Eight Ways to Build a Great Relationship with Your Doctor…
and Why It’s So Important

Dr. Christopher Hager
Founding physician of Novara

What are the most important relationships in your life? Family? Friends? Coworkers? Your doctor? The last may not always be top-of-mind, but when it comes to attaining your best level of health, and maintaining a lifestyle of wellness, no relationship is more central. Learn how to build a great partnership with your doctor by making the most of your time together.

Cultivating Communication
With open and frequent communication, whether in person, by phone, or virtually, you and your doctor can work together to address concerns early on, when they are most manageable; monitor important health indicators like blood pressure and blood sugar; make sure you are staying on top of recommended checkups and screenings; and set individually tailored diet and exercise goals to optimize your health and wellness.

Eight Tips for Building a Great Relationship with Your Doctor
The doctor-patient relationship is a two-way street. Here are some tips to help you navigate your side of the street and make your visit as productive as possible:

• Develop a list of the top three or four questions you’d like to have answered at your appointment. Remember, no question is a wrong question.
• Write down the three or four most concerning symptoms you are experiencing.
• When your doctor asks you questions, be honest with your answers, even if you feel embarrassed. Doctors ask the same questions of many patients and don’t think negatively about you for the answers you provide. In fact, truthful answers are essential in receiving the right treatment and advice.
• Consider inviting a friend or family member to the conversation. Another person may help you remember answers to questions, or offer another perspective on an issue about which you are concerned.
• Keep a folder to file visit summaries and notes.
• Leverage technology. Sign up for a patient portal like MyLGHealth. Oftentimes these tools provide a mechanism to email your doctor, and view test results and your medical history.
• Ask for a printed copy of your results so you can review them in detail at home.
• Don’t forget to talk to your practice’s nurses, who are valuable sources of information.

When the barriers between you and your doctor are removed, you can feel confident you’ve taken the needed steps to assure the healthiest future possible—one based on your personal goals and aspirations. Just as you value vital relationships, remember to value your health as well. Invest in your healthcare at Novara. Good health is priceless. For more information or to schedule a complimentary tour, go to www.novarahealth.org.

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Christopher Hager, MD, is the founding physician with Novara, a concierge primary care practice that opened in August. A graduate of Wright State University Boonshoof School of Medicine and the Lancaster General Hospital Family Medicine Residency Program, Dr. Hager has more than a decade of experience as a family medicine physician. He is pursuing his MBA through the Isenberg School of Management at the University of Massachusetts, and completed a certificate program at The Wharton School of the University of Pennsylvania. His areas of special expertise include prevention/wellness, sports medicine, and management of chronic diseases (diabetes, high blood pressure, cholesterol). In his spare time, Dr. Hager enjoys cycling, tennis, and spending time with his family, especially on the ski slopes or at the bay.
Dr. Funk offers a variety of office-based, nonsurgical procedures. His newest laser treatment is PicoSure®, a quick and easy nonsurgical, noninvasive laser skin rejuvenation for the chest or neckline, face, hands, and legs. The procedure removes age spots, fine lines, and wrinkles, creating a more youthful appearance. Dr. Funk was sold on the procedure after he had it done himself.

SculpSure® is a nonsurgical fat-reduction procedure that uses light to contour the body by reducing fat around the abdomen and love handles. Individual treatments take only 25 minutes. CoolSculpting® is an innovative, noninvasive way to reduce annoying bumps and bulges of stubborn fat. CoolSculpting involves no needles, surgery, or downtime. CoolSculpting can even sculpt the neck. The Liposonix® treatment also aims to reduce fat. Using unique custom contouring, this noninvasive treatment allows most patients to resume normal activities immediately after the procedure. Completely customizable to a patient’s needs, Liposonix is precise in where and how energy is delivered, and sessions only take one hour.

When it comes to skin tightening, Dr. Funk offers the nonsurgical Ultherapy treatment. Ultherapy uses the body’s own regenerative collagen response to lift the skin on the eyebrow, under the chin, and on the neck. Using ultrasound energy, the treatment also smooths lines and wrinkles on the neckline by bypassing the surface skin while sending energy into the deeper layers of skin. The results last up to two years.

Another way to rejuvenate, renew, and restore skin without surgery is Pelleve® and PelleFirm®, which are also painless and require no downtime. The treatments offer a way to get gentle skin tightening for arms and legs.

“Surgery is a whole different ball game,” says Dr. Funk, who strongly advises those interested in surgery—whether given to them as a gift or not—to plan intelligently. “Social, professional, and travel schedules should be carefully considered.” And let’s face it, winter will be gone before we know it, and Dr. Funk says now is the time to start thinking about summer. This is the time people should start planning for facelifts, tummy tucks, breast augmentation, etc.

It’s never too early to start thinking about bathing-suit season for 2017, says Dr. Funk. “The other reason it is never too early—even though you may not have to wear a bathing suit until June—is if someone is active in the spring…you may want to have your procedure done so you are recovered enough to start working in your garden in April.”

There are many reasons why someone can consider a treatment with Dr. Funk, including his extensive education, which includes a fellowship in reconstructive genitourinary surgery and cosmetic plastic surgery at the Manhattan Eye, Ear and Throat Hospital. When considering a treatment with Dr. Funk, whether for yourself or a loved one, talk with him and his staff about all your options, and the best course of action for the giver and receiver of gift certificates.

“Another option is to simply get a gift certificate for a certain amount of money and the recipient can use it however they want to use it,” adds Dr. Funk. “These are all open-ended gift certificates.”
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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 “batting 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.
Couples therapy aims to identify repetitive, negative interaction cycles as a pattern and understand the source of reactive emotions that drive the pattern once accomplished, services focus on expanding and reorganizing key emotional responses in the relationship, facilitating a shift to new patterns of interaction, creating new and positively bonding emotional events in the relationship, fostering a secure bond, and maintaining a sense of intimacy. Common core principles of relationship counseling and couples therapy include respect, empathy, tact, consent, confidentiality, accountability, expertise, evidence-based certification, and ongoing training.

Couples are often too afraid to seek treatment because they think the focus will be on identifying blame for all the problems in the relationship. Some worry that if they go to therapy, they will be labeled as “crazy.” Also, there is still a stigma when people say they are going to counseling, especially couples. Couples may not seek counseling because they don’t think the concern is a “big deal” or they say to themselves, “I can handle it on my own.”

Oftentimes when this happens, they ignore or dismiss the concern and don’t seek help, for example, until the issue of divorce comes up or a partner gives an ultimatum: “We try couples counseling or I am leaving the relationship.” Many times when this happens, they do not think the concern is a “big deal” or they say to themselves, “I can handle it on my own.”

Couples therapy could also include friends who have become distant, or a mother-and-son or a father-and-daughter relationship, for example. Relationships are difficult and require effort. With the help of a counselor or therapist, many relationships can be improved and strengthened.

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**Interested in Couples Therapy?**

Life Span

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Hubert R. Wood, MS, LPC
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**Interested in Couples Therapy?**

**Italian Cuisine with a Global Twist**

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**Restoration SPA**
Welcome to our holiday edition. With the amount of excitement and activities that the holidays bring, I'm always amazed how quickly they arrive and how fast they're over. I've learned over the years that the best way to deal with everything is to simply relax and enjoy the season. It happens regardless of whether we're ready or not. So relax. Take time to see one of the great local holiday shows to get in the mood, and don't worry about spending loads of time and money shopping. We're blessed with enough to share. Time with family and friends is what the season is all about, so cook that meal or make your dinner reservations and enjoy this wonderful time of year. It'll be over before you know it.

In this edition we begin a new column on holistic health and welcome writer Ann Reid, RN, MA, who will be bringing information about the many practitioners of alternative or complementary health practices and holistic options available in our community. Ann is the founder and leader of the Lancaster chapter of the American Holistic Nurses Association (AHNA) and regularly presents educational lectures and workshops promoting a mind-body-spirit approach to health and wellness. You can check out AHNA's upcoming events listed inside and contact Ann with any questions or ideas for upcoming articles. We extend a big welcome and thanks to the following new presenters: attorney Anne Gibson of Bentley, Gibson, Kopeck, Smith, P.C., who specializes in family law; Jeannie Peck, Anita Colon, and Melissa Byers, owners of Health by Design and Rêve Body Sculpting; Matthew G. Zanoviak, CFP, of Navigator Financial Services; Homestead Furnishings & Gifts; Kyle and Kim Zmeski, owners of Z Motor Company; and Brookside Collision. We're so happy to have you and to let our readers know about your specialty services and products. Mark your calendars for the Alternative Gift Fair at the Lancaster Farm and Home Center on December 10. Inside we've listed numerous local organizations that need volunteers, donations, and gift cards to help them through the holiday season. It happens regardless of whether we're ready or not. Simply relax and enjoy the season. It'll be over before you know it.

With prayers and gratitude to our servicemen and service-women everywhere who keep us safe and who may not be spending the holidays with their loved ones. Thank you and God bless.

Merry Christmas and Happy 2017!

JoAnn Notargiacomo
Managing Editor
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Local Business Owner is Mrs. Claus
Libby Green, president of ServiceMaster Fire & Water Clean-up Services, played Mrs. Claus during the Annual Hempfield Community Tree Lighting, on November 19. Libby, a native of York County, opened her Lancaster County location, four years ago to be closer to her aging parents. This is Libby’s third location as she has operated two locations in Maryland, serving Harford and Baltimore counties, since 1989. While ServiceMaster provides residents and businesses with carpet-cleaning and disaster-restoration services, Libby makes it a priority that the company gives back to the community as well. This year she was rewarded for her commitment to service by the Central Pennsylvania Business Journal as a finalist for Entrepreneur of the Year. “Our customers are the heart of our business, and our goal is to go above and beyond to deliver the best service,” said Libby. “We are honored to serve Lancaster and York counties and will continue to do as much as we can to serve the community.” You can see the Hempfield Community Tree at the Hempfield Rec Center.
For more information about ServiceMaster Fire & Water Cleanup Services call 800.570.4206 or visit www.svmfirewcleanup.com.

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November/December 2016

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All Aboard the Polar Express!
This Christmas Eve, the North Museum provides you an opportunity to view the Polar Express like you’ve never seen before. Join us at 12:00 p.m. in our digital SciDome Theater for an entirely unique viewing experience of this holiday classic. Just like in the movie — kids are welcomed to come dressed in their favorite pajamas!
There will also be a variety of fun train-inspired activities and exhibits throughout the museum, including:
- A model train display provided by the National Toy Train Museum.
- Our Steam Engine Model on display
- See and touch anthracite coal, one of the world’s most powerful fossil fuels.
- Live readings of the Polar Express before the movie time.

903 North Market Street Lancaster County Woman
New Year's Eve at Noon

Ring in the New Year with Father Time and Baby New Year at the place that is the center of time—The National Watch and Clock Museum. The Museum’s New Year’s Eve at Noon event on December 31 is the only local New Year’s Eve party designed specifically for children during daylight hours. Children will learn about the passage of time using traditional adult activities presented in a child-friendly manner. As part of the traditional celebration, the Museum will host a countdown with Father Time, complete with a balloon drop at the stroke of noon. From 10 a.m. to 1 p.m., Father Time will lead guests in a dance party full of fun and swinging music.

Activities include time to:
- Make New Year’s hats out of recycled materials to wear as you celebrate the new year
- Pose in the Museum’s New Year’s photo booth while you show off your party hat
- Play a New Year’s trivia game testing your knowledge of New Year’s traditions and history
- Participate in family challenges like Minute to Win It as you race against the clock
- Enjoy a special New Year’s Eve story time
- Create a time capsule to remember 2016
- Write your resolutions for 2017 on Resolution Wall
- Decorate a cookie like a clock face with Rivertownes PA, USA and enjoy it as a snack afterward
- Accessorize with glitter tattoos and face painting by Mimzy’s Face Painting

The National Watch and Clock Museum is operated by the National Association of Watch and Clock Collectors, Inc., a nonprofit 501(c)(3) association with close to 14,000 members, representing 52 countries. April through November the Museum is open Tuesday through Saturday from 10 a.m. to 5 p.m. and Sunday from noon to 4 p.m. December through March hours are Tuesday through Saturday, 10 a.m. to 4 p.m. From Memorial Day through Labor Day the Museum is also open on Mondays. Discounts are available to seniors, students, AAA members, and groups of 10 or more. Groups of 10 or more are encouraged to call ahead. For more program information, directions, or general Museum information, call 717.684.8261 or visit our website at www.museumoftime.org.

Start the Season Surrounded by Music and History

When: Monday and Tuesday, December 12 and 13, 2016
Time: 6:30, 8 p.m. (please note new times)
Admission: Required advance tickets $6.00
Where: Historic Ephrata Cloister
632 West Main Street, Ephrata, PA 17522

The start of the holiday season for many people begins with the beloved Christmas at the Cloister program. This special evening combines the Christmas story with music by the Ephrata Cloister Chorus and familiar carols for everyone to join. Hot cider and cookies finish off the night, all set amid the buildings of the Historic Ephrata Cloister. This year’s programs will be offered on Monday, December 12 and Tuesday, December 13, at new times: 6:30 and 8 p.m. each evening. Required advance tickets are available now at The Museum Store at Ephrata Cloister.

While picking up your tickets, you can also check off people on your holiday gift list. Ephrata Cloister’s Museum Store has fine, handmade crafts, books, and art. There are also dozens of unique holiday cards and real bayberry candles. The Museum Store is open from 9:00 a.m. to 4:45 p.m., Monday through Saturday, and from noon to 4:45 on Sunday. For more information about obtaining tickets for Christmas at the Cloister by mail, please call the Historic Ephrata Cloister at (717) 733-6600.

HLRMC’s Women’s Place Receives Baby-Friendly® Designation

Heart of Lancaster Regional Medical Center’s Women’s Place has received prestigious international recognition as a Baby-Friendly Designated birth facility. Baby-Friendly USA, Inc., is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative (BFHI), a global program sponsored by the World Health Organization (WHO) and the United Nations Children’s Fund (UNICEF). The initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies. Based on the Ten Steps to Successful Breastfeeding, this prestigious international award recognizes birth facilities that offer breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies.

“Women are extremely proud of Women’s Place. It’s taken dedication and hard work by staff and physicians over the last two years to complete the requirements,” stated Deborah Willwerth, CEO of Heart of Lancaster Regional Medical Center. “We had to make sure we had the right amount of support services in place, including having international board-certified lactation consultants available, mother-baby skin-to-skin contact after delivery, 24-hour rooming-in, outpatient lactation services, and breastfeeding education for physicians and staff,” she continued.

There are more than 20,000 designated Baby-Friendly hospitals and birth centers worldwide. Currently there are 387 active Baby-Friendly hospitals and birth centers in the United States. The “Baby-Friendly” designation is given after a rigorous on-site survey is completed. The award is maintained by continuing to practice the Ten Steps, as demonstrated by quality processes.

The Baby-Friendly designation is a second milestone for Women’s Place at Heart of Lancaster Regional Medical Center. In February this year, the hospital also became the only hospital in Lancaster County to receive the Blue Distinction® Center+ for Maternity Care designation, a new designation in 2016 under the Blue Distinction Specialty Care program.

For more information about the Women’s Place, or to view a 360-degree virtual tour of the birthing suites, visit LancasterMedicalCenters.com/WomensPlace or call (717) 625-5420.

About Heart of Lancaster Regional Medical Center
Heart of Lancaster Regional Medical Center in Littitz has provided care since 2005, offering a comprehensive, personalized range of inpatient and outpatient medical and surgical services administered by compassionate, experienced physicians and staff; beautifully appointed patient rooms; and the latest medical technology. For more information, visit LancasterMedicalCenters.com.

Heart of Lancaster Regional Medical Center is owned in part by physicians.
The Lancaster Medical Society Foundation, a Foundation of the Lancaster City & County Medical Society, recently awarded its 2016 scholarships to Karla Verkouw of Lancaster, Christine Klingaman of Holtwood and Gregory Troutman of Columbia.

Verkouw received a $5,000 scholarship, while Klingaman and Troutman both received $2,500. They were selected from a talented pool of applicants from across Lancaster County.

Verkouw is a first-year student at The Commonwealth Medical College in Scranton. She knew from experiences as a young adult that she wanted to pursue medicine as a career, but was unsure what direction that would take her.

“In my youth, exchanging trust and compassion was a theme I experienced repeatedly between patient and caregiver,” she explained. “The mutual fulfillment of such relationships convinced me this was something I wanted to pursue; however, I was unsure which of the many ways to provide care to those in need would best utilize my strengths.”

Before embarking on medical school, Verkouw worked as a nursing assistant and as a clinical research coordinator. Klingaman, a Lancaster native, is a third-year medical student at the Philadelphia College of Osteopathic Medicine. As an undergraduate, she completed an internship at Lancaster General as part of the research team for the Heart & Vascular Institute—an experience that solidified her decision to go to medical school.

“Through my internship, I gained experience working with a unique group of patients and saw firsthand the progressive research and innovations that were being initiated right here in Lancaster County,” she said. “Being integrated into the hospital team gave me invaluable experience and insight into many realities of working in the medical field. While my studies have not taken me far from home, I would love to have the opportunity to return to practice in the area some day.”

Troutman, a first-year medical student at Sidney Kimmel Medical College at Thomas Jefferson University, officially announced his interest in a career in medicine during his kindergarten graduation.

Inspired after learning a close friend would undergo surgery without feeling a thing, Troutman told the audience that he “wanted to grow up to be an anesthesiologist so I could help people not hurt.”

Although my knowledge and interest in medicine has matured since then, I still feel that childhood urge to heal.”

Founded in 1991, the Lancaster Medical Society Foundation is a 501(c)(3) nonprofit organization that was formed to grant scholarships to students from Lancaster County who are accepted at or continuing a medical degree at an accredited allopathic or osteopathic medical school. Scholarship recipients exemplify good character, motivation, academic achievement and financial need. Since its inception, more than $214,000 in scholarships has been given to deserving local students.

For more information about the scholarship, how to apply, or how to make a gift to the Foundation, please visit lancastermedicalsociety.org, then “Scholarship Foundation,” or contact the Society at 717.393.9588.

What Is Osteoporosis?

Osteoporosis is a serious bone disease that occurs when the body loses too much bone, which leads to porous bone. As osteoporosis develops, bones thin and become weak, which can lead to fractures in the spine, hip, wrist and pelvis. Fractures and breaks occur with falls or even with something as simple as a sneeze or cough.

Osteoporosis is very common with about 9 million Americans experiencing osteoporosis and another 45 million having osteopenia, which means low bone density and increased risk of fractures. The National Osteoporosis Foundation states that approximately one in two women and up to one in four men age 50 and older will break a bone due to osteoporosis. Osteoporosis is considered a silent disease because you can’t feel bones weakening. Breaking a bone is often the first sign of osteoporosis.

The underlying causes of osteoporosis are common and include age, postmenopausal status, family history, and low body weight or small build. Some lifestyle choices that can increase your risk of osteoporosis include smoking, heavy alcohol use, insufficient calcium and vitamin D intake, as well as lack of exercise.

The way to check for osteoporosis is a painless quick radiologic study called a bone density scan (also called a DXA). This assesses the heaviness of your bone and also can help determine your risk of fracture. There are guidelines available to help your provider know if you would be a good candidate for a bone density scan—usually based on your age, sex and other risk factors.

The good news about osteoporosis is that there are effective medications to help reduce your risk of fractures. Monitored correctly, these medications can be a safe and useful way to stop fractures from happening and allow you to remain active without worrying about the risk of breaking a bone. Good calcium and vitamin D intake both in your diet and through supplementation is also useful. Some media coverage has caused concern about the side effects of medications, which are very rare. If you are worried about starting or continuing medications, please talk to your doctor about your concerns.

Talk to your doctor at your next visit to see if you are a candidate for a bone density scan.

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

Dr. Shepherd was born in Scotland but grew up primarily in Texas. She moved to the area after training in 2006 and has since then been a partner at Penn Medicine–LGHP Arthritis and Rheumatology Specialists. She and her husband live with their two children and dog on a 10-acre farm. Her areas of interest within rheumatology include rheumatoid arthritis, lupus, vasculitis and other immune disorders, as well as bone and joint diseases such as osteoporosis and osteoarthritis. She serves on a national committee for the American College of Rheumatology and as a delegate to the Pennsylvania Medical Society, and as a member of the Board of Directors for Lancaster City & County Medical Society. She recently finished a master’s in business administration with a focus on health administration. She enjoys going to market in Lancaster, hiking in south central Pennsylvania, traveling, reading and art history.
There are many pathways to wellness. As a registered nurse for over 30 years, caring for patients both in clinical as well as homecare environments, I value the tremendous contribution that allopathic or conventional Western medicine has made and continues to make in our lives.

Still, there are challenges—like chronic disease management and pain control, where the side effects of the best available treatments often present a whole new list of complications and concerns. Additionally, there are times when despite the best efforts of modern medicine, we find ourselves still feeling far from well—and have come to the end of the road in terms of what conventional treatments are available—or what our insurance will pay for.

According to Florence Nightingale, a nurse’s role is to “…put the patient in the best condition for nature to act upon him.” Some seven years ago, acting as my own nurse in this Nightingale tradition, I endeavored to do just that when despite Western medicine’s best efforts, I too, felt far from well. I began exploring alternative, or what we now call integrative, holistic modalities—like Reiki, nutrition, meditation and other energy therapies.

It was not long after I began that I started to feel much better, and had increased energy, stamina, focus and a more positive outlook than I’d had for years! These results led me to realize that there really was something to all this! So I began to make the transition from patient to practitioner once again. I studied healing touch and meditation. In time, I became a certified practitioner and Reiki instructor. Then three years ago, I founded the Lancaster Chapter of the American Holistic Nurses’ Association, a nonprofit group of holistic-minded nurses and healthcare professionals, holistic practitioners as well as the public who are interested in a mind-body-spirit approach to health and well-being. Through our lectures and workshops we promote the ongoing education of those involved in healthcare and healing, as well as the public, in every aspect of wellness.

Holistic health is an “approach to life.” It focuses on the whole person and how the person interacts with his or her environment, instead of focusing primarily on illness or specific body parts. It places emphasis on connecting the mind, body and spirit. As a writer as well as a holistic registered nurse, it’s my goal to inform and educate Lancaster County Woman (LCW) readers about evidence-based holistic practitioners and practices in our area, including nutrition, energy medicine, acupuncture and meditation, as well as other pathways to health and healing. Healing is a journey, with wholeness being our destination. And so, I’m grateful for the opportunity to take this healing journey with readers through the pages of LCW in the months and years to come. Won’t you please join me?

Lancaster Holistic Nurses Educate Professionals and the Public

Now in their third season, the Lancaster Chapter of the American Holistic Nurses Association presents educational lectures and workshops promoting a mind-body-spirit approach to health and well-being.

According to Ann Reid, RN, MA, the Lancaster AHNA founder and chapter leader, “The national AHNA began back in 1981—and as a chapter of the national organization, we serve as a bridge between conventional medicine and integrative or complementary healing practices. We not only provide educational opportunities that allow practitioners of alternative or complementary health practices to learn from each other, but also offer a venue for the community to better understand what holistic options are available to them and the evidence-based science behind these practices,” said Reid.

According to the National Center for Complementary and Integrative Health, Americans spent $30.2 billion—$28.3 billion for adults and $1.9 billion for children—out of pocket on complementary health approaches such as herbal supplements, meditation, “energy healing” like Reiki and therapeutic touch, as well as chiropractic and yoga. This amount represents 9.2 percent of all out-of-pocket spending by Americans on healthcare and 1.1 percent of total healthcare spending.

In the past three years, the Lancaster AHNA has created quite a buzz for its diverse appeal, strong attendance and varied workshops and presentations on monthly topics such as healing touch, nutrition and inflammation, autoimmune disorders, clinical aromatherapy for cancer patients, acupuncture, as well as Eden Energy Medicine.

Said Reid, “Recently, we featured a program by Helene Williams, RN, BSN, from Lancaster General Hospital, on Reiki in hospitals.” Reiki is a hands-on technique based on the principle that the practitioner can channel energy into the patient by means of touch to activate the natural healing processes of the patient’s body and restore physical and emotional well-being. Reiki is now one of the top-three complementary inpatient therapies in U.S. hospitals, according to an American Hospital Association survey. “Helene did a terrific presentation!” said Reid, “She’s a registered nurse and Reiki teacher/practitioner who has practiced Reiki at Lancaster General Health since 2007. Her background in nursing includes oncology, hospice, orthopedics and integrative healthcare. Helene’s nursing role at LGH includes providing Reiki for total joint replacement patients, and she can attest to the many benefits it provides, including promoting relaxation, relieving anxiety and easing pain.”

“We were really blessed to have Helene talk to our group about her work and the evidence-based research she and her colleagues have been doing on Reiki in hospitals,” said Reid. “This is just one of the many holistic health presentations that we put on each season.”

Reid stressed, these programs are NOT just for nurses. “We’re a nonprofit group of holistic-minded nurses, healthcare practitioners, as well as the interested public. Anyone interested in a body, mind and spirit approach to health and wellness is welcome and encouraged to attend.”

Upcoming Events

• Wednesday, December 7, 2016: Lancaster AHNA “Nightingale Initiative for Local & Global Health Meeting.” Simplify the holidays with volunteer coordinator for Gifts that Give Hope, Jenn Knepper, RN, with colleagues involved in the Gifts that Give Hope alternative gift fair, who will share their passions for giving gift in 2016 difference! Sage Continuing Ed. Center, 719 Olde Hickory Rd., 2nd Floor, Lancaster PA. 6:30-8:30 p.m. Free. All welcome!

• Wednesday, January 18, 2017: “Ayurveda: the Ancient Indian System for Health and Balance and Its Relevance Today,” presented by Jenny Schuler Brant, Manheim Twp. Public Library, 595 Granite Run Drive, Lancaster. 6:00-8:00 p.m. Donation.

• Wednesday, March 15, 2017: “John of God” and the Spiritual Healing the Work of Healer, João Teixeira de Faria. Ann Reid, RN, MA, and her husband, seminarian David Reid, will discuss the spiritual healing methods used by João Teixeira de Faria, a gifted and powerful medium known as “John of God,” in Abadiana, Brazil, that they’ve observed and participated in during their recent trip to South America, Manheim Twp. Public Library, 595 Granite Run Drive, Lancaster. 6:00-8:00 p.m. Donation. Questions? Contact Ann Reid, RN, MA, at ann.reid@holistic-nurse.net.
The holiday season can bring much magic, love and shared joy with extra time spent with family and friends. This intention to enjoy the spirit of the season can also lead to an overload of expectations, schedules, overeating and drinking, under-sleeping, and generally less regard for our balance in life. This can often result in the “holiday” cold or flu, sense of stress and anxiety of not getting things done in time, and other physiological outcomes such as weight gain, insomnia, and general feeling for a need to “detox” in the new year. It can also bring with it a sense of loneliness, especially if we have experienced loss in the past year.

Acupuncture could be for you or a loved one this season. If they have tried everything, have they tried acupuncture—perhaps for the overdoing it side of the holiday season—for yourself, a friend, family member or friend. It could be the best step you take for an improved healthy you! Gift certificates are available in any amount. Call 717.723.1362 for details. Give one treatment or a series for best results.

Top tips for holiday stress:
1. Strive for balance—prioritize what makes you happy over the holidays—family time, baking, visiting, social events—and commit to worry less about what you cannot fit in.
2. Take time for movement and nature—build in a family or friend meeting in nature to rejuvenate.
3. Hydrate with water—first thing in the morning, try a warm cup of water with lemon.
4. Use self-massage/acupressure—massage your head, ears, neck and shoulders to relieve stress.
5. Practice mindfulness in your everyday tasks—folding laundry, brushing your teeth, etc. will help keep you focused on the present moment and stay naturally more calm.
6. Listen to music—scientific research points to music’s ability to reset and calm the nervous system—classical to popular to jazz or dance, it also might get you to move your body!
7. Give of yourself—taking time to visit a friend or relative, or donating your services to a local charity will help relieve the pressure of “monetary” giving.

Many people ask, “Will acupuncture hurt?” The procedure does involve needles, but these are fine presterilized filaments, fine as a human hair, FDA approved. The average acupuncture needle is from .20–.25 mm in diameter. An average sewing needle is 1.0 mm. An average medical sringe is 2.9 mm. An average matchstick is 4.2 mm. For more information, visit the Blossoms and Roots Wellness website, blossomsandroots.com. Jo Ellen Wisnosky has 14 years’ experience in acupuncture and therapeutic bodywork, and is licensed and nationally board certified.

Acupuncture—For the Holidays? Give the Gift of Improved Health!

Top six uses for acupuncture:
1. Pain relief—Low back, knee, shoulder, sinus pain, injury recovery and prevention
2. Headaches/migraines—Pain, frequency and intensity reduction
3. Fertility—Managing challenges associated with getting pregnant
4. Women’s issues—Menopause hot flashes, night sweats, Period pain, PMS irritability, cramping
5. Stress-related issues—anxiety, irritability, insomnia, fatigue, emotional fluctuations
6. GI/Digestion challenges—IBS, allergies, sensitivities, constipation

Many find an immediate sense of calmness and balanced state of mind for days after a treatment, and, after a series of treatments, enhanced ability to focus and increased productivity—a perfect start for the new year! The regular use of acupuncture can improve immune system response, aid digestion, and help keep emotions more level. And for the overdoing it side of the holidays, acupuncture can help the body naturally eliminate and rebalance for the overdoing it side of the holiday season—for yourself, a family member or friend. It could naturally eliminate and rebalance days, acupuncture can help the body.

Gut Health and Autoimmune Disease

“Some 50 million Americans live and cope with autoimmune disorders, 75 percent of whom are women. Additionally, autoimmune disease is one of the top 10 leading causes of death of women under age 65,” according to Virginia T. Ladd, executive director of the nonprofit American Autoimmune-Related Disease Association.

But what are the factors that lead to these staggering statistics? Noted scientific researcher and founder of the University of Maryland’s Center for Celiac Research, Alessio Fasano, MD, believes that all autoimmune conditions have three factors in common. These factors are genetic susceptibility, antigen exposure and increased intestinal permeability—often referred to as “leaky gut syndrome.”

More than 2,000 years ago, Hippocrates, the father of Western medicine, recognized the importance of gut health to our overall well-being when he said, “All disease begins in the gut.” Dana M. Elia, MS, RDN, LDN, adjunct faculty member of the PA College of Health Sciences and the director of Fusion Integrative Health and Wellness, LLC, in Lancaster, couldn’t agree more.

According to Elia, “Evidence-based literature has linked increased intestinal permeability to a variety of chronic illnesses, with a particular focus on its role in autoimmune diseases such as rheumatoid arthritis, celiac disease, Crohn’s disease, atopic dermatitis, thyroid disease and type I diabetes.”

“Leaky gut syndrome” is a condition in which the lining of the small intestine becomes more permeable, allowing undigested food particles, bacteria, and other substances to pass through the gut wall easily, where they can trigger an immune response. This can lead to inflammation and damage to the lining of the gut, which can affect digestion, nutrient absorption, and overall health. Leaky gut syndrome is often linked to autoimmune diseases, allergies, and other chronic conditions.

A single layer of epithelial cells in the gut lining separates the bloodstream from the contents of the intestines. In cases of “leaky gut syndrome,” the intestinal barrier has become increasingly porous—with holes developing that allow undigested food molecules, bacteria, and other substances to pass through. These substances can cause inflammation and immune system activation, leading to a variety of symptoms and conditions.

Acupuncture can help reduce inflammation and support gut health by improving intestinal permeability, promoting healing of the gut lining, and regulating immune system function. It can also help strengthen the body’s natural defenses against harmful substances and improve overall well-being.

Jo Ellen Wisnosky, L.Ac., DiplAc (NCCAOM), LMT, NCBTMB, 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.
Wendy Stone graduated from PA College, then the Lancaster General College of Nursing and Health Sciences, in 2004, earning her certificate in nuclear medicine technology. She also previously earned an associate degree and a bachelor’s degree in Tampa, Florida. Wendy’s career path has mainly been in laboratory settings, and she has held positions at Quest Diagnostics, Smith-Kline Beecham and Harrisburg Hospital. After graduation from our program, she worked as a technologist in a cardiology office and hospital for seven years.

During that time, Wendy also earned the title of Radiation Safety Liaison, providing training to all staff on radiation safety.

A part-time seasonal position with the Internal Revenue Service during filing season opened the door for Wendy’s current full-time position with the Food and Drug Administration (FDA) as a Consumer Safety Officer/Investigator. This role draws from many areas of Wendy’s education and background, utilizing her skills from laboratory, healthcare, science and the application of federal laws. The FDA works with the public by inspecting facilities within its jurisdiction, follows up on recalls, investigates consumer complaints and performs sample collections, among other functions. Looking back at her career so far, Wendy shares, “I am most proud of sticking through it when things got rough. Things can get complicated and hard, but instead of taking the easy way out, I looked at those situations as challenges.”

Wendy currently lives in upstate New York with her husband and two daughters, Emily and Amelia, and notes that being a mother is her most challenging and rewarding job. She recently returned to PA College during homecoming as a contributor to our Alumni Student Career Panel, sharing her real-world experiences and lessons learned on the topic of “Practicing Healthcare Outside of the Hospital Walls.”

Tony Ton-That, MD, FABPMR, Medical Director of LG Health Spine and Acute Low Back Pain Program

The Fibromyalgia & Chronic Pain Awareness and Education Group, in association with Lancaster General Health, is hosting a free presentation. The presentation, Explaining the benefits of Acupuncture, will be held from 7–8 p.m. on Thursday, December 1, at the Suburban Pavilion, Third Floor Conference Room, 2100 Harrisburg Pike, Lancaster. Tony Ton-That, MD, FABPMR, will be discussing how inserting needles at very precise acupuncture points promotes natural healing and improves body function with pain management.

Dr. Ton-That serves as medical director of the Spine and Acute Low Back Pain Program and has special expertise in acute-pain management, acupuncture, electromyography, pain, and tendinitis. Open to the public. No cost to attend. We hope that you will join us! If you should have any questions, you may contact Gwen Kuhn at 544-3227.

Established in 2007, the Fibromyalgia & Chronic Pain Awareness and Education Group is for patients and families who have been touched by a diagnosis of fibromyalgia and provides resources, support, and education in an informal setting.

By now, many students, faculty, staff and friends of PA College have been “wowed” by their first experiences with the resources available in our new Center for Excellence in Practice. They include clinical skills labs, simulation learning with high-tech mannequins, life support course offerings and health science labs for sonography, respiratory care, radiography and nuclear medicine, as well as an operating room. As director of the Center, Joe Corvino is responsible for providing active learning opportunities, working in collaboration with colleagues throughout our program areas.

Joe also works with external stakeholders and community partners to utilize our space and expertise to increase clinical competence, communication and team-based care.

Joe earned a B.S. in communications from Millersville University and a M.Ed. in education technology from Northcentral University. He is certified in the Kirkpatrick Four Levels of Evaluation program.

Joe began his career as a videographer in television news and sports for an NBC affiliate and later transitioned into academic technology at Franklin & Marshall College. Joe has been with PA College since 2006 and shares, “I enjoy working to blend technologies and develop customized clinical learning experiences to improve learning and patient outcomes.” He’s particularly proud of PA College’s participation in the National Simulation Study from 2011–13. The study revealed that there is no significant difference between the use of simulation versus clinical hours, and the results and lessons learned continue to positively impact our use of simulation in the Center for Excellence in Practice.

Joe looks forward to developing expanded opportunities for interdisciplinary education (IPE) in the Center, by which students can learn and practice together through clinical practice labs and simulation learning experiences such as a code blue simulation. Opportunities such as these, which require multiple team members to deliver care collaboratively, will greatly enhance our learners’ familiarity with the team-based patient care they’ll practice in their future professions.

Joe enjoys spending time with his wonderful family—wife Jill, 9-year-old daughter Ava and 6-year-old son Mason. He also likes to golf and coaches youth baseball and soccer.

Angela P. Drayer

Wohlsen Construction Company is pleased to announce that Angela P. Drayer has joined the firm as Controller and will oversee the company’s finances, ensuring that operations has the information they need to make informed business decisions.

Angela completed her Master of Science degree in business administration at Penn State University and finished her Bachelor of Science in accounting at the University of North Carolina—Wilmington. Angela has over 15 years of experience in professional services and the construction industry, and is a Certified Public Accountant and a Chartered Global Management Accountant.

Wohlsen Construction Company, a Green Plus certified company, was founded in 1890 and is one of the leading merit shop construction firms in the Mid-Atlantic Region, serving Pennsylvania, Delaware, Maryland, New Jersey, and Connecticut.
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…PMS

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Get your MIDSECTION under control in 30 DAYS, even over the holiDAYS!

Burn fat fast, tighten/smooth skin for a whole new sexy stomach! (Typical results in only 30 days with our guarantee!)

Dawn Cutillo, HHP
Natural Hormone Expert
Author, The Hormone “Shift”

As you get older, do you ever feel like your midsection is getting out of control?

First your favorite jeans become tight, then even dresses don’t seem to fit like they used to, and finally you resort to always wearing stretch yoga pants! You refuse to buy the next size up and don’t want to stay at a heavier weight.

So what is going on in your body that is causing this to happen? At BeBalanced we understand this scenario because women tell us these things all the time. The GOOD NEWS is, we have a solution!

Very simply, we are all under stress, but as we get older and multitask more, we become even more stressed. Elevated stress over time increases the production of the hormone cortisol. Cortisol is needed to buffer us from stress. When cortisol (stress) is chronically high, the body cannot continue to make it, so the body steals our sex hormone, progesterone, to make cortisol. Progesterone is valuable because it is a fat burner and diuretic, and also helps us avoid strong cravings while aiding mood and sleep.

Having good progesterone levels will help a woman have healthy lifestyle habits as well as aid weight management. Also when progesterone is low from the above scenario, it causes a condition called “estrogen dominance.” When estrogen is dominant over progesterone, it will constantly overstimulate the pancreas, causing insulin resistance. This condition causes insulin to constantly be in the bloodstream. When insulin is in the bloodstream, it is very hard to burn fat or lose weight. This will cause an accumulation of fat, especially in the midsection. Having low progesterone combined with higher insulin levels is a recipe for disaster for the midsection. This condition gets worse, especially as a woman ages.

At BeBalanced our signature weight-loss program, called Becoming Balanced, will balance estrogen and progesterone as well as lower insulin levels. This starts to occur within the first couple days to a week on the program and will produce amazing results within 30 days. The program consists of a hormone-balancing diet, stress-management therapy, and homeopathic supplements and natural hormone creams. Any excess of these supplements are flushed out through urination out so there is never any danger of overages often present in standard HRT and that also administers the more risky hormones Estrogen and testosterone.

Weight is mainly in the abdominal area on this program, so your cravings decrease while your mood and sleep improve. All these things help you lead a healthier lifestyle and maintain results.

Bloating, that also causing you to feel like your abdomen just “blew up,” is eliminated in a few days and by you learning the foods you are “sensitive” to on this program. The final touch can be our VelasShape III treatment which is described below. Smooth belly skin and tighten it so it looks its best in your new two piece for that winter get-way or for next summer. All in just 30 days!

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Now you can TIGHTEN & SMOOTH, TOO!

Our method of weight loss burns true body fat from the outside in and does not break down muscle or structural (cosmetically needed) fat, lessening the chance of sagging skin. However, depending on age, sun damage, genetics, etc., we all have those areas that can tighten up a bit as well as cellulite bumps we want to smooth.

Why NOT do it all? Lose the stubborn fat and try our new VelasShape III machine, which is FDA approved to smooth cellulite and tighten up under arms, inner thighs, stomach, love handles, back/bra line so you look great with or WITHOUT your clothes…for true confidence!

Medical-GRADE Radio-Frequency/Ultraviolet Light/ Pulsed Vacuum
Come in for a free consultation to see what areas we can work on, and hear the science behind this treatment, and see amazing before-and-after pictures. We guarantee we are the least expensive in the area, and we are offering limited introductory specials!

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Call for a free consultation!

You can balance your hormones and lose weight even over the holiday season.

Our yearly “Black Dress” contest will motivate you to look great by New Year’s Eve and even allow some cheat days!
The generosity of others is always a reminder of the beauty that exists within society. The world is full of generosity, and as a people we have come together throughout the generations for the greater good. Many tragic events such as September 11, 2001, that affected us nationally and the Susquehanna River flood of 2011 that touched us locally need not be remembered for their devastating impact, but could become a symbol of human kindness and compassion as shown through the sheer magnitude of volunteerism and financial support.

On a more global scale, cancer affects all persons, whether directly or indirectly. October has been designated as Breast Cancer Awareness Month and has become a time of empowerment, hope, renewal, and service for many; as the focus for this 31-day period is the strength of the human spirit. During October, media coverage on breast cancer, even those situations involving loss, are uplifting and inspiring. They recount a person’s life, with stories of his/her impact on others, his/her fight for survival, and hopefully his/her journey of overcoming. Media, sports teams, and the news champion this cause and promote volunteerism and education.

October is truly an awe-inspiring month. That said, breast cancer is not merely a 31-day experience for those diagnosed, their caregivers, and other supporters. Cancer, for anyone, is a 365-, 366-day event that begins prior to diagnosis, then takes over upon confirmation, dominates throughout treatment, and lingers in the memory upon remission or remembered in the sorrow of loved ones. Every day in October, pink was a common color throughout the New Horizons office, be that ribbons, specially made foods, or the clothing chosen by NCHS, Inc staff. This 31-day focus, although it helped raise money to support breast cancer organizations, like the Pink Out, seemed imperceptible amongst all the efforts shown throughout the month of October.

The Pink Out occurs in June. New Horizons will continue to don pink throughout the office in October—its simply part of something greater—but will move its Help Us Go Pink event to September 23 in 2017. The bank checks leaving New Horizons signed with the CEO’s name will sport the color pink, with each loop and line of the signature, because it’s a reminder that breast CANCER is not specific to any month…Cancer does NOT have a predetermined start or stopping point.

Cancer—So Much More than a Month of Awareness!

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.
In today’s hectic world, waiting in line seems like such a waste of time. It’s even more frustrating when you’re not feeling well. Well, thanks to technology, you now have one less headache when you have a headache—or a cold, the flu, a cut or other injury. When you can’t get in to see your primary care physician or your doctor’s office is closed, a new online system makes visits to Urgent Care more convenient by letting you reserve your spot in line before you arrive.

Urgent Care—Skip the Wait by Reserving Your Spot

Last February Lancaster General Health/Penn Medicine introduced a free online reservation service to reduce wait times at four LG Health Urgent Care locations. It works a lot like call-ahead seating at a restaurant. When you go to the Urgent Care website from your smartphone or home computer, you can see the approximate wait times at each of the locations—Lancaster, Ephrata, Parkesburg and Lebanon. Click “Reserve my spot” and you can choose the time you’d like to come in. The system will send you a text or email letting you know that it’s time to start heading over to Urgent Care.

A Real-Time, Real-World Solution

Reserving your spot offers many advantages. For example, if you live between two Urgent Care locations, you can check the wait time and see which site can see you the quickest. If you feel like you’re coming down with something but can’t get off work, you can go online and reserve a spot for a time after you’re done with work. If you’re suffering a migraine attack, feel nauseated or if you’re vomiting, or even if you have diarrhea, you won’t have to wait in a lobby with other patients—you can stay in the comfort of your home until you get the message that it’s time to come to Urgent Care.

LG Health has received positive feedback from patients who have used the online system. Parents don’t have to take their children out of school or leave work early to be seen. And they significantly reduce their wait, especially during the busiest times: weekends and Mondays, first thing in the morning, or after school and work. Wait times can be 10 minutes or less with an online reservation.

Urgent Care treats common illnesses plus minor emergencies such as:

• Colds, flu and sinus infections
• Sprains and joint injuries
• Cuts
• Sports injuries
• Skin conditions
• Eye infections

X-rays available at all locations.

Urgent Care Hours
Monday – Friday: 9 am – 9 pm
Saturday – Sunday: 8 am – 8 pm
Open every day except Christmas Day

Most insurances accepted | Open 7 days a week
LGHealthUrgentCare.org | 1-888-LGH-INFO (544-4636)

Easy to Use

You can make an online reservation any time after midnight on the day you want to be seen. You’ll usually get an alert message 20 to 30 minutes before your chosen time slot, although the system will adjust if a case is being handled that requires a little extra time. If you’re not at Urgent Care when it’s your turn, we’ll hold your spot for a few minutes, then take the next patient in line. After you arrive, you’ll check in on the tablet at the kiosk. Click “I signed in online” to let the staff know you have arrived. You will be called up to the registration desk to complete the registration process, and you’ll see a physician or physician assistant in minutes.

Of course, if you have a life-threatening injury or symptoms like chest pain, slurred speech, or difficulty breathing, call 911 or go to the nearest Emergency Room. But if you have a common illness, minor injury or headache, earache or back pain, go to lghealthurgentcare.org and reserve your spot at one of four LG Health Urgent Care locations.
Write from the Heart Introduces Family Writing Retreats

Melissa Greene, founder and teacher of Write From The Heart Creative Writing Workshops, in Lancaster, is now offering workshop retreats aimed at bringing families together to share the joys of creating. The workshops are devoted to supporting fun, camaraderie and connection through the arts. Families of all sizes are welcome. With a mission to keep the warmth of humanity in teaching, Greene introduces creative writing as a therapeutic path to playfulness, calm and deeper self-understanding. Her coaching combines compassion with a touch of mischief, to illuminate the wonder, beauty and hope that lies within us. Classes are a safe haven for all levels, where writing—without fear—becomes fun, freeing and a catalyst for courage and self-esteem. No grades, grammar or red pen. Sharing is optional.

“The best family reunion you’ll ever have!” notes one mother.

“It was a great way for us to reconnect, after our son was overseas for a semester. A wonderful way to find common ground as a family.”

Location: Write From The Heart Lancaster Studio (call for directions and fees). For more information, call 717-393-4713, email Melissa@WriteFromtheHeart.us or visit WriteFromTheHeart.us.

Fall Classes 2016

Women’s Intro Workshops
“Writing Without Fear”

Women’s Memoir Writing Workshop:
“Telling Our Life Stories”

Teen & Children Workshops
Beginning in January 2017. Please see website for dates.

Free Workshops for Cancer Patients and Caregivers
The Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA 8-week series, Wednesdays: Jan. 11, 18, 25, Feb. 1, 8, 15, 22, March 1 6:30–8:30 p.m. Registration required. Please call LGH Contact to register: 717-544-4636.

Lancaster Camera Club Art Show Opens December 2

This December, Mulberry Art Studios will host a glimpse at the world around us through the lens and eyes of the Lancaster Camera Club, showcasing their annual exhibition. The collection of fine art photography captivates us through stunning landscapes, incredible wildlife, fascinating people and places, and more. Discover for yourself our amazing world through this photographic journey. Join the artists for the First Friday opening reception on December 2, 2016, from 5 p.m. to 9 p.m. Prepare to be delighted!

Since the 1980s, the Lancaster Camera Club has been a meeting place for professional and amateur photographers to share and inspire the art of photography. The club hosts monthly meetings along with a wide variety of special events. Such events include juried competitions, photo shoots, field trips to photographic events and meetings, hands-on workshops, and lectures by notable photographers. This year the club has held open and themed competitions, along with a photographic challenge for members. The themed competitions for 2016 were Toys and Transformation. The photographic challenge centered on everyone using the same item as the subject of their photographs: a red plastic cup. The themes and challenges showcase another way in which the members of the club inspire and motivate each other to continually grow as artists. Heather L. Shugars is the club president, and John Flinchbaugh is the vice president of the club. For more information, visit www.lancastercameraclub.org or on Facebook at The Lancaster Camera Club Photographic Institute.
Frostbite and Your Feet

The cold weather will most certainly make its way into our local area at some point this winter. Exposure of your extremities to the cold weather can cause a multitude of local tissue injuries.

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

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

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

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

The most effective way to protect your feet against frostbite is to wear layers of socks and wear boots or gloves with a Gore-Tex lining. Obviously, when the signs and symptoms of burning and tingling start in the extremities, it is important to remove yourself immediately from that cold exposure and rewarm your digits. It is important to seek medical attention if blisters form or if pain persists in the affected extremities.

Michael B. Younes, DPM, FACFAS, ATC, is board certified by the American College of Foot and Ankle Surgeons. Dr. Younes received his Bachelor of Science in athletic training from the University of Delaware. His experience as an athletic trainer gave him an appreciation for the complexity of foot and ankle injuries. This led him to Temple University, where he received his Doctor of Podiatric Medicine in 2000. Dr. Younes’s surgical training at a level II trauma center provided him with focuses on foot and ankle trauma, diabetic foot reconstruction and podiatric sports medicine. He enhanced his sports medicine experiences while working with team physicians and athletes from the Philadelphia 76ers, Wings, Eagles and the U.S. Women’s Soccer Team. Dr. Younes enjoys mountain biking, camping, jet-skiing and fishing.

Michael B. Younes, DPM, FACFAS, ATC
Health & Wellness

At Smiles By Stevens, we are always striving to provide our patients with the newest and most innovative treatment. We’ve had many patients come to us with complaints about sleep apnea and snoring. We’ve heard from multiple people that their partner’s snoring habits have caused many a sleepless night. We are here to tell you there is help with a new device called Silent Nite. But first, let us explain what can cause these issues.

During sleep, muscles and soft tissues in the throat and mouth relax, shrinking the airway. This increases the velocity of airflow during breathing. As the velocity of required air is increased, soft tissues like the soft palate and uvula vibrate. The vibrations of these tissues result in “noisy breathing” or snoring.

Sleep apnea is a potentially serious sleep disorder in which breathing repeatedly stops and starts. You may have sleep apnea if you snore loudly and you feel tired even after a full night’s sleep.

For the majority of snorers, the most affordable, noninvasive, comfortable and effective snoring solution remains a dentist-prescribed snoring preventive device, such as Silent Nite®

Silent Nite is a custom-fabricated dental device that moves 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 transparent, flexible upper and lower splints. A simple dental impression is needed for us to send to our lab to have this device made. The splints are custom-laminated with heat and pressure to the dentist’s model of the mouth. The fit is excellent and comfortable, permitting small movements of the jaw (TMJ) and allowing uninhibited oral breathing.

If you have been looking for a solution for your snoring or sleep apnea, this may be what you are looking for. Please call our office and let us know if you would like to set up a consult. We would be happy to answer any questions you may have.

Trouble with Sleep Apnea and Snoring? You’re Not Alone!

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Want stable Dentures?

For a cost-effective way of replacing many missing teeth, dentures can be held securely in place with implants, providing a great improvement from traditional removable dentures.

• No need for denture adhesives, pastes, sticky gum or powders.
• Implants help to maintain your facial structures by preserving the remaining bone in your jaws.
• Minimizes wrinkles around the mouth by restoring lost lip-support
• Markedly improves your ability to chew—can eat whatever you want and enjoy your food again.

A lower denture may only need two conventional implants to give a completely life-changing transformation to your ability to chew foods, and smile with confidence. An alternative to this is four ‘mini’ implants—this requires very minimal surgery, and in many cases your current denture can be attached to these immediately.

Smiles By Stevens in proud to announce the addition of a board-certified anesthesiologist, Dr. Franco Picofazzi. Dr. Picofazzi will be providing safe and effective IV sedation for patients that are dental phobics. Call for a consult to see how Smiles By Stevens can make your dental experience comfortable.

We offer these services as well as many more at Smiles By Stevens, and we would love to help you! Call our office today with any questions. We would love to hear from you! 717.581.0123 • www.smilesbystevensdmd.com.
Heritage Design Interiors specializes in window treatments and décor for your home or workplace. We strive to provide designs and solutions that best reflect your needs and lifestyle. By listening to your desires, style, taste, and ideas, we will coordinate them into a look that is both beautiful and functional for you.

Year after year, our clients return to us because we listen to their ideas and then offer finishes and furnishings that best complement their space. They have come to trust our experienced designers to help them design and coordinate custom window treatments that enhance their home.

Heritage Design Interiors also offers custom window fashions, such as panels, draperies, swags, cornices, and valances, along with custom bedding, pillows, and window seats. You will be able to choose fabrics from our many fabric books that will complement your style of decorating. Whether you have a single window or a whole house to do, small or large budget, we have the experience, knowledge, and expertise to guide you through the process. The end result will be something that you will take pleasure in for years to come.

Now is the perfect time to start decorating your home so you are ready for the upcoming holiday events, parties and dinners. Stop by or give us a call.


From selecting the colors, patterns, and designs to professional measuring and installation, we take the worry and frustration out of window treatments.

Heritage Design Interiors has been a Hunter Douglas dealer since 1990. We offer 100% exclusively the highest quality blinds, shades and shutters available. All Hunter Douglas products are custom made specifically for your windows and manufactured here in the U.S. under the highest quality standards.

Stop by and check out the working displays of blinds, shades, and shutters. You can try out the different control systems, such as cordless lift, motorization, and ultraglide. With so many options and choices, it can be overwhelming. We can help guide you to the window treatments that most efficiently meet your needs and your budget.

Holiday Decorating Made Easy

Stop by and see beautiful holiday decorating in a Historic Inn. Five Christmas Trees and Five Fireplace Mantels decorated in different colors and themes. Decorated Open Staircase.

Great time to start your holiday decorating & shopping!

Holiday Floral Designs * Wreaths * Swags * Ornaments * Garland * Accessories * Santa’s * Reindeer * Home Decor * Pottery * Candles & More!

Gift Certificates Available

Great Selection of Custom Made Products

Drapery
Valances
Swags
Cornices
Sheers
Wood Blinds
Shutters
Silhouettes
Honecomb Blinds
Motorized Blinds
Shades
Bedding
Pillows & Runners
Shower Curtains
Re-Upholstery
Wall Covering
Area Rugs

Unique & Quality Finishing Touches

Accessories
Floral Designs
Lamps
Artwork & Mirrors
Accent Furniture
Pottery
& More

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1064 East Main Street
New Holland · 717-354-2233
(Located in Blue Ball, just west of Route 23 & 322)

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Z Motor Company Offers A+ Deals

Kyle Zemeski, President, and Kimberly Zemeski, Comptroller

by Ann Reid, RN, MA

According to car comparison site Edmunds.com, the very minute you drive your new car off the dealer’s lot, it loses approximately 11% of its value—and up to 20% in your first year of ownership.

Personal finance gurus often advise buying a late-model used car over a new car due to the first-year depreciation. Pre-owned cars cost less and have lower insurance premiums. Additionally, used cars’ durability and quality have significantly increased, with U.S. manufacturers pushing hard to catch up with the quality and value of foreign imports, so there’s less risk than ever in buying a quality pre-owned vehicle.

According to Kyle Zemeski, Director of Z Motor Company in East Petersburg, “We offer select, professionally chosen vehicles at East Petersburg, “We offer select, professionally chosen vehicles at East Petersburg, rigorously inspected, reconditioned and presented for sale in exceptional condition.”

“Not only that, we know it’s all about people. It can take 20 years to build a reputation and five minutes to ruin it. If you think about it like that, you’ll do things differently—and at Z Motor Company, we do. We offer our customers a wide inventory of select, pre-owned vehicles, with competitive financing options to help our customers save on their entire purchase so they can get the quality they expect with the deals they deserve,” says Zemeski.

Lancaster County Woman editor JoAnn Notargiacomo has first-hand experience with Z Motor Company.

“We recently traded in our old delivery truck and purchased a newer vehicle from Z Motor Company. I’m happy to report that it was a very comfortable experience.”

“Sales Manager Cory Knox is super nice, knowledgeable and a great person to work with. He answered all our questions and concerns and allowed us the time we needed without being pushy. He and Kyle Zemeski, the owner, treated us with respect and kindness, which took a huge amount of stress out of this purchase.”

“As a woman I’m not always comfortable negotiating price, and I especially don’t like the feeling that I’m being taken advantage of when making a large purchase. I can honestly say they aren’t your usual car dealers. “We shopped around and Z Motors had the best vehicles and prices in Lancaster County! These guys are terrific and they have our highest recommendation!” says Notargiacomo.

Seventeen-year-old Alex Forbes (son of Lancaster County Woman designer Kelly Forbes) purchased his first vehicle, a Mazda 3, at Z Motor Company.

“It was a very easy process. Buying my first car, I wanted to find a dealer I could trust. They explained everything throughout the process,” says Forbes.

“The car had low mileage and was a very fair price compared to other places I looked. Their service was excellent too. I am very happy with my car and will send my friends there!”

Alex Forbes loves his first car, a Mazda 3, purchased from Z Motor Company.

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You are the reason we do what we do. From the beginning of the day to the end of the evening, the focus of everything is about helping you and your family live the way you want to live.

We’re not naive enough to think that this, or any, advertisement would convince you to make a decision as personal and important as whom to trust with your family’s future. Nothing but a face-to-face meeting or two, along with perhaps a personal introduction from a close friend or family member, should help you make that decision.

This is a glimpse into who we are and how we’ve been helping people through four decades of good times, bad times, uncertainty, fear and exuberance. As you glance through this, a few serious concerns about your future may come to mind. If that’s the case, give us a call. Our phone number is 717-569-4004. We’ll do our best to answer any questions you have...at no charge. If your concerns require more than a phone call (or...are more significant than a phone call), or if you’re looking for a truly unbiased second opinion, we’ll invite you into our office, where we can share a cup of coffee and have an honest to goodness, old-fashioned, over-the-backyard-fence conversation.

Naturally, during our visit you’ll have questions for us. Questions like “How have you helped people in the past?” “Do we have the right blend of investments?” “How are you compensated?” “Can I afford to retire?” and “Can I afford to stay retired?”

Understandably, we’ll have questions for you: “What have you tried in the past?” “What keeps you up at night?” “Have you tried doing this on your own?” “What are your top-three financial concerns?” and “What are your top-three personal concerns?”

Typically, during our conversation one of two things happens. You may be very comfortable with us and our approach to helping people and you’d like to work with us. If that’s the case, we’ll discuss what the next step should be. (Here’s a hint: It’s not “get out your checkbook”). On the other hand, you may not be filled with warm and fuzzy feelings and you’d like to move on...and, that’s OK, too. We’re not a good fit for everybody. Either way, the coffee’s on us.

Martin Physical Therapy—Helping Through Good Times and Bad

October is National PT Month, and Martin Physical Therapy is trying to become as involved as possible in the community this month!

On October 4, 2016, Martin Physical Therapy joined 207 other volunteers to help build a park for over 500 neighborhood and school children! This project was led by a national organization called KaBOOM. Martin Physical Therapy shut down their doors for the day to help make an area where kids can play, every day!

This month Martin Physical Therapy will also hold interoffice fundraising events! One such event “Throwback Thursday,” is when employees are asked to throw some leftover change in the jar each Thursday. At the end of the month, JoAnne Lafferty, the PT office manager, will match up to $200 to donate to the Hanover SPCA!

Martin Physical Therapy will also be collecting art supplies from its employees, patients and anyone else who wishes to donate. These art supplies will be donated to York City schools.

In conjunction with Martin Foot and Ankle and The Right Shoe, Martin Physical Therapy collected new and used shoes for a shoe drive that ran the entire month of October. Shoes were donated to Goodwill locations in York, Hanover, Lancaster and Lititz, Pa.

To donate, please contact the nearest Martin Physical Therapy location. There are locations in Hanover, East York, Lancaster and Lititz, Pa.
Health by Design Natural Clinic, 717.556.8103
HBDClinic.com

GRAND OPENING: DECEMBER 3RD 10AM–3PM
Join the RÊVE-olution in healthy body sculpting and weight loss.
• Lose fat in target areas
• Tighten skin
• Diminish cellulite and stretch marks
• Get results fast
• Safe, no surgery
• No downtime, side effects, pain
• Relaxing spa-like experience

CONSULT & FIRST VISIT FREE
Buy any package, get 6 sessions FREE
Offers good until December 31, 2016

Call Today! 717-556-8103
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We Provide Functional Assessments For Adults & Children:
• Hormones • Chronic Fatigue • Immune Support
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• Affordable Massage/Detox Packages & more...

Use your Health/Flex Savings Account

Over 30 years’ experience
Trinity Natural Health Center, 352 E. Main St • Suite 100 • Leola PA
(Corner of Trinity Dr. and E. Main St.)

Lancaster County’s Best-Kept Secret

Evaluating people about the benefits of natural health and building a one-stop shop for natural-health modalities have always been Jeannie Peck’s goals for her Lancaster County–based clinic, Health by Design Natural Clinic, housed within Trinity Natural Health Center in Leola. Peck is a Traditional Naturopath with certifications in functional medicine, hormone balancing, gluten and food sensitivities, medicinal herbs, micronutrient assessments, chronic pain management, anti-aging facials, and needle-less acupuncture. In addition to helping many clients who live out of the area to address their health concerns via phone and Skype consults, she has been servicing Lancaster County residents for over nine years in her natural-health clinic.

She refers to herself as a health detective, putting all the pieces of your health history together to discover the root cause of your health concerns. “In our clinic, we provide functional assessments of hormones, digestion, immune system, and Lyme screenings, and make recommendations using natural modalities such as vitamins, minerals, herbs, detoxification services, essential oils and therapeutic massage, along with various energy modalities,” states Peck. “We’ve also had hundreds of success stories with our weight-loss programs through the years!”

Peck is a researcher at heart and is always looking for the most effective therapies for her clients to get the best results. When she was introduced to LED light therapy as a way to permanently remove fat from fat cells without damaging the cell, the wheels of her scientific mind started turning. She knew this type of fat-loss program would greatly enhance her clients’ weight-loss results, and she spent over a year learning all she could about the technology. She started gathering information and eventually found the answer she knew would benefit her clients the most and decided to add this service to her natural clinic.

Peck, along with business partners Melissa Byers, Licensed Massage Therapist, and Anita Colon, businesswoman, are excited to announce the grand opening of RÊve Body Sculpting, located in the Trinity Natural Health Center in Leola, Saturday, December 3, 10 a.m.–3 p.m. RÊve’s philosophy of getting to the root cause of weight-loss challenges uses the most proven and safe fat-loss treatments to help women and men feel better, lose inches faster and keep the pounds off for good! While other services such as laser lipo, freezing and liposuction destroy fat cells and damage cell membranes, their LED lights do not. The technology uses your body’s own fat-release process to target specific problem areas to naturally get rid of fat with no downtime, no bruising and no pain, in a relaxing, spa-like atmosphere. Fast, permanent, healthy fat loss—what could be better to make you look great and feel even better?

Health by Design Natural Clinic, Mindful Massage by Melissa, and RÊve Body Sculpting are located in the Trinity Natural Health Center (off Trinity Drive), 352 E. Main St., Suite 100, Leola, Pa.

Health by Design
Natural Clinic, 717.556.8103
www.HBDClinic.com
RÊve Body Sculpting
717.207.7729
www.Revebodysculpting.com

GRAND OPENING: DECEMBER 3RD 10AM–3PM
Join the RÊVE-olution in healthy body sculpting and weight loss
With the holiday season—and gift-giving season—in full swing, many of us inevitably have to confront the dreaded question: What do I get for the person who has everything? Before picking up that catalog or clicking open your browser, consider stopping by Lancaster’s alternative gift fair, Gifts That Give Hope, which will be held on December 10 from 10:00 a.m. to 4:00 p.m. at the Lancaster Farm and Home Center.

“Alternative gifts are fantastic because they are gifts that give twice. Instead of a material item, a donation is made in someone’s name or memory to a worthy cause. Both nonprofits and the giver benefit from the show of generosity,” explained Jenn Knepper, who founded the Lancaster Gifts That Give Hope fair in 2008.

Since then, Gifts That Give Hope has raised over $175,000 for 50 different nonprofit organizations. Over the years, the fair has continued to evolve by adding fair trade, sustainable or social enterprise goods for sale.

“I’m really excited for this year because first, of all the amazing organizations we have represented, and second, because our fair falls on December 10, which is Human Rights Day. Truly, this fair is a celebration of human rights and a celebration of humanity as a whole,” said Knepper. “We are all born free, and we all can help create change in the world by working together,” she continued. “I’ve always believed that teamwork is the key to success, and watching people come together to help each other is intensely gratifying. We can accomplish so much more together than we could do individually.”

This year, 30 different nonprofit organizations will be representing a diverse array of opportunities to give and support, from Britney’s Hope, which aids in helping abandoned children around the world, to Lancaster County Reach Out and Read, which promotes literacy, to Heifer International, which supports ending hunger and poverty. Each organization provides a “wish list” of donor opportunities.

Also on hand are a number of fair trade organizations that offer fair trade, sustainable or social enterprise items for sale. For example, both Bead for Life, with beaded jewelry and skin-care items, and revolution, which offers leather-made jewelry and key chains, are organizations which empower women and enable them to build better lives for themselves and their families. Other goodies available include clothing for the whole family, paper products, personal-care products, olive oil, chocolate and coffee.

According to Knepper, the atmosphere of the fair is invigorating. “The spirit of altruism in the air and sight of everyone coming together in the community is special—almost indescribable,” she said, adding that annually, Gifts That Give Hope raises an average of $23,000–$25,000 per year.

For more information on Lancaster’s Gifts That Give Hope, or for a complete list of organizations and opportunities, visit their website at www.gifsthatgivethope.org/lancaster.

Martin Foot and Ankle Physician Helps Raise 100K for Women’s Health

Dr. Younes from Martin Foot and Ankle has helped raised over 100K for the Young Survival Coalition during Tour De Pink in September.

Dr. Younes and his team, The Clydesdales, participate in the 220-mile bike ride annually, but this year they were able to raise more than any other team.

This year they had a new member join their 28-rider team: a young lady who is stricken with breast cancer again (stage 4) with metastasis to her bone and liver. She battled at 21 and subsequently had a relapse.

Their entire team welcomed her with open arms and “drafted” her along the entire 220 miles. We effectively referred to our draft zone behind the big guys as “the vacuum on inner space,” as there was SOOOOO much air being pushed for her, she was able to complete the entire tour without difficulty. At first she questioned whether she would be able to complete it while going through chemo.

The Young Survival Coalition is the premier organization dedicated to the critical issues unique to young women who are diagnosed with breast cancer. YSC offers resources, connections and outreach so women feel supported, empowered and hopeful.
Are there any benefits to an elective ultrasound? Should you choose one?
These questions are asked often, and the answers might surprise you.

Nondiagnostic, or elective ultrasounds have several benefits, the most important being the bonding that happens between the parents, siblings or grandparents and the unborn child. We often see parents quietly observe their unborn child, but they become more vocal and animated when they realize that their unborn child can hear them. Through elective ultrasound, parents gain a connection to the child—a connection that is continued once the ultrasound is over. A truly wonderful benefit is for the parents to talk more often to their unborn child, rush the pregnant belly so as to interact with that unborn child and to love it more through these interactions due to the bonding that happens as a result of the nondiagnostic ultrasound.

A benefit rarely talked about is how mothers pay more attention to the stimuli that they introduce to the unborn child. Through nondiagnostic ultrasound, a mother realizes that what she feels, eats, hears and speaks become stimuli to the unborn child. They see a direct correlation between the juice they drink and “tasting” that the unborn child does as it smacks its lips. They realize that their child is curious as it opens its eyes in the womb while listening to the mother’s or father’s voice. They become aware that the unborn child can even be startled by loud noises, a barking pet or a loud sibling.

Our nondiagnostic ultrasound also gives the family many pictures. Diagnostic ultrasounds are mostly conducted in 2D, but our nondiagnostic ultrasounds are performed in 3D/4D. We offer this area’s first and only HD ultrasound experience. The HD mode is the newest in ultrasound technology. It offers amazing, realistic and truelife images by using advanced skin rendering techniques. Our machine has six different HD settings, which will eliminate most of the “waves” or “white noise” interference that the 3D mode typically allows. The LIVE mode is absolutely amazing! Call us today for more information, or visit our website at wombwthaview.com.

Health Insurance Marketplace Open Enrollment Now Through Jan. 31, 2017

If you need help comparing plans or filling out an application on the Health Insurance Marketplace, Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center are once again offering free assistance during Open Enrollment, November 1–January 31, 2017. Appointments may be made with the hospital’s certified assisters by calling (717) 358-7318 or (717) 625-5558, or can be booked online: www.GetCoveredAmerica.org/connector.

The Affordable Care Act (ACA) was passed in 2010, and this year’s Open Enrollment marks the fourth annual campaign to extend healthcare coverage to citizens who would otherwise be uninsured. More than 13 million people enrolled in Marketplace plans for 2016.

News of several large insurers either reducing their participation in the upcoming Marketplace, or exiting it altogether, has spurred concern about rising premiums (monthly fees) and higher deductibles (predetermined amounts of healthcare expense an individual pays before health plan coverage “kicks in”).

However, Kaiser Health News (KHN) reports the majority of enrollees will be insulated from premium increases, since eight in 10 receive subsidies based on income/household size. (As premiums rise, subsidies increase.) KHN also projects any changes to premiums or deductibles will vary widely state to state, and in some instances, even county to county, since the number of insurers in each location influences competitive pricing, and insurers continuously enter and exit different markets.

“There are always questions concerning changes to premiums, deductibles and out-of-pocket limits before Open Enrollment launches each year,” explains Brooks Turkel, Market CEO of Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center. “This will always be the case as insurers enter and exit different markets. But what is consistent, year to year, is the value of the Marketplace. Millions of people are able to sign up for insurance who otherwise wouldn’t have access to care, or who would face a financial crisis due to medical bills.”

Majority of enrollees will receive assistance
To help make health insurance affordable, the government uses household income to determine who is eligible for financial assistance. This aid might include advanced tax credits to help pay for premiums, or discounts on co-pays and deductibles. As in past years, a majority of enrollees are expected to qualify for some type of financial support in 2017. Individuals who are reenrolling on the marketplace are encouraged to reevaluate and compare plans, as the lowest-cost option can change from year to year.

“I think this is where our certified assisters add so much value,” says Turkel. “They know how to explain the pros and cons of each option, and they carefully screen each person to make sure any subsidies toward premiums, or any discounts available for deductibles or copays, are accessed.”

All health plans on the Marketplace must offer a comprehensive set of benefits, and coverage cannot be denied for individuals with a preexisting health condition. Some of the health benefits include free preventive care and wellness services, doctor visits, prescription drugs, hospital and emergency department care, lab services, pediatric services, and mental- and behavioral-health treatment.

Penalties
Individuals who are eligible for health insurance who do not purchase coverage not only pay a penalty when filing their tax return, but they also forfeit financial help with healthcare expenses throughout the year. The penalty is either 2.5% of family income or a predetermined flat rate, whichever is higher. The 2016 penalty was $695 per adult, $347.50 per child, with a maximum fee of $2,085; these fees will be adjusted for inflation in 2017.

Medicaid
Medicaid is a joint federal-state program which covers healthcare expenses for individuals within specified income brackets. In an effort to offer healthcare coverage to more citizens, many states, including Pennsylvania, have expanded Medicaid eligibility to more people can qualify. The certified assisters at Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center can help you determine if you qualify for Medicaid.

Though a major function of www.healthcare.gov is assessing whether individuals and families qualify for financial assistance to lower the cost of health insurance, Lancaster Regional and Heart of Lancaster Regional Medical Centers’ application counselors can perform the same analysis and help with enrollment and reenrollment. To make an appointment to meet with an application counselor, call (717) 358-7318 or (717) 625-5558.

The Ultimate HD Ultrasound Experience!
First and Only in the area
1630 Manheim Pike, Ste 2, Lancaster, PA 17601
717-394-4447 wombwthaview.com

Benefits of an Elective Ultrasound

The HD mode is the newest in ultrasound technology. It offers amazing, realistic and truelife images by using advanced skin rendering techniques. Our machine has six different HD settings, which will eliminate most of the “waves” or “white noise” interference that the 3D mode typically allows. The LIVE mode is absolutely amazing! Call us today for more information, or visit our website at wombwthaview.com.
Share Your Blessings

Boys & Girls Club  
2016 Holiday Collection Drive

Each year, the Boys & Girls Club of Lancaster tries to identify the greatest needs of our families and collect donations to fulfill these needs that are not already being met by other local programs. For many of our families, their greatest needs are often the most basic: school uniforms, toiletries, household items, new shoes, and winter clothes. We will focus our collection efforts on doing what we can to help our families with these essential items. Your generous support will help make the holiday season a time of joy and celebration for the children we serve. All donations will go to children and families who are members of the Boys & Girls Club.

The 2016 Holiday Drive will focus on collecting:

Gift cards of any amount to the following locations:

- Giant, Weis Markets, Stauffer’s, or Mussler’s
- CVS, Rite Aid, or Walgreens
- Wal-Mart, Target, or K-Mart
- Old Navy or Payless Shoe Store
- Dollar Tree, Staples, or OfficeMax

School uniforms of all sizes, for boys and girls*

- Pants, skirts, and jumpers: khaki or navy
- Plain-collared tops and sweaters: navy, light blue, or white

Donations will be accepted at the Hill Clubhouse, located at 116 S. Water Street, Monday through Friday from 9:00 a.m. until 5:00 p.m.

To ensure timely distribution to our families, we kindly request that all donations be dropped off on or before Monday, December 19.

Thank you for helping to make warm holiday memories for children and families in our community.

*Only donations of brand-new items will be accepted.

Mom’s House ~ Providing free day care in Lancaster; ensuring low-income, single parents can complete their education.

Choosing life should not mean choosing poverty.

WISH LIST

Paper towels  
toddler spoons  
Potty cups  
100% juice boxes and juice  
canned fruit  
canned vegetables  
1-3 jar baby foods  
soft soap  
hand soap  
healthy snacks (teddy grahams, pudding, goldfish, nutrigrain bars etc.)

diapers size 1-5  
training pants  
lavender detergent  
kitchen & bathroom cleaner  
dishwasher solution  
dishwashing soap  
wipes  
surgical gloves (large)

MOM’S HOUSE®
415 South Queen Street  
PO Box 787  
Lancaster, PA 17608-0787  
717-396-9130  
www.momshouselancaster.org

Milagro House provides education, housing and support for women and their children experiencing homelessness.

“Milagro House has been a huge blessing to me. In addition to the support of the staff, I have been able to go to school and just completed my Dental Assistant training. But the biggest blessing has to be the fact that my kids finally get to see their mother doing something positive in her life. I am so grateful for everything they have done for me and my kids.” ~ Nanette

Operating since 1998, we have served over 1,700 women, giving them the skills to move from poverty and dependency to self-sufficiency and independence.

Please call us to find out how you can help at 717-509-1401.
Donations can be made online at www.milagrohouse.org, or by mail to 669 West Chestnut Street, Lancaster, PA 17603.

The Milagro House Family Wishes You and Your Loved Ones
A Blessed Holiday!
Domestic Violence Services of Lancaster County
Catalyst for Change

24-Hour Hotline: 299-1249
32 Years of Giving a Voice to Victims
DOMESTIC VIOLENCE SERVICES OF LANCASTER COUNTY
A Community Action Program of Lancaster County
299-9677 • www.dvslanc.org

Wish List for Women
The holiday season can be a difficult time for domestic violence victims who may be in the emergency shelter or else struggling outside to build a new life. Each year, DFS receives many gifts for children and teens, but not so many for their mothers. We’re hoping our generous donors will remember the ladies as well this year. Below are some suggestions.

GIFT CERTIFICATES
Grocery stores • Department stores • Shoe stores • Movies
Restaurants • Haircuts, styling • Manicures/pedicures

PERSONAL AND COMFORT
Robes (sm–plus sizes) • Sleep pants and tops (sm–plus sizes) • Slippers (sm–xl)
Socks (women’s 8–10) • Underwear (sm–plus sizes) • Sports bras (sm–plus sizes)

BEAUTY
Curling irons • Hair dryers • Nail polish • Beauty gift baskets

HOUSEWARES
Dinnerware • Utensils • Can openers • Blankets • Sheet sets • Small kitchen appliances

CAR CARE
Gas cards • Gift certificates for Firestone, Pep Boys

ELECTRONICS
Tablets • iPads • mp3 players • CD players • Headphones

Conestoga Valley Christian Community Services (CVCCS) was born out of the caring hearts of neighbors and churches in the Conestoga Valley School District to help meet the growing needs of the poverty stricken and homeless in our community.

In the past couple of years, we have seen a growing number of families and individuals in our community struggling to adequately feed, clothe, and house themselves. Some of these families have lost their homes and are now staying in motels, living with friends/family, or in other temporary situations that offer little safety or comfort. CVCCS works closely with the Conestoga Valley School District to identify these families and help provide the necessary staples to feed and clothe their families.

In the near future, we hope to add more counseling, training, and mentoring programs to the children and families that are struggling with love and conviction is - quite honestly - difficult.

Ours is a great calling, as you well know. In today's political and social climate, providing food, clothing, and shelter to the children and families that are most at risk of homelessness.

Your contribution will make a world of difference in the lives of those who are suffering. With your help, CVCCS can continue to make a difference in our community. Please consider committing to support CVCCS and its programs, whether as a one-time donation, an end-of-year giving, or monthly partnering with our organization.

240 Gehman Lane Blvd. 1000 Lancaster PA 17602 (717) 208-3711 www.cvccs.org

CVCCS is a registered 501 C(3) nonprofit organization. All donations are tax deductible.

Share Your Blessings
24-Hour Hotline: 299-1249
32 Years of Giving a Voice to Victims
DOMESTIC VIOLENCE SERVICES OF LANCASTER COUNTY
A Community Action Program of Lancaster County
299-9677 • www.dvslanc.org

Help Someone Escape Homelessness
We serve people escaping from homelessness. That’s a 24/7 role, and it’s made possible by your donations of food, clothing, everyday essentials, and hundreds of volunteers giving their time and talent to serve those in need. Please visit wsm.org/make-an-impact/volunteer-with-us.

Donate Food:
Coffee, creamer, sugar
Turkeys (8–12 pounds)
Ham (8–10 pounds)
Chicken (whole, boneless breast or quarters)
Beef
Bacon
Egg Noodles
Rice (white or brown, please no instant)
Potatoes
Butter
American Cheese (sliced)
Shredded Cheddar and Mozzarella
Rice (White all-purpose)
Brown Sugar
Granulated White Sugar
Pancake Mix
Spaghetti Sauce
Fresh Vegetables for Salad
Canned Vegetables, Soup
Gravy
BEEF STICK
Chicken Stock
Juice: OJ and Apple
Salad dressings and condiments
Cereal (hot and cold)

Donate Goods:
Baby Wipes
Baby Shampoo
Baby Diaper Cream
Diapers Size 4, 5 and 6
Diaper Bag
Men & Women's Razors

CVCCS is located off of Witmer Road and offers:
• CVCCS food bank
• Summer lunch program
• Christmas Hope Gifts Program
• Thanksgiving and Christmas Food Box Giveaway & Community Day

In the near future, we hope to add more counseling, training, and mentoring programs for the children and families that are most at risk of homelessness.

Your contribution will make a world of difference in the lives of those who are suffering. With your help, CVCCS can continue to make a difference in our community. Please consider committing to support CVCCS and its programs, whether as a one-time donation, an end-of-year giving, or monthly partnering with our organization.
Beth Crosby and Love INC/Homes of Hope

by Susan Cherie Beam

Homelessness, as a social concern, is a complex issue, and many people who are facing the challenge of living without a stable address remain largely invisible.

Beth Crosby, director of Homes of Hope at Lancaster’s Love Inc., understands this complexity. With a life shaped by experiences which fostered skills in guidance and advocacy, and guided by faith and a sense of service in the community, Crosby remains a voice for those who may not always be heard.

Born and raised in Rochester, New York, Crosby credits a childhood experience with first sparking her interest in public service.

“When I was a teenager, my father was commissioned to oversee the building of a new plant in Guadalajara. I spent my sophomore and junior years in Mexico, and I consider it to be my real education—the exposure to a different culture,” she said, adding that when it came time to return home, she wanted to stay.

After returning to the States, Crosby finished high school and obtained her undergradu-

degree in urban studies with a minor in Spanish from Ohio’s College of Wooster. She later completed a Master of Arts in Teaching degree in education, with a focus in guidance counseling and special education.

In 1981, she moved to Lancaster County and spent much of her professional life working in educational settings in a variety of positions, including both the public and private sectors, in early childhood through adult education, and also as an administrator.

She also remained active in volunteering, serving with Habitat for Humanity for 30 years.

Then, in 2012, a chance email from a friend informed her of the job opening at Love INC.

“I saw it as an opportunity to combine my interest, skills and experience and be an advocate for families,” she said. “Working in terms of being an advocate for people who may not be able to be their own advocate has always been part of my life.”

According to Crosby, Love INC’s Homes of Hope program is designed for families in transition, and is one of the only organizations that works with all kinds of families—from single parents to grandparents raising children in the preK to 18 age range—to place them in homes within the children’s school districts and mentors them through decision-making and moving forward in positive directions. Currently, they have 11 homes in eight different districts across Lancaster.

“We try to be like the hands and feet of Christ, to walk with people—not to be in front or to be pushing, but talking about different options and considering different consequences,” she explained.

As director of Homes of Hope, Crosby serves in a variety of roles—from meeting with the communities to supporting the volunteer mentors and budget coaches who are working directly with the families.

“I love what I do, and in many ways I receive more than I give. To me, watching those relationships develop is incredibly valuable,” she said.

Crosby also credits her faith as foundational, and says that her experiences have allowed her faith to blossom.

“I’m now more willing to speak openly about it, and to think about how faith can look different in people’s lives,” she commented.

When not serving the public, Crosby enjoys spending time with family, traveling, volunteering, and attending cultural events. For more information about Love INC and Homes of Hope, please visit loveinc lancaster.org.

Treats ’N Treasures

Christmas Bazaar at Leacock Church

Leacock Presbyterian Church, 3181 Lincoln Highway East, Paradise, is hosting its annual Christmas bazaar, “Treats ’N Treasures,” on Saturday, December 5, from 8 a.m. to 2 p.m. The proceeds of the bazaar, run by the women of the church, will go toward church enhancement.

“Treats ’N Treasures” will feature handcrafted gifts and ornaments, gift baskets, homemade cookies, breads, fudge, and those famous peanut butter bon-bons, plus fresh wreaths, grave sprays and table centerpieces, canned goods, homemade cards and gently used holiday items. An interactive train display created by the Pequea Valley Model Railroaders will greet shoppers, who are encouraged to stop by the Holiday Cafe to enjoy homemade soups, sandwiches, sticky buns, donuts or pies. Admission is free.

Leacock Church is handicapped accessible. For additional information, readers may call the church at 687-6619 or go to www.leacockpres.org.

Christmas Candlelight Tours at the Herr House

Transportation and travel are the focus of this year’s Christmas Candlelight Tours at the 1719 Hans Herr House and Museum. Guided by candlelight, the tours will cover a large portion of the Herr House grounds, including for the first time the Lancaster Longhouse and the 1835 Shaub House. This annual celebration runs on the evenings of December 1, 2, and 3.

Becky Gochnauer, director of the Herr House, says “the spirit of family and celebration are certainly part of this Christmas tradition.”

Guided by candlelight, guests will travel by foot, horse-drawn covered wagon, and tractor-pulled wagon as they hear stories told by Pa and Ma Huber. They will speak about travel, the experience of immigration, the state of the roads, and hopes for the destination. There will also be some tavern-style food for sampling. The evening will conclude in the Herr House’s stube (living room) with a reading of the Christmas story from Luke 2, singing “Silent Night” in German, and a Christmas surprise.

Following the tours, participants are invited to linger around the fire for hot chocolate and pretzels. Herr House smoked sausage will also be available for purchase.

Tickets cost $10 for adults, $5 for children between seven and 12, and free for children six and under. Tours run every 20 minutes from 6 to 8 p.m. on Thursday, December 1, and Friday, December 2; they run from 5 to 8:30 p.m. on Saturday, December 3. Advance registration is required; tickets can be purchased at www.hans herr.org or by calling (717) 464-4438. Participants should dress for the weather and plan to walk throughout the evening, as a large portion of the Herr House property will be covered.

The 1719 Hans Herr House is located at 1849 Hans Herr Dr., Willow Street, Pa. The 1719 Hans Herr House Museum contains buildings and exhibits tracing the formation of Lancaster County and early America. The 1719 House itself is the oldest building in Lancaster County and the oldest surviving Moravian place of worship in the Americas. It is located at 1849 Hans Herr Dr., Willow Street, Pa.

Christmas Candlelight Tours is one of over 50 Lancaster Roots 2015 events, organized jointly by the Lancaster Moravian Historical Society and the 1719 Hans Herr House & Museum. For a full schedule of events, visit Lancaster Roots.org.
Spay and Neuter Pet Clinic

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 lifesaving 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 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 via blood work. Knowing about these issues beforehand allows us to use the safest anesthetic and postoperative medication protocol possible for the health and well-being of your pet.

Our spay-and-neuter services are provided by the Servant Stage Co. Cost is $20 inclusive.

If your pet is over the age of 2 and 8 years of age, it is recommended that you get a routine blood-work screening of them done at the 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 via blood work. Knowing about these issues beforehand allows us to use the safest anesthetic and postoperative medication protocol possible for the health and well-being of your pet.

Lancaster Christian Women’s Club

Joyfully Invites All Ladies to “Celebrations” Luncheon

BENT CREEK COUNTRY CLUB
620 Bent Creek Dr., Lititz, PA 17543

Wednesday, December 7, 12 Noon

FEATURE: Saint Nicholas

“A Narrative from a Merry Ole Soul”

SPEAKER: Lorraine Potter Kalal,
President and CEO of Stonecroft Ministries, will share “A Great Story of Love and Acceptance.”

Our MUSIC will be provided by the Servant Stage Co. Cost is $20 inclusive.

Invite a friend and “Do Lunch” with us.

For reservations, call Sue at 989-0321 or email lancaster_north_cwc@hotmail.com.

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 lifesaving veterinary care to strays and animals.

We have rescued and adopted out over 350 cats this year.

PET PANTRY Of Lancaster County

26 Millersville Road
Lancaster, PA 17603
(717) 983-8878

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

Become a 2017 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
EarthTalk™ – Can Virtual Reality (VR) Help Save Reality?

Have environmentalists started using Virtual Reality (VR) to further their cause?

— Benjamin Pine, Forest Hills, NY

Virtual reality (VR) is no doubt the hottest thing in electronics and entertainment today, with “immersive” 360-degree experiences increasingly available via the click of a mouse or tap of a screen. And while it’s hardly a new concept, it’s only recently that the click of a mouse or tap of a screen is becoming the hottest thing in electronics — and entertainment today, with the immersive 360-degree experience of cutting down a virtual tree, or to chop down a virtual tree, or to chop down a tree using Virtual Reality (VR) – Benjamin Pine, Forest Hills, NY

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.

“Virtual reality can can give everyone, regardless of where they live, the kind of experience needed to generate the urgency required to prevent environmental calamity,” Stanford professor Jeremy Bailenson told Yale Environment 360. “One of the greatest challenges to staying off irrevocable climate change isn’t simply getting buy-in from skeptical politicians—it’s getting people to visualize how driving a gas-guzzling car or living in an energy-inefficient home is contributing to a problem that may only manifest itself completely in future decades.” Earlier this year the lab unveiled a short VR documentary and interactive VR game to help explain ocean acidification, a slow-motion and hard-to-explain process whereby excess carbon dioxide in the atmosphere dissolves in the ocean, upping acidity levels and altering marine habitats accordingly. Google Expeditions, a VR educational program from the Internet giant, has shared sections of VHIL’s ocean acidification documentary with over a million schoolchildren around the world as part of its beta release, and will likely reach many more as the program is rolled out to new audiences in coming months.

One of VHIL’s earlier experiments asked participants to either read a description of the experience of cutting down a tree, or to chop down a virtual tree using VR. “In following tests, those who took part in the VR simulation reduced their usage of paper products by 20 percent in comparison to those who did not,” reports the Triple Pundit blog. “In another experiment, test subjects were asked to virtually eat coal while bathing in order to fully understand the amount of resources they require to enjoy a hot shower.” Yale Environment 360 reports that VR is also now being used more often in academic circles and to support policy initiatives, such as to create 3D representations of pollution or other human impacts.

Not to be outdone, famed nature filmmaker David Attenborough has kicked off a new series of VR nature films by documenting a recent dive expedition into Australia’s Great Barrier Reef in VR. Attenborough hopes to spark interest in protecting nature and wildlife by producing and distributing VR experiences that entertain and educate viewers through immersion in some of the world’s most iconic environments.

Given the popularity of VR and the increasingly lower costs of producing content, we can expect to see many more immersive experiences to stir up enthusiasm for reducing our environmental impact and protecting vanishing nature and wildlife.


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.

November/December 2016 32 Lancaster County Woman
Spirit of Service: Navy Officer Receives American Legion Auxiliary Award

**Lt. Evita Salles**

*By Mass Communication Specialist 2nd Class Brandon Martin, Navy Recruiting Command*

For nearly 100 years, the American Legion Auxiliary (ALA) has been dedicated to serving those who have also served. Whether through volunteer work or simply promoting volunteerism, Auxiliary members never waver from their commitment to honor military veterans and their families.

Beginning in 2003, the ALA broadened its focus from honoring military veterans to also honoring those who are on active duty by founding the Salute to Active Duty Servicewomen Award.

The latest servicewoman to take home the award for the Navy is none other than Navy Recruiting Command’s (NRC) own Lt. Evita Salles, who was named the awardee at the American Legion Annual Conference in Cincinnati, on Aug. 30.

Currently serving as NRC’s director of reserve officer accessions, Salles has been drawn to a life of service from an early age.

“I have wanted to join the Navy since high school when I was a part of the NROTC unit,” said Salles. “There, I was first exposed to the Navy, and I knew this was the place where I could grow and thrive to the best of my abilities and have a rewarding experience.”

And a rewarding experience she has had indeed. The Neptune, N.J., native couldn’t be more thrilled to accept the ALA Salute to Active Duty Servicewomen Award.

“It was a tremendous honor receiving this award and being recognized by the American Legion Auxiliary,” said Salles. “It is a reminder to me that I am on the right track with what I am doing with my life, and it motivates me to keep on striving to higher levels of excellence.”

In addition to tangible awards, Salles will be the first to admit that her time in the Navy has also provided her with rewards that aren’t as shiny but, undoubtedly, just as valuable.

“The military has shaped me in ways I could never have imagined since I first joined in November of 2007,” said Salles. “I am so much more mature, wise and educated than I was 10 years ago. The Navy has sharpened me spiritually, physically and mentally by challenging me to be the best version of myself through everyday occurrences and opportunities. Every day in the military is an opportunity to do well for others and for one’s self.”

Throughout her career, Salles has been given the chance to serve in a variety of career fields, from public affairs to Naval Flight Officer to her current field of human resources. Whatever community Salles was involved in, she credited the Navy for providing so many opportunities to her.

“Overall, the Navy has sharpened me as a person in so many ways,” said Salles. “I’ve done such a variety of jobs and projects within the Navy that span several professional areas of expertise. No other service allows you the opportunity to be a part of several communities and thrive like the Navy does.”

After serving in so many different communities, Salles has found that serving others provides a level of self-satisfaction as well.

“One time I was running the PRT, and when I finished I noticed there were several people behind me who were still running,” said Salles. “One girl in particular struggled with her run and I felt compelled to go back and run with her until she finished strong, even though I was super tired. I wanted to do what I could as her fellow shipmate to motivate her to press on to the best of her abilities. I felt a sense of duty and obligation to do what I could with what little help I had left in me to help someone else. This is how I feel each time I serve others, whether it’s for a large project or something as small as helping someone off their feet.”

Whether it is motivating someone through a run or solving problems as a human resources officer, it is clear that Salles is all about the people she works with.

“I’ve done lots of mentoring, which is something I am very passionate about,” said Salles. “I love working with and helping people and enjoy the privilege of serving. I’ve learned so much from people who’ve led me, those I’ve led and, of course, my peers.”

Though she has met some great people during her time in the Navy, it was an old friend who finally brought Salles to the attention of the ALA.

“I was nominated by my good friend, Doreen Gallagher, who actively volunteers with the ALA,” said Salles. “We have been friends since elementary school, so she knows me pretty well. She knew of the types of things I have been involved with both within the Navy and outside the Navy, so she felt I would be a great pick to nominate for the award.”

Having known Salles for so long, Gallagh- er was certain her childhood friend would be a perfect candidate for the award.

“Lt. Salles embodies the American Legion Auxiliary Mission Statement of ‘in the spirit of service, not self’ in her personal life and in her military career,” said Gallagher. “She showed her commitment to the local community by participating in local community service projects and being involved in her local church. I am absolutely thrilled that she won this award. It truly is an honor to know her personally. She is truly deserving of this award.”

Aligning with her values of service, Salles recognizes the importance of the ALA and looks to inspire others to the noble cause of the organization.

“The ALA does so much volunteer work for veterans, military service members and their families, and they have so many incredible projects and programs going on throughout the year,” said Salles. “They truly embody the spirit of service!”

While the Salute to Servicewomen Award is certainly rewarding for Salles, she knows her work is far from being done.

“After I retire someday, I’d love to continue serving and leading others within the military or another organization—whenever I am called to serve,” said Salles. “I hope that my children and future generations will continue the family tradition of loyal and devoted military service to others. I hope to continue growing and maturing spiritually, mentally and physically toward the best version of myself and helping others do the same. I will not stop growing, serving and helping others until it is my time to go. I am drawn to step in and help my fellow man and woman with all that I have whether it’s my last few breaths or my full capacity. I believe I am called to do this, and it makes me feel fulfilled and alive.”

If you or a loved one are planning a move in the future, this will give you something to think about!

For months, you’ve anticipated this day, often with excitement and sometimes with dread. Unbelievably, everything has finally been packed. You make a list of the remaining tasks to be completed in the morning, and look forward to a long, hot shower before bed.

Except, you’ve packed the shower curtain. In which box?

No problem, you decide to take a bath instead—and realize that you’ve packed the towels. You’re unable to locate the box containing things from the linen closet, but find a carton with dish towels in it and decide they will have to do.

Since it is getting dark, you reach for the lights and realize that the only lamp not packed is the pole lamp in the study. You move five packed wardrobes searching for a receptacle to plug it into.

The movers will arrive before 8 a.m.—better set your alarm for 6 a.m.—except that you’ve packed the clock radio. You could call your daughter (who is always up early) to call you, but the only telephone not packed is the one in the kitchen. You remember a travel alarm clock in your dresser, and this problem is solved.

At a time like this, comfort is needed. You decide that a pint of chocolate ice cream in the freezer will do just the trick. When you open the freezer door, you are astonished to see that the freezer is full. You used up the refrigerator food, but forgot about the freezer. Is there a cooler in the basement? If not, you may have to eat two gallons of ice cream tonight.

You take the plastic spoon you’ve set aside for coffee in the morning and dig in. Feeling very full, you lift the covers and get into bed. As your head hits the pillow, you remember that in the morning you will need to strip the bed. Bed linen, mattress cover, pillows and blanket will need to be packed. You try to remember if you’ve saved a large box to put them in. How will you get to the dust ruffle? You decide to wait for the movers to lift the mattress.

Before turning out the light, you gaze around your bedroom one last time. The wardrobes create unfamiliar shadows—and you realize that you forgot to set aside clothes for tomorrow. Will anyone notice if you wear the same clothes again tomorrow?

At least you remember to leave styrofoam cups and a plastic teaspoo for coffee in the morning. You feel consoled until you recall placing the coffee can in the box when you packed the pantry. Well, okay—there’s a convenience store nearby. You just hope you can get there and back before the movers arrive.

Seriously, if you want your move to be more organized than this, call Rockey at (717) 615-6507 for a free copy of the “Do Not Pack” Tip Sheet.

Rochelle (Rocky) Welkowitz is Lancaster County’s Active Adults and Seniors Relocation Specialist and founder of Transition Solutions for Seniors, LLC, provider of the area’s largest menu of services for older adults on the move and their families.

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–Winston Churchill

We make a living by what we get.
We make a life by what we give.

Anne was raised in Lancaster with her four younger brothers. Anne attended college and law school at the University of Pittsburgh. After school, she moved back to Lancaster, starting her career as a judicial law clerk.

Today, Anne is a partner at Bentley, Gibson, Kopecki, Smith, P.C. where she represents clients in a variety of family law matters. Her husband, Eric, is also a partner at the firm. The attorneys at BGKS are experienced advocates, focused on helping clients navigate through the court system.

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November/December 2016
We all cherish this time of year when we are able to spend time with family, give to those in need and enjoy a few days off from our jobs and daily routines. But it is a very busy time, and in just a few weeks we cram in parties, decorating and lots of shopping. Without good planning, it quickly can become demanding and stressful. Over the years I have learned that if I approach this time of year with purpose and a good plan, the holidays become easier, less stressful and more meaningful!

My holiday advice to you is to approach estate planning in the same way by keeping the following in mind:

1. Not everyone is going to be happy. We all know this fact when shopping for family, but it is also true in estate planning. Your estate plan should reflect what you believe is the best way to provide for each beneficiary. Making everyone happy should not be the goal. Planning for your loved ones in a way they need is often better than giving them what they may want.

2. Hurried planning does not work. Buying last-minute gifts normally results in over spending, making poor choices and buying unfitting gifts that are of little use to anyone. Take time to plan your estate, and consider it your ultimate gift to your loved ones.

3. Do not forget the true meaning of the holidays. The holidays remind us how blessed many of us are and how we can give back. Through your estate plan you can effectively give to those organizations and causes that are near and dear to your heart. There are many ways to give back through your estate plan which avoid both income and estate taxes.

4. Having a shopping list makes everything easier. Similarly, preparing an outline of your wishes also works for your estate plan. When a client comes to me with a list of assets and goals, my job becomes clearer and the final result is a well-crafted, meaningful estate plan which in turn leaves the client feeling they have done their best to provide for their loved ones.

5. You get what you pay for. For most of us, it is important to buy good-quality gifts that will last. The same is true for your estate plan. It is well known that you can buy an estate plan online. Having said that, the time, care and attention needed to prepare a proper estate plan that addresses death taxes, income taxes, unique family needs and one’s wishes is one that may cost a little more up front, but in the end will provide for your family in the best way. For many, teaming up with a financial advisor, attorney and accountant can be of great benefit towards developing such a plan.

With proper planning, our holidays can be merry and bright, and with proper planning the process of developing an effective estate plan can be positive and rewarding. Happy Holidays!

Jeffrey C. Goss, Esquire
Brubaker Connaughton Goss & Lucarelli LLC

The Best Approach to the Holidays Is the Best Approach for Your Estate Plan!
Woodward Hill Cemetery recently launched a brand-new website, www.woodwardhillcemetery.com. The new website, designed by vice president of the Woodward Hill Board, Carrie Hill, will allow the cemetery to more effectively market burial options, provide up-to-date information on special events, highlight cemetery partners and sponsors, spotlight significant Lancastrians buried at Woodward Hill as well as provide a convenient online giving option. According to Woodward Hill Board member Charles F. “Chip” Snyder Jr., the new website couldn’t have come at a better time. “It’s important for our community to know Woodward Hill is an active cemetery with many choices of traditional burial lots as well as cremains burial options. At a time when many local cemeteries are full or in the case of many church cemeteries, only available for members, Woodward Hill Cemetery is a very attractive option.” The website also provides information for visitors as well as cemetery rules and regulations.

The new website is also timely as it is being used to promote the upcoming “Trick or Trot 5K and Monster Run for Kids,” which will be held on Saturday, October 29, 2016. The 5K begins and ends at Woodward Hill Cemetery and continues through a portion of the Lancaster County Park. The Monster Run for Kids takes place entirely inside the cemetery. The website features race information, registration information, schedule of events, as well as information about race sponsors. The event jointly benefits Woodward Hill Cemetery and the Lancaster Recreation Commission’s Youth Athletic Scholarship Fund. Event sponsors who have pledged $750 or more to date include LNP Media Group; Heritage Estate Monuments, Inc.; Murray Securus, EHD; The Willis and Elsie Shenk Foundation; Lancaster Regional/Heart of Lancaster; Sequinox; Barley Snyder, LLP; and Clermont Wealth Strategies. Additional sponsorship opportunities are available. Please contact Heather Hannon, Marketing and Development Manager for the Lancaster Recreation Commission at hhannon@LancasterRec.org for more information about becoming a Trick or Trot 5K and Monster Run for Kids sponsor. Online registration for the event is available at www.pretzelsports.com.
“I know a perm will give me the volume and curl I want, but I can’t get my stylist to give me one.”

Then, with the straightening trend happening 15 years ago, perms seemed reserved for the “classic girls.” Believe me, they are back and back big!

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Here’s the problem: Today’s newer stylists aren’t familiar or confident with the perm process and therefore don’t offer perm services. Stylists that do REALLY know how to do this well are stuck in the ’70s—nobody wants to look like Farrah Fawcett. Well, my team and I are on the forefront of the newest perm chemicals available, have the mature tenacity to perform this service the way you want it done, and we KNOW the most current styles.

If You Have Knowledge, You Have Power
I want every woman (not just my clients) to have the curl and volume she desires! That’s why I wrote This Curl’s For You. This easy-to-read book will not only give you the basic information about perms, but will answer all of your questions and give you the information you need to get the perm you want—not a perm your mother would’ve loved.

Anyone who would like a copy of this book at no cost to them should just call 888-795-6727, 24 hours a day, or visit us at www.ThisCurlsForYou.com to request a copy.

Dedicated to your beautiful hair,
A. L. Segro

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

Lately, I’ve been hearing this over and over from our new clients whom we’ve satisfied with our colour services. When they ask me about giving them a perm, I tell them absolutely. They ask me about giving them a perm, I tell them absolutely. To my surprise they tell me they ask me about giving them a perm, I tell them absolutely. To my surprise they tell me they ask me about giving them a perm, I tell them absolutely.

A. L. Segro

Ashley Vega

Ashley is an up-and-coming stylist from the Lancaster County area and is the mother of a 1-year-old, Zaylen. He is her drive for success! Her love for modern and creative looks is just one of many reasons why she loves what she does. She has been employed at Ego Trip Hair Salon for about one year and loves the friendly, spiritual and professional environment the salon offers. She is eager to further her career in the beauty industry as well as learn and grow more with Ego Trip Hair Salon.

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“I wrote this book because women can’t get the perm they want from their stylists.”
– A. L. Segro

Lancaster based stylist A. L. Segro’s newest book, This Curl’s For You, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ’70s and ’80s or they’ve never done one—either is a prescription for disaster. Just as he did in Don’t Fear the Bleacher, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers. Just call 1-888-795-6727 or go to www.ThisCurlsForYou.com and request your Free Copy of This Curl’s For You by A.L. Segro.

“Al and Michelle saved me or at least they saved my hair.” – Mary Fulginetti, Turnersville, NJ

“If I know that my hair is beautiful and I will never let anyone but A. L. and his team touch my hair again.” – Tracy Flynn, Lancaster, PA

If you need an immediate consult, call Segro’s Lancaster Hairport at 717-299-9592 to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.
Veterinary Acupuncture: Is it Right for Your Pet?

Would you be interested in a noninvasive, nonpharmaceutical treatment option that is safe and effective, can help to reduce pain and anxiety, and promote wellness in your pet? If so, you may be interested in acupuncture!

Veterinary acupuncture and related modalities are quickly becoming an integral component in animal health care, whether your beloved pet is a bird, cat, dog or horse. Although the origins of acupuncture are in ancient Chinese practices and traditions, scientific evidence has shown that acupuncture points and channels are related to important anatomic structures such as nerves, muscles and vessels; this affords them a highly influential role in treating specific diseases as well as in promoting overall health and well-being.

How does acupuncture work? Think about what you do when you accidentally slam your finger in a door—you quickly grab and squeeze your finger or shake your hand. By creating a different stimulus to the finger, you are able to dull the pain. Acupuncture works in much the same way. By using needles to create more desirable stimuli to the brain, acupuncture can decrease painful or undesirable inputs. Because the nerves in the body are so interconnected, acupuncture leads to both local (at the site of the needle) and body-wide responses as information is relayed to the brain and then dispersed to the body. This information often leads to release of pain-relieving substances, such as endorphins and anti-inflammatory agents. Essentially, acupuncture allows us to tap into the body’s own pharmacy to promote healing, comfort and improved quality of life.

Each patient will have his or her own acupuncture protocol based on your veterinary acupuncturist’s exam and your pet’s specific diagnosis. This allows your vet to treat not only your pet’s primary issue, but any secondary problems arising from that issue. Acupuncture is truly a “whole patient” treatment.

What conditions can acupuncture be used for? Acupuncture is most often used for pain and musculoskeletal disorders such as arthritis, intervertebral disk disease and cruciate ligament tears, but its applications are actually much wider. For example, acupuncture can be used for gastrointestinal diseases such as diarrhea, constipation and inflammatory bowel disease, as well as problems with inappropriate elimination in dogs and cats. It can also be used to treat skin disorders such as lick granulomas and chronic ear infections, or respiratory diseases like asthma. Neurologic problems such as paralysis and seizures have also been shown to respond to acupuncture treatment. Keep in mind that acupuncture does not replace conventional treatments for many conditions but can be used as an adjunct to improve response to treatment.

Is acupuncture safe? The short answer is yes! Because acupuncture is non-invasive and no drugs are involved, there is little to no risk of side effects when treatments are performed by veterinarians with training in acupuncture. Some pets may be temporarily sore after a treatment, as a person may be after a vigorous massage, but this usually passes within 24 hours. Because the needles used are so small, your pet will barely feel their placement, and many animals relax and even fall asleep during treatments. It is important to keep in mind that treatments should only be performed by a veterinarian with training in acupuncture as he or she will know the anatomy of your pet and have training in not only medical diagnosis, but also needle placement.

Veterinary acupuncture is a safe, effective treatment that has the potential to treat many ailments and improve the quality of life of many animals. If you think your pet may benefit from acupuncture or you have any questions about veterinary acupuncture, please contact Dr. Megan Fowler at Smoketown Animal Hospital.

Dr. Megan Fowler-Pollitt joined the VCA Smoketown team at the beginning of 2015. She was born and raised in New Jersey. She attended vet school at the University of Pennsylvania after studying ancient Greek and Latin at Colgate University in upstate New York. She stuck around Pennsylvania after her veterinary externship because she really loved the area.

She has two dogs: Boo, a Boston terrier and Cosby, a shepherd mix.

In her spare time Dr. Fowler likes to play soccer, cook (she especially likes to make her own bread and pasta from scratch), travel, and go on hikes with her dogs. Of course, she loves everything about veterinary medicine, but she enjoys being in surgery the most.


Megan Fowler, VMD, cVMA
VCA Smoketown Animal Hospital

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What Our Customers Say about Advertising with Lancaster County Woman Magazine

Martin Foot and Ankle
“Martin Foot and Ankle has been using Lancaster County Woman for several years. Every issue has educational articles as well as informational bits regarding Lancaster County. Working with JoAnn has been a delight! I would highly encourage any business to meet with her and discuss future opportunities.”

– Aimee Miller

Smiles by Stevens
“We have been advertising with Lancaster County Woman newspaper since we started our business. The staff and quality of work they provide is wonderful. We receive a lot of positive feedback from our patients and will continue our relationship with LCW for years to come.”

– Shea Stevens, DMD, FICOI

BeBalanced
“I have been advertising in LCW for the past six years that I have had my own business, and for a few years prior when I ran a small business for a larger company. I have always been pleased with the feedback and the results from using this informative publication. I feel it gives me a platform to not only advertise, but also to educate women on different aspects of their health. New clients always tell me they saw it in a doctor’s office or paraprofessional office, which only adds to the credibility. I cannot thank JoAnn and her staff enough for this wonderful educational vehicle in which to advertise women’s health issues!”

– Dawn Cutillo

Change by Choice Hypnotherapy
“I have been advertising with LCW for 10 years because it gives me an opportunity to tell, in detail, about the unique services Change by Choice offers. People read the articles and save them...one client saved my original article for three years. (Makes it hard to track results of given ad, but that kind of ‘hard’ is easy to take.) “And, LCW is read by a lot of men. More than half my male clients tell me they called because of something they read in LCW.”

– Lee Mengel

Write From The Heart
“I’ve been advertising in Lancaster County Woman for 11 years, and the majority of my new clients still tell me that they found me—here—in these pages. I have LCW to thank for a successful business in Lancaster County!”

– Melissa Greene

Chiropractic 1st
“Chiropractic 1st has had a long-standing relationship with LCW and JoAnn. The publication’s professionalism and far reach in the community in which we serve is just one of the many reasons we value JoAnn and her team.”

– Matt Mullins

Segro’s Hairport
“LCW hands down has been the best vehicle to support my ongoing information marketing campaign. For the last five years, 95% of my premium conversions have come from advertising my books in LCW. The affordable price point has made a very effective return on investment.”

– Al Segro

LUXE Salon & Spa
“Luxe has been advertising in Lancaster County Woman Magazine since we opened in 2008. Working with JoAnn and her wonderful staff has continuously brought great results and has helped our business grow tremendously over the years. I would recommend LCW to any business owners looking to increase exposure and brand identity.”

– Ana Kitova

Life Span Psychological Services
“Life Span would like to thank JoAnn for a pleasant and cooperative relationship for many years. Life Span was pleased when JoAnn approached us to be one of the original contributors to this newly created magazine. Life Span’s advertising through LCW has produced many referrals. The articles published have provided an opportunity for Life Span to educate the public about mental-health issues. Best wishes to JoAnn and her staff for many years to come.”

– Lori L. Lewis

A Loyal Reader
“I have been reading Lancaster County Woman for the past two years each time I go to a doctor’s office. I have to say that I really look forward to seeing each new issue. I really like that there are articles to read, as I find them very informative.”

– Richard Gross, Lititz, PA
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