

CENTRAL FLORIDA'S

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

April 2024

Polk/Brandon Edition - Monthly

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**FREE**



## **POST PREGNANCY LEG HEALTH**

**THE ROLE OF ALCOHOL AND KIDNEY HEALTH: WHAT YOU NEED TO KNOW**

**INNOVATION SENIOR LIVING – REDEFINING VALUE IN SENIOR LIVING**

**TESTOSTERONE REPLACEMENT THERAPY: AN IN-DEPTH LOOK, AT ITS WIDE APPEAL**

**CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS**





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**Health & Wellness** MAGAZINE







# POST PREGNANCY LEG HEALTH

**P**regnancy can cause varicose veins which persist after delivery. Post pregnancy, with time, they only get worse; especially if there are further pregnancies. Vascular Vein Centers is here to help during and after pregnancy and treat your varicose veins with minimally invasive procedures.

## POST PREGNANCY Q & A

### WHY DOES PREGNANCY CAUSE VEIN PROBLEMS?

Pregnancy causes significant changes in your body, and these can adversely affect your legs. The fluid in your body increases by as much as 50% during early pregnancy, and you retain more sodium from the salt you eat. These two factors can cause edema resulting in swollen legs and ankles. Levels of hormones like relaxin, estrogen, and progesterone change dramatically during pregnancy, causing your veins to dilate and weakening the vein walls. At the same time, your growing baby is compressing the veins in your pelvis, increasing pressure in the veins of your legs, and resisting the outflow of blood from the legs.





These factors make pregnancy a tough time for your legs. Although the causes of vein problems reduce after you give birth, the effects of pregnancy can leave you with lasting issues.

**WHAT POST-PREGNANCY VEIN PROBLEMS MIGHT I HAVE?**

*Common post-pregnancy vein problems are:*

**Varicose veins**

Varicose veins develop because of the pressure and dilation of your veins and resistance to the outflow of blood from your legs. The result can be spider veins with underlying varicose veins even if they aren't visible. Most often there are visible rope-like, bulging varicose veins which may be tender or itchy.

**Vulvar varicosities**

Vulvar varicosities are varicose veins that affect your vulva. There are rare during pregnancy, and usually disappear over the months following delivery. If you have vulvar varicosities that don't clear up, Vascular Vein Centers provides effective treatments. Pregnancy and post-pregnancy for up to 3 months is a time when you are at greater risk of developing deep vein thrombosis (DVT). DVT risk is higher during pregnancy and peaks after giving birth. Your body is dealing with high hormone and fluid levels and an enlarged uterus, as well as a more sedentary lifestyle.

**HOW ARE POST-PREGNANCY VEIN CONDITIONS TREATED?**

If you have vein problems after giving birth or persisting swelling, it's advisable to seek an evaluation at Vascular Vein Centers. Hormonal changes continue to affect your veins and fluid volume for some months after having your baby and when you're breastfeeding. This is a good time to wear compression and begin exercising. You might find that once the hormones and fluid volume return to normal, the problem veins get smaller, but they don't go away and will become worse with time. Vascular Vein Centers provides advanced treatments for varicose veins, spider veins and vulvar varicosities, including:

- Foam sclerotherapy using Varithena®; an FDA approved treatment
- Endovenous laser therapy (EVLT)
- Ultrasound-guided sclerotherapy
- Cosmetic sclerotherapy for spider veins

These treatments seal off and eliminate affected veins, so your body directs your blood through healthy veins. The treated veins disappear over time. The procedures are all minimally invasive outpatient procedures that the Vascular Vein Centers team performs in-office. To find out more about post-pregnancy vein therapy and the challenges of maintaining healthy legs during and post pregnancy, call Vascular Vein Centers today. For your convenience, appointments can be booked online.



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# The Role of Alcohol and Kidney Health: What You Need to Know



**A**lcohol consumption has been a part of human civilization for centuries, serving various cultural, social, and even medicinal purposes. However, while moderate alcohol consumption may have some potential health benefits, excessive or chronic use can wreak havoc on several organ systems, including the kidneys. The kidneys play a crucial role in filtering waste products from the blood and maintaining fluid balance in the body, thus making understanding the relationship between alcohol and kidney health so paramount for maintaining overall well-being.

## The Basics of Kidney Function

Before going into the effects of alcohol on kidney health, it's essential to understand the basic functions of these vital organs. The kidneys are responsible for filtering waste products and excess fluids from the bloodstream, which are then excreted as urine. Additionally, they help regulate electrolyte levels, blood pressure, and the production of red blood cells. The part of the kidneys that does the work is called the nephron. It is a complex structure consisting of a glomerulus and a tubule, where filtration, reabsorption, and secretion processes occur.

## Alcohol Consumption and Kidney Function

The impact of alcohol on kidney function depends largely on the amount and duration of consumption. Moderate alcohol consumption, defined as up to one drink per day for women and up to two drinks per day for men, may not significantly affect kidney health in

healthy individuals. In fact, some studies suggest that moderate alcohol intake, particularly red wine, may have protective effects on the cardiovascular system due to its antioxidant properties.

However, excessive alcohol consumption, or binge drinking, can lead to acute and chronic kidney injury. One of the primary ways alcohol harms the kidneys is through dehydration. Alcohol is a diuretic, meaning it increases urine production and can lead to dehydration if not counteracted by adequate fluid intake. Dehydration reduces blood flow to the kidneys, impeding their ability to filter waste products effectively.

Chronic alcohol abuse can also cause structural and functional changes in the kidneys, leading to conditions such as alcoholic nephropathy. This condition is characterized by inflammation, fibrosis, and impaired kidney function, ultimately increasing the risk of kidney failure. Additionally, alcohol abuse is a leading cause of hypertension (high blood pressure), which is a significant risk factor for chronic kidney disease (CKD).

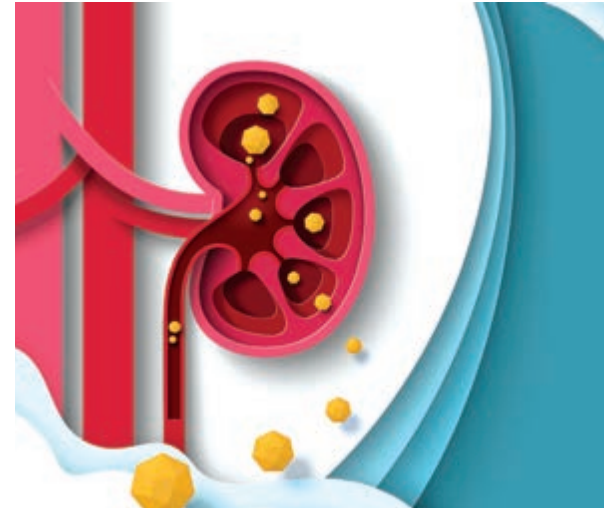
## Other Risk Factors for Kidney Disease

It's essential to recognize that alcohol consumption rarely occurs in isolation and often coexists with other risk factors for kidney disease. For example, heavy drinkers are more likely to smoke, have poor dietary habits, and engage in sedentary lifestyles, all of which contribute to poor kidney health. It's also important to note that alcohol interacts with various medications, including those used to treat hypertension and other comorbidities, potentially exacerbating kidney damage.

## Protecting Your Kidneys

If you choose to consume alcohol, it's crucial to do so in moderation and with consideration for your overall health. Here are some tips for protecting kidney health while consuming alcohol:

- Stick to recommended guidelines for alcohol consumption to minimize the risk of kidney damage.
- Drink plenty of water before, during, and after consuming alcohol to counteract its diuretic effects and maintain adequate hydration.
- Maintain a balanced diet, engage in regular physical activity, and avoid smoking to reduce the burden on your kidneys.
- If you have risk factors for kidney disease or a history of heavy alcohol consumption, consider regular check-ups with your healthcare provider to monitor kidney function.



## Drink Wisely for Better Kidney Health

While moderate alcohol consumption may not pose significant risks to kidney health in healthy individuals, excessive or chronic use can lead to several side effects, including kidney disease. Understanding the relationship between alcohol and kidney health is essential for making informed choices about alcohol consumption and prioritizing kidney health. By practicing moderation and following the other precautionary tips, you can mitigate the potential adverse effects of alcohol on your kidneys and overall well-being.

Take charge of your kidney health today! Don't delay—take the first step towards a healthier future by calling VIPcare today. Call **727-263-3786** to schedule your appointment.



Jason Waugh, D.O.



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# SENIORS AGING IN PLACE

**F**or today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



## AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

## IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

## HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

## HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.

3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.

4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.

5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.

6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.

7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

## OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

## TRUSTED HOMECARE SERVICES

### MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

Contact our team at  
Trusted HomeCare and let's discuss  
how we can support  
you or your loved one  
**561-314-3976**



# TESTOSTERONE REPLACEMENT THERAPY:

## An In-depth Look, at Its Wide Appeal

IN A TIME WHERE HEALTH AND WELL-BEING ARE BECOMING INCREASINGLY IMPORTANT ACROSS ALL DEMOGRAPHICS, TESTOSTERONE REPLACEMENT THERAPY (TRT) STANDS OUT AS AN ADVANCEMENT THAT HAS THE POTENTIAL TO REDEFINE STANDARDS FOR BOTH MEN AND WOMEN. AS WE NAVIGATE THE COMPLEXITIES OF AGING, THE DECREASE IN TESTOSTERONE LEVELS BRINGS ABOUT CHALLENGES THAT IMPACT OUR STRENGTH, EMOTIONAL WELL-BEING, AND OVERALL VIGOR. TRT OFFERS A RAY OF HOPE BY NOT ONLY AIMING TO RESTORE BALANCE BUT ALSO BY PROMISING TO IMPROVE OUR QUALITY OF LIFE. THIS DETAILED EXAMINATION SHEDS LIGHT ON THE BENEFITS OF TRT, DISPELS MISCONCEPTIONS, AND HIGHLIGHTS ITS CAPACITY TO TRANSFORM HEALTHCARE.



## TESTOSTERONE

### The Range of Benefits Offered by testosterone, Going Beyond Just Building Muscle

While testosterone has traditionally been associated with men's health its influence is crucial for individuals of all genders. Scientific studies emphasize its role in metabolic processes in managing conditions like type 2 diabetes. Research indicates that TRT can boost insulin sensitivity, reduce inflammation and enhance cholesterol profiles leading to a significant decrease in cardiovascular risk factors.

For women, the advantages of testosterone therapy stretch beyond improving libido. TRT effectively addresses symptoms related to levels of androgens by tackling mood disorders, preventing loss of bone density and muscle mass, as well as addressing various forms of sexual dysfunction.

Recent research challenges the belief that testosterone replacement therapy (TRT) causes hair loss in women presenting evidence of its ability to promote hair regrowth on the scalp and supporting arguments against baseless concerns.

### Dispelling Misconceptions; A Journey Towards Truth and Well-being

The increasing popularity of TRT has given rise to myths and misunderstandings particularly regarding its safety. In depth reviews and analyses of existing literature disprove the idea of a connection between TRT and elevated cardiovascular risks. Instead, studies indicate that testosterone plays a role against heart disease with its therapeutic use demonstrating improvements in heart function among individuals with these conditions.

Regarding worries related to liver health, aggression and cancer risks thorough investigations confirm the safety of TRT when administered appropriately. Contrary to fears of liver issues or increased aggression levels, testosterone therapy—especially when not taken orally—has been linked to enhanced well-being without health concerns. Additionally, its counteractive relationship with estrogen alleviates concerns about breast cancer risk underscoring its benefits for estrogen related conditions.

### Testosterone and Psychological Well-being; A Shift in Understanding

One of the findings in TRT research is its significant influence on mental health.

Testosterone plays a role, in promoting well-being by naturally reducing anxiety and fostering a more positive mental state. Both men and women have reported feeling more confident and experience decreased levels of anxiety highlighting how this hormone affects not only physical health but also mental health.

Sharing stories and expert insights can enhance our understanding of Testosterone Replacement Therapy (TRT). Hearing from individuals whose lives have been positively transformed by TRT sheds light on its benefits providing a perspective on the therapy. We stress the importance of individualized treatment plans that cater to specific health conditions like metabolic syndrome as we age.





As we look towards the future of TRT in healthcare, discussions around this treatment are constantly evolving. Its use in addressing health issues signifies a move towards comprehensive and inclusive treatment options. Ongoing research aims to uncover more about the benefits, safety and applications of TRT potentially leading to improved and therapies.

The impact of TRT on society is profound as it challenges ideas, about aging and gender specific treatments.

By promoting comprehension and debunking misconceptions, we set the stage for a future where Testosterone Replacement Therapy (TRT) is not solely viewed as a concern for men but as an essential aspect of comprehensive healthcare.

### **Personal Reflections...Embracing an Approach to Health**

The utilization of Testosterone Replacement Therapy highlights the progress in science and our evolving knowledge of well-being. Its advantages, which encompass mental and emotional wellness emphasize the role of hormones in attaining a harmonious and rewarding existence. As we persist in exploring and advocating for health choices TRT emerges as a source of optimism offering avenues to vitality and well-being that were previously unimaginable.

On our quest for health, it is vital to stay informed, receptive and proactive in pursuing remedies that boost our welfare. TRT serves as one tool among many in our arsenal shedding light on the route, to a more dynamic life.

**Dr. Rita Gillespie's** path to becoming a leading expert and advocate for Bio-identical Hormone Replacement Therapy (BHRT) is both fascinating and enlightening. Growing up in the suburbs of Philadelphia, Rita's years were defined by a nature and a dedication to excellence. Being the oldest of three siblings she not set standards but also displayed natural leadership qualities from a young age. Her love for sports & running began during her school years and continued through her college days at LaSalle University, where she excelled on an athletic scholarship.



After completing her studies Dr. Gillespie's journey towards a career took her to the Philadelphia College of Osteopathic Medicine. Her medical training started at the Albert Einstein Medical Center in Philadelphia providing her with a foundation in the aspects of patient care. However, it was during her residency at the University of Florida Gainesville in Emergency Medicine that she gained a perspective on medicine and sharpened her skills in acute patient management.

Dr. Gillespie's venture, into Hormone Replacement Therapy was driven by both professional interest and personal need. Following years of practicing emergency medicine, she decided to pursue education through Worldlink Medical to specialize in BHRT. Dr. Gillespie's interest, in this area wasn't just academic; she personally experienced the symptoms of menopause giving her insight into how hormonal imbalances affect patients.

As a Doctor, Rita takes an approach to her practice focusing on the balance of mind, body and spirit. This perspective greatly influences her view on BHRT, which she believes should be integrated into patient care to promote healthy aging and enhance overall well-being. With both experience and medical knowledge Dr. Gillespie isn't a healthcare provider but also a compassionate advocate for her patients. She knows firsthand how BHRT can improve quality of life and is committed to supporting her patients with understanding, expertise and a dedication to health.

To Dr. Gillespie, BHRT represents more than a treatment—it's a way, to age gracefully while maintaining strength, mental clarity and emotional stability. Her goal is to make BHRT a standard part of healthcare so that individuals can live fulfilling lives at any stage.

She is deeply committed to this purpose due to her encounters and the successful results she has seen in her patients, which positions her as a qualified and enthusiastic advocate, for Bio-identical Hormone Replacement Therapy.



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# CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



**C**HRONIC PAIN CAN LEAD TO DEPRESSION, ADDICTIONS, ANXIETY, STRESS, ISOLATION, AND EVEN SUICIDE. OVER 116 MILLION PEOPLE SUFFER FROM VARIOUS TYPES OF CHRONIC PAIN DISORDERS RANGING FROM FIBROMYALGIA, OSTEOARTHRITIS, NEUROPATHY, BACK, HIP AND NECK PAIN, JUST TO NAME A FEW. WHETHER TRAUMA OR DEGENERATIVE DISEASES HAVE CAUSED YOUR PAIN, THE CONSENSUS IS USUALLY THE SAME; PEOPLE WANT THEIR PAIN TO GO AWAY. BUT HOW DO YOU KNOW THAT THE OPTIONS YOU'VE BEEN GIVEN ARE RIGHT FOR YOU?

An effective pain doctor uses all available treatments in a combined or multimodal approach. This means combining holistic treatments, medical therapies, physical therapy, and procedures to reach the desired goals and results of the patient.

Our providers at **Excel Pain and Spine** pride themselves on being trained and experts in the field of interventional pain. Interventional pain is the use of procedures to reduce pain and reduce the need for opioid medications.

**Our clinic, Excel Pain and Spine, was founded with one principle in mind – to provide the best possible care to patients above all else.**





We do this by providing access to the latest treatments (traditionally only available at large medical institutions) and delivering them in our local community as part of individualized treatment plans crafted with the patient’s best interest in mind.

**Excel Pain and Spine has four double boarded pain physicians to treat your specific needs and to custom tailor a plan that’s right for you.**

**MORE OPTIONS THAN JUST OPIOIDS**

A myth is that pain management doctors only prescribe opioids. Providers can try many other well-studied medications for pain, including membrane stabilizers, antidepressants, anti-inflammatory, and muscle relaxers.

Opioid medications have multiple risks and side effects, including constipation, sleep disorders, osteoporosis, sexual dysfunction, and accidental overdose. A pain management physician judiciously uses these medications only when appropriate and carries out the proper management and monitoring to ensure safe use.

Interventional therapies prescribed by pain management doctors include spinal and joint injections, nerve blocks and ablations, regenerative medicine injections, minimally invasive spinal implants, and nerve stimulators to block pain signals.

Pain management doctors aid with the coordination of care and referrals with other treating specialties, including physical therapists, chiropractors, surgeons, and primary care providers. Many patients who can gain relief from a pain management doctor have had surgery and continue to have pain, or patients who cannot have surgery and must find other avenues for relief.

The practice of pain management has evolved over the last 20 years. Board-certified pain management doctors are equipped to manage the full scope of new and old injuries or syndromes causing pain. These doctors have the unique ability to combine a vast array of treatments and therapies with to improve a patient’s quality of life. Any patient suffering from pain and not getting the relief they need should consider evaluation with a pain management doctor.

**MAKE YOUR JOURNEY LESS STRESSFUL**

As physicians who are genuinely interested in providing positive patient outcomes, we recognize that the road to pain relief is a journey. In addition to providing customized, personalized treatment plans, we strive to deliver positive friction-free experiences at every touchpoint to make the journey as stress-free as possible.

This is particularly vital when patients suffer from a work-related or personal injury, and time is of the essence. Our team prides itself on its ability to seamlessly coordinate care plans with personal injury or worker’s compensation advocates to best serve our patients.

**HELPING YOU NAVIGATE WORK RELATED ACUTE TRAUMA**

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Excel Pain and Spine is a privately-run practice owned and operated solely by physicians that have trained, taught, and researched at the top pain medicine institutions in the country.

Our physicians are regarded experts in the pain management field and remain involved with teaching new and advanced treatments to practicing physicians, residents, medical students, and fellows across the county.

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**Winter Haven**  
1749 6th Street NW,  
Winter Haven, FL 33881

**Winter Haven**  
400 Ave. K Southeast, Suite 9,  
Winter Haven, FL 33880

**Ellenton**  
7032 US-301 North, Ellenton, FL 34222

**Wauchula**  
326 South 6th Ave Wauchula,  
FL 33873

**The Villages**  
11950 CR 101, Suite 205,  
The Villages, FL 32162

**New Port Richey**  
2202 Duck Slough Blvd, Suite 102, New Port  
Richey, FL 34655

**St. Petersburg**  
6606 10th Avenue North,  
St. Petersburg, FL 33710

# Innovation Senior Living – *Redefining Value in Senior Living*



**T**he Innovation Senior Living family of senior living communities offers an exceptional array of options for Florida members and their loved ones. Our unique communities stretch across the state

**W**hen we envision getting older, many times we picture it in our current homes. While this may work for some, many decide not to stay in their long-time home after retirement.

Remaining at home can be an overwhelming and isolating experience.

When researching senior living options, many adults do not consider senior living because of the cost. However in looking further, many find communities like those at Innovation Senior Living, may be more affordable than they think.

In senior living, there is no more mortgage payments, utility bills, property taxes, home repairs, grocery bills. There are also several resources available to older adults to help cover the cost of senior living.

These resources include Long Term Care Medicaid and Veterans Aid & Attendance. Please call our community for more information.

### **COMMUNITY OPTIONS**

Our senior assisted living communities are full of vibrant activity while offering a warm and comfortable feel throughout. The Club is home to a wide range of people, including independent members, who appreciate the security a community brings. Members who need support.

Our communities tailor their programming to the personalities that live at The Club. From arranging small poker nights to throwing

the Annual BBQ, the programming team makes members feel right at home – and keep members engaged and excited about what's next.

Whether relaxing in the quaint lobby or one of several comfortable living rooms, mingling with new members at an ice-cream social, or joining a live entertainment performance, The Club offers an abundance of opportunities for maintenance free living, meaningful engagement and value.

### **Assisted Living**

Assisted living at The Club is individualized.





**\$1000 off  
Community Fee**

We offer private and co-living apartments that support a personalized lifestyle while encouraging privacy and independence.

**Thriving At Home.**

Members are able to remain as independent as possible with the peace of mind that support is steps away if needed. Members in our assisted living community have all the benefits of a full support staff, chef, activities program, housekeeping, maintenance along with personal care services for assistance with daily activities.

At our communities we have a wellness and health model. We partner with third party providers like primary care physicians, specialists, home health, rehabilitation and therapy to provide services onsite at the community.

**Short Term Respite Care**

The Club's Program provides temporary and short term residential opportunities. Relax in a fully furnished senior living suite as our team assists you with whatever you need!

Respite is ideal for those who need transitional assistance after an illness, surgery, or a hospital stay and are not quite ready to go home alone. A Respite Stay also allows primary caregivers to take a break by going on a vacation or just taking a few days to relax while knowing your loved one is being well cared for. Respite stays may be as short as a few days, or as long as a few months. We find that many respite members enjoy the experience so much, they either move-in becoming permanent members or they return again and again!

**Adult Day Services**

Day Programming is perfect for seniors who need a little socialization during the day! Generally available 5 days a week, The Club's Adult Day Care Programs are a great alternative to staying at home!

**Community Benefits**

The goal is offers worry free living to all members, their families and our guests. Members enjoy the benefits of a chef, housekeeper, concierge, chauffeur, maintenance team as well as a vibrant social calendar.

**COMMUNITY AMENITIES**


- Recreation Room
- Meal Service
- Media Room
- Housekeeping
- Library
- Group Exercise
- Availability 24 Hours
- Courtyard
- High Speed Internet

**APARTMENT AMENITIES**

- Private Senior Apartments
- Renovated Apartments
- Private AC
- Private Bathrooms
- Kitchenettes
- Handicap Accessible
- Pets – allowed

 **The Club  
at Lake Wales**  
12 East Grove Ave., FL 33853  
T.: 863-679-8246  
Assisted Living License 9383

 **The Club  
at Bartow**  
290 Idlewood Avenue Bartow,  
FL 33830  
T.: 863-519-3398  
Assisted Living License 9888

 **The Club  
at Haines City**  
301 Peninsular Dr., FL 33844  
T.: 863-422-5204  
Assisted Living License 9382

**INNOVATION**  
*Senior Living*

**www.Innovationsl.com**



# The Tranquil Haven: Exploring the Profound Benefits of Yoga for Stress and Anxiety



In the bustling rhythm of modern life, stress and anxiety have become unwelcome companions for many. Amid the chaos, finding a sanctuary for mental well-being is crucial. Yoga, with its centuries-old practice rooted in mindfulness and physical activity, emerges as a beacon of hope in the storm of stress. At Yoga Haven, we delve into the profound benefits of yoga on stress and anxiety, unraveling the therapeutic effects that make it a haven for the restless mind.

## Mind-Body Connection

Yoga is renowned for its emphasis on the mind-body connection. Through a series of postures (asanas), breathing exercises (pranayama), and meditation, yoga encourages practitioners to unite their physical and mental selves. This synchronization cultivates a heightened awareness of the present moment, effectively breaking the cycle of anxious thoughts and stressors that often plague our minds.

## Stress Reduction through Asanas

The physical aspect of yoga plays a pivotal role in stress reduction. Asanas, or yoga poses, are designed to release tension stored in the body, promoting flexibility, strength, and overall well-being. Poses like Child's Pose (Balasana) and Corpse Pose (Savasana) focus on relaxation and deep breathing, activating the body's parasympathetic nervous system—the rest-and-digest response that counteracts the stress-inducing fight-or-flight mode.

## Breathing Techniques for Anxiety Management

Pranayama, the practice of breath control in yoga, is a potent tool for managing anxiety. Deep, intentional breathing patterns signal the body to relax, slowing the heart rate and calming the mind. Techniques such as Ujjayi breathing and Nadi Shodhana (alternate nostril breathing) are particularly effective in promoting a sense of tranquility, making them valuable tools for individuals grappling with anxiety.

## Mindfulness Meditation for Stress Relief

In the chaotic swirl of everyday life, the mind often races ahead, dwelling on the future or ruminating on the past. Yoga's mindfulness meditation invites practitioners to anchor themselves in the present moment. This deliberate focus on the here and now diminishes anxiety about the unknown future and dissipates the lingering stress associated with past events. Through regular practice, individuals learn to observe their thoughts without judgment, fostering a sense of inner calm.

## Stimulating the Release of Feel-Good Neurotransmitters

Yoga has been linked to the stimulation of neurotransmitters like gamma-aminobutyric acid (GABA) and serotonin, which play crucial roles in mood regulation. Low levels of these neurotransmitters are often associated with anxiety and depression. The physical activity and mindfulness inherent in yoga have been shown to boost GABA levels, promoting relaxation, and elevate serotonin levels, contributing to an improved mood and reduced stress.

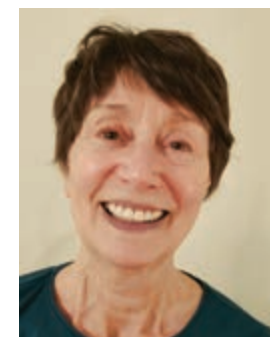
## Building a Supportive Community

Yoga Haven isn't just about postures and breathing exercises; it's a community. The shared experience of tackling stress and anxiety through yoga creates a



supportive environment. Practitioners often find solace in connecting with others facing similar challenges. This sense of community can be a powerful antidote to the isolation that often accompanies stress and anxiety, providing a network of understanding and encouragement.

In a world that often feels like a whirlwind of demands and uncertainties, Yoga Haven stands as a sanctuary for those seeking respite from stress and anxiety. Through the holistic integration of mind and body, yoga offers a transformative journey toward inner peace. The profound benefits of stress reduction, anxiety management, and the fostering of a supportive community make Yoga Haven a haven indeed—a place where the mind can find stillness, and the body can rediscover its natural balance. Embrace the tranquility; your journey to a stress-free haven begins on the mat.



**Kathryn Geib**  
*Studio owner*

## CONTACT US:

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# I Have A Wait Problem

**Y**ou're reading a health and wellness magazine and you're thinking: that guy can't spell. But the truth is that you read it correctly: I have a wait problem: I don't like to wait. But who does?

Think about it... do you like to wait? Do you love sitting in the waiting room at the doctor's office? Do you look for the longest line at the grocery store so you can spend more time waiting? When the light turns green, does it make you happy when the car in front of you just sits there? Do you keep your fingers crossed that wait times are an hour at the amusement park? If you answered "no" to the questions above, then you have a wait problem too.

It's been estimated that we spend ten percent of our lives waiting. That comes out to be over two hours of everyday. I have a wait problem: I'm not very good at it. But I don't have a choice. Waiting is a part of our lives.

And waiting isn't just a part of everyday menial tasks, but big things in life too. Things like waiting for Mr. Right or Miss Perfect; waiting for your first grandchild; waiting for retirement; waiting on test results; waiting to hear back about the interview; waiting...

From a spiritual perspective, waiting is very important. So important, in fact, that God talks about it including these words: *"Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint."* (Isaiah 40:30-31, ESV)

## Waiting is expected by God.

Notice what he says... "...they who wait for the LORD..." Isaiah doesn't single out an individual or use the word "if". God – the creator and controller of time and all circumstances – knows we will have seasons of waiting. And He expects us to wait on Him.

## God uses waiting to build our character.

Look at the different stages of development: flying high (wings), running, and walking. Waiting gets us to a place where we learn to take in the highest highs, but at the same time realize that slow and steady gets us where we need to go. Waiting helps us grow into constant and consistent forward movement in our lives... even when we are waiting.

## Waiting is rewarded by God.

Isaiah shows us that waiting has its rewards. Tired of being tired? Close to giving up? Don't want to wait anymore? Read the passage again: "...and not be weary..." "...and not faint..." God honors us when we wait. God rewards our faithfulness in the midst of our waiting.

Brent Myers



## Waiting is the fruit of our faith.

Finally look at this: "...but they who wait for the LORD..." When we learn to trust our circumstances to God, we show that we really believe that He is in control. We demonstrate that we actually believe that He knows best and that He works all things together for good. When we wait on the LORD, we show the depth of our faith. So... how do I get better at waiting? The ability to wait on the Lord stems from being confident and focused on who God is and in what God is doing. It sounds simple – and it is – but simple is not the same as easy (because it's not).

But look at it like this... I heard the other day, "there are no problems, only opportunities". So at least now I know I don't have a wait problem after all – just a wait opportunity (and lots of them)!

**What is**  
**RECOVERY CHURCH**

Recovery Church is both a church, and a recovery fellowship. Recovery Church is all about Jesus, discipleship, and the 12 steps! Everyone is always welcome and our weekly gathering includes music, fellowship, and teaching or testimony.



**RECOVERY CHURCH**  
LAKE WALES

✈️  
**Wednesdays**  
**6:33 PM**  
**322 N Scenic Hwy.**  
**Lake Wales, FL 33853**



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IN THEIR OWN HOMES  
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- Housekeeping
- Shopping & Errands
- Transportation to Doctor Visits



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