body contours could help your confidence and self-image, a board-certified plastic surgeon can explain your options in more detail and help you choose the approach that is best for you. Lancaster General Health Physicians/Penn Medicine Plastic & Cosmetic Surgery offers a full range of cosmetic and reconstructive surgery, as well as nonsurgical office procedures such as BOTOX®, dermal fillers, laser treatments, microdermabrasion, and skin care. For more information, visit LGHealth.org/PlasticSurgeryGroup.

Look and feel your best!

When you look your best you feel you best. Whether you’re considering CoolSculpting® to remove fat and contour your body, or BOTOX® and fillers to restore a smoother appearance to your skin, we can help you achieve natural looking results and boost your confidence.

To learn more, or schedule an appointment, call 717-291-1300 or visit LGHealth.org/PlasticSurgeryGroup

Choose well. Be well.*
It may be more than just snoring.

Oral Appliance Therapy

- Experience the effectiveness of oral appliance therapy in the treatment of obstructive sleep apnea.
- Not every device is equal! Over-the-counter “boil and bite” appliances do not treat sleep apnea.
- We accept most medical insurances, including Medicare!
- We will work closely alongside your physician, providing you proven results.

Our practice is dedicated to following the guidelines established by the American Academy of Sleep Medicine and the American Academy of Dental Sleep Medicine. Dr. Cantwell is one of only 250 dentists who have achieved Board Certification in Dental Sleep Medicine through the American Board of Dental Sleep Medicine.

National Spa Week

SPECIALS

APRIL 11–16

Seated Chair Massage $5
April 13 from 5:30 pm to 9:30 pm and April 14 from 10:30 am to 2:00 pm.

Mini-facials $7
April 13 from 5:30 p.m. to 9:30 p.m.

Paraffin Hand Dip $5
All week during normal hours.

Spa Manicure and Spa Pedicure 50% off
All week during normal hours.

All Services Performed by Supervised Students

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Be in a new career in as little as five months!
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Lancaster County Woman
Sue Landes: Life Commitment to Helping Others Reap the Benefits of Recreational Activities

by Susan C. Beam

For Sue Landes, Executive Director of Lancaster Recreation Commission, participating in recreational activities and creating those opportunities for others isn’t just a job; rather, it’s a lifelong passion.

“As a child, I attended our neighborhood summer playground program, walking there with my brothers and sisters to do arts and crafts, listen to stories, and in general have a lot of fun. I also walked to our community swimming pool and swam for the local swim team.”

“Later on, I was involved in all sorts of pursuits: I played the violin, I was a Girl Scout and hospital candy striper, and I was a four-sport high school athlete, playing basketball, softball, volleyball and also swimming,” she continued, adding that, for her, these activities emphasized the importance of teamwork and community, physical health and mental well-being.

These experiences guided her career path as she pursued her undergraduate degree and later her master’s, both from Penn State University.

“At first, I thought of going into physical education, but as soon as I learned about the field of parks and recreation, I didn’t hesitate,” she said with a chuckle. “In the beginning, the field was mostly male-dominated. I would attend professional meetings and be the only woman in the room. However, that has changed completely.”

After finishing her education, Landes worked in a variety of positions within her field. She also continued her education, becoming a Certified Parks and Recreation Professional in 1983 and, more recently, completing her certification exam to become one of the first Certified Parks and Recreation Executives in the country.

In 1987, she joined Lancaster Recreation Commission as Executive Director.

“Our mission is simple: to provide quality and affordable recreation and learning opportunities to Lancaster City and Lancaster Township residents,” said Landes. “We feel Lancaster Recreation Commission plays a vital role in the community by helping make recreational activities accessible to everyone, especially children.”

According to Landes, families under financial strain face the real danger of their children being unable to enjoy the benefits of participating in recreation and sports activities. Among families at lower income levels, only 16 percent of children enjoy some form of extracurricular activity, often due to the costs, such as fees, uniforms and travel.

“From my own experiences, being involved in these activities is critical for children. We want to remove those hurdles,” she said.

Since its formation in 1909, Lancaster Recreation Commission has provided thousands of recreational and learning opportunities.

“Our hardworking staff members, volunteers and dedicated board members do a terrific job,” Landes commented. “Ours is a community-based effort as well. We thrive on partnerships with Lancaster organizations and businesses.”

Now, big plans are in place for the future. “We’re currently embarking on our first-ever fundraising campaign, called the Future Red Tornado Initiative, which will raise funds to cover the costs of youth sports for those families facing financial difficulties,” explained Landes, adding that the Commission is partnering with the School District of Lancaster and Millersville University in the efforts.

“All families should be able to participate in these activities and enjoy the benefits of recreation,” she said.

Although busy with her professional efforts, Landes still finds time for some fun of her own. She enjoys playing league tennis and coaching girls’ basketball, and she and her husband Steve enjoy golfing, riding bikes, camping, working out, and spending time with their children and grandchildren.
Exploring Creativity Through Book Arts, Collage & Poetry with Mimi Shapiro

This workshop is for anyone who would like to awaken their creative side, book arts encourages participants to explore what makes a book, a book. Together we will explore writing, bookmaking as an artistic activity, the book will be an art object in its own right. Learn some new skills and have fun. Creativity can be in everyone’s life, tapping into a truer source of the self.

Art making is a process of learning something new, is a fun and a rewarding way to express yourself and to learn a range of new art skills, explore new concepts and play with words...poetry is all about ideas and a rewarding to explore personal creativity.

Workshops will be held on Wednesday evenings, April 20 & April 27, 2016 from 6:30 to 8:30 PM at Mulberry Art Studio 19-21 North Mulberry Street Lancaster, PA 17603

Workshop are FREE and open to the public, registration is required to attend.
To sign up: Call 717.395.2606 or e-mail: mimis@mimisartz.com

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.

Bridge of Hope Lancaster & Chester Counties assists single mothers, with dependent children, experiencing homelessness to secure permanent housing, stability and access to resources in their community through relationships with professional staff and mentoring friendships from local congregations.

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.

Spring Luncheon
Saturday, April 30, 2016
11:30am
Bent Creek Country Club, Lititz, PA

Featuring Kirk Brown in a dramatic presentation as Frederick Law Olmstead Father of Landscape Architecture

Bridge of Hope Lancaster & Chester Counties assists single mothers, with dependent children, experiencing homelessness to secure permanent housing, stability and access to resources in their community through relationships with professional staff and mentoring friendships from local congregations.

www.BridgeofHopeLCC.org
The Truth about Hot Peppers

by Melinda Myers

Don’t be afraid to add a little spicy heat to your meals this season by growing a few hot peppers in the garden or containers. It’s easier than you think, and many of the hot pepper myths floating around the garden are simply not true.

Don’t worry about your hot peppers heating up your sweet peppers. Peppers are normally self-pollinated. If an insect happens to move the pollen from a hot to sweet pepper, it will not affect the flavor or heat of this year’s harvest. If you save the seeds from a cross-pollinated pepper and plant them in next year’s garden, the plants they produce may have hot or sweet fruit (or a little of both), but only time will tell.

And don’t assume all green peppers are sweet, or you will be in for a surprise. Jalapenos are typically harvested when green, and others, like habanero, Anaheim and Poblano, are hot, whether harvested when green or red. You’ll also find that hot peppers can be yellow, orange, brown and of course red.

You can turn down the heat when preparing your favorite recipes. Contrary to popular belief, all the heat in hot peppers does not come from the seeds. While partially true, the majority of the capsaicin that gives hot peppers their heat is in the white membrane that houses the seeds. When the seeds are growing, they may also be coated with extra capsaicin from the membrane. So remove the white membrane and the seeds, just to be safe, if you want to turn down the heat.

The spicy heat of hot peppers is measured in Scoville heat units. The ratings are based on the amount of sugar water needed to neutralize the spicy heat in the extracted capsaicin that has been diluted in an alcohol-based extract. A panel of five taste testers decides when the spicy heat has been neutralized and then assigns the rating. Today, many companies use a chemical process (liquid chromatography) but translate their results into the popular Scoville heat units. The Scoville heat unit ratings vary from one type of hot pepper to another, with Poblano rating from 1000 to 2000, jalapenos 2500 to 6000, habaneros at 100,000 to 300,000, and one of the hottest, the ghost pepper, at 1,000,000 to 2,200,000 Scoville heat units. Check online or the Homegrown with Bonnie Plants mobile app (for iOS and Android) for the Scoville ratings, growing tips and a Pepper Chooser to help you pick the best varieties to grow. Ratings may also vary from individual plants within a specific type based on individual plant differences and the growing conditions.

Whatever kind you grow, be sure to label hot peppers when planting, harvesting and storing to avoid any mix-ups. The sweet banana pepper, for example, can easily be confused with hot banana. This could make for an unwelcome surprise when preparing, serving and eating.

Also, consider wearing rubber gloves and avoid touching your face and eyes when working with hot peppers, as they can burn. Wash your hands, utensils and cutting boards when finished to avoid any future issues.

And don’t worry if you are having a bad day when planting your hot peppers. Contrary to some old adages, planting hot peppers when you’re angry won’t make the peppers hotter, but unknowingly taking a bite of a hot pepper may very well change your mood.

Melinda Myers has over 30 years of gardening experience and has written over 20 gardening books, including Small Space Gardening and the Midwest Gardener’s Handbook. She hosts The Great Courses “How to Grow Anything: Food Gardening For Everyone” DVD set and the nationally syndicated “Melinda’s Garden Moment” TV and radio segments. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Bonnie Plants for her expertise to write this article. Myers website is www.melindamyers.com.
Fascinated with writing as a therapy since she began classes regularly for nine years, 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.”

“Writing from the heart isn’t about speed, pressure or getting published. It’s about taking a deep breath, harnessing what we feel, and writing without fear. Creating should be fun—a comfort—especially in today’s complicated world. The process begins with slowing down, unplugging our technology and getting back in touch with our senses.” She laughs. “That, alone, can lead to a happier life!”

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.

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Melissa holds classes in her serene, urban-style loft in 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.”

Shaking Up Shakespeare Summer Camp 2016!

Come join the fun as we tackle one of Shakespeare’s favorite love stories, As You Like It. In five fun- and drama-filled days, we will produce a 30-minute version to perform on Friday for parents and friends. Are you up for the challenge? There will be theatre games, the show to put on, and also mask-making. Come experience what Shakespeare is all about! This is going to be brilliant! Or as they say back in Shakespeare’s time, “Huzzah!”

Ages: Rising 7th through 12th graders
Dates: July 18–22, 2016
Time: 9 a.m.–4 p.m.
Cost: $350
Teachers: Kristin Wolanin & Paige Hoke

TO REGISTER, VISIT:
Lancastercountryday.org/Page/About-LCDS/Summer-Programs

Co-produced by: Theater of the Seventh Sister and Lancaster Country Day School

YOU Make the Difference

One of the most effective social structures capable of addressing child abuse in Lancaster County is a unified community. That community does not exist without YOU.

Court Appointed Special Advocates (CASA) of Lancaster County is a program that recruits, trains, and supports citizen volunteers to advocate for the best interests of abused and neglected children in courtrooms and communities. Volunteer advocates—empowered directly by the courts—offer judges the critical information they need to ensure that each child’s rights and needs are being attended to while in foster care.

April is National Child Abuse Prevention Month. For the next three months, CASA of Lancaster County is providing you an opportunity to be a part of the community working to make a difference in the life of a child who has suffered abuse and neglect. Please join us at one of our upcoming Community Awareness Sessions on Engagement (C.A.S.E.) for CASA:

- Tuesday, April 19, 12:00 p.m., San Juan Bautista, 425 S. Duke St., Lancaster, Pa.
- Tuesday, May 17, 12:00 p.m., Lancaster County Community Foundation, 24 W. King St., Suite 201, Lancaster, Pa.
- Tuesday, June 21, 6:00 p.m., CASA, 53 N. Duke St., Suite 218, Lancaster, Pa.

Come see audiovisual testimony from youth who have had an active child advocate in their lives during their time in foster care. As children, these young adults were positively affected by CASA. They will share the long-term impact of having a qualified, compassionate adult fight for and protect their rights. CASAs advocate for a child to be safe, to be treated with dignity and respect, and to learn and grow in the security of a loving family.

C.A.S.E. for CASA is free of charge and open to the public. RSVP is required due to limited seating. We know how important your time is, so our program will not exceed 60 minutes.

To reserve your seat, please contact CASA by calling (717) 208-3280 or emailing casa@casalancaster.org.

CASA of Lancaster County provides court-appointed volunteer advocacy for abused and neglected children in the belief that every child deserves a safe, nurturing, and permanent home.

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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 handicap-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 accommodation 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 Groups for Victims of Domestic Violence in Columbia and Surrounding Areas
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.
Our spay and neuter services are intended to help reduce the pet overpopulation problem in our community and reduce the risks of certain companion animal diseases. Other low-cost services in Lancaster are currently overwhelmed by demand. We are pleased to provide these services in furthering what is widely recognized as an important goal for all animal welfare organizations.

If you have a dog or cat that is not spayed or neutered please read the facts below on the importance of having this simple and potentially life-saving procedure performed on your pet.

Why spay or neuter dogs and cats?
Millions of dogs and cats, including puppies and kittens, go without homes and are needlessly euthanized every year. As a pet owner you can help make a difference by having your dog or cat surgically sterilized to prevent the birth of unwanted puppies and kittens. This procedure can also enhance your pet’s health and increase the quality of their life. Spaying and neutering does not just prevent unwanted litters. This procedure can reduce common behavioral problems associated with natural mating instincts such as marking territory, humping and roaming. Pets that are less likely to roam in search of a mate can reduce the risk of your dog or cat being hit by a car, getting lost, fighting and biting people or other animals. This surgery can also reduce or eliminate the risk of testicular cancer, ovarian cancer, prostatic hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

Why do we offer low-cost spay and neuter surgeries?
We recognize that the costs of these services can be prohibitive for many of the individuals and organizations that need them most. If your pet is between the ages of 2 and 8 years of age, it is recommended that you get a routine blood work screening of them done at the your vet’s office prior to making the appointment. This will help ensure they do not have any underlying issues that might affect their ability to undergo anesthesia. If your pet is over the age of 8, this blood work screening is STRONGLY ENCOURAGED as older animals may have some early underlying medical issues that can only be detected on blood work. Knowing about these issues beforehand allows us to use the safest anesthetic and post operative medication protocol possible for the health and well being of your pet.

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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.

Visit www.petpantrylc.org for dropoff locations near you!

Spay and Neuter Pet Clinic

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

Making Your Life Easier.
Specializing In:
-That Project you can’t get to
-To-Do List elimination
-Organizing Home & Office

“Working with Linzi felt better than losing 5 pounds! She has eased many of my burdens. Linzi has so many skills and talents, I wonder if there is anything she can’t do!”

Phyllis M., Lititz PA
717-314-5706
helpmelinzi@gmail.com www.LinziBrasie.com

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
Wohlsen Construction Earns National Safety Award from Associated Builders and Contractors

Wohlsen Construction Company has been named the winner of a National Safety Excellence Award from Associated Builders and Contractors (ABC). Based in Lancaster, Wohlsen Construction received the award March 2 during the 26th annual Excellence in Construction® Awards in Fort Lauderdale, Fla.

“Wohlsen Construction’s safety record demonstrates how a company-wide commitment to safety as a core value can deliver world-class results,” said 2016 ABC National Chair David Chapin, president of Willmar Electric Service, Lincoln, Neb.

“Wohlsen’s safety record shows that in a culture that emphasizes safety and caring for its people, every incident is preventable, and we can help drive the construction industry toward zero-incident jobsites. Our ultimate goal is that every employee returns home in the same—or better—condition in which they arrived.”

The 2015 National Safety Excellence Award winners were selected from ABC member firms that achieved Diamond, Platinum and Gold status in ABC’s Safety Training Evaluation Process (STEP). During the selection process, national safety winners were judged on self-evaluation scores, lost workday case rates, total recordable rates, leading indicator use, process and program innovations, and video interviews conducted by members of ABC’s National Environment, Health & Safety Committee.

The National Safety Awards are presented in three major North American Industry Classification System (NAICS) code categories: NAICS 236—Construction of Buildings; NAICS 237—Heavy and Civil Engineering Construction; and NAICS 238—Specialty Trade Contractors.

Wohlsen Construction Appoints Mechanical Estimator to Team

Wohlsen Construction Company is pleased to announce that James R. Parker has joined the firm as a mechanical estimator. Mr. Parker will provide anticipated costs for the mechanical portions of projects and will coordinate the HVAC, plumbing, and fire protection, assuring complete scope coverage.

Mr. Parker’s extensive construction industry experience includes work as a foreman, project manager, and estimator at UGI HVAC Enterprises, Inc., for 24 years. Additionally, Mr. Parker was the self-proprietor of Parker Sheet Metal, an HVAC contractor. These past positions provide him with the knowledge and skills needed to excel in his role at Wohlsen Construction.

Founded in 1890, Wohlsen Construction provides construction management, general contracting, and design/build services to clients throughout the Mid-Atlantic states. As a leading merit-shop firm, Wohlsen provides construction services in the senior living, education, healthcare, and commercial markets, and maintains full-service offices in Lancaster, Harrisburg, Pa.; and Media, Pa., Wilmington, Del., Baltimore, Md., Parsippany, N.J., and Westport, Conn.

2016’s Best and Worst Cities for Single Moms

Finding a new place to put down roots is hard enough when you’re single, let alone when you attach “mom” to that status and a kid, or several, to your hip. By then, you’re dealing with a different ballgame and literally some extra baggage.

Not long ago, the two-parent system standardized our family-centric society. Single moms and single parents in general were a bit of a social rarity, even frowned upon by mainstream groups. But as cultural perspectives have warmed up to this once-unconventional family structure, moms choosing to rear their children alone are no longer deemed socially pariahs. Today, single-mom families account for a quarter of all U.S. households, at nearly 10 million, far outnumbering their single-dad counterparts by a good eight million.

But whether by volition or otherwise, the role of an unattached parent can be somewhat of a financial tightrope act, especially if you’re a single mom relying on a single income. In 2014, the median income for a home led by an unmarried mom totaled $24,403, not even a third of the $84,541 for families headed by married parents, according to U.S. Census Bureau data. And solo-mom families are more likely than single-dad units to live under poverty, with child-care costs that exceed the cost of rent in every state, eating a good chunk of their earnings.

In light of Women’s History Month and National Single Parent Day on March 21, Wallet Hub’s analysts decided to honor single moms by identifying the most suitable cities for their families. Our data set ranges from “median annual income for single moms” to “housing affordability for single moms” to “access to adequate child care.”

Comparing the Best & Worst

Gilbert, Ariz., has the highest median annual income for single moms (adjusted for cost of living), $46,856, which is four times higher than in New York, the city with the lowest, $12,698.

San Francisco has the highest cost of a babysitter, $18.50, which is two times more expensive than in Fort Wayne, Ind., the city with the lowest, $12.50.

Brownsville, Tex., has the highest percentage of single moms with underaged children living below poverty level, 61.2 percent, which is four times higher than in Pembroke Pines, Fla., the city with the lowest, 14.6 percent.

Irvine, Calif., has the highest percentage of single moms with at least a bachelor’s degree, 53.84 percent, which is seven times higher than in Cleveland, Ohio, the city with the lowest, 7.54 percent. Brownsville, Tex., has the highest percentage of single moms lacking health-insurance coverage, 33.67 percent, which is 12 times higher than in Worcester, Mass., the city with the lowest, 2.84 percent.

Lexington-Fayette, Ky., has the highest number of childcare workers per 1,000 children aged 13 and younger, 19.93, which is six times higher than in Las Vegas, the city with the lowest, 3.34.

St. Louis, Mo., has the highest number of child- and day-care establishments per 1,000 children aged 13 and younger, 6.69, which is 16 times more than in North Las Vegas, Nev., the city with the lowest, 0.42.

For the full report and to see where your city ranks, please visit wallethub.com/edu/best-cities-for-single-moms/19772.
EarthTalk™—Big Game Hunting Good for Wildlife?

How is it that big game hunting can actually be good for wildlife?

—Ronnie Wilson, Ft. Myers, FL

When Minnesota dentist Walter Palmer killed Cecil, a much-loved wild 13-year-old black-maned lion, with his bow and arrow in July 2015 outside a protected section of Zimbabwe’s Hwange National Park, animal advocates were outraged. The University of Oxford’s Wildlife Conservation Research Unit team had been studying Cecil and his family—protected as part of the animal they keep for display—to the U.S. between 2005 and 2014, according to a new report by Humane Society International (HSI). That’s an average of 126,000 trophy imports a year, or 345 a day. But hunting proponents found the sudden backlash over Cecil’s death unsubstantiated. Dr. Alan Maki, conservation chair at the prominent hunting group, Safari Club International (SCI), argued that, considering that Africa’s human population is projected to double to two billion in the next 25 years, more and more land will be needed to support this growth, resulting in lots of lost wildlife habitat. Safari hunting, a $200 million annual industry, provides substantial value to wildlife, he said, by paying for anti-poaching patrols, national park operations and conservation programs that support local communities.

“We’re too busy showing everyone what great hunters we are, and we’re not doing enough to show what kind of conservationists we are,” says Ivan Carter, an African hunting guide and host of Carter’s W.A.R. on the Outdoor Channel. “We have to change the perception that we are just trophy killers and we’ve got to focus on the fact that we’re conservationists, and we do that by having and sharing the right information and research, and taking the time to post properly on social media.” Of course, not everyone agrees that trophy hunting is benign, let alone beneficial. HSI maintains that widespread corruption in some of Africa’s most sought after big game destinations means that money raised from trophy hunting in places like Tanzania and Zimbabwe is more likely used to line officials’ pockets than to help ailing wildlife populations. (This unavoidable corruption was part of the reason Kenya banned trophy hunting altogether within its borders some four decades ago.) HSI also points out that trophy hunting may be more about ego-stroking than conservation, with wealthy American hunters willing to pay top dollar to compete in contests to kill the most wildlife for awards (such as the “Africa Big Five” that includes lions, elephants, rhinos, leopards and Cape buffalo). HSI, which has published several reports detailing the negative effects of trophy hunting on wildlife populations, is working to get additional airlines to refuse passage to hunting trophies, and has helped introduce legislation to Congress calling for a ban on the importation of large animal trophies altogether. While it appears that the debate is not going to be settled any time soon, animal advocates maintain that upholding laws protecting species does much more to protect animals than killing them ever can.


EarthTalk™ is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E-The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com. Subscribe: www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.

March/April 2016

EarthTalk®

March/April 2016

Lancaster County Woman

Making House Selling and Buying Easier for Seniors

For many, it has been so long since they’ve bought or sold a house—often 20 to 50 years—they don’t know where to begin. “I spend a great deal of time with my clients and listen very closely to 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 advisors, lawyers specializing in mature adult concerns, insurance advisors, 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 reset their 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 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.

Rochelle “Rocky” Welkowitz
Mature Adult Relocation Specialist

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 Homeseale Services Group) is making the entire process easier for seniors.

Need a Speaker for Your Group?
Let Rocky Share Her 31 Years of Downsizing Experience.
Call 717/615-6507
See our ad page 33.

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—Ronnie Wilson, Ft. Myers, FL

When Minnesota dentist Walter Palmer killed Cecil, a much-loved wild 13-year-old black-maned lion, with his bow and arrow in July 2015 outside a protected section of Zimbabwe’s Hwange National Park, animal advocates were outraged. The University of Oxford’s Wildlife Conservation Research Unit team had been studying Cecil and his family—protected as long as they stayed within the invisible borders of the park—at the time. In response to the extensive media coverage and public fury following the incident, Delta, American and United airlines announced in August that they would no longer allow hunters to transport big game trophies, including buffalo, elephant, leopard, lion or rhino, on their flights.

Cecil’s death also helped draw attention to big game hunting and its effects on wildlife populations and their ecosystems. Globe-trotting big game hunters imported more than 1.26 million “trophies”—the part of the animal they keep for display—to the U.S. between 2005 and 2014, according to a new report by Humane Society International (HSI). That’s an average of 126,000 trophy imports a year, or 345 a day. But hunting proponents found the sudden backlash over Cecil’s death unsubstantiated. Dr. Alan Maki, conservation chair at the prominent hunting group, Safari Club International (SCI), argued that, considering that Africa’s human population is projected to double to two billion in the next 25 years, more and more land will be needed to support this growth, resulting in lots of lost wildlife habitat. Safari hunting, a $200 million annual industry, provides substantial value to wildlife, he said, by paying for anti-poaching patrols, national park operations and conservation programs that support local communities.

“We’re too busy showing everyone what great hunters we are, and we’re not doing enough to show what kind of conservationists we are,” says Ivan Carter, an African hunting guide and host of Carter’s W.A.R. on the Outdoor Channel. “We have to change the perception that we are just trophy killers and we’ve got to focus on the fact that we’re conservationists, and we do that by having and sharing the right information and research, and taking the time to post properly on social media.” Of course, not everyone agrees that trophy hunting is benign, let alone beneficial. HSI maintains that widespread corruption in some of Africa’s most sought after big game destinations means that money raised from trophy hunting in places like Tanzania and Zimbabwe is more likely used to line officials’ pockets than to help ailing wildlife populations. (This unavoidable corruption was part of the reason Kenya banned trophy hunting altogether within its borders some four decades ago.) HSI also points out that trophy hunting may be more about ego-stroking than conservation, with wealthy American hunters willing to pay top dollar to compete in contests to kill the most wildlife for awards (such as the “Africa Big Five” that includes lions, elephants, rhinos, leopards and Cape buffalo). HSI, which has published several reports detailing the negative effects of trophy hunting on wildlife populations, is working to get additional airlines to refuse passage to hunting trophies, and has helped introduce legislation to Congress calling for a ban on the importation of large animal trophies altogether. While it appears that the debate is not going to be settled any time soon, animal advocates maintain that upholding laws protecting species does much more to protect animals than killing them ever can.


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March/April 2016

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March/April 2016 Lancaster County Woman
Many of us would rather avoid difficult conversations where emotions run high and conflict may occur. Unfortunately, because many business owners and families want to avoid potential conflict and difficult meetings, proper business and estate planning is not done. Families fall apart and businesses collapse when the potential issues are not addressed and planning is put to the side. A good amount of my work would go away if everyone took the appropriate measures to make sure everything is in order.

So how do you make sure your estate plan and business are well planned?

Once you have defined your wishes and goals, the first step in any planning process is to seek expert legal, financial and tax/accounting advice on how best to structure an estate and business plan that meets those wishes and goals. Once you know what you want and how best to structure it, determine whether a family or business meeting is necessary. If such a meeting is necessary, the next question is how to bring together all the family and/or business owners to discuss the plan and to address questions and concerns any one may have. Some will have the family attorney lead such a meeting to help redirect pointed questions, avoid discord and facilitate a productive outcome. Others may bring in a trusted spiritual or personal advisor or a business coach. Those families and business owners that exercise this level of stewardship reap the reward of having issues addressed and resolved while everyone is alive and competent to discuss them.

The goal of the family meeting is to address conflict head-on and put a plan in place that spells out who is in control and the positions and responsibilities of all others involved. The final plan should include a well-thought-out Will, beneficiary designations, Durable Power of Attorney, Healthcare Power of Attorney and Living Will, and identify who is to carry out the plan and who will receive your assets when you die. For business owners, this means having an agreement between the owners that addresses their ownership rights and addresses what happens upon death, disability, and bankruptcy. The other benefit of this type of planning is that if tragedy occurs, there are no surprises because everyone knows the plan that is in place. I have attended too many meetings where everyone is surprised, causing beneficiaries and business owners to lawyer up. Taking these steps can be a challenge, but at the end the benefit of having a solid plan in place is more than worth the effort. Your business will enjoy a smooth transition of leadership and continued success, while your family remains whole and unscathed. If that alone does not convince you, consider this: The costs and expenses of legal, financial and tax/accounting fees are much less to put such a plan in place versus the costs and expenses to sort out the mess without a plan in place.
The yoga at Bikram Yoga at Brighton (BYAB) serves as the natural medicine for the human body…that will help to heal and protect your body—bones to skin, fingertips to toes, inside out—for your entire life. For over 5,000 years, Yoga has been proven to work.

When Bikram yoga is practiced—26 postures and two breathing exercises—you’re energized for the day…translated, feeling vitality, relaxation and calm.

Bikram yoga serves as a conduit to bring flexibility and mobility to the physical body—reinforcing that motion is the lotion to all our body’s systems working effectively and efficiently. It’s very important to understand that in Bikram Yoga at Brighton, along with dealing with the body, we also “exercise” the mind and spirit.

When you start and continue practicing yoga at Bikram Yoga at Brighton, you’ll experience true optimum, radiant health for the first time. Maybe you’re just experiencing what you think are typical aches and pains, inevitable as we grow older, right? Suddenly, you’ll feel much younger—sleeping through the night, feeling more healthy and well, having greater clarity and focus.

Denyse Kling, Owner Bikram Yoga at Brighton

“The yoga at Bikram Yoga at Brighton (...will help to heal and protect your body...for your entire life. For over 5,000 years, Yoga has been proven to work.

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Denyse Kling, Owner Bikram Yoga at Brighton

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Denyse with Marilyn, Carolyn, and Megan, instructors at Bikram Yoga at Brighton

explore the power of YOU.
Making Someone’s Day a Little Brighter

by Julie Welles, originally appearing on AliveWithCompassion.com

“I can’t believe you do this for me and you don’t have to!” a woman exclaimed with astonishment. Beverly laughed and responded, “You try arguing with God! He called me to do this, and I’m listening.”

I recently met with Beverly Korman, the founder and director of Brighter Day Foundation, a nonprofit that provides for any adult in need, most of whom are low-income, with complimen-

“Truly, I was unprepared for how overwhelming to those with dis-

Fulfills A Need
In the summer of 2014, Beverly received a calling to start a non-

A Unique Offering
“Our service is different from some of the other options available in the community,” Beverly explains. “Our warm and friendly volunteers offer continuity of care in many cases, which en-

Brings Joy
“I am amazed, grateful and over-

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-

Tina Shyver-Plank

A Psychological Drama Filled with Symbolism and Unstoppable Power

another place is now available everywhere books are sold.

New Novel Defies Genre and Reality

Tina Shyver-Plank

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.

Tina Shyver-Plank

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 subconcious 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 and somewhat difficult subject matter in 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.

New Novel Defies Genre and Reality

Tina Shyver-Plank

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The 225th anniversary of President James Buchanan’s birth will be commemorated on April 23, 2016, and will feature the annual presentation of the White House wreath for the President’s grave site at Woodward Hill Cemetery starting at 10 a.m., followed by a Birthday Celebration at Wheatland starting at 12 noon and lasting till 2 p.m. Both events are free and open to the public.

The day’s events begin at 10:00 a.m., at Woodward Hill Cemetery for the Presidential Wreath-Laying Ceremony. The ceremony includes a historical view of James Buchanan by Brigadier General Timothy J. Hilty. Another special guest is the 15th president’s historic guards, the Lancaster Fencibles; they will present a black powder-gun salute at the cemetery. The ceremony concludes with the Presidential Wreath being placed at James Buchanan’s tomb by Brigadier General Timothy J. Hilty, with assistance from two Buchanan Elementary School students.

Following the ceremony the public is invited by the students and PTO of James Buchanan Elementary School to President James Buchanan’s Wheatland for a 225th birthday celebration. Free tours of the president’s beloved home, Wheatland, are available from 12 noon until 2:00 p.m., with a tour beginning every 15 minutes, and the last free tour beginning at 1:45. These tours will be led by the Buchanan Elementary School students as they interpret the history of Wheatland, James Buchanan, his family and his life. Enjoy a slice of James Buchanan’s birthday cake with some punch, provided through the generosity of the James Buchanan Elementary Parent Teacher Organization (PTO).

Born April 23, 1791, James Buchanan served as president of the United States from 1857-1861. His presidency was defined by a struggle to preserve the Union as it exploded over slavery, secession, and Mr. Lincoln’s election. His political career began in Pennsylvania’s Legislature and was followed by 35 years in Congress, as a foreign diplomat, and as Secretary of State before his election as our 15th U.S. president.
Periodontal disease is the most common clinical condition affecting dogs and cats. Periodontal disease involves inflammation of the supporting structures of the tooth due to bacteria in plaque that accumulates over time. The inflammation causes detachment and recession of the gingiva, and bacteria release destructive enzymes that cause bone loss and eventual tooth loss. Periodontal disease is also linked to heart disease and other organ damage, due to this bacteria entering the bloodstream.

Fractured teeth are another common condition which occurs when dogs chew on rocks, ice, and other hard objects. If the central pulp of the tooth is exposed, bacteria pass through and create a tooth root abscess. Tooth wear occurs when dogs chew on tennis balls or cage bars excessively or when a malocclusion causes improper tooth-to-tooth contact. The removal of enamel too rapidly can cause pulp exposure and lead to inflammation. Tooth resorption occurs very commonly in adult cats. In this disease, the root erodes and is replaced by bone while the crown of the tooth may eventually fracture off.

Your cat or dog may not show overt signs of dental disease, which emphasizes the importance of regular dental exams by your veterinarian. However, you should be alert for signs of disease, which include bad breath, tooth loss, bloody gums, or discolored tartar on teeth. Also, keep watch for signs of pain such as drooling, pawing at the mouth, or a decreased appetite.

The first step in treatment of dental disease is an oral exam by your veterinarian. At routine wellness visits, your pet’s oral cavity will be examined, and your veterinarian will let you know if a professional dental cleaning is recommended. This procedure requires anesthesia, so your veterinarian will recommend bloodwork to assess overall health. After a detailed oral exam to check for disease, an ultrasonic scaler is used to remove plaque and tartar from above and below the gums, then the teeth are polished. The teeth are inspected with a probe to check for pain, pulp exposure, or periodontal pockets. Dental radiographs are recommended, as they allow assessment of the health of the teeth, the roots, and the surrounding bone. If extractions or other treatments are necessary, your pet may be sent home with pain medications and antibiotics.

The gold standard for prevention of dental disease is at-home care, specifically toothbrushing. Daily brushing with a pet-safe toothpaste is recommended to prevent the accumulation of plaque. Gradually acclimate your dog or cat to brushing from a young age, and keep the routine a pleasant experience. There are several videos available online, and the American Veterinary Dental College has good resources on at-home care. While not a substitute for daily brushing, there are also several diets and dental chews on the market which have been specially designed to decrease plaque and tartar accumulation. Check for the Veterinary Oral Health Council (VOHC) seal of acceptance that shows that a specific product has been proven to have a beneficial effect. If you have questions on your pet’s dental health or how to get started with at-home dental care, please consult your veterinarian!

Dr. Murphy grew up in Lancaster and attended Conestoga Valley High School. Her family had a wide variety of pets and livestock on their farmette, and she enjoyed caring for all the different species. She is the daughter of Dr. John Kreider, who was on staff at Smoketown Veterinary Hospital for 21 years, so she is quite familiar with the hospital and staff. She worked here in 2006 as an animal care attendant and again in 2009 while preparing for veterinary school. After receiving her bachelor’s degree in biochemistry from Messiah College, she earned her doctorate in veterinary medicine from the University of Pennsylvania. In her spare time, she enjoys hiking, playing tennis, spending time with her husband Ryan, and visiting with her family and their two boxers, Zeke and Jodie. Dr. Murphy is excited to be back in her hometown, joining the team at such a high-quality hospital.
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