Medical Cosmetics Launches New Beauty Optimization Program
Customized Package Will Include More Cost-Effective Treatment Options

by Michael C. Upton

Dr. Bill Carter at Medical Cosmetics in Lancaster has recurring clients who see him on a regular basis. This fact gave him the idea to start a new way of providing care that allows patients to opt into a program of services.

“What I’m going to start with this new year is a premier level of service,” said Dr. Carter. “For two and a half hours, either one, two, three, or four times a year, they could have the absolute best facial care.”

Patients can join the B.O.P. (Beauty Optimization Program) in increments of $2,500, up to $10,000.

“It could be any combination of services that the patient and I would find necessary,” said Dr. Carter.

More than 85 percent of Dr. Carter’s patients are recurring customers. Over his 17 years of practicing, he noticed patients often came to Medical Cosmetics for the same treatment time after time. Often, patients would miss out on learning about the broad array of services offered at the 805 Estelle Drive, Suite 214, Lancaster, location.

“Sometimes a combination of two or more of the services I offer could provide a much greater benefit,” said Dr. Carter. “With B.O.P. I can tailor a specific treatment program that would include a number of services to give them the greatest benefit for their dollar.”

When he started his practice, there were only three types of office facial treatments outside of plastic surgery. Now, many products treat symptoms of sagging skin, acne scars, age spots, wrinkles, etc. Medical Cosmetics offers several laser treatments, many dermal fillers, microdermabrasion, chemical peels, micro-needling, micro-focused ultrasound, intense pulsed light (IPL), photodynamic therapy, and the trademarked services Ultherapy, Sculptra, Botox, Dysport, and Kybella.

“Also, the greater tier level of service, the greater discount on physician-grade skin-care products,” said Dr. Carter.

Medical Cosmetics offers items from Jane Iredale skin-care makeup, Neova, SkinMedica, and the award-winning Jan Marini anti-aging skin-care line of products. The new program also offers progressive discounts on services provided by in-house, licensed esthetician Michelle Phillips, who brings 14 years of experience to the practice.

Dr. Carter graduated with a medical degree from the University of Rochester School of Medicine and Dentistry in 1976. His family practice residency brought him to Lancaster General Hospital. The Philadelphia native stayed in the area and practiced at several locations in Lancaster, York, and Dauphin counties.

He developed a strong interest in outpatient cosmetic treatments when he discovered it helped improve people’s self-esteem. Dr. Carter trained extensively in the field of outpatient cosmetics, achieving awards and certifications in laser treatments and all types of injectables. He has performed more than 45,000 Botox treatments, thousands of filler treatments, and hundreds of fractionated CO2 laser resurfacings.

“With B.O.P., patients will have a way to experience many complimentary and synergistic services in a fixed-interval program that is both organized and well thought out as their face ages,” said Dr. Carter.

Dr. Carter is a physician well known for his sensitivity and kind bedside manner who prides himself on staying abreast of the latest technology and treatment options available by attending national conferences and training sessions. When out of the office, he enjoys spending time with his children and grandchildren, reading, and dabbling in photography.

by Michael C. Upton

Dr. Bill Carter at Medical Cosmetics in Lancaster has recurring clients who see him on a regular basis. This fact gave him the idea to start a new way of providing care that allows patients to opt into a program of services.

“What I’m going to start with this new year is a premier level of service,” said Dr. Carter. “For two and a half hours, either one, two, three, or four times a year, they could have the absolute best facial care.”

Patients can join the B.O.P. (Beauty Optimization Program) in increments of $2,500, up to $10,000.

“It could be any combination of services that the patient and I would find necessary,” said Dr. Carter.

More than 85 percent of Dr. Carter’s patients are recurring customers. Over his 17 years of practicing, he noticed patients often came to Medical Cosmetics for the same treatment time after time. Often, patients would miss out on learning about the broad array of services offered at the 805 Estelle Drive, Suite 214, Lancaster, location.

“Sometimes a combination of two or more of the services I offer could provide a much greater benefit,” said Dr. Carter. “With B.O.P. I can tailor a specific treatment program that would include a number of services to give them the greatest benefit for their dollar.”

When he started his practice, there were only three types of office facial treatments outside of plastic surgery. Now, many products treat symptoms of sagging skin, acne scars, age spots, wrinkles, etc. Medical Cosmetics offers several laser treatments, many dermal fillers, microdermabrasion, chemical peels, micro-needling, micro-focused ultrasound, intense pulsed light (IPL), photodynamic therapy, and the trademarked services Ultherapy, Sculptra, Botox, Dysport, and Kybella.

“Also, the greater tier level of service, the greater discount on physician-grade skin-care products,” said Dr. Carter.

Medical Cosmetics offers items from Jane Iredale skin-care makeup, Neova, SkinMedica, and the award-winning Jan Marini anti-aging skin-care line of products. The new program also offers progressive discounts on services provided by in-house, licensed esthetician Michelle Phillips, who brings 14 years of experience to the practice.

Dr. Carter graduated with a medical degree from the University of Rochester School of Medicine and Dentistry in 1976. His family practice residency brought him to Lancaster General Hospital. The Philadelphia native stayed in the area and practiced at several locations in Lancaster, York, and Dauphin counties.

He developed a strong interest in outpatient cosmetic treatments when he discovered it helped improve people’s self-esteem. Dr. Carter trained extensively in the field of outpatient cosmetics, achieving awards and certifications in laser treatments and all types of injectables. He has performed more than 45,000 Botox treatments, thousands of filler treatments, and hundreds of fractionated CO2 laser resurfacings.

“With B.O.P., patients will have a way to experience many complimentary and synergistic services in a fixed-interval program that is both organized and well thought out as their face ages,” said Dr. Carter.

Dr. Carter is a physician well known for his sensitivity and kind bedside manner who prides himself on staying abreast of the latest technology and treatment options available by attending national conferences and training sessions. When out of the office, he enjoys spending time with his children and grandchildren, reading, and dabbling in photography.

Michelle Phillips, LME

Michelle brings 14 years of experience as a licensed esthetician to our cosmetic practice. Trained in both relaxing spa techniques and medical esthetics, Michelle offers a wonderful combination of both worlds to her clients. Considered an expert in her field, she is one of the most-sought after estheticians in Lancaster. Her years of experience coupled with her caring way puts people instantly at ease with Michelle.

Michelle provides:
- Non Ablative Fractional Laser
- IPL Treatments (Hair removal, Brown Spots, Rosacea, Spider Veins, Stretcmarks and Scars)
- Collagen P.I.N. Microneedling
- Permanent Makeup (Microblade and Traditional)
- Chemical Peels
- Microdermabrasion
- Aesthetic Facial Treatments
- Professional In-House Makeup Artist
- Jane Iredale Skin Care Mineral Makeup
- Medical-Grade Skin-Care Home Care Products
- Medical Cosmetics

WILLIAM A. CARTER, MD
805 Estelle Drive, Suite 214
Lancaster PA 17601
717-735-3900
www.medicoslanc.com
Health & Wellness

Side effects may include increased confidence and self-esteem.

At Plastic & Aesthetic Surgical Associates, Bryan Cicuto, D.O. and his team of experienced providers offer comprehensive surgical and non-surgical procedures to help both men and women of all ages meet their unique aesthetic goals for refining their natural beauty, as well as correcting imperfections that may have occurred as the result of birth, injury or disease. Schedule your consultation today for a customized treatment plan based on your individual needs. Ask about our comprehensive package plans. Gift Cards are available!

Services
For the face:
• Face, brow, eyelid, cheek and neck lift
• Double chin reduction or chin augmentation
• Ear pinning (Otoplasty)
• Rhinoplasty (nose) surgery
• Lip augmentation

For the breast:
• Reduction
• Augmentation
• Lifts
• Reconstruction (after lumpectomy or partial/full mastectomy)

For the body:
• Body contouring surgery after weight
• Liposuction
• Abdominoplasty (tummy tuck)
• Brachioplasty (upper arm reduction)
• Thigh and buttock lift
• Lower body lift (belt lipectomy)
• C-section scar revision
• "Mommy Makeover" (tummy tuck and breast surgery together)
• Diastasis Recti repair
• CoolSculpting®

For the hands:
• Trigger finger
• Mucous or ganglion cyst
• Dupuytren’s contracture
• CMC arthroplasty for basal thumb arthritis
• Endoscopic carpal tunnel surgery

Reconstruction:
• Post mastectomy breast reconstruction including nipple reconstruction, areola tattooing, secondary fat grafting procedures
• Oncoplastic breast reduction
• Skin cancer removal & reconstruction
• Facial fracture repair
• Traumatic hand injuries — nerve, tendon, bone, ligament repair
• Burn scar reconstruction and acute burn resurfacing (skin grafting)
• Chronic wound reconstruction (pressure sores, ulcers)
• Scar revision
• Tattoo removal
• Abdominal wall reconstruction (complex hernia and incisional hernia)

Licensed aesthetician services:
• Wrinkle removal laser resurfacing
• Dermal fillers and injectables: Botox®, Juvederm, Voluma®, Restylane®, Perlane®
• Skin rejuvenation/laser treatments:
  o IPL photofacial/photorejuvenation
  o Fractional skin resurfacing (ablative and non-ablative)
  o Laser vascular lesion removal
  o Laser hair removal
• Microdermabrasion
• Switch treatment
• Oxygen treatment
• MicroNeedling
• OBAGI Nu-Derm® products
• Medical grade peels
• Over 10 types of facials

About Dr. Cicuto:
Dr. Cicuto specializes in image enhancing procedures for the breast, face, hand and body. He is fellowship trained in plastic and reconstructive surgery, as well as burn surgery. He has a strong passion for reconstructive surgery, including reconstruction after cancer, traumatic hand injuries and burns.

Plastic & Aesthetic Surgical Associates
1535 Highlands Drive, Suite 300 • Lititz
300 Continental Drive • Elizabethtown
717-625-3509 • PlasticSurgeryInLancaster.com
Most of us have heard the expression “broken heart” in reference to a time in life when a person was extremely sad, hurt or angry because of a loss or other upsetting situation. Believe it or not, broken heart syndrome is actually a real heart condition, and one that requires medical attention.

**What is broken heart syndrome?**

In the medical world, broken heart syndrome is also known as stress-induced cardiomyopathy, apical ballooning syndrome, and Takotsubo cardiomyopathy. The condition is characterized by weakness of the heart muscle, usually at the very tip, or apex, of the heart. This part of the heart does not squeeze or contract like it should.

A Japanese octopus trap…what?

Takotsubo is the name for a Japanese octopus trap. When someone experiences broken heart syndrome, the heart looks like a special pot used to catch octopus rather than having the usual point at the very tip.

**What are the symptoms of broken heart syndrome?**

Symptoms of broken heart syndrome include chest pain and shortness of breath, and can occur suddenly. We do not know why this weakness of the heart muscle suddenly occurs. Many patients with heart muscle weakness, or heart failure, have blockage or narrowing of the heart arteries, a condition called atherosclerosis. In this situation, the heart muscle doesn’t contract well because the heart muscle cells are not getting the oxygen they need to function properly.

On the other hand, patients with broken heart syndrome do not have significant blockage of their heart arteries. Some researchers believe the weakness is brought on by a surge of stress hormones called catecholamines, like epinephrine or adrenaline.

Broken heart syndrome is rather rare. Only about 1 percent of patients who have symptoms such as shortness of breath or chest pain are diagnosed with this type of heart muscle weakness, or heart failure.

**Who is likely to experience broken heart syndrome?**

This condition is more common in older adults, especially women. Although classically associated with some sort of emotionally stressful event such as the death of a loved one, we now know it also occurs in patients who are hospitalized for other medical problems and are under physical stress. It can even occur in patients with no prior medical history or recent stressful event.

Most people with this condition are treated with medication to help the heart muscle recover function. Less than 10 percent of patients develop shock but may require placement of a temporary heart pump to support their weak heart muscle and make sure their vital organs get appropriate blood flow.

Most people recover their heart function with medication. In some cases, we recommend they continue to take these medications for the rest of their life.

About 10 percent of patients will have another episode of this condition. There are no specific ways to prevent this condition, so it is important to be aware of the symptoms and seek medical attention if you experience chest pain or shortness of breath.
Regional Gastroenterology Associates of Lancaster (RGAL) and Lancaster Gastroenterology, Inc. (LGI) announced they have consolidated to become Regional Gi (RGI) effective January 1, 2017. Patients calling in after the new year quickly learned the news.

“We’ve taken the two practices and combined them,” said Executive Director Andre W. Renna. “For patients and referring providers, the transition should become seamless after addressing some start-up issues. There will be a continuity of care, as patients will maintain choice and can continue to see the same providers they have in the past, if they prefer. Patient records will continue to be accessible, as both practices have been on the same electronic medical record system.”

RGI is following a national trend in the medical field by joining resources. “In today’s changing healthcare environment, independent specialty practices are combining their resources to best meet the needs of the communities they serve,” stated Renna.

One purpose is to align with the Triple Aim goals of the Affordable Care Act. According to the Institute for Healthcare Improvement, the goals look to improve the experience of care, improve the health of populations, and reduce per-capita costs of healthcare. “Independent practices coming together creates a better opportunity to meet those goals, today and in the future,” said Renna.

Consolidation has been in the planning for more than 18 months. The organization redesigned staff roles, responsibilities, and processes using “best practices” from each group.

The president of the organization is Dr. Dale Whitebloom. Whitebloom was a founding partner of RGAL in 1995.

The vice president of RGI is Dr. Paul Allegretti, previously with LGI, which he joined in 2007. Allegretti served as director of anesthesia and as managing partner.

Patients can see RGI providers for office visits at the following four locations:

- 2112 Harrisburg Pike, Suite 202, Lancaster
- 4140 Oregon Pike, Ephrata
- 690 Good Drive, 2nd Floor, Lancaster
- 426 Cloverleaf Road, Elizabethtown

RGI physicians will also perform procedures at three ambulatory centers, as well as inpatient and outpatient procedures at all four Lancaster County hospitals. The three ambulatory centers are:

- MidAtlantic Endoscopy – 2104 Harrisburg Pike, Suite 300, Lancaster
- MidAtlantic Endoscopy – 4140 Oregon Pike, Ephrata
- Lancaster Gastroenterology Procedure Center – 2112 Harrisburg Pike, Suite 323, Lancaster

RGI’s telephone number is 717-869-4600. A website, www.regionalgi.com, is being developed.

If you have any questions, please contact an RGI representative at 869-4600. If you are due for a screening colonoscopy, see your primary care physician, or contact RGI.
**Turmeric: An Ancient Spice for Today’s Chronic Ills**

Turmeric is the spice that adds that warm, pungent flavor and golden color to Indian curries. Turmeric is also the ingredient in mustard that gives it its characteristic brilliant yellow color and sharp pungent “zing”—but that’s not all.

A relative of ginger, turmeric is a perennial plant that grows in the tropical regions of southern Asia. It contains the flavonoid curcumin. The curcumin in turmeric is a powerful antioxidant. Antioxidants protect the body from damage caused by harmful molecules called free radicals. Many experts believe this damage is a factor in the development of blood vessel disease (atherosclerosis), cancer, and other conditions. Additionally, curcumin lowers the levels of two enzymes in the body that cause inflammation, as in arthritis. Turmeric also stops platelets from clumping together to form blood clots.

The good news about this cross-cultural spice is that people in India, who eat turmeric in their daily curries, have among the world’s lowest rates of disease. Turmeric is said to help reduce inflammation, detoxify the liver, help maintain healthy cholesterol levels, stimulate digestion, and support immunity, as well as produce glowing complexions. As such, turmeric is regarded not only as an ancient Ayurvedic powerhouse of healing, but it is also increasingly recommended by practitioners such as Dr. Andrew Weil, M.D., founder and program director of the University of Arizona Center for Integrative Medicine, to help prevent and reduce complications of a number of today’s most common illnesses.

Turmeric is available in powder, pills, and liquid extract forms, although cooking is definitely one of the most natural and gentle ways to add the enormous benefits of turmeric to your daily regimen.

While turmeric has broad anti-inflammatory properties, according to Dr. Weil few Americans eat enough curry to achieve these protective effects. Although he does not recommend daily mustard-laden hot dogs as the ideal way to increase the curcumin in your diet, Dr. Weil discovered a potential solution during one of his many trips to the Japanese island of Okinawa, which boasts the world’s longest average life span: 81.2 years.

According to Dr. Weil, Okinawans drink copious quantities of turmeric tea. To give turmeric tea a try, bring four cups of water to a boil. Add one teaspoon of ground turmeric and reduce to a simmer for 10 minutes. Strain the tea through a fine sieve into a cup. Add honey and/or lemon, or even a slice of ginger to taste. Consider adding a pinch of black pepper to your turmeric tea, as it will dramatically boost the bioavailability of the curcumin in your tea.

According to the University of Maryland Complementary and Alternative Medicine Guide, turmeric in food is considered safe. Turmeric and curcumin supplements are generally considered safe when taken at the recommended doses. However, while it is safe to eat foods with turmeric, pregnant and breastfeeding women should not take turmeric supplements.

If you are taking blood-thinning medications, drugs that reduce stomach acid, or you have diabetes, talk to your doctor before taking turmeric supplements.

Combined with your usual diabetes medication, turmeric could cause low blood sugar. Also, because turmeric may act like a blood thinner, you should stop taking it at least two weeks before surgery. Be sure to tell your doctor and surgeon if you have been taking turmeric supplements.

Additionally, there are contraindications for turmeric supplement use in patients receiving chemotherapy. If you are taking chemotherapy drugs, turmeric may inhibit the action of these drugs against breast cancer cells. And while dietary turmeric is considered safe, as always, consult your physician or healthcare practitioner to see if, and at what dosage, turmeric supplements or extract might be right for you.

**Ayurveda: The Ancient Indian Healthcare System for Today**

Ayurveda is a traditional system of healthcare that was developed by the sages of India more than 5,000 years ago. According to Deepak Chopra, MD, “More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential.”

Through proper nutrition, meaningful exercise and meditation, an imbalance in the mind, body and spirit, which is thought to be at the root of all illness, can be brought into harmony. Ayurveda not only helps one come into better balance, but it also guides one to take better care of oneself, with a great emphasis on preventive self-care as a component of its healthcare system.

Jenny Schuler Brant is a yoga instructor and a Kripalu Center certified Ayurvedic Educator and Lifestyle Consultant at West End Yoga in Lancaster. According to Schuler Brant, “I was thinking of going to naturopathy school, but I ended up going to the Kripalu Center (in Stockbridge, Massachusetts) for a yoga weekend and discovered their yearlong program in Ayurveda. As it turns out, I feel that was the right choice for me, above and beyond going to naturopathy school.”

“I had a mother and a great grandmother who were very active and into holistic ways of living. Actually, I realized that my great grandmother, who lived to be 103, had been studying Ayurveda and yoga since the 1960s. I would hear these stories that ‘Gigi,’ my great grandma, stayed at vegetarian hotels in the Catskills and in Florida. She was very moderate and cared deeply about her health. She wasn’t a full vegetarian, but she was mainly vegetarian—and then occasionally, if she craved a piece of meat, she’d have a steak.”

“When we were getting ready to give her a 100th birthday party, I was going through her old notebooks. She was an immigrant from Poland, and I found her notebooks where she was practicing learning English, and also notes she had taken at lectures at the vegetarian hotels. These included notes on transcendental meditation, yoga exercises and different food combining rules that were exactly the same type of guidelines you’d find in Ayurveda. So, in a way, I feel like I’m carrying on the tradition,” says Schuler Brant.

In Ayurveda, the five elements that are found in all living things—ether, air, fire, water and earth—are the building blocks of life. While this foundation is the same for all humans, the manifestation of those elements through the three specific “doshas,” or bodily humors, is what gives rise to our differences.

How the three doshas appear, and in what proportion in each of us, is what makes us unique. According to Schuler Brant, “There is no one-size-fits-all in Ayurveda. It’s all about knowing yourself—knowing your strengths and weaknesses and knowing what you should be eating and what activities will benefit you. Also, it’s about constantly being aware of our own actions and lifestyle, and what’s right for us as individuals. Ayurveda is about adapting to these changes and using food and maybe some herbs, breathwork and exercise to come into balance.”

Jenny just gave a presentation, “Ayurveda: the Ancient Indian System for Health and Balance,” as part of the Lancaster American Holistic Nurses Association’s third season of holistic educational programs. The presentation was held on Wednesday, January 18, at the Manheim Township Public Library, or on morning on upcoming events, contact Jenny Schuler Brant at 917-749-6352 or jenny@jennyschuler.com.

_**Jenny Schulder Brant**_  
_by Ann Reid, RN, MA_  
_Ayurveda is a traditional system of healthcare that was developed by the sages of India more than 5,000 years ago. According to Deepak Chopra, MD, “More than a mere system of treating illness, Ayurveda is a science of life (Ayur = life, Veda = science or knowledge). It offers a body of wisdom designed to help people stay vibrant and healthy while realizing their full human potential.”_
Acupuncture: A Case Study of Shoulder Pain

John, age 57, came for acupuncture for shoulder pain that had been there for two years on and off, but was becoming more frequent recently, causing him discomfort and pain every day. He was unsure of the onset, but realized after some discussion that overuse in tennis could be contributing, along with a desk job that consistently challenged his posture. This type of pain limits activity and is one of the most common chronic conditions that leads to a decreased quality of life. John says, “I was desperate to try anything to restore some of my normal exercise activity that I enjoyed, as I was feeling increasingly worse and unhappy, which seemed to then make everything even worse.”

We ask a lot of our shoulders. This joint has a large range of motion and yet must be strong and stable enough to lift heavy objects. The shoulder region involves several structures designed to attach the upper extremity to the trunk with maximal mobility. The scapula, or shoulder blade, provides a moving base that glides over the posterior surface of the rib cage. The humerus, or upper arm bone, is held to the scapula at a ball-and-socket joint (the glenohumeral joint). The arm is therefore able to rotate relative to the scapula while the scapula shifts its position on the trunk. The clavicle provides the only bony attachment of the scapula to the trunk, and it rotates readily about its central attachment point to in turn allow for scapular movement.

These major moving parts are tethered together by a system of ligaments and can be actively controlled by neuro-motor inputs to muscles crossing the shoulder region. Because the humerus, scapula, and clavicle are so mobile, the muscles have to operate in a carefully coordinated fashion to prevent strain on the ligaments and the bursa that lubricate the tight joint spaces of the shoulder.

When muscular coordination across the shoulder is poor, any of several specific structural weak points can be torn, stretched, compressed, or cracked. Damage may occur at once or over time. Whether the injury is acute or chronic, acupuncture can address the inflammation and rehabilitate the shoulder by guiding muscles toward properly balanced use of the joint (through selective recruitment cueing and inhibition) and by promoting neural communication with its tissues (reproprioception).

At John’s first acupuncture treatment, Jo Ellen took the time to answer his questions, and explained her treatment plan of weekly sessions for 5–6 weeks. John responded well to the treatments. After his first session, he reported a “really large jump to less pain almost overnight,” as well as better sleep during the week of the treatment. After each session he reported changes that began to last longer, with an overall reduction in pain levels by the end of six sessions of 75 percent. He felt more freedom of movement in his neck as well as his shoulder, and did not tire as quickly at his computer as before. His wife reported that he seemed more like his “old self” again, and so John chose to continue with treatments with a longer time in between, to maximize the longer-term benefits of the treatments.

John continues acupuncture regularly to maintain range of motion in his shoulder, as well as overall well-being and relaxation. He says of his acupuncture treatments, “I am glad I found acupuncture, as it has saved me a surgery I do not need at this time. I appreciate Jo Ellen’s professional approach, and I have since taken up yoga, which has further increased my strength and improved my posture.”

Acupuncture is a vital part of the traditional Chinese healthcare system, which is one of the oldest in the world. Treatment involves the insertion of fine needles into points in the skin. Acupuncture needles are sterile, single-use only, and regulated by the FDA, ensuring safety. Most people feel a distinct sense of relaxation while the needles are in place. Acupuncture needles last 60–90 minutes, including thorough consultation and history of your pain and previous therapeutic interventions. Sometimes treatment may also include a mild current attached to the needles, called electroacupuncture, cupping, and/or palpation of points in the affected area for pain. Follow-up treatments last 45–60 minutes. Acupuncture may be especially beneficial to the following painful conditions:

- Headaches and migraines
- Pain management: shoulder, neck, back, arthritic joints
- Osteoarthritis of the knee
- Myofascial release for muscle pain
- Tennis elbow, golfer’s elbow, Achilles tendon pain and any tendinitis
- Side effects of cancer treatment: pain
- Women’s health: period pains, back pain in pregnancy

How many treatments will it take? Typically, a course of acupuncture treatment will consist of 4–8 sessions, lasting 30–60 minutes. There is an ongoing review between the person and the acupuncturist during a treatment course, in order to measure progress and keep the individually tailored treatment plan on track.

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

Reiki in Hospitals and Beyond

Helene Williams, BSN, RN
performing Reiki at LG Health.

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. These approaches include diverse medical and healthcare systems, practices, and products such as herbal supplements, meditation, “energy healing” like Reiki, and the Healing Touch Program, as well as chiropractic and yoga.

Sita Ananth of Health Forum, an affiliate of the American Hospital Association (AHA), says, “More and more, patients are requesting care beyond what most consider to be traditional health services, and hospitals are responding to the needs of the communities they serve by offering these therapies.”

Helene Williams, BSN, RN, is a registered nurse and Reiki teacher/practitioner who has practiced Reiki at Lancaster General Health (LG Health) since 2007. Her background in nursing includes oncology, hospice, orthopedics and integrative healthcare. According to Williams, “Reiki is an energy healing modality that helps to create balance in body, mind and spirit. Reiki does not harm the patient and often brings with it a deep state of relaxation. And when the body is in that relaxed state, it’s better able to work on repairing itself.”

Reiki is one of several integrative services available to patients at LG Health. “Right now we do Reiki on the Total Joint Replacement Unit (at LG Health) and also at the Ann Barshinger Cancer Institute,” says Williams. “I can tell you that one of the biggest benefits is that when people are going into the hospital—especially going in for chemotherapy—it’s an incredibly stressful experience for them. What we and the volunteers see is that in even a 5- or 10-minute [session], the patients are able to go into this deep state of relaxation where they often quickly fall asleep and we end up tip-toeing out of there and letting them continue with that experience. So the benefit I see is really going into that relaxed state that allows our bodies to work on repairing itself.

Now, in its third year, LG Health’s Reiki Volunteer Program supports Helene in her efforts to provide Reiki to patients. The Reiki practitioner volunteers are required to go through the LG Health volunteer program and are then provided with additional, intensive mentoring until they are comfortable providing Reiki in the hospital setting.

In addition to Williams assisting in the development of the hospital’s Reiki Volunteer Program and monthly LG Health Reiki Clinic for employees, she is the founder and president of the Lancaster Community Reiki Clinic, a nonprofit organization whose mission is dedicated to practicing and promoting Reiki in the community.

The Lancaster Community Reiki Clinic, founded in 2013, came out of Helene’s vision of providing Reiki sessions to community members who might not otherwise be able to access a session. Approximately 15 certified Reiki practitioners volunteer their time every third Thursday of each month to share Reiki with community members. Sessions are 25 minutes long with 1–3 practitioners providing Reiki for each client. The thriving, monthly clinic serves 24 guests each month in a beautiful, well-appointed space donated for this use by Loeffler & Pitt Dental Associates, 2131 Oregon Pike, 2nd Floor, Lancaster.

Sessions are by donation, and each month a portion of the proceeds is donated to a local cause chosen, in turn, by each of our volunteer practitioners.

For more information on becoming a Reiki volunteer, or to schedule an appointment with the Lancaster Community Reiki Clinic, contact Helene Williams, BSN, RN, at 717-824-9209 or email reikhelene@gmail.com.
EDITOR’S PAGE

Dear Readers,

As we enter our 20th year of operation, we take time to reflect and honor you, our readers, customers, and loyal contributors, for allowing us the privilege of providing this publication—which we truly love to do. We are blessed by your trust, confidence, and loyalty. Thank you!

In this edition we welcome back old friend Dr. Bill Carter and Medical Cosmetology. Dr. Carter has worked for over 40 years in the medical field, and now his newly launched Beauty Optimization Program allows returning patients to combine a variety of treatments and procedures to provide the best value for their money. Details for different packages are found inside the front cover.

Dr. Mark Gottlieb’s article, “Sitting May Be as Deadly as Smoking,” is must reading for everyone who sits in front of a computer all day AND anyone planted in front of a television set for more than nine hours a day. Learn four steps to counteract the devastating effects of all this sitting around in this important article.

Mark your calendars now for Lancaster’s 3rd Annual Roots & Blues Festival, coming February 24, 25, and 26 to downtown Lancaster. With more than 90 concerts taking place on 11 different stages throughout our beautiful city, this festival is a can’t-miss event for music lovers everywhere.

Lancaster School of Cosmetology and Therapeutic Bodywork’s “Color Me Red” Special Event on February 3 celebrates February’s designation as National Heart Health Month. You’ll want to check out the spectacular discounts on all salon services and bodywork throughout the day. Ladies (and gentlemen), here’s the perfect opportunity to get that new hairstyle and hair coloring you’ve always wanted without breaking the bank. And last but not least, an article called “A 4-Step Process to Making Kindness an Everyday Habit in 2017” couldn’t come at a better time. When everything around us appears to be in turmoil, we need to remember that showing kindness is the right thing to do.

This wonderful article begins with “Be Kind to Yourself,” which is good advice for each of us as we begin this amazing new year.

Remember to pray for our soldiers everywhere, who secure the freedoms we sometimes take for granted. And we ask God’s continued blessings as we look to the next 20 years.

With blessings and appreciation,

JoAnn Notargiacomo
Managing Editor

LCW Managing Editor JoAnn Notargiacomo
Preventing Cervical Cancer

One of the great success stories in cancer research, since annual Pap test cervical cancer screenings were introduced in the 1950s, is that cases of what was once the number-one cancer in women have plummeted. The human papillomavirus (HPV) vaccination has further reduced the numbers.

“Today, we know cervical cancer can be prevented with proper screening to find precancers before they develop into invasive cancer,” said Thomas Fromuth, MD, FACOG, a physician with OB/GYN of Lancaster, affiliated with both Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center. “It takes about 10 years for a normal cervix to become cervical cancer. If a precancer is found in those 10 years, it can be treated, stopping cervical cancer before it really starts.”

One factor in cervical cancer is the prevalence of the human papillomavirus (HPV) in society. An estimated 80 percent of sexually active women will become infected with the virus at some point, but of the more than 100 strains of HPV identified, only a few high-risk strains are connected to cervical cancer. The vast majority of HPV infections resolve without any treatment or intervention.

The Centers for Disease Control and Prevention recommends young women and men receive an HPV vaccination at 11 or 12 years of age to provide the best protection long before the start of any sexual activity. Catch-up vaccines are recommended for males through age 21 and for females through 26 years of age.

“Unfortunately, the CDC reports more than 4,000 U.S. women still die from cervical cancer every year,” said Dr. Fromuth. “Women at risk of dying from the disease today are those who have been screened infrequently—or not at all.”

Recently, changing guidelines about screening frequency have created confusion. What used to be a clear direction from the American Cancer Society—“get a yearly Pap test”—has become less clear. Recommended time between screenings is now longer, and two separate tests are available.

While not all physicians agree on the new guidelines, following are good rules from the American Congress of Obstetricians and Gynecologists and the American Cancer Society to protect yourself against cervical cancer. Be proactive in discussing with your doctor whether these screening guidelines are right for you.

• All women should begin cervical cancer screening via a Pap test at age 21.
• Women between the ages of 21 and 29 should have a Pap test at least every three years. HPV testing should be done only if needed after an abnormal Pap test.
• Women between the ages of 30 and 65 should have both a Pap test and an HPV test at least five years.
• Women over 65 who have had regular screenings with normal results should not be screened for cervical cancer.
• Women who are at increased risk for cervical cancer may need to increase the frequency of these screenings.

In short, the American Cancer Society no longer recommends getting a Pap test every year. Again, discuss with your doctor the appropriate actions based on your age, lifestyle and risk factors. “Remember that a Pap smear is just one part of a good gynecologic preventive visit. Paps may be less frequent, but it is still recommended that a woman be seen by her physician annually to address the many other issues that can keep her healthy,” Dr. Fromuth continued.
We are often asked if babies can show emotion in the womb. Since a baby can start hearing at 18 weeks and can respond to the sounds it hears at 25–26 weeks, the answer is a loud YES! We know that emotions are tied to thoughts and thoughts are usually derived from experiences, which do occur even with a baby in the womb.

Ultrasounds now reveal that babies have and show emotions in the womb. We believe their emotions are tied to thoughts, and thoughts are usually derived from experiences, which do occur even with a baby in the womb. For example, we once observed a baby accidentally poke himself in the eye, and then followed that with a grimace on the face. Obviously, the baby felt some discomfort and showed the discomfort on his face. We caught the emotion while observing the baby in 3D during an elective ultrasound. It was perfect timing for us to be watching the baby at the very moment that he poked himself in the eye, and then reacted to the poke. On another occasion, we were observing a baby in the womb through 3D ultrasound when the sibling in the room made a very loud yell. The baby jumped in the womb, as if startled, and then made a face as if bracing for an incoming assault. Our technician immediately realized what she had seen and asked the mother if the sibling yelled much. The mother stated that her toddler yelled as a game and warning when he would run and jump on the mother. It was obvious to us that the unborn baby was already associating the yell to a familiar jarring in the womb. Probably one of the most rewarding affirmations that unborn babies show emotion is the picture that we have on our webpage of an unborn baby that is smiling. The image was taken during a 3D ultrasound at the precise moment when this baby heard his father’s voice. Such joy, to know that an unborn child can already recognize a parent’s voice. Call us today for more information, or visit our website: www.wombwithaview.com.

**Do Unborn Babies Have Emotions?**

Couples therapy aims to identify repetitive, negative interaction cycles as a pattern and understand the source of reactive emotions that drive the pattern. Once that is 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 attachment between partners, 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 and done with this relationship.” Many times when couples come in to session, the issue/issues could have happened years ago without ever being addressed and continue to affect all aspects of the couple’s life. We as therapists and advocates need to continue to address these worries and bring more awareness to these types of concerns.

When people hear of couples therapy, they often think it is just between a married man and woman, but this is just not the case. Couples therapy is for any significant relationship in a person’s life. It can be between a married man and woman, but it is also for cohabiting couples, homosexual couples, nonfertile couples, couples with children, couples with infidelity concerns, and couples who are adopting. Again, it is any significant relationship. They do not have to be dating or a romantic couple. 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.
**Breathe Easy—Your Guide to Identifying and Avoiding Pneumonia this Winter**

Cold and flu season can hit your family hard in the winter. As the months of cold and damp weather wear on, immune systems become more compromised, and more serious illnesses can enter the picture. Nearly 3 million cases of pneumonia are reported in the U.S. each year, with the highest percentages of cases found in small children and the elderly.

“Children under age 12 are still developing their immune systems, making them more susceptible to pneumonia,” said Chinenye Emuwa, M.D., pulmonologist with Lancaster Pulmonology and Sleep Associates, located in the Medical Arts Building at 233 College Avenue, Lancaster, Pa., and affiliated with Lancaster Regional Medical Center. “They are also less likely to be vigilant about hand-washing and nose-blowing, making them more prone to contract the viruses and bacteria that can lead to pneumonia.”

The majority of pneumonia cases in children and younger adults are known as “community-acquired pneumonia” (CAP) and are separated into two categories: viral and bacterial. Learning how to prevent, identify and treat the different types of pneumonia will help you and your family breathe easier this winter.

**Viral Pneumonia**

As the name suggests, viral pneumonia is caused by some form of viral infection. According to the American Lung Association, most pneumonia in children is caused by viral infections. In children under age 1, the respiratory syncytial virus (RSV) is the most common cause of viral pneumonia. Because viral pneumonia cannot be cured with antibiotics, the virus must run its course and may take longer to resolve than the bacterial form. Supportive treatments can be very effective, including the use of nebulizers for easier breathing and steroid intervention to speed healing and bring relief to the lungs. Antibiotics should only be used if there are signs of a secondary infection, such as an ear infection.

**Bacterial Pneumonia**

There are many different bacterial infections that can lead to pneumonia. Streptococcus pneumoniae is the most common source of community-acquired bacterial pneumonia. Mycoplasma pneumoniae—also known as “walking pneumonia”—is caused by bacteria called mycoplasmas. While the symptoms of this strain can be milder and less debilitating, mycoplasma pneumonia is contagious and can last much longer than other forms of the illness. Physicians will typically treat any type of bacterial pneumonia with antibiotics, and a return to health can be expected in 1–2 weeks (4–6 weeks for mycoplasma pneumonia).

Initial symptoms of pneumonia often look much the same as the flu or common cold: fever, cough, and nasal and chest congestion. In some patients, however, the only symptom is unusually rapid breathing and/ or breathing accompanied by a wheezing or grunting sound. If your doctor suspects pneumonia, they will likely order a chest X-ray for confirmation before prescribing further diagnostics and treatment. Especially in children or the elderly, the physician may want to monitor the patient’s oxygen levels. If they fall too low, the patient may be admitted to the hospital for closer monitoring of the treatment.

Most physicians agree that immunizations are the best line of defense for preventing pneumonia, and are highly recommend ed for those with more fragile or compromised immune systems. “In many cases, pneumonia can be prevented by ensuring that your child’s vaccines are current,” said Dr. Emuwa. “Haemophilus influenzae type b, pneumococcal, pertussis, measles and flu vac cines all help you avoid some of the most common illnesses that can lead to pneumonia.”

It’s also important to encourage more vigilant hygiene habits during cold and flu season. Washing hands, cleaning household and workplace surfaces, and using tools like humidifiers to enhance proper breathing will all work to eliminate germs and prevent their spread. Maintaining proper diet and exercise habits is also important in the winter months. These basic and obvious lifestyle choices will give your immune system an edge and make you less likely to contract a virus of any sort. If you do get a cold or virus, be sure to aggressively treat and eliminate mucus before it can fester into an infection.

For assistance finding a physician who can help you prevent or diagnose pneumonia or other winter illnesses, visit Lancaster MedGroup.com or call 1-844-784-DOCS.

---

**A 4-Step Process for Making Kindness an Everyday Habit in 2017**

**Even Lady Gaga Says It's the Right Thing to Do**

When Lady Gaga recently told her fans that kindness—not wealth and fame—is what creates harmony in the world, she may have been on to something. Research has shown that being kind makes us happier and also is contagious, inspiring others to be kind as well. For example, one such study published in the Journal of Social Psychology linked performing acts of kindness to an increase in life satisfaction.

That’s why when people make their New Year’s resolutions, they should make up their minds to commit purposeful acts of kindness every day, says Gabriella van Rij (www.gabriella.global), a kindness activist and author whose latest book is Watch Your Delivery.

“Making kindness a habit changes lives—your own life and others,” van Rij says. “I believe we’re born with innate kindness, but we’ve just forgotten about it because we’re always running. We’re just too busy doing other things, and we need to remind ourselves to be kind.”

She says we as a society have dropped the ball on human kindness and it’s time we picked it back up.

“I truly believe that we are all born with innate kindness, but then the hand that feeds us or the environment makes us abandon it pretty fast,” van Rij says. “By the time we are 5, we have learned to compete and to strive for success. It’s time for a new measuring stick for success.”

She says by following a four-step process, people can put a little more kindness in the world and quickly fall into the habit of committing kindness every day:

- **Be kind to yourself.** It’s hard to have the patience to be kind to others if we can’t even take the time to be kind to ourselves. “This might seem selfish, but it’s not,” van Rij says. “By being kind to ourselves, we shape our attitude toward others.”
- **Answer rudeness with kindness.** This one is difficult, van Rij acknowledges. “When someone is rude to you, the first thing you do is instantly react and not always in a positive way,” she says. “And the second thing you do is say it’s about me. They were nasty to me.” But van Rij says it’s not about you; it’s about the emotion. By answering rudeness with kindness, you diffuse the situation and there’s also a certain satisfaction in seeing the change in the attitude of the person who was rude.
- **Watch your delivery.** The tone that accompanies your words is as important as what you are saying. Do you need to soften your tone? Does what you say sound more aggressive than what you mean? Body language also can send a message you didn’t intend, so be aware of your body language and your facial expressions.
- **Acknowledge kindness when you see it.** When you acknowledge the kind acts you see, that person will be encouraged to continue to spread kindness. Acknowledging kindness in others also will serve as a reminder to you about how you can show kindness.

“Unfortunately, one of the reasons we don’t always treat each other well is that we are a fear-based society, and fear only breeds more fear,” van Rij says. “But luckily there is an antidote, because just as fear breeds more fear, I believe kindness grows more kindness.”

---

Gabrielle van Rij (www.gabriella.global) is a speaker, author and activist whose latest book, Watch Your Delivery, explores how we often fail in communicating. She began her life as an orphan in Pakistan, and today is a frequent guest on TV and radio. She also is the author of I Can Find My Might and With All My Might.
Bariatric Weight-Loss Surgery—Is It for Me? Weighing Your Options in the New Year

Obesity in the U.S. has reached epidemic proportions and is now considered the number-one cause of diabetes and heart disease in the nation. For many people, traditional methods like calorie restriction and exercise have failed to produce initial or sustained weight-loss results. If you have failed to lose weight through other methods and are considering a more aggressive approach to deal with the issue, you are not alone. Nearly 200,000 people underwent weight-loss surgery in the U.S. in 2015, an increase of more than 25 percent over 2011 figures.

Current estimates are that 1 in every 3 Americans have obesity, and 6 percent are “extremely obese,” with a Body Mass Index (BMI) greater than 40. A recent study by the National Institute of Health (NIH) revealed that those living with obesity are likely to die an average of 14 years earlier than if they lived at a healthy weight.

While the most obvious frustrations around obesity are often cosmetic, the real impact of excess body weight is on the patient’s health and longevity. The majority of people living with obesity also dealt with associated pain, diabetes, high blood pressure or depression, and many can be treated through small incisions for minimal scarring and faster recovery. Here are some important facts if you’re considering a surgical solution:

Laparoscopic Gastric Bypass: “Roux-en-Y” gastric bypass surgery is considered the gold standard for weight-loss surgery by the American Society for Metabolic and Bariatric Surgery (ASMBS) and the National Institutes of Health (NIH), and is the most widely used procedure for patients seeking significant results. Gastric bypass surgery helps with weight loss by making the stomach smaller, slowing the passage and limiting the absorption of food. Compared to a full-size stomach, a smaller stomach (pouch) requires less food to make a person feel physically and mentally full. From the pouch, food empties slowly through a small opening into the intestines. By keeping food in the pouch as long as possible, hunger between meals is reduced. Undigested food will then travel down several feet of intestine before mixing with digestive juices. As a result, not all calories and nutrients are absorbed.

The Adjustable Gastric Band: Adjust- able gastric band surgery is a safe and effective weight-loss option. The adjustable gastric band system has gained popularity worldwide over the past decade. At surgery, a small silastic, inflatable band is wrapped around the upper neck of the stomach and surgically secured to the outer wall of the stomach. Without cutting the stomach, the band separates an upper, smaller section of stomach (pouch) from the remaining larger section of stomach below. Food will fill the pouch first before emptying into the stomach below. The speed of food emptying from the pouch into the remaining stomach is determined by the tightness of the band and the texture of the food. Only a small amount of food is needed to fill the pouch. When the pouch is full, an early sense of fullness and meal satisfaction is experienced. Smaller meals mean fewer calories.

Sleeve Gastrectomy: Also called vertical sleeve gastroctomy, this procedure is a fairly new option. Unlike gastric bypass surgery, there is no rerouting of the intestines, and unlike adjustable gastric banding, there is no implantation of a device. Instead, about 85 percent of the stomach is removed, leaving a banana-shaped portion or sleeve of stomach. Similar to both gastric bypass and adjustable gastric band, vertical sleeve gastroctomy helps patients feel full with a smaller amount of food but does not interfere with the absorption of medications or micronutrients such as iron, B12 and calcium, as seen with gastric bypass. It also appears to be a more powerful weight-loss tool than an adjustable gastric band.

For patients with autoimmune disease, previous colectomy or organ transplants, the sleeve gastroctomy may be a good weight-loss-surgery option compared to the gastric bypass or adjustable gastric band.

Revisional Weight-Loss Surgery: Until the last decade, there were many types of weight-loss procedures done throughout the world. Unfortunately, many of the procedures were done with little knowledge of long-term outcomes and success after surgery. Additionally, most bariatric surgery programs did not offer educational and support services (such as dietitians, exercise physiologists, behavioral therapists, etc.) to teach patients how to effectively use their weight-loss surgery to reach their goals. Due to these reasons, many older weight-loss surgeries have to be revised into a “modern” gastric bypass, adjustable gastric band or sleeve gastroctomy. After a thorough evaluation a revised surgery may be needed. This is especially true if the patient is experiencing negative symptoms related to their “old” procedure. Revisional patients often require the same testing and clearances as all other bariatric surgery patients.

“With any health issue, surgery should be considered only after other less invasive methods have failed,” said Dr. Justin Rosenberger. “The patient’s compliance with presurgical education and postsurgical nutrition and follow-up guidelines are the key indicator for initial weight-loss success and long-term maintenance. This is a health condition that is very much within the patient’s control.”

Changes to the body after weight-loss surgery are mostly positive, and are an important benefit of the surgical weight-loss route. But some of the physiological changes can lead to long-term vitamin and mineral deficiencies. Patients must commit to a lifelong plan of healthy food choices and vitamin and mineral supplementation. And while there is risk associated with any surgical procedure, the 30-day mortality rate for bariatric surgeries is actually only 1 in 1,000 patients, much lower than the number of deaths caused by obesity itself.

If you are considering a surgical solution for your weight-loss goals, BMI guidelines are the key indicator for initial weight-loss success and long-term maintenance. This is a health condition that is very much within the patient’s control.”

Changes to the body after weight-loss surgery are mostly positive, and are an important benefit of the surgical weight-loss route. But some of the physiological changes can lead to long-term vitamin and mineral deficiencies. Patients must commit to a lifelong plan of healthy food choices and vitamin and mineral supplementation. And while there is risk associated with any surgical procedure, the 30-day mortality rate for bariatric surgeries is actually only 1 in 1,000 patients, much lower than the number of deaths caused by obesity itself.

If you are considering a surgical solution for your weight-loss goals, BMI guidelines are the key indicator for initial weight-loss success and long-term maintenance. This is a health condition that is very much within the patient’s control.”

Changes to the body after weight-loss surgery are mostly positive, and are an important benefit of the surgical weight-loss route. But some of the physiological changes can lead to long-term vitamin and mineral deficiencies. Patients must commit to a lifelong plan of healthy food choices and vitamin and mineral supplementation. And while there is risk associated with any surgical procedure, the 30-day mortality rate for bariatric surgeries is actually only 1 in 1,000 patients, much lower than the number of deaths caused by obesity itself.

If you are considering a surgical solution for your weight-loss goals, BMI guidelines are the key indicator for initial weight-loss success and long-term maintenance. This is a health condition that is very much within the patient’s control.”

Changes to the body after weight-loss surgery are mostly positive, and are an important benefit of the surgical weight-loss route. But some of the physiological changes can lead to long-term vitamin and mineral deficiencies. Patients must commit to a lifelong plan of healthy food choices and vitamin and mineral supplementation. And while there is risk associated with any surgical procedure, the 30-day mortality rate for bariatric surgeries is actually only 1 in 1,000 patients, much lower than the number of deaths caused by obesity itself.
Before you read this, pause to take a few deep breaths. Fill your lungs and exhale slowly. Notice how much better you feel. That’s because deep breathing has a relaxing effect on the nervous system. Today, we use many simple techniques, such as deep breathing, for better health and better quality of life. We call it integrative medicine.

Integrative medicine focuses on the whole person: body, mind and spirit. It combines conventional medicine and holistic therapies to treat and prevent disease. Holistic therapies include yoga, massage and acupuncture. Deep breathing and meditation reduce stress and promote relaxation. Diet-based therapies and nutritional supplements also provide health benefits.

How we use integrative medicine: Hypertension
An integrative approach can be useful in preventing and managing many different conditions. One example is hypertension, or high blood pressure—a common condition that is a major risk factor for death and disability. Lifestyle changes focusing on diet and exercise are an essential first step in treating hypertension. If medication is necessary, healthy lifestyle choices actually make the medication more effective.

Additionally, plant-based chemicals called polyphenols, found in foods like olive oil and cocoa beans, have been shown to help prevent and control high blood pressure. Nutritional supplements such as vitamin D, fish oil, garlic, hawthorn, magnesium and coenzyme Q10 (CoQ10) may be useful for hypertension and other chronic conditions, too. While periodic stress can temporarily raise blood pressure, long-term stress can lead to overeating and other unhealthy activities that ultimately aggravate hypertension. Yoga, Tai Chi and other deep-breathing and meditation techniques can help reduce stress levels.

By the way, you don’t need acrobat skills to benefit from yoga’s breathing exercises and relaxation techniques. Yoga poses can be adapted for all body types and abilities.

Other opportunities for healing
In addition to hypertension, holistic therapies like yoga, massage and acupuncture work in different ways to treat many other women’s health issues and to relieve the symptoms related to them. Used individually or together, their ability to reduce pain, encourage relaxation, and rejuvenate the mind and body make them useful for managing chronic conditions ranging from anxiety to joint problems to chronic headaches.

Therapeutic massage—using different types of touch and pressure on the body—helps headache sufferers by reducing stress and correcting posture. Massage helps manage constipation by encouraging digestive tract movement and easing symptoms like bloating and cramping. Women with fibromyalgia often find that massage reduces tenderness and stiffness, helps them sleep better and gives them more energy. Acupuncture stimulates certain points on the body, usually with fine needles. The treatment can be useful in relieving low back pain, painful menstrual periods or PMS, and even hot flashes, in addition to many of the conditions mentioned above.

Women who practice yoga’s gentle stretching and strengthening postures and breathing exercises enjoy many health benefits, including improved sleep patterns.

The Women’s Specialty Center of Lancaster General Health/Penn Medicine is excited to empower women by providing an integrative path that promotes holistic healing and a healthy lifestyle. The Center offers a variety of holistic health services, including massage therapy, acupuncture and a four-session Yoga Rx class for women. For more information, visit LGHealth.org/Holistic.
Frustrated that Diet and Exercise alone is not getting you WEIGHT-LOSS RESULTS?
The answer is balancing your hormones!

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.

Get relief from:
- Headaches…Irritability…Hot Flashes…Cramps…”Heavy” Periods…Depression…Low Libido…Anxiety…Night Sweats…Bloating…Insomnia… Mood Swings…PMS

Guaranteed results in 30 days with our non-medical, safe, effective, proven program!

• Do you work out weekly at the gym?
• Have you cut your calories?
• Do you try to live a healthy lifestyle?

...but do not seem to be getting the results your husband or younger friends get for the SAME effort? At BeBalanced, we understand and can help! SLOW results just make you want to give up! We completely understand. Many health professionals do not seem to understand or are even be able to figure out why the traditional “calories-in-calories-out” method does not work for many women over 35 years old. Doctors, personal trainers, nutritionists and even holistic doctors are stumped as to why you cannot get the results you deserve. Well, that has come to an end. At BeBalanced, WE KNOW what the issue is...it is a simple HORMONE IMBALANCE that we can explain and rebalance naturally in 30 days with diet, stress management and some safe supplements that work naturally with your body (unlike strong medications). We have helped over 7,000 women in the state with our budding franchise and our Lancaster home office. Women come to us when all the major weight-loss programs fail them and when even medical weight-loss centers can’t help. We can help at a fraction of their cost! With our fast, risk-free method of “natural hormone balancing,” we can resolve issues of stubborn weight or mood, sleep and energy. By simply balancing your insulin and blood sugar, along with balancing your estrogen and progesterone while decreasing cortisol (a major stress hormone), you will not only lose weight quickly, but your mood and sleep will improve as well as any type of female-related condition (almost all PMS and menopausal symptoms).

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. So WHY NOT do it all? Lose the stubborn fat and try our new VelaShape 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, hear the science behind this treat, and see amazing before-and-after pictures. We guarantee we are the least expensive in the area, and we are offering limited introductory specials!

Sharee Asch, Certified Master Trainer
“TIGHTEN & SMOOTH, TOO!”

Jen Robinson, Sports Nutritionist Consultant, ISMA Master Trainer
“We have been asked over the years to endorse many products and programs, and we never did, until now, because BeBalanced really works. It worked for us! With everything we know about exercise and nutrition, it was that last piece that was missing, the hormone balancing, that BeBalanced really helped with!”

The Hormone “Shift”
How to resolve issues with your Mood, Weight & Health
by Dawn Cutillo
with foreword by Dr. Patricia Joan Austin
as seen on Fox News and CBS The Doctors

See if your hormones are balanced with a free assessment at www.BeBalancedCenters.com

Call for a free consultation: (717) 569-3040
484 Royer Drive, Lancaster, PA 17601 (Along Oregon Pike in the new Worthington Complex)
One-Stop Dental Office

At Smiles By Stevens we take a caring and family-friendly approach when treating our patients. We consider ourselves a multispecialty practice. We offer all services under one roof, and we treat all ages.

Dr. Stevens continues to learn new techniques and train in new procedures so that he can continue his state-of-the-art dental treatments and so that we can treat our patients in the comfort of one dental office without having to refer them to multiple dentists to get their treatment completed. This concept has kept our patients happy and well taken care of.

We offer routine services such as hygiene and restorative care, as well as root canal treatments. Dr. Stevens is specially trained in implant dentistry and grafting, and can place and restore your dental implants. We offer Botox services for facial esthetics as well as for the treatment of clenching and grinding. Juvéderm filler is another cosmetic option that our patients can experience in our practice. We are now offering procedures to relieve and help cure sleep apnea, as well as snoring devices. The list is quite long and we continue to add to our list of services for our patients in order to offer every benefit that is out there to them.

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!

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.

Shea F. Stevens, DMD, FICOI

• Dr. Shea F Stevens specializes in cosmetic and implant dentistry. His dental practice has earned BEST DENTAL PRACTICE IN LANCASTER in 2011 and 2012, and PA’s TOP 20 DENTISTS in 2010 and 2011.

• Dr. Stevens trained at Temple University School of Dentistry for his DMD degree and furthered his postgraduate education at New York University by completing a surgical residency in oral implantology.

• One of the youngest dentists to receive his Fellowship status in the International Congress of Oral Implantology.

• Provides dental implant consultation and surgical placement of dental implants for 12 Pennsylvania dental offices.

• Dr. Stevens completed the prestigious MISCH INTERNATIONAL IMPLANT INSTITUTE, which is a world-renowned training center for implant dentistry.

He maintains memberships in the American Academy of Cosmetic Dentistry, American Academy of General Dentistry, Lancaster Seattle Study Club, Lancaster County Dental Implant Study Club, College of Conscious Sedation, Fellow of International Congress of Oral Implantology; MISCH International Implant Institute, and Academy of Facial Aesthetics.

Dr. Shea F Stevens resides in Lancaster, Pa., with his wife Aileen, beautiful daughter Rowan, handsome son Colton, and his dogs Jada, Spartacus and Coco. He still plays soccer in a men’s league and trains at CrossFit. Dr. Stevens trains for military-style mud runs, which are trail runs with obstacles and mud! He loves his family and looks forward to spending every free moment with them.

Creating confidence... one smile at a time.
Health & Wellness

It may be more than just snoring.

**Oral Appliance Therapy**

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

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

2207 Oregon Pike, Suite 101, Lancaster, PA 17601
Phone: 717-509-7486 • Fax: 717-509-8527
www.LancasterSleepDentist.com

---

What you need to know about back and neck pain.

Eight out of ten people will have lower back pain at some point in life. Neck pain is just as common. This free seminar will cover causes, prevention, diagnosis and treatment of spine disorders and answer your questions. Space is limited.

To RSVP, call 717-382-6178 or visit us online at LancasterOrthopedicandSpine.com.

**Spine Pain: What You Need to Know**

Wednesday, January 25, 2017 • 6 p.m.
Wednesday, February 22, 2017 • 6 p.m.
Wednesday, March 22, 2017 • 6 p.m.

Lancaster Regional Medical Center, Auditorium
250 College Ave., Lancaster

Lancaster Regional Medical Center is owned in part by physicians.
World class musicians. Incredible performances. A vibrant city. Welcome to Lancaster Roots & Blues 2017

In just 3 years Lancaster Roots & Blues has earned a reputation as one of the hottest music festivals in the East. With more than 90 concerts performed on 11 stages, the festival draws music fans from across the U.S. – and even Canada and Europe. The festival is held each year in beautiful downtown Lancaster, Pa. Lancaster is a walkable and vibrant city with a thriving arts community and is a leading cultural hub in the Eastern U.S. With its unique shops and more than 100 great restaurants and nightspots, Lancaster has been acknowledged as #4 in a list of the most exciting small cities in the country.

Here are the artists appearing at the 2017 Lancaster Roots and Blues:

This year marks the 4th annual event and the festival has experienced growth in every aspect of its operations, including ticket sales, attendance and corporate and community participation. 2017 attendance is projected to be more than 12,000 music fans over three days.
Music Venues

The Ware Center, Chameleon Club, Tellus 360 (2 stages each)  
The Elks Lodge, The Village, The Federal Taphouse  
And new for this year The Excelsior, and our Main Stage will be in a big heated tent in Lancaster Square.

What people said about the Roots & Blues Festival

I took an informal poll of some folks that I saw on Sunday. Everyone said the same thing, they had a great time at the fest and that they really had fun in downtown Lancaster enjoying the shops and restaurants. My wife was nice enough to give, as a gift, three day tickets to the festival, and we used them hard.  - John S.

Cannot wait, so excited! I live down here near Philly (An older fellow McCaskey grad!) :-) I work with the Haverford Music and Paoli Music Festivals down here....but hands down, yours is the best!!! :-)  - Peggy M.

I came down from Susquehanna County and my whole experience was SECOND TO NONE! GREAT staff, GREAT intimate venues – and the artists!! I've been into music and particularly Blues for over 50 years and this was without equal! - T. Latzko

Great job! You have achieved more in promoting and drawing people to Lancaster than the government has in the past six years. Well done.  - L.S. Paden

I'm leaving my heart in Lancaster and heading back to Northern Virginia. What a fantastic weekend! The level of talent was unbelievable! See you next year!  - S.W.

My local daughter suggested I might want to come out from Chicago for this festival, and I am so glad I did. Personal connections made with Town Mountain, The Ballroom Thieves, and others. Hope to see some of the bands in the Midwest, and I will be back to Lancaster for other shows. Great job all, so much fun.  - J.N.

We took the Amtrak from Pittsburgh and walked everywhere once we got to the hotel. A BEAUTIFUL city, NICE people, a well-run festival and a GREAT lineup. I shot 37 videos from a dozen or so artists. WORTH EVERY PENNY AND WE'LL BE BACK NEXT YEAR.  - R.D.

We heard such amazing things!! Lancaster is basically our new favorite place.  - B.J.
Volunteers from around the country are joining the American Heart Association, in connection with The Children’s Heart Foundation, to celebrate American Heart Month by knitting and crocheting red hats for babies born in February at participating hospitals. Little Hats, Big Hearts honors babies, moms, and heart-healthy lives in a very special way. Supporters are knitting and crocheting red hats to be given out to thousands of babies during American Heart Month in order to empower moms to live heart-healthy lives and to help their children do the same.

Together, we are working to raise awareness, provide resources and inspire moms to take their families’ heart health to heart while also raising awareness about congenital heart defects.

Lancaster Regional Medical Center & Heart of Lancaster Regional Medical Center are proud, major sponsors of the American Heart Association in 2017. And Heart of Lancaster Regional Medical Center is pleased to announce that on February 6 at 3 p.m., the American Heart Association will be delivering roughly 150 red infant hats to Women’s Place as part of this program. All hats were knitted by local volunteers, and one of those volunteers will be present at the delivery.

33 Industrial Road, Ephrata • (717) 627-2988 • brooksidecollision.net
We provide comprehensive female & male infertility evaluation/treatment.

- IVF (in vitro fertilization)
- ICSI (intracytoplasmic sperm injection)
- Egg donation (we have immediate availability for recipients)
- IUI (intrauterine insemination)/donor insemination
- Assisted Hatching
- Blastocyst Culture and Transfer
- Ovulation Induction
- Andrology Services
- Autologous endometrial coculture for IVF
- Gestational carrier/surrogacy consultation and monitoring
- LGBT Family Building
- Fertility Preservation—egg and sperm freezing/storage
- Genetic counseling
- Preimplantation Genetic Diagnosis (PGD)
- Treatment of recurrent pregnancy loss
- PCOS (polycystic ovarian syndrome)
- Endometriosis
- Da Vinci Robotic Surgery—removal of uterine fibroids/tubal ligation reversals
- Management of ectopic pregnancy
- Reproductive urologist for male infertility

Now Welcoming New Appointments

Lancaster Fertility
LancasterFertility.org ● 1059 Columbia Ave. ● 717-517-8504
Beth Kilmoyer ’95, DNP, MS, RN-BC, Nursing Informatics Manager

Alumni Spotlight

Beth Kilmoyer is passionate about nursing excellence. Since graduating from PA College’s diploma program in Nursing in 1995, her educational path and professional roles have encompassed clinical practice, information technology projects and professional development programs. Beth is proud to have worked at five Magnet Designated hospitals, beginning with medical-surgical nursing at Lancaster General Hospital. She received her BSN from Millersville University, her Master in Nursing Informatics from the University of Maryland School of Nursing, and her DNP and post-master’s certificate in education from The Johns Hopkins University School of Nursing. She is currently the Nursing Informatics Manager at Mercy Medical Center in Baltimore. Beth is also an adjunct faculty member at the University of Maryland School of Nursing and the George Washington University School of Nursing, and is board certified in nursing informatics and nursing professional development.

For the past ten years, Beth’s work with information technology has involved collaboration with clinical staff and her IT colleagues to create and enhance critical technology applications, such as order entry screens and workflow designs. Her role has recently expanded, with an increasing focus on evolving Mercy Medical Center’s culture of nursing excellence. Beth shares, “We believe every nurse is a leader, so we have started a clinical nurse leadership academy for clinical nurses at any level to increase their knowledge, skills and confidence in leadership.”

Faculty/Staff Spotlight

Debbie Arndt is an instructor in the Associate Degree Nursing program for fourth-semester nursing students, teaching mental-health theory in the classroom as well as in the clinical setting with students at Wernersville State Hospital. She is passionate about building supportive relationships with students, striving to foster their academic achievement as well as helping them resolve personal issues or manage stress. Debbie shares, “Nothing makes me prouder than to get phone calls or emails from students when they pass their NCLEX exam. It is most fulfilling to see former graduates working as RNs in various settings and know that I played a small part in helping them obtain their career goals.”

As the faculty advisor for the College’s Student Nurses Association of Pennsylvania (SNAP) chapter, Debbie is excited about the club’s opportunities for growth at the new campus. SNAP students participate in fundraisers and volunteer activities and will attend the State Convention in November, as well as sponsor the 2nd annual NCLEX Bowl next May. Debbie comments, “I love the relationships that I get to develop with SNAP students and watching them blossom in their leadership and communication skills as well as their confidence throughout their student nurse education.”

Student Spotlight

Inspiration comes in many forms. Laura Fowler, who began our three-year Bachelor of Science in Nursing program last month, points to her experiences with injuries and illness as the catalyst for her decision to change careers and become a nurse. While challenging, Laura reflects positively on these experiences, and shares, “I have had incomparable encouragement, reassurance and positivity from my healthcare providers, specifically nurses, and so I aspire to become as impactful as a future nurse to my future patients.” She is shifting her focus from a three-year career as an athletic trainer, and as one of three recipients of a $10,000 PA College scholarship for students in her program, Laura is grateful for the opportunity to scale back her working hours. “With this financial support, I can immerse myself in my studies and eliminate the stressor of providing financial resources to keep my life afloat,” explains Laura.

Laura wants to work as an orthopedic nurse following graduation, drawing from her professional experience as an athletic trainer, her background as an athlete, and her own success with orthopedic surgery and recovery. She hopes to assist orthopedic doctors with operations, injury prevention, and patient treatment and recovery.

Debbie Arndt, MSN, RN-BC
Instructor, Nursing

Laura Fowler ’19
Bachelor of Science in Nursing

Beth Kilmoyer ’95, DNP, MS, RN-BC, Nursing Informatics Manager

“IT takes 20 years
to build a reputation
and five minutes to ruin it.
If you think about that,
you’ll do things differently.”

Kyle Zemeski, President, and Kimberly Zemeski, Comptroller

Z Motor Co.

We offer select, professionally chosen vehicles at significant savings over traditional used car “megastore” pricing. Between myself, mechanic and salesmen Corey Knox, and customer service and internet specialist Dan Booz, we have over 30 years’ hands-on automotive experience. That means that Z Motor Company is able to offer an overall better value to the customer. We treat our customers how we would like to be treated from top to bottom—from our acquisition process all the way through the purchase process. All of our Z Motor Company vehicles are professionally chosen, tested, rigorously inspected, reconditioned and presented for sale in exceptional condition. 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.

5466 Main Street
East Petersburg, PA 17520
(717)569-5733

Hours
Mon.–Thurs. 10 a.m.–8 p.m.
Fri. 10 a.m.–5 p.m.
Sat. 10 a.m.–4 p.m.
zmotorcompany.com
Nancy James, RN, RN: Healthcare and Harmony

Additionally, James values the current move toward functional medicine. “I have a passion for using natural means to heal myself and my family. At home we eat a whole-foods diet, and of course exercise is very important.”

Born in Philadelphia, Nancy’s family moved to Leola when she was 15. She graduated from Upper Leacock High School before beginning her nursing career at Presbyterian Hospital School of Nursing in Philadelphia.

“We’ve been back in Lancaster for 12 years now,” says James, capping off a summary of her long way home. After she married, James moved from Leola to California while her husband, the now Lt. Col. (Ret.) John T. James, went to school for the Air Force.

“From there we took our month-old baby with us to France, which was quite an experience. I mean, the water closet was in the hall, and the shower was in the kitchen!” James exclaimed. After that, she moved back to Leola while her husband served in Vietnam. Upon his return, their next move was to Dover Air Force base, then California for 23 years, and finally Illinois, before returning to Lancaster.

Through her many stops along the way, Nancy James, RN, has displayed a rare talent for bringing not only healthcare but also harmony to the many people whose lives she’s touched. James says she learned clarinet and saxophone in grade school.

“I also, I don’t remember when I started, but I’ve always played piano and keyboards, including the organ at school.”

“I took whatever opportunities came along,” says James, who learned the tympani when the orchestra she joined in California didn’t need another chimes player. Soon she was playing other percussion as well—everything but the snare drum.

Following that, it wasn’t long before she found a hammer dulcimer under her Christmas tree and quickly learned to play it for special occasions and Christmas teas. Ditto with the harpsichord her supportive husband, “Tim,” built her.

“That harpsichord is at least 6 feet long, so after we take the legs off, together we carry it and put it in the back of our station wagon on quilts. Then together we carry it into the church or wherever I’m playing. My husband, who’s got a very good ear, does the tuning—and there are 120 strings to tune on a harpsichord!”

Not content to rest on these considerable accomplishments, at age 61, James took up the flute. Currently, she plays classical and religious music in the Westminster Presbyterian Flute Choir, as well as popular music with the Lancaster Senior Orchestra.

“It’s great therapy for your brain, and it’s fun to get out with friends and make music,” says James. “Not only that, it’s very good for your lungs, especially if you play a wind instrument!”

Besides nursing and sharing joy through music, James enjoys her family, particularly traveling to visit grandchildren. She’s a keen gardener and loves to read the Bible as well as books by her favorite British author, Rosamunde Pilcher.

Wistfully, James says she also adored the period TV production Downton Abbey, though she admits she’s disappointed over the end of the series. Perhaps not surprisingly, for a woman who embraces life so fully, Nancy James wishes there were more!

Navigator Financial—Helping Through Good Times and Bad

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

Spinal surgeries are among the most common and expensive elective surgeries in the U.S., according to the Agency for Healthcare Research and Quality (AHRQ), which creates a significant opportunity to improve quality and value within the healthcare system. For example, there were more than 465,000 spinal fusion operations in the U.S. in 2011, and hospital costs for a fusion procedure average $27,568 according to AHRQ.1

Hospitals designated as Blue Distinction Centers+ for Spine Surgery demonstrate expertise in cervical and lumbar fusion, cervical laminectomy and lumbar laminectomy/discectomy procedures, resulting in fewer patient complications and hospital readmissions compared to other hospitals. Designated hospitals must also maintain national accreditation. In addition to meeting these quality thresholds, facilities designated as Blue Distinction Centers+ are on average 20 percent more cost-efficient in an episode of care compared to other hospitals.

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

“Lancaster Regional Medical Center is proud to be recognized by Highmark Blue Shield for meeting the rigorous selection criteria for spine surgery set by the Blue Distinction Specialty Care program,” stated Brooks Turkel, Market CEO of Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center. “We have also achieved Blue Distinction Center Designation for Cardiac Care and Blue Distinction Center+ for Hip and Knee Replacement.”

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

“The Blue Distinction program gives Highmark Blue Shield members the ability to choose their providers based upon reliable quality and safety information. It also provides a pathway for exceptional providers to demonstrate their value, and delivers the kind of transparency necessary for members to make informed, value-driven healthcare decisions. We congratulate our Blue Distinction Specialty Care providers on their accomplishment and thank our members for choosing Highmark Blue Shield”, said Dr. Charles DeShazer, Vice President and Executive Medical Director, Clinical Services, Medical Policy & Quality.

For more information about the program and for a complete listing of the designated facilities, please visit www.bcbs.com/bluedistinction.

For more information on the Orthopedic and Spine Program at Lancaster Regional Medical Center, visit LancasterOrthopedicandSpine.com.

1Agency for Healthcare Research and Quality

### Chronic Sitting May Be as Deadly as Smoking

Mark Gottlieb, D.O., MBA

It’s the start of a new year, and millions of people across the country will join—or rejoin—gyms and health clubs in January. Unfortunately, there will be an estimated 80 percent drop-off in gym attendance before the end of February.

But don’t despair—recent research brings good news about the most critical ways to stave off disease and early death, and it does not include spending hours each week in an aerobics class or on an exercise machine. Many of us, whether we engage in regular exercise or not, are spending more than equal parts of our days sitting on our rear ends—an average of nine hours a day for adults in the U.S. Health risks from this trend are now considered by many experts to be as significant as smoking or obesity.

“When we calculate hours spent in the car, at our desks and on the couch, studies show that people who exercise regularly spend just as much time sitting as those who are inactive,” said Mark Gottlieb, D.O., MBA, a family physician with Columbia Regional Health Center located at 1786 Columbia Avenue in Columbia, Pa., and affiliated with Lancaster Regional Medical Center and Heart of Lancaster Regional Medical Center. “And research shows that time spent sitting is clearly associated with an increased risk of mortality from heart disease, cancer and diabetes—regardless of whether you exercise regularly.”

Research also suggests it’s possible to counteract sitting disease. An extensive study of a million adults found that exercising one hour for every eight hours spent sitting results in a significant reduction in the risk of death from heart disease, diabetes and some cancers. And even better news, that hour can be spread across your day, anytime and anywhere. Here are five tips to help you get moving:

- **Avoid exercise machines.** The majority of fitness machines place you in a sitting position. Go for a free-weight workout focused on movements like the squat, deadlift, lunge and overhead press.

- **Take hourly mini-breaks.** If you sit at a desk from 9 to 5, move at least once per hour throughout the day. Moving just two or three minutes each hour can get blood moving through your body. Try one of the many apps for your desktop or mobile device that remind you to take healthy breaks—Move, StandUp! and BreakTime are three to try.

- **Watch your active minutes.** If you use a fitness tracker, don’t focus solely on number of steps and calories. Many trackers also record active minutes.

- **Schedule walking meetings.** Start by engaging coworkers most likely to be receptive to the idea. As others observe the benefits, the movement might catch on.

- **Designate a standing task.** Pick a task that you can do while standing and make it your get-up cue, such as talking on the phone, checking email or reviewing documents. If possible, invest in standing desk equipment or a mini-stepper you can keep under your desk.

“The trick is to have it firmly fixed in our minds, that sitting is indeed the new smoking,” said Dr. Gottlieb. “It’s a phrase that was little shocking at first, but it will stick with people and eventually embed the reality that extensive sitting is truly bad for you. That’s how behaviors start to change.”

The office isn’t the only danger zone. Studies show that each hour spent sitting in front of the TV means an 11 percent higher risk of premature death.

If you can’t bear to give up your TV time, use it to move more—stretch or do squats, go through yoga transitions, lift hand weights or run in place on every commercial break.

Not everyone is inclined to train for a marathon or triathlon, so the new movement guidelines are actually good news for the rest of us. If you need assistance with a plan that fits your abilities and lifestyle, schedule an appointment with a physician or physical therapist to help you create a get-moving plan that works for you. For assistance finding a family physician who can help you, please call 1-844-784-DOCS or visit LancasterMedGroup.com.
Professional Services

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.

50% off the purchase of HOTHEADS HAIR EXTENSIONS.

Now Accepting Appointments
348 W. Orange St., Lancaster, PA 17601
Sat–Mon: Closed  •  Tue–Fri: 9:30AM–7:00PM
(717) 945-7754  •  www.egotripsalon.com

It’s Time for Your “Lazy Money” to Get More Industrious

Everyone’s goal in the world of investing is a secure financial future.

But it could be that your security, as well as your bottom line, is being victimized by the deadbeat of the financial world, “lazy money.”

“Lazy money is money that just sits there, not really working for you the way it can and should,” says Alexander Joyce, president and CEO of ReJoyce Financial (www.ReJoyceFinancial.com).

“And it’s money that can end up being eaten away by fees and taxes, not to mention the potential loss of any return on investment.”

Joyce says not long ago he encountered a good example of money that wasn’t being put to its best use. A widow in her 70s, already struggling to get by, was devastated when the homeowners’ association in her condo complex announced a substantial fee increase. She was in tears, worried that she would have to move because she didn’t know if she could make ends meet.

A friend convinced her to let Joyce review her financial situation.

“What I discovered was she had $300,000 in her portfolio and was never shown how to turn that into income,” he says. “That was ‘lazy money.’ I was able to show her how she could have an extra $24,000 a year in income by making this money go to work for her.”

“Lazy money” can affect people of all ages, but is especially burdensome for people at or near retirement who need their money to perform to its maximum potential. Otherwise, they could end up struggling to survive as the money disappears and they still have plenty of life ahead of them.

If you want to put a little energy into the “lazy money” in your life, Joyce suggests a few places too look:

• Checking and savings accounts. When you’re in retirement, you want to be conservative with your investments—to a degree. But you can go overboard, Joyce says. Sometimes people keep higher-than-necessary balances in their checking accounts and savings accounts. They have quick access to that cash, which is great, but the money isn’t growing the way it could.

• Old 401(k) plans. People often change jobs but are uncertain what to do with their 401(k). So they just leave it with their previous employer and “it sits there and does nothing,” Joyce says. “You could roll it into a traditional IRA and structure it in a different way to be either conservative or more aggressive, your call.” Another option is to consolidate it into a 401(k) with your new employer.

• Little-used options with current employer benefit plans. Sometimes it’s worth having a financial professional review how you’re investing in retirement plans offered by your current employer, Joyce says. Many employees assume they don’t have access to that money until they are 59½, other than possibly to borrow from it, possibly to go overboard, Joyce says. Sometimes people keep higher-than-necessary balances in their checking accounts and savings accounts. They have quick access to that cash, which is great, but the money isn’t growing the way it could.

• Old 401(k) plans. People often change jobs but are uncertain what to do with their 401(k). So they just leave it with their previous employer and “it sits there and does nothing,” Joyce says. “You could roll it into a traditional IRA and structure it in a different way to be either conservative or more aggressive, your call.” Another option is to consolidate it into a 401(k) with your new employer.

About Alexander Joyce
Alexander Joyce is president and CEO of ReJoyce Financial LLC (www.ReJoyceFinancial.com). He’s also a Safe Money and Retirement Income Planning specialist, and has hosted radio shows such as “The Safe Money and Income Radio Show” and “The Ask Mr. Annuity Radio Show.” Joyce is a licensed professional in Indiana and specializes in working with people who are near retirement or who are already retired, with wealth management, income planning, and asset protection strategies.

Ashley Vega
Ashley Vega 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.

50% off the purchase of HOTHEADS HAIR EXTENSIONS.

Now Accepting Appointments
348 W. Orange St., Lancaster, PA 17601
Sat–Mon: Closed  •  Tue–Fri: 9:30AM–7:00PM
(717) 945-7754  •  www.egotripsalon.com

It’s Time for Your “Lazy Money” to Get More Industrious

Everyone’s goal in the world of investing is a secure financial future.

But it could be that your security, as well as your bottom line, is being victimized by the deadbeat of the financial world, “lazy money.”

“Lazy money is money that just sits there, not really working for you the way it can and should,” says Alexander Joyce, president and CEO of ReJoyce Financial (www.ReJoyceFinancial.com).

“And it’s money that can end up being eaten away by fees and taxes, not to mention the potential loss of any return on investment.”

Joyce says not long ago he encountered a good example of money that wasn’t being put to its best use. A widow in her 70s, already struggling to get by, was devastated when the homeowners’ association in her condo complex announced a substantial fee increase. She was in tears, worried that she would have to move because she didn’t know if she could make ends meet.

A friend convinced her to let Joyce review her financial situation.

“What I discovered was she had $300,000 in her portfolio and was never shown how to turn that into income,” he says. “That was ‘lazy money.’ I was able to show her how she could have an extra $24,000 a year in income by making this money go to work for her.”

“Lazy money” can affect people of all ages, but is especially burdensome for people at or near retirement who need their money to perform to its maximum potential. Otherwise, they could end up struggling to survive as the money disappears and they still have plenty of life ahead of them.

If you want to put a little energy into the “lazy money” in your life, Joyce suggests a few places too look:

• Checking and savings accounts. When you’re in retirement, you want to be conservative with your investments—to a degree. But you can go overboard, Joyce says. Sometimes people keep higher-than-necessary balances in their checking accounts and savings accounts. They have quick access to that cash, which is great, but the money isn’t growing the way it could.

• Old 401(k) plans. People often change jobs but are uncertain what to do with their 401(k). So they just leave it with their previous employer and “it sits there and does nothing,” Joyce says. “You could roll it into a traditional IRA and structure it in a different way to be either conservative or more aggressive, your call.” Another option is to consolidate it into a 401(k) with your new employer.

• Little-used options with current employer benefit plans. Sometimes it’s worth having a financial professional review how you’re investing in retirement plans offered by your current employer, Joyce says. Many employees assume they don’t have access to that money until they are 59½, other than possibly to borrow from it, possibly to go overboard, Joyce says. Sometimes people keep higher-than-necessary balances in their checking accounts and savings accounts. They have quick access to that cash, which is great, but the money isn’t growing the way it could.

• Old 401(k) plans. People often change jobs but are uncertain what to do with their 401(k). So they just leave it with their previous employer and “it sits there and does nothing,” Joyce says. “You could roll it into a traditional IRA and structure it in a different way to be either conservative or more aggressive, your call.” Another option is to consolidate it into a 401(k) with your new employer.

About Alexander Joyce
Alexander Joyce is president and CEO of ReJoyce Financial LLC (www.ReJoyceFinancial.com). He’s also a Safe Money and Retirement Income Planning specialist, and has hosted radio shows such as “The Safe Money and Income Radio Show” and “The Ask Mr. Annuity Radio Show.” Joyce is a licensed professional in Indiana and specializes in working with people who are near retirement or who are already retired, with wealth management, income planning, and asset protection strategies.
Domestic Violence Services of Lancaster County

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

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

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

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

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

Pursuing a Legacy
INVITING all YOUNG Ladies ages under 50 to join us in “Pursuing a Legacy”
Lancaster Bible College
901 Eden Rd. at Teague Center Library
Tuesday, February 7, 6:15 p.m.
OUR VERY SPECIAL GUEST speaker, TAMI HEIM, with a HEARTWARMING story entitled “God, what in the world are you doing with my Precious Possession?”
We will be Serving a Lite-Fare Buffet.
Cost for the program is $5.00.
Invite Friends & “Do Girls Nite Out.” Early Reservations are appreciated.
Call Dawn at 587-2555 or email dawn@lokteam.com.
Finding the Way to Your Creative Self

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

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

“My creativity and i grew up there. It’s my writing home,” says a teen who has been taking classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s. After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. She’s been coaching writers to “find themselves as writers and people,” full-time, ever since. There are no grades, tests, cell phones, or judgment, providing a retreat where even the most timid writer can relax.

“My mission is to launch writers by inspiring the courage, passion and confidence to create. My classes are meant to be a safe, gentle place where people can be themselves. Writing from the heart isn’t about speed, pressure or getting published. It’s about taking a deep breath, harnessing what we feel, and writing without fear. Creating should be fun—a comfort—especially in today’s complicated world. The process begins with slowing down, unplugging our technology, and getting back in touch with our senses.” She laughs. “That, alone, can lead to a happier life!”

Melissa holds classes in her serene, urban-style loft in Lancaster County. She offers year-round workshops for men, women, children and teens—summer camps for children and teens—and coaches all ages, privately. Her work also includes essay-writing support for high-schoolers and college applicants (with emphasis on the enjoyment of the process!). She also leads workshops supporting adult cancer patients and survivors, at the Lancaster General Health Ann B. Barshinger Cancer Institute.

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

Upcoming Classes

Women’s Intro: “Writing Without Fear”

Tuesday evenings, 5-week series:

Jan. 24, 31, Feb. 7, 21, 28
April 18, May 2, 16, June 6, 20
6:30–8:30 p.m.

WFTI Lancaster Studio.

Please call for fees/directions.

Women’s Memoir Writing Workshop:

“Telling Our Life Stories”

Monday evenings, 5-week series:

January 23, 20, Feb. 13, 27, March 6
April 10, 24, May 15, 22, June 5
6:30–8:30 p.m.

WFTI Lancaster Studio.

Please call for fees/directions.

Teen & Children Workshops

4 classes

Teen: Jan. 22, Feb. 19, March 26, April 9
Children: Feb. 5, March 12, April 9, May 7

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.

Therapeutic Writing Workshops for Adults, Children & Teens

Gentle, fun, nonintimidating workshops held in an atmosphere of warmth and trust. Sharing optional.

Mischief a must! No grades, grammar, spelling or red pen. A safe haven for the soul.

Contact Melissa Greene:

Poet, teacher and believer in art for a kinder world.

717-393-4713 or visit www.writefromtheheart.us

“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.”

“I wrote this book because women can’t find the right shade or they just don’t know what colour to go with and no one seems to be able to tell them.”

Red, Brown, or Blonde most women are frustrated with the colour of their hair. No matter what they or their stylist try, they just can’t get the look they really want. A.L. Segro, a Lancaster-based stylist and fashion expert has written a new book that answers all the questions that women have about hair colour and why the best efforts of their stylist continue to produce lackluster results. And he is offering it to the community for free.

Just call toll-free 1-877-702-3081 or go to www.DontFearTheBleacher.com and request your Free Copy of "Don’t Fear the Bleacher" by A.L. Segro.

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

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

If you need an emergency colour 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.

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

A. L. Segro

I hear this all the time from the women who come to my salon completely frustrated about the colour and health of their hair. They ask me, “Why doesn’t my hair look the way I know it can, and how can I get perfect colour and still have healthy hair?”

I’ve made it my mission to solve these problems for women once and for all, and it’s turned my salon in Lancaster into a haven for women who are done with being frustrated with the colour and health of their hair.

You can have the colour you want and your hair CAN be healthy.

The basics of getting exactly the hair colour you want are easy to understand. The hard part is using the tools correctly so that the colour is beautiful, just right, and your hair is healthy. It takes a lot of skill and knowledge to do it correctly.

I encourage any woman in Southeast Pa. to call my salon and make an appointment. My team and I will solve this problem for you.

If you have knowledge, you become empowered.

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

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

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

“Don’t Fear the Bleacher,” which is an easy-to-read book that empowers every woman to take control of her hair colour and health. I wrote this book so any woman can understand how to communicate much more effectively with their stylist and stop suffering needlessly.

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

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

If you need an emergency colour 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.
The Party No One Wants to Plan

People rarely like to dwell on the fact that they or a loved one will die someday, even though it’s an inevitable part of life.

From a practical standpoint, we would make preparations to ensure that survivors aren’t placed in financial jeopardy, and that they know the deceased person’s final wishes.

“But the reality is that people procrastinate because the topic is too painful to think about,” says Susan Alpert, author of Later is Too Late: Hard Conversations That Can’t Wait (www.susanalpertconsulting.com).

Alpert, who lost her husband suddenly after 46 years of marriage, knows from experience about the confusion, chaos and disastrous financial consequences that occur, and she believes it’s time for people to make a change in their thinking and planning about death.

“No one wants to admit that life has an end, but picture your spouse, your children, your parents, or anyone else you hold dear,” she says. “What would their lives be like if you died and hadn’t properly prepared your estate and legal documents?”

Survivors also are often left to make decisions about funerals or memorial services while they are still grieving. Just 25 percent of people over age 50 have planned for their funeral or burial, according to the AARP. Meanwhile, funerals come with a hefty price tag that keeps rising, with the average cost in 2014 at $7,181, according to the National Funeral Directors Association.

“Making arrangements for your own funeral may feel surreal,” Alpert says. “But imagine the pain others will have dealing with that if you don’t step up and do it for them—and take care of the cost now if possible.”

The good news, she says, is that despite the emotion involved, preparing for death can be handled over time and at your own pace, although it does require motivation and organization.

Among the things to consider:

• Collect important documents and details in one place. Some of the personal information that should be gathered together would include names of your doctors, your bank accounts, Social Security information, life insurance policies, a will and anything else that’s critical to your estate. Having all the important personal information in one place makes a huge difference in reducing stress and making the process easier for the person or persons left behind.

• Plan that funeral. It’s not a pleasant topic, but it’s natural to wonder how our lives will be honored after death. Our vision might not be the same as family members, Alpert says, so it’s important to decide how and where the final resting place will be and whether there should be a funeral or a memorial service. Do you want a burial or cremation? Do you prefer an old-fashioned obituary or a simple social media announcement?

• Hire experts. “There is a business for every need, and the arena of death is no exception,” Alpert says. Try contacting a team of professionals—attorneys, accountants, financial advisors—who can help sort through all the financial and legal details ahead of time so there are fewer challenges to face at the time of death.

“The best way to honor a loved one’s legacy is to ensure that his or her wishes are carried out after death,” Alpert says. “But that shouldn’t happen at the expense of a budget when you’re grieving and can’t make clear decisions.”

Health & Wellness

Green technology with batteries these days?

I’ve heard that one of the big hurdles to growth in renewables is energy storage. What’s new in the world of battery technologies? And will better forms of storage really accelerate the development of solar, wind and other alternative forms of energy?

— Marshall Jay, Erie, PA

It’s true that energy storage has been an Achilles heel in the emerging renewable energy sector, given the large environmental footprint required to produce and distribute our current crop of lithium-ion and other types of batteries—and the fact that they do not hold nearly the capacity needed to make intermittent renewable sources (like solar and wind) viable as secure year-round sources of power. Whether or not renewables can replace fossil fuels in the future may well depend on our ability to drastically improve the way we store electricity.

But given the importance of solving this problem, a lot of great minds are working on it. Electric carmaker Tesla is close to finishing construction on a “Gigafactory” in the desert outside of Sparks, Nevada, to produce lithium-ion batteries for its signature electric cars and its new line of utility-grade and household energy storage appliances. By 2018, the new renewable energy-powered facility will reach full capacity, with an annual battery production capacity of 35 gigawatt-hours—and will produce more lithium-ion batteries annually than were produced worldwide in 2013. Tesla expects its Gigafactory to shave upwards of 30 percent of battery production costs, and serve as a model for how to mass-produce green technology with a triple (social, environmental and financial) bottom line in mind.

But critics point out that merely lowering the production costs for existing technologies by a third won’t provide the quantum leap in storage capacity needed to make intermittent renewables as reliable as traditional “baseload” (e.g., consistent generation) sources such as coal, natural gas or hydropower.

“Many researchers believe energy storage will have to take an entirely new chemistry and new physical form, beyond the lithium-ion batteries that over the last decade have shoved aside competing technologies in consumer electronics, electric vehicles and grid-scale storage systems,” reports Richard Martin, senior editor for energy at MIT Technology Review. Some of the most promising designs employ cheap and abundant natural materials (such as air, water, carbon, sodium, quinine, and even sand) as catalytic substrates. But Martin points out that there are so many competing technologies “from foam batteries to flow batteries to exotic chemistries, that no one clear winner is attracting most of the funding and research activity.”

He adds that these small startups lack the capitalization to get their products ready for the mass market. Setting up a small manufacturing line and testing various combinations of materials to optimize a new battery technology’s potential storage capacity and charge/discharge rates could cost as much as $500 million, but most start-ups in the space can expect investments averaging only about $5 million a year. “That huge investment gap is hard to overcome,” concludes Martin.

For now, Tesla is poised to dominate the world’s battery market, with its Gigafactory coming online later this year. But analysts think we’ll have some new alternatives to the lithium-ion battery standard within a decade or so, especially if venture capitalists and other investors begin to grasp how important better energy storage options may be to our future.

EarthTalk® is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E-The Environmental Magazine (www.emagazine.com).

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.

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

*Lancaster Christian Women’s Club*  
*Cordially Invites All Ladies*  
*“Once Upon a Time”*  
*BENT CREEK COUNTRY CLUB*  
620 Bent Creek Drive, Lititz, PA  
*Wednesday, February 8, 12 Noon*  
Our Special FEATURE will be Modern Eyes  
“W—the Industries Newest Eyewear Technology & Styles”  
Our SPEAKER, Dee Billing will share  
“A Cinderella Story Interrupted by Life”  
SPECIAL MUSIC will be provided by the Servant Stage Co.  
Cost is: $20.00 Inclusive

For reservations please call Sue 989-0321  
Invite a Friend and “Do Lunch” with us!

**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.

Visit [www.petpantrylc.org](http://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](http://www.humaneleague.com)
Magnolia Day Spa provides an atmosphere that is relaxing and welcoming to clients. The majority of the staff have over 18 years of experience and continue to further their education. We are able to offer our clients physical and mental well-being for the best spa experience. Fair prices, discounts and a loyalty program are offered.

A wide range of services are offered. Massages including hot stone and bamboo, spa facials, enzyme/oxygen facials, 4-layer facials, glycolic facials, and microdermabrasion treatments are also available. Exfoliating scrubs and body wraps to remove toxins, hydrate and tone are perfect treatments for dry, dehydrated skin. Manicure and pedicure services provide a nice, healthy look for your nails year round.

Gift certificates are available in any denomination and, if you prefer, may be purchased by phone using a credit card. We will gladly send your purchased certificate in the mail.

For more information or to schedule an appointment, call 717-208-7391. Appointments only; call for hours.

Frances Jones Sanchez  
Owner/ Massage Therapist/Esthetician  
Frances has been in the beauty business for over 25 years. Her calming and friendly manner enhances the client's overall experience. Her knowledge of skin care and skillful application of therapeutic massage provide a relaxing retreat.

15% Off Gift Cards Sale December 21

All Credit Cards Accepted

2938 Columbia Avenue, Suite 1501, Lancaster, Pa. 17603  
(In Manor West Commons across from Arby’s at traffic light.)

717/208-7391

January/February 2017  
Lancaster County Woman
After living for so many years in their homes and collecting not only valuables but also memories, many older adults find the idea of moving to be frightening and overwhelming. Rochelle "Rocky" Welkowitz, Lancaster County's first Real Estate Specialist for mature adults (with Prudential Homesale Services Group) is making the entire process easier for seniors.

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

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

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

Many of her clients of the last 32 years are widows from a generation when men made all of the major decisions, and who now rely heavily on their children to help. These children have their own family and business obligations and have expressed great appreciation for Rocky's services as the "missing link" in the moving process. They have peace of mind, much less stress, and know they and their mother are just a phone call away from an experienced Mature Adult Relocation Specialist they can trust to a successful conclusion.

"My clients are vibrant, enthusiastic, and valuable people; their standards are so much of what I knew growing up. Several of my clients have known me since I was six years old," she says. Rocky has spent most of her life in Lancaster County. She is more than just a realtor and move organizer; Rocky is a personal advocate working to make people’s lives easier and more enjoyable.
Give your home a new look for the new year. It is a great time to give your home a makeover. You can make small changes or do a total makeover of a room or two.

Small changes can make a big difference. Whether it’s paint, pillows, area rug, window treatments or accessories, choose refreshing colors and patterns that make you feel happy. Don’t be afraid to add a fun color or pattern, such as an animal print, stripe, or plaid. Texture is another way to add interest. You can change or add a cotton throw and pillows on your furniture or bed. Add bright or light-colored floral designs to your rooms. Many flowers and greens today look real. Add some brighter colored accessories such as pottery, candles, and decorative plates. Don’t forget your front door; add a spring-colored wreath or swag to welcome your guest.

Changing your walls can alter a room's look without switching up your furniture. With a gallon of paint, you can transform your room with little cost. Faux paint is another way to add color and texture to your home. Wallpaper is making a big comeback. Dining rooms and bathrooms are great places for beautiful wallpaper. There are timeless classic to bright, fun patterns and color ways for your walls. So consider changing an accent wall or the whole room.

Don’t forget your floors. Changing an area rug with a sisal rug with a fabric border or a fun, patterned hook rug will lighten up your space.

As the sun warms up your home, it will feel great, but will fade your fabrics, photos, and artwork. Adding light filtering blinds or sheers can help reduce fading as well as save energy. Blinds and shades are a great option to help with your cooling and heating bills. Heritage Design Interiors is a great place to shop for spring decorating accessories, lamps, artwork, and floral designs. We can help your window treatment needs and wants. With our expertise on design, measuring, and installation, they take the worries out of window treatments.

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

Check out our website at www.heritagdesigninteriors.com. Join us on Facebook for upcoming events, specials and decorating ideas. Heritage Design Interiors

1064 East Main Street
New Holland, PA 17557
717.354.2233
One of the largest single assets of many individuals is their home. It is also the asset with the most issues and problems for many executors. What to do? The simplest option for most clients is to merely direct its sale. However, before this is implemented, you must ask, (1) does anyone live in the house (child, second wife, companion, etc.)? (2) does anyone want to buy the house whom I would prefer to see buy it?; and (3) should I retile it or consider selling it?

If someone is living in the house and you do not want your executor to interfere with their ability to enjoy it uninterrupted for a period of time after you have passed away, you need to provide for this. If not, after you die, your executor may be knocking on the door and demanding access. So what do you do? Most estate planners can easily build in a short- or longer-term occupancy agreement wherein the individual may stay in the house, provided the occupant pays the utilities. This type of provision is very important when multiple families are involved (i.e., second wife and children from a first marriage). If you have minor children and the executor or trustee is not the appointed guardian of the minor children, you may want to provide the guardian the ability to move into the house and direct that it be held in trust for the children.

If you have a child or other beneficiary who you hope may buy your home, insert an option under your will to provide him or her this option. In most cases, this option will define how the price is determined and also discount this price by the traditional costs of sale (realtor commissions, realty transfer taxes, etc.).

Many clients will also come to me and ask that their house be deeded entirely to a child or placed in joint ownership because they are worried about medical costs forcing a sale and are concerned about “probate.” Although doing this may ease the burden of your estate, the future sale of the property may have negative income tax consequences. A sale of your primary residence does not result in any capital gains tax if the gain is less than $250,000 for one resident or $500,000 for joint residents. However, if you give a child a house and he or she sells it, the child will not be exempt from tax, which may be as much as 23.8 percent. Also, placing a child on the title pulls their life circumstances into your world (bankruptcy, divorce, death, etc.).

Of even more importance is making sure to provide directions on any other properties you own, be it vacation properties or investment properties. While these types of properties provide income and can provide tremendous opportunities for capital appreciation, if you do not appropriately address them in your estate plan, they have the potential to split families apart and create significant expense after you die.

So give some thought to what happens to your Castle.
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.

Get a FREE* First Exam!

- Complete Wellness Care
- Diagnostic & Medical Care
- Low Cost Vaccination Clinic
- Grooming
- Cruciate Ligament Surgery*
- Dentistry

*Services Provided at Smoketown Only

Free first exam includes:

Status check on weight, nutrition and general health, dental check, vaccination overview

Exceptional Pet Healthcare

VCA BRIDGEPORT ANIMAL HOSPITAL
1251 Ranck Mill Road
717-327-4842
VCAbridgeport.com

Dedicated & Compassionate Pet Healthcare

One Health SIM Medical Acupuncture

Works Consulted:

Megan Fowler, VMD, cVMA
VCA Smoketown Animal Hospital

In her spare time Dr. Fowler likes to play soccer, cook, travel, and go on hikes with her dogs. Of course, she loves everything about veterinary medicine, but she enjoys being in surgery the most.
What Our Customers Say about Advertising with

Lancaster County Woman

LMC

The Woman’s Journal

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
Removing unsightly varicose veins has become very attractive.

AVLC can help.

- Safely and effectively eliminate varicose veins without painful surgery
- Virtually pain-free treatments in the comfort of our facility
- Walk in. Walk out.
- Treatments covered by most insurances including Medicare

Get dramatic results without drastic measures... all in the comfort and convenience of our facility.

Take the first step in treating your varicose veins.

Exceptional Care. Amazing Results.

ADVANCED VEIN & LASER CENTER
veinsbegone.com

Love your legs all year long. AVLC can help.
Call today to find out how! 717-295-8346 or veinsbegone.com

Free Ultrasound Screenings
every Wednesday from 1 to 3pm... call to reserve your time!

DAVID WINAND, MD, FACS | 896A Plaza Blvd., Lancaster, PA 17601 | 717-295-VEIN (8346)