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# Health & Wellness<sup>®</sup> MAGAZINE

January 2022

South Tampa Edition - Monthly

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**Featured Article**

**"The Other Side of Parkinson's Disease"**

(B) Ramon A. Gil, M.D. - Medical Director, Parkinson's Disease Treatment Center (PDT) Florida - Parkinson's disease (PD) is traditionally recognized in the motor signs that typically bring the patients to the physicians for medical evaluation: tremor, rigidity, slowness of movements and changes in their gait pattern, associated either or with balance problems. These problems are due to...

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*Dr. Roshni Ranjit-Reeves, MD - "Dr. Rosh"*

Dr. Rosh is an oculofacial and reconstructive surgeon, specializing in insurance based and cosmetic surgery to the eyelids and face. She is board certified in Ophthalmology by the American Board of Ophthalmology and in Oculofacial Surgery by the American Society of Ophthalmic Plastic and Reconstructive Surgery.

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# Ways to Prepare for an Active Flu Season

**W**hile flu numbers have been low in the last few years, health care experts predict a more active flu season.

Early signs show an increase in flu cases throughout the country, including the Tampa Bay area.

To help you prepare for the flu season ahead, Dr. Nathan Keith Waldrep, assistant chief medical officer for BayCare Ambulatory Services, provides recommendations on how to keep you and your family safe.

## Get Vaccinated

Dr. Waldrep, who has helped treat and diagnose flu patients for decades, recommends getting the flu vaccine as soon as possible. Given the previous low influenza numbers due to COVID safety precautions, many people may have a reduced immunity against newer strains of flu. The vaccine will help decrease the severity of flu illnesses, hospitalizations and even deaths. The flu shot also is safe to take when you're in the process of getting the COVID-19 vaccine. Flu vaccines are available to everyone six months and older.

## Signs and Symptoms

Flu, also known as influenza, is a respiratory infection that affects the nose, throat, and lungs. Flu can be very contagious and can vary from minor to severe. This infection hits its peak in fall through winter months and can spread quickly in various environments, affecting children and adults of all ages. Flu signs and symptoms usually happen suddenly and in different ways. Flu symptoms can include fever, chills, cough, sore throat, runny or stuffy nose, muscle and body aches, headaches, fatigue, vomiting and diarrhea.

## Treatment

If you get sick with flu, antiviral medications may be good treatment options. Dr. Waldrep says antiviral drugs can help reduce symptoms and shorten the time a person is sick with flu and viral infections. These medications also can prevent serious flu complications, like pneumonia. If you're at high risk for flu complications, always check with your physician before using any medications. These drugs must be given early in the course of illness, so don't delay seeking care if you are experiencing flu-like symptoms.

## Difference Between Flu and COVID-19

Some flu symptoms are similar to COVID-19 that at times can be difficult to tell the difference between the two. However, diagnostic testing helps determine if you are sick with flu or COVID-19. If you think you need to get tested, see a health care provider at the nearest BayCare Urgent Care locations, where both flu and COVID-19 testing options are available.

## Safety Precautions

To help prevent flu and other viral infections, it's important to continue to practice safety measures. Wash your hands frequently, avoid close contact with people who are sick, cover coughs and sneezes, and avoid touching your eyes, nose and mouth. If you're sick, stay home to prevent infecting others. You should also clean and disinfect surfaces at home, your digital devices and other objects that may be contaminated. If influenza activity is present in your community, consider wearing a mask when in public or group settings.



## Get Care Now

If you think you're experiencing flu or cold symptoms, BayCare provides convenient access to different care options and services for patients and their families. Patients can conveniently see a health care provider at BayCare's 20 urgent care centers located throughout Pinellas, Hillsborough, Polk and Pasco counties making accessing high-quality care quick and convenient for adults and children ages two and older.

For more information, visit  
[BayCareUrgentCare.org](https://www.BayCareUrgentCare.org).



# LET 2022 BE THE BEGINNING OF A NEW YOU

It's the New Year, and many people are asking "What resolutions did you make?" The truth is, only 8% of those individuals stick with their resolutions. What can you do to make a difference in your life? Perhaps it's not the same old wish list of losing weight or upping your fitness routine. While those are admirable and important, maybe it's time to make this year about a new you.

Do you look in the mirror and want to change your skin texture, sagging jowl line, erase your wrinkles or plump your lips? A little filler and Injectables can be a conservative way to turn back the clock.

## Did you know that it is scientifically proven that when we look better, we feel better about ourselves?

When we feel confident and look our best, the pleasure principle (dopamine) is intensified within our brains. Our physical appearance has a lot more to do with our mental state than many people are aware. There is something to say about looking at someone that's smiling. This emits a happy sensation to most onlookers; however, when we see a despondent or sorrowful individual, we feel empathy.

In 2012, a European study was documented in the Journal of Psychiatric Research. They concluded that depressed individuals that were injected with Botox to reduce facial frowning showed significant reductions in their clinical depression rating than those in the placebo group.

If you need a pick me up or just want to look better and feel more confident, it doesn't take much to conservatively reduce frown line, intensify glowing skin, and have a youthful, uplifted face. Let 2022, be the year you change your outlook on the importance of empowering yourself.

**"My goals are to enhance each patient's natural beauty. I want my patients to leave looking like a more refreshed and rejuvenated version of themselves."** —Dr. Rosh



## Injectables: Neuromodulator and Fillers (Botox®, Juvederm®, etc.)

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The goal with treatments done by Dr. Rosh is to enhance patient's natural beauty. Patient leave looking like a more refreshed and rejuvenated version of themselves.

## Making sure you choose a qualified physician and expert is essential.



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Please call 813-303-0123 to schedule your consultation, or to find out more, please visit [DoctorRosh.com](http://DoctorRosh.com).



## Roshni Ranjit-Reeves, MD "Dr. Rosh"

Dr. Rosh specializes in plastic surgery and reconstruction of the eyes and their surrounding structures, including the eyelids, eyelashes, orbit, eye socket, and lacrimal system.

She offers a full range of facial rejuvenation services from non-invasive photofacials to minimally invasive procedures such as fillers, neurotoxins, and laser skin resurfacing in addition to surgery which allows for a multifaceted approach to the anti-aging process.

Photofacials allow for a targeted approach to improve pigmentation, vessels, and overall skin tone and texture. Minimally invasive injectable fillers and neurotoxins allow for a synergistic approach to wrinkles and collagen stimulation to soften age lines and stimulate collagen production. Laser skin resurfacing erases wrinkles and is used in conjunction with oculofacial surgical procedures.

Dr. Rosh uses medical grade skin care to maintain the effects of surgical procedures to rehydrate and restore collagen for youthful skin. She has presented and served as a panel member, speaker, and instructor at national meetings.

## Services Provided:

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- Thyroid Eye Disease
- Orbital Tumors
- Blepharospasm
- Hemifacial Spasm

# The Most Common Causes of Cartilage Loss

By Regenexx Tampa Bay, Regenerative Medicine

**W**e understand the growing concern surrounding the Coronavirus (COVID-19) across the communities we serve. The health and safety of our patients, physicians, and staff is our top priority. Regenexx Tampa Bay has been actively preparing its offices, physicians, and employees to address these uncertainties and prevent the transmission of COVID-19. To schedule a Telehealth call with one of our physicians, please call us at 941-357-1773 in Sarasota and 813-544-3123 in Tampa.

Oftentimes, patients ask us what they can do to improve their joint cartilage and prevent arthritis. Cartilage acts as a cushion between the bones to protect our joints by absorbing shock.

The visual evidence of arthritis seen on imaging studies can be due to the decrease in quantity and quality of the cartilage, the decrease in joint space width, the formation of bone spurs, and degenerative changes in the bone underlying the cartilage. Besides wear and tear, there is also a biologic/internal component that affects cartilage.

## The Truth About Cartilage Loss

Cartilage, in of itself, does not have nerve endings. Therefore, cartilage loss is NOT a direct source of pain. It is, however, the visual evidence that arthritis exists. That is, there are destructive substances in the joint that are breaking down the tissue. The cartilage is the victim of the arthritic disease.

You might be surprised to learn that people can have virtually no cartilage in a part of a joint ("bone on bone") and have no pain at all. This is actually very common. On the other hand, a person can have robust amounts of cartilage and have a tremendous amount of pain – again, this is very common as well. The point is that cartilage loss is a sign of arthritis and protecting your cartilage is a way of limiting the effects of the arthritic process.

## What Causes Joint Pain?

There are a number of structures that do cause pain. The synovial lining of the joint is rich in nerve endings that sense pain and is responsible for producing healthy fluid and lubricating substances. With arthritis, the synovial lining can become bumpy and painful. It will also produce abnormal



inflammatory fluid that breaks down tissue in the joint. Determining what's in that fluid and how to control the synovial lining is one of the keys to halting arthritis.

Another source of pain in a joint is the bone underneath the cartilage. This bone is quite hardy and able to tolerate heavy loads often without any problems even when there isn't any cartilage to protect it. There are times when the bone in areas of decreased cartilage begins to breakdown and become swollen representing little micro-breaks in the bone. These bone marrow lesions can sometimes be painful and can only be seen on an MRI.

## Can We Re-grow Cartilage?

Getting cartilage to re-grow is an admirable goal and it may one day be possible to consistently do this, but it seems that it's actually more important to keep the synovial lining under control and to strengthen the bone under the cartilage so that it can withstand more pressure. It is also important to make sure that there is stability around the joint – that is, the ligaments, tendons, muscles, and nerves are healthy and functioning normally.

Stem cells can help cartilage to regrow but it is inconsistent and minimal at this time (despite what you may have heard). They can, however, improve the quality of the remaining cartilage, the strength of the bone, reprogram the synovial lining so that it produces healthy protective chemicals instead of destructive ones, and strengthen the ligaments and tendons so that there is better stability around the joint. Using stem cells in this way requires working with a highly trained physician who performs the proper analysis and executes a procedure to precisely inject the tissues that are in need of improvement.

Receiving a stem cell injection blindly into a joint by someone who dabbles in this approach is not the way to go.

The key to understanding how to keep more cartilage as you age is to understand what causes cartilage loss. Here are the most common causes of cartilage loss along with a few solutions to help prevent it.

## 1. Obesity (Mechanical)

Physics has taught us that being heavier places more wear-and-tear forces on our cartilage and therefore, arthritis.

Although it can be tough to accomplish, losing weight is the ultimate solution to improve symptoms and slow the progression of arthritis.

## 2. Obesity (Biochemical)

Not only does obesity break down cartilage by wear and tear, but it also can cause changes in the patient's insulin-response system that can break down cartilage. This is referred to as "metabolic syndrome."

We recommend reducing carbohydrate and sugar intake to minimize spikes in blood sugar and insulin release.

## 3. Trauma

A sudden traumatic event, such as a sports injury, can injure the cartilage surface and potentially cause a weak spot in the cartilage. If weak spots are present, cartilage can break down faster with normal forces.

Before the issue becomes bigger, look for regenerative medicine cell-based solutions for cartilage repair, such as platelet-rich plasma (PRP) or stem cell injections.

## 4. Joint Instability

Injured ligaments can cause joints to move around too much and cause joint instability. All of this extra unnatural motion can slowly continue to injure the cartilage in the joint, eventually leading to arthritis.

Injections like prolotherapy, PRP, and stem cells in our clinical experience can help reduce instability whether the ligament is loose or torn (partial or nonretracted). In more severe cases, surgery may be needed.

## 5. Poor Nutrition

Poor dietary habits and lack of proper nutrition can cause major issues with not only your cartilage and your musculoskeletal system but your entire body. What you eat can turn on or off the genes in your body that protect your cartilage.

It is essential to know what is and what is not good for you and your body. Consider introducing supplements like Glucosamine and chondroitin into your diet to enhance cartilage health.

## 6. Medications

Surprisingly, the most common medications that are injected into arthritic joints for relief such as local anesthetics and steroids are also likely the most

toxic to cartilage. Commonly used NSAID medications, like ibuprofen, naproxen, and celecoxib have also been shown to have negative effects on cartilage cells.

We recommend staying away from "cortisone shots," NSAIDs, and other drugs when not essential.

## 7. Lack of Exercise

Besides leading to many other health issues, lack of exercise can create problems with our joints. Joints are made for movement. Regular exercise along with utilizing the proper techniques for those exercises is essential.

If you have cartilage loss, you may want to switch from high-impact exercises to low-impact activities to protect your existing cartilage. If you have normal, healthy joints, keep running and exercising regularly, it is likely protective.

## 8. Poor Alignment and Biomechanics

If you have asymmetrical cartilage loss (loss of cartilage in one knee and not the other), you may have a body-alignment problem that is wearing down certain joints faster than others.

Working with a skilled physical therapist can help you get your muscles balanced and fine-tune your body so that it is biomechanically optimized.

## 9. Aging and Genetics

Unfortunately, older patients seem to have less cartilage and some people simply have the genetic makeup for weaker cartilage.

While there isn't much that we can do about our genes, we can influence the ways our genes are expressed by leading a healthier lifestyle overall.

Understanding why cartilage breaks down, adhering to a healthy lifestyle, and utilizing regenerative options like PRP and stem cells seems to be the best strategy for maintaining healthy cartilage and decreasing the pain associated with arthritis.



**Dr. James Leiber**

**James Leiber, DO**, is the founder and medical director of Regenexx Tampa Bay. He is a former officer, physician, and educator in the Air Force, including personal physician to the vice president and president at the White House. He is triple board certified in Neuromusculoskeletal Medicine (AOBNMM), Pain Medicine (CAQPM), and Family Medicine (ABFM), as well registered in Musculoskeletal Sonography (RMSK).

Dr. Leiber specializes in Interventional Regenerative Orthopedics with years of experience and is honored to have been the first Regenexx Network Provider in Florida. In 2012, Dr. Leiber began offering the nation's most advanced non-surgical stem cell and platelet treatments (PRP) for injuries and arthritis under image guidance utilizing ultrasound and fluoroscopy (X-ray).



**Ron Torrance II, DO** And **FAQASM**-Board Certified in Sports Medicine and recent co-author of *Exercise 2.0* for Regenexx and author of the 2018 best paper of the year on *The Concussed Athlete*. Dr. Torrance has achieved semi-professional ranking as a beach volleyball player and trains as a competitive CrossFit athlete.



**Ignatios Papas, DO**, is a non-surgical orthopedic physician specializing in Physical Medicine and Rehabilitation at Regenexx Tampa Bay. Dr. Papas has taught courses in musculoskeletal ultrasound to residents across multiple specialties and to medical students at Carolinas Medical Center in Charlotte.

He is a member of the American Medical Society for Sports Medicine, the American Academy of Physical Medicine and Rehabilitation, and the American Academy of Orthopedics just to name a few. When he isn't practicing medicine he enjoys spending time with his wife and new baby, playing soccer, practicing guitar, and listening to historical podcast.


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As we age, we will all experience different issues because none of us are exactly the same. That's another way that BioPro+ exceeds physician and



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In multiple studies, it's been reported that blood plasma levels of cortisol increase during episodes of sleep deprivation or disruption. This increase in cortisol is what drives weight gain. If you are constantly unable to get into REM sleep or properly go through the numerous sleep stages, you're probably noticing a few extra pounds despite your healthy diet and exercise. Correcting your sleep with BioPro+ CortiSleep has helped many people lose weight.

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BioPro+ has the profound ability to balance hormones, raise sex hormones, decrease insulin sensitivity, and produce increases of mitochondria and nucleic acids to create a total system modulator. BioPro+ regulates, rebuilds, and regenerates at the cellular level to help you look, feel, and perform your best.

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"BioPro+ is a fantastic alternative to human growth hormone (HGH)... I have many patients who have been on HGH, and have successfully replaced it with this product. I continuously recommend BioPro+ to my patients as a vital part of my Age Management practice. In fact, I am a faithful user of BioPro+ myself!"

**MARK C. GUNDERSON**  
MD MEDICAL DIRECTOR AGE MANAGEMENT INSTITUTE

SCAN ME TO  
SEE WHAT PHYSICIANS AND PATIENTS  
HAVE TO SAY!



# PAINFUL NERVE DAMAGE: HOW ONE PATIENT'S STORY HELPS ANOTHER FIND RELIEF

## Treating Shoulder Pain Successfully with Radiofrequency

**P**aula Sharper and her husband had just recently moved to Florida, and she had been dealing with ongoing shoulder pain for a long time, which seemed to be getting worse. Paula was diagnosed with severe osteoarthritis of the AC joint (acromioclavicular joint) in the shoulder.

Paula told us that the pain was excruciating, keeping her up all night and disrupting her daily activities, including driving. While she was in the waiting room of another physician for her pain, she read an article about Dr. Sunil Panchal and how he helped a woman with chronic pain become pain-free.

When Paula left the office, she immediately called Dr. Panchal and scheduled an appointment.

Paula explained, "Dr. Panchal is an amazing doctor and a great person. He takes a lot of time and listens to you. He explains everything in detail, and he pinpoints exactly where the pain is stemming from and what is the best option for you specifically."

She continued, "I've been to many doctors over the years, and it's rare to find a physician that is not only a great doctor but also a kind, genuine person that cares about you. My procedure with Nerve Blocks and Radiofrequency was terrific. I immediately had pain relief. My shoulder no longer hurts at all. I'm back to living a normal routine for the most part."

"Dr. Panchal explained that this is a process. He likes to take things in steps, so we are doing the radiofrequency first, and then if later on my pain starts to return and I need additional regenerative medicine such as stem cell therapy, we will go from there. For now, I'm ecstatic about my pain relief. I would recommend Dr. Panchal to anyone that is in pain."

"It's impressive that so many patients and peers speak so highly of Dr. Panchal. At the surgical center, the staff and medical practitioners are very



fond of him and his work. Everyone you talk to says what a kind and talented physician he is as well. Medicine shouldn't just be about temporary fixes, it should be about treating the cause and helping people find solutions. That's what Dr. Panchal offers his patients."

### Surgery is Not Always the Answer

Many people are familiar with radiofrequency ablation for lower back pain, but they don't realize that it can be used for other areas of the body. With shoulder pain, whether due to osteoarthritis or injury, many people believe or have been told that surgery is the only solution.

**Minimally invasive procedures like radiofrequency and nerve blocks offer remarkable results in long-term pain relief.**

### Nerve Blocks and Radio Frequency

Nerve Blocks are numbing medications that are injected into the area that is causing pain. In conjunction to nerve blocks, Dr. Panchal uses an advanced procedure called Radiofrequency (RF).

With RF ablation treatments, the nerves that are damaged, narrowed, or impinged, are injected with a low-level of localized heat, causing the nerve to stop sending signals to our brain through

an interruption in the nerve conduction. This procedure is entirely safe and effective. It has been used for many years with long-lasting results for people suffering from nerve back pain.

### Regenerative Medicine

For neuropathic pain, regenerative medicine is also highly effective treatment for relieving pain and regenerating tissue naturally. These options include PRP (Platelet Rich Plasma), Bone Marrow Aspirations, Lipid Aspirations and exosomes.

### More on Exosomes

Always on the leading edge of innovative procedures, Dr. Panchal adds exosomes into his stem cell treatment. Exosomes are produced from the plasma membranes of cells and are best explained as extracellular vesicles. Exosomes are nano-sized particles that are released due to an immune response. Some medical professionals are reporting that they are more regenerative and effective than stem cells. Because they act as intracellular communication messengers within the body and have the ability to move between multiple cells, they are also incredibly useful when paired with stem cell therapy.



**Dr. Sunil Panchal**

Although surgery is critical in certain situations, finding alternative methods to treat the underlying condition is always the first step. The National Institute of Pain is a state-of-the-art facility that specializes in the treatment of spine and orthopedic conditions, as well as acute and chronic pain management. They provide the utmost quality of care for patients to address the problem directly, and if needed, provide for their pain management needs.

At the National Institute of Spine and Pain, they treat each patient individually, using the latest equipment and various innovative procedures to diagnose pain and determine your care needs. The National Institute of Spine and Pain's President and Founder, Sunil J. Panchal, MD, is a board-certified interventional pain/ minimally invasive spine physician.

At National Institute of Spine and Pain, their goal is to strive to deliver the highest quality of comprehensive care for those who are suffering from spine, joint, and nerve injuries. They have many alternatives to help you with your personalized treatment needs. Please visit their website at [www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org), or call them at (813) 264-PAIN (7246).

## VIRTUAL VISITS AVAILABLE!

Call to book your next appointment as an office visit or telehealth visit.

### The National Institute of Spine and Pain

10740 Palm River Rd, Suite 490, Tampa, FL 33619  
4911 Van Dyke Rd., Lutz, FL 33558

(813) 264-PAIN (7246)

[www.nationalinstituteofpain.org](http://www.nationalinstituteofpain.org)

# THIS YEAR, YOU DESERVE TO MAKE IT YOUR GOAL TO REDUCE STRESS

**I**t's that time of year: fresh starts, new beginnings, resolutions made. With a New Year comes that feeling that we can begin new habits. Certainly, after the endless slog of pandemic concerns, we've earned a moment to take a deep breath and relax. No, the pandemic isn't over, but we're learning to manage and cope in this new world. Beginning new habits to help us cope in this new age is undoubtedly a great way to begin the New Year.

Coping with these new stressors can leave your body and mind stuck in a fight or flight response. This can create problems such as not being able to concentrate, being unable to sleep, and feeling anxious and depressed. These mental health issues left unchecked, attempt to get your attention by manifesting themselves physically, including pain and inflammation, heart disease, and other chronic health issues.

A day at the spa is one way to give your body a reset. Spa therapy can offer you an enjoyable way to release accumulated stress from your body and reap the benefits that relaxation can provide as a part of your healthy lifestyle.

The health benefits of going to a spa are both physical and mental—The Woodhouse Day Spa-St. Pete offers various treatments, including massage therapy, scalp massage, body scrubs and wraps, facials, manicures, pedicures, foot therapy, and aromatherapy. Each of these various options helps your body to relax and release built-up stress and tension.

Spa therapy can also improve circulation, reduce inflammation in the body, and enhance the body's autoimmune response. Massage therapy alone can provide up to a 50% reduction in the levels of the stress hormone cortisol. Massage also increases the body's production of serotonin and dopamine. Both are mood-stabilizing neurotransmitters that provide a natural "feel good" mood boost.

In addition, going to the spa to relax can improve your self-esteem and mental clarity. When you take care of your body, you have a more positive view of yourself. It feels good intrinsically to know that you



are taking care of yourself. Your skin may be glowing after a body scrub, or facial or your nails may be freshly manicured and polished. Whatever treatment you experience can elevate that sense of self-worth—because you are worth it. Take good care of yourself in the New Year and all year long.

## Happy New Year from The Woodhouse Day Spa-St. Pete!

### The Woodhouse Day Spa-St. Pete

As you can see, The Woodhouse Day Spa-St. Pete has you covered for destressing. You can also rest assured that the health and safety of our guests are top priority. The spa staff adheres to the strictest sanitation guidelines so that you can feel completely comfortable about your visit. We're honored to be voted St. Petersburg "#1 Day Spa" and can't wait for you to experience the Woodhouse Difference.

**THE WOODHOUSE**  
*day spa®*

Call us at **727.228.1646** or visit us  
online at [stpete.woodhousespas.com](http://stpete.woodhousespas.com).



### Facials & Skin Care

Boost hydration and restore radiance to tired skin with a signature Woodhouse facial. Our expert estheticians integrate natural ingredients and advanced skin care methods to unveil a healthy, youthful glow.



### Massage & Body Therapy

Let the healing hands of an experienced massage therapist relax the body and invigorate the soul. Choose from a range of massage therapies, including stone massage, Swedish, deep tissue, prenatal, couple's massage and more.



### Specialty Treatments & More

Target your body's specific needs with a full-body treatment that may use multiple methods like massage, exfoliation, hydration, acupressure and more. Woodhouse Day Spas also specialize in a variety of hand, foot and waxing treatments.

# Senior Living—The New Year's Resolution You're Looking For

Countless people are making New Year's resolutions for change, whether that's living a healthier lifestyle or learning a new skill, but if you are a senior, it's time you found out more about your opportunities for change within your living conditions. Most seniors are tired of doing yard work and home maintenance, and they desire a life that's full of laughter and socializing in the security of a senior community. Aston Gardens is the place many seniors choose to call home.

The folks at Aston Gardens at Tampa Bay have perfected senior community living and offer extensive opportunities and events for their residents to enjoy throughout each day of the month.

## *Aston Gardens' Independent Living Features Include:*

1. No maintenance
2. No more snow shoveling
3. No more yard work
4. Fine dining and chef-prepared meals
5. Convenience to shopping, the arts, sporting events, restaurants, pharmacies, medical care and much more
6. Safety and security of a gated community
7. Ongoing activities and events
8. Friendly staff and fantastic neighbors
9. Fabulous, resort-quality amenities

At Aston Gardens, they offer several options that suit multiple needs for each individual or couple.

## **Aston Gardens' Senior Living Options at Our Tampa Bay Campus**

In our beautifully appointed Tampa, Florida retirement community, we offer the following senior living options:

- **Independent Living** – Stay active through daily events, outings, and recreational opportunities while enjoying the peace of mind of having on-site staff
- **SHINE® Memory Care** – In our memory care program, residents will receive personalized attention and assistance with everyday living activities as needed
- **Senior Assisted Living** – Suitable for residents who need a little, extra assistance with daily tasks like medication management, personal grooming, and household chores

Aston Gardens is one of the most highly sought-after communities due to their dedication to senior needs, their commitment to enriching the lives of each resident and their families by providing personalized care, welcoming living spaces, and superior amenities.

### **Independent Living**

Independent living focuses on being as active, healthy and independent as you want to be, but never alone. Choose from one of our independent living apartment homes, or a luxury for-sale villa and enjoy the all-inclusive carefree, maintenance-free lifestyle at America's award-winning senior living community.

### **Assisted Living**

Assisted living offers residents a lifestyle of personal attention and help with activities of daily living, including bathing, grooming, dressing, taking medications and eating properly. Our focus is on health and wellness, helping residents to be as independent as possible with a personalized care plan that includes engaging social activities for a healthy body, enlightened mind and renewed spirit. With beautifully appointed assisted living suites, assisted living at The Inn is easy with the Aston Gardens One Price Personalized Plan. There are no confusing care levels to think about and our residents pay one low price for services.

### **SHINE® Memory Care**

SHINE® Memory Care offers a private special needs neighborhood for residents with memory care related issues. Residents needing Alzheimer's care and other dementia care receive the very best attention and services in a supportive, compassionate and secure setting. Based on each individual's needs and capabilities, the professionals at Aston Gardens At Tampa Bay create a personalized plan to help our residents live life as fulfilling as possible, in a secure and comfortable environment.



### **The Difference**

Want to know why so many people choose to live at Aston Gardens? It's the resort-style life, the caring staff, friendly community, and attention to detail that makes Aston Gardens surpass expectations.

### **Amenities**

- Grand Ballroom
- Elegant Main Dining Room (5-Star)
- Private Dining Room
- Elegant Terraces and Outdoor Entertaining Spaces
- Heated Swimming Pool
- Lush Landscaping
- Senior-Equipped Fitness Center
- Library and Business Center
- Card and Game Rooms
- Activity Center
- Beauty Salon and Barber Shop
- Lounge
- Inviting Living Rooms and Common Areas Throughout
- Mail Room
- Concierge
- Full-Time Activities Director
- Themed Parties and Dances
- Educational Seminars
- Craft and Hobby Classes
- Card and Game Clubs
- Fitness and Wellness Programs
- Local Outings Around Town
- And so much more

### **Aston Gardens At Tampa Bay**

Aston Gardens is a luxury senior living community offering the best combinations of active-adult lifestyles and personalized care services. Wake up inspired each morning with a wealth of amenities, activities, and support at your doorstep. Explore the stylish Grande Clubhouse and indulge in our unique lifestyle services: Sensations Dining, Celebrations Activities and Dimensions Wellness. Let our dedicated team members handle transportation, maintenance, housekeeping, concierge services and more. Here you will find compassionate people engaged in enriching the lives of seniors, ensuring their needs are taken care of every day. Aston Gardens At Tampa Bay offers the best value in affordable, carefree, senior living. Everything we do is focused on providing you the very best in senior living. It's all right here!

See why so many people want to call  
Aston Gardens their home!

Call 813-343-4673 today or visit  
astongardens.com.



# We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19, in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

- All Services and Amenities are Provided Onsite. *This Includes Chef-Prepared Dining, Activities, Social Events, & More*
- Ability to Deliver Onsite Healthcare Services
- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory
- Access to Industry Associations and the Latest News and Information
- National Buying Power and the Resources to Obtain High-Demand Healthcare Products
- Enhanced Operational Procedures and Protocols in Place From the Onset
- Fully Prepared to Enact New/Expanded Safety Measures
- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

## Accepting New Residents | Call Today!



**813.381.5105**  
AstonGardens.com

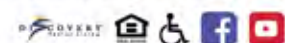
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# Improve Your Health with a Buddy

**Y**ou've been diagnosed with a chronic health condition. Now what? In most cases we get sick and eventually recover, but it's different with a chronic diagnosis such as diabetes, arthritis, or heart disease. Your constant tiredness, discomfort or pain may not always be understood by others. The limits on lifestyle can also take a toll on your mental health. Even with medication and lifestyle changes, you may never return to normal, instead you must find a new normal. Naturally, this can lead to feelings of anxiety, uncertainty, and even fear. The good news is there are actions you can take to help relieve your stress and put you on a path to living your best life.

## Understand your condition

The more you understand your health condition, risk factors, and symptoms, the more prepared you will be to manage them.

- Ask your doctors as many questions as you need to so you can feel confident about understanding and managing your health.
- If you want to do additional online research, seek out evidence-based research from credible sources. Not all information on the internet is good information and can cause even more fear and anxiety.
- Try to familiarize yourself with common terms involved in your condition. Investigate your treatment options, different medications, and important diet changes. The knowledge you gain will make it easier to talk with your doctor and give you peace of mind.

## Put together a wellness team

There are many areas of health to consider, and your doctor may only be an expert in one. Put together a wellness team to help keep your condition under control, reduce symptoms and raise your spirits. Eventually, you may discover you're living a healthier life than ever before. Here are some people to consider adding to your team.

- Start by finding a doctor you love—someone you trust and who will listen to your concerns.
- Physical activity is an important part of managing your health, but it can be difficult to know what your body can do. A trainer can help find appropriate exercises for maintaining and improving strength, flexibility, and endurance.



- The right nutrition can help reduce inflammation and risk factors so you can feel your best. A nutritionist/dietitian may be the best person to help create a meal plan that works for you.
- Chronic disease doesn't just affect your physical health. It can also impact your mental health. There are many emotions, challenges, and lifestyle changes that happen as a result of a diagnosis. A therapist can help you process your feelings and maintain good mental health.
- Find a social group or activity to join that will help boost spirits. Research shows that social connection can increase your feelings of belonging, purpose, and happiness, as well as reduce levels of stress.

## Get a Health Buddy

It's important to know you are not alone. We all know the "buddy system" works. It helps to have a friend to talk to when you're feeling overwhelmed or to provide encouragement when you're doing well. After a diagnosis, it's difficult to keep track of all the things you need to do. A buddy can help keep you on track. This is what Health Buddies is all about! Seniors in Service matches caring, trained volunteers with individuals living with a chronic condition to provide reassurance and support your path to better health.

A recent Health Buddies client shared how his Health Buddy made all the difference in helping him manage his diabetes: "I sometimes forgot to check my blood sugar or take my medication on time. Regular calls from my Health Buddy helped me stay on schedule. I looked forward to his calls. He made me laugh and we got to be friends. My lab work improved, and my doctor said, 'I don't know what you are doing, but keep doing it.'"

Health Buddies can also help connect you to the community resources you need to maintain your health and independence; this could include referrals for meal services, transportation, or financial assistance.

Health Buddies is free and can be the solution you need for better health. If you or someone you know is dealing with a chronic condition, sign up today at [www.SeniorsInService.org/health-buddies](http://www.SeniorsInService.org/health-buddies) or call (813) 492-8931.

## Become a Health Buddy

Research shows volunteering is good for your health, giving you a sense of purpose and alleviating stress. Seniors in Service provides training and ongoing peer support for Health Buddies throughout their service. If you are interested in making a meaningful contribution to the life of a person with a chronic illness, enrolling as a Health Buddies volunteer is easy at [www.seniors-inservice.org/health-buddies](http://www.seniors-inservice.org/health-buddies). Click "Volunteer Sign-Up" to complete the volunteer application form or call (813) 492-8931.

In addition to Health Buddies, Seniors in Service provides many ways you can use your talents to help others, including writing cards of encouragement to veterans, providing telephone reassurance for isolated seniors, or tutoring a child. Learn more about Seniors in Service and Health Buddies at [www.SeniorsInService.org](http://www.SeniorsInService.org) and follow us on Facebook @SeniorsinService.

## About Seniors in Service of Tampa Bay:

Seniors in Service provides solutions to community challenges by engaging volunteers age 55+. Founded in 1984 as a non-profit 501(c)3, we improve the lives of seniors, children, veterans, and individuals living with chronic disease. Our volunteers also benefit from staying active and purposeful. We serve 7500+ individuals annually in Hillsborough, Pinellas and Pasco, engaging 900+ volunteers in collaboration with 150+ community partners. For us, it's not just a tagline.

**We are GEARED UP TO SERVE!**



**SENIORS in SERVICE**

GEARED UP TO SERVE

For more information,  
visit [www.seniorsinservice.org](http://www.seniorsinservice.org)



# HOW TO SET YOURSELF UP FOR SUCCESS IN 2022

By Dr. Jaime Kulaga

**A**s the calendar rolls into the next year, many of us begin thinking about new goals, directions and visions for our personal and professional lives. Here are 5 ways to set yourself up for a successful new year:

## 1. Set SMART Goals

The acronym SMART stands for specific, measurable, attainable, realistic and time bound. When setting goals if you can make them very specific and realistic for you and your life, you will increase your chances of success.

## 2. Create Shorter Term Goals

While you should have a bigger vision for your life and even set a direction through 2022, this year's challenge is to create quarterly goals. COVID taught us not only our lives, but the entire world and economy can change at any time. Having quarterly goals allows more flexibility and open-mindedness to pivot if change occurs. In addition, it will encourage you to stay more on top of your goals as you do more accountability checks on yourself throughout the year.

## 3. Use a Planner with Time Increments

Instead of making a to do list daily to achieve your goals, consider purchasing a planner that has 15-minute increments and stick to your time-based plan. When we have more than a list of to dos, but rather a time to do each task listed, we have less time in between tasks wandering around what to do to do next. Often, with a gap in time, people find themselves jumping on social media wasting time. Scheduling your day does not mean you never get "down time" but rather the challenge is to schedule breaks, lunches, meditations, exercise, nap, etc. The point is to not waste time wondering what to do next and to preserve your sacred time. Additionally, those things you "never" have time for, like meditation or exercise, you now can now schedule in and achieve those goals. If you are a spontaneous go with the flow person, save that for days off or weekends, that way your weeks are productive, focused and successful.



## 4. Find Time for Inspiration or Faith.

The past couple years have changed many aspects of life for people and some individuals have lost their inspiration or faith in life. A loss of faith, passion and or creativity can significantly impact your ability to achieve goals. 2022 is the year of bringing back faith, inspiration, gratitude and kindness. Every day, do something for at least 10 minutes to satisfy one or more of these four areas. Schedule this in your 15-minute increment planner and stick to it. Adding faith, inspiration, gratitude and kindness into your daily schedule will make your overall year more positive, fulfilling and successful.

**Need some ideas to get started on adding inspiration into your life? Try some of the following:**

- Read a day-by-day faith-based book first thing in the morning
- Download an inspiration app and read at least one quote per day
- Meditate
- Write in a daily gratitude journal
- Perform one random act of kindness to do daily

## 5. Get an Accountability Partner

This year, if you want to succeed, you need to be open to help and accountability. Over the past couple years, we have lost touch socially due to health concerns, but as we continue to rebound, bringing back relationships and inner circles will be beneficial to your success. Also, do research and seek out professionals that want to see you succeed, can motivate you and hold you accountable to the things you want to achieve.

Find people with great values, great success records and are healthy physically and mentally, and surround yourself with them. These people will help you when you are in need and motivate you when you are slipping off track.

**Dr. Jaime Kulaga** is The Bay Area's Life Coach! She is a licensed mental health counselor, entrepreneur, author, motivational speaker, wife and mother.

Dr. Jaime empowers people to overcome barriers, discover their own greatness, and in turn, achieve success. She educates, guides and holds accountable, women, men, adolescents and families to make better lifestyle decisions and provides practical tools for overall health and success.

Dr. Jaime is the International Author of *The Super-Woman's Guide to Super Fulfillment: Step by Step Strategies to Create Work-Life Balance*. Her book was named one of the best work life balance books of all time according to Book Authority. *The Super-Woman's Guide to Super Fulfillment* has been translated and published in over 15 countries over 4 continents.

When it comes to balance and happiness, Dr. Jaime is the go-to motivational speaker for companies. With her engaging personality and sense of humor, audiences are inspired to use the content in order to enhance their personal and professional lives.

Dr. Jaime is a frequent mental health expert on national TV and radio. She was featured as the lead interviewer on CNBC's *The Job Interview*, as well as the spokeswoman for Wendy's, British Airways and LaLa Yogurt Smoothies.

DR. JAIME

LICENSED MENTAL HEALTH COUNSELOR LIFE COACH MOTIVATIONAL SPEAKER AUTHOR

WWW.DRJAIMEK.COM

# Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

## Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



## My Daily Agreement with God's Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 – "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20\_\_ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

*I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.*

*Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.*

*Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.*

*I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.*

*Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...*

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,  
Alex E. Anderson  
Senior Associate Pastor

**P.S. HAPPY NEW!!** If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you.

Just go to [alexanderson.org](http://alexanderson.org)

# DR. JAIME™

LICENSED MENTAL HEALTH COUNSELOR. LIFE COACH. MOTIVATIONAL SPEAKER. AUTHOR.

## TRANSFORMING LIVES ONE CLIENT AT A TIME

### ADOLESCENT COUNSELING OR COACHING

Get Through to Your Teen!

Your teen will get help and guidance on:  
Prioritizing/Procrastination, Anxiety/Depression,  
Relationships/Peer Groups, Social Media,  
College Prep and Family Issues.

### INDIVIDUAL COUNSELING OR COACHING

Improve Your Personal and/or Business  
Well-Being | One-on-one sessions for  
women, men, teens and families.

### COUPLES COUNSELING

Create/Rebuild a Strong Relationship  
Gain insight into your relationship,  
resolve conflict, increase communication  
and improve relationship satisfaction.  
Find passion, again.



SESSIONS OFFERED  
VIRTUALLY AND IN PERSON

[WWW.DRJAIMEK.COM](http://WWW.DRJAIMEK.COM)  
[JAIME@MINDFULREHAB.COM](mailto:JAIME@MINDFULREHAB.COM)

AS SEEN ON



# THIS IS NO TIME FOR PAIN

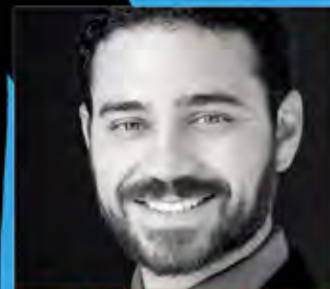
*NON-SURGICAL* ORTHOPEDICS



JAMES LEIBER, DO



RON TORRANCE II, DO, FAOASM



IGNATIOS PAPAS, DO

## REGENEXX TAMPA BAY

### Tampa Bay

8600 Hidden River  
Pkwy, Ste 700  
Tampa FL 33637

### St. Petersburg

100 2nd Ave S,  
Ste 904S  
St. Petersburg FL 33701

### Sarasota

2401 University  
Pkwy, Ste 104,  
Sarasota FL 34243