

CENTRAL FLORIDA'S

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

May 2024

Polk/Brandon Edition - Monthly

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**FREE**



**UNSIGHTLY VEINS  
CAN INDICATE DEEPER PROBLEMS**

**THE HEALING POWER  
OF JOURNALING:  
A JOURNEY TO MENTAL AND  
EMOTIONAL WELLNESS**

**SENIORS AGING IN PLACE**

**RADIOFREQUENCY ABLATION  
FOR PAIN MANAGEMENT**

**THE MULTIFACETED  
BENEFITS OF ESTRADIOL:  
ENHANCING HEALTH AND VITALITY  
ACROSS GENDERS**





# VARICOSE VEINS ARE A MEDICAL CONDITION SERVING CENTRAL FLORIDA FOR OVER 22 YEARS

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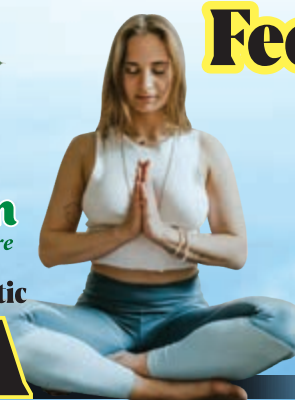


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**Sybil Berryman at 239-250-4104**

**Health & Wellness** MAGAZINE





# UNSIGHTLY VEINS CAN INDICATE DEEPER PROBLEMS

**“YOU CAN’T TELL A BOOK BY LOOKING AT ITS COVER.”**



**M**any women and men are concerned about the appearance of spider veins and varicose veins. These veins, which can cause a spider web appearance in the skin, or big, unsightly bulges underneath the skin, can also cause a person to have symptoms and are signs of vein disease.



Ignoring these problems and not treating them can lead to a progression and further damage to the tissue of the lower leg. Some of the symptoms and signs of vein disease occur **predominately in the lower leg.**

**Some of the symptoms include:**

- Subtle feeling of fullness
- Mild aching, heaviness or pressure
- Fatigue as the day progresses

**Some of the signs include:**

- Swelling, which can be minimal but significant
- Rough, dry skin sometimes accompanied with itching
- Big, unsightly bulging veins underneath the skin
- Spider veins, the unsightly ‘webs’ in the skin itself, while considered cosmetic, usually indicate deeper problems

Over time, if untreated, vein disease can lead to more significant issues and more damage to the lower leg including, thickening and drying of the skin and discoloration, prominently a brownish color or, if the patient has been up on their feet for long periods of time, these sometimes subtle signs can lead to the possibility of an ulceration or sore around the ankle area.

Fortunately, with today’s technology, these issues can be dealt with in a very minimally invasive way with very little discomfort. Patients can return back to normal activities very quickly. At Vascular Vein Centers we use Endovenous Laser Treatment, which employs the thermal closing of diseased veins. We then use a foamed chemical to treat the actual varicose or bulging veins. These two measures are used to close the source veins. We then use a foamed chemical to treat of the actual varicose or bulging veins. This is done in an outpatient clinical setting avoiding surgery.

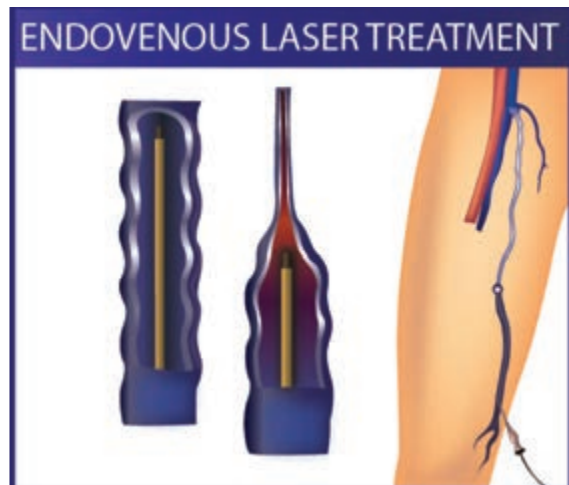
**These procedures are covered by most medical insurances, including MEDICARE.**

Anyone concerned about the appearance of their veins should have a thorough physical and ultrasound evaluation to examine the underlying cause. This can be done quickly with very little disruption in one’s normal schedule and activities. We strongly recommend wearing graduated compression stockings, hose or leggings while working or in situations where a person is on their feet or sitting for prolonged periods of time.

Vein health equates to leg health.

“A stich in time to save mine”!

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# The Healing Power of Journaling: A Journey to Mental and Emotional Wellness

In the hustle and bustle of everyday life, it's easy to feel overwhelmed, stressed, and disconnected from our inner selves. Amidst this chaos, finding a sanctuary for our thoughts and emotions becomes crucial for maintaining overall well-being. Enter journaling – a simple yet profoundly effective tool that offers many health benefits for the mind, body, and soul.

**Mental Clarity and Emotional Release**—Journaling serves as a safe space where you can pour out your thoughts, fears, dreams, and frustrations without fear of judgment or repercussion. Putting pen to paper allows you to untangle the web of thoughts swirling in your mind, bringing clarity to your emotions and experiences. By externalizing your internal dialogue, you gain perspective and insight into your own thought patterns and behaviors, empowering you to make positive changes in your life.

Journaling also acts as a form of emotional release, providing an outlet for pent-up feelings and stress. Research has shown that expressing emotions through writing can reduce symptoms of anxiety, depression, and post-traumatic stress disorder (PTSD), promoting emotional healing and resilience.

**Stress Reduction and Improved Mental Health** – In today's fast-paced world, chronic stress has become a pervasive problem that can wreak havoc on our mental and physical health. However, studies have demonstrated that regular journaling can significantly reduce stress levels by lowering cortisol, the body's primary stress hormone.

Furthermore, journaling has been linked to improved mood, self-esteem, and overall mental well-being. By acknowledging and processing your thoughts and feelings on paper, you cultivate greater self-awareness and self-compassion, fostering a sense of acceptance and inner peace.



**Enhanced Creativity and Problem-Solving Skills** –Journaling isn't just about introspection and self-reflection – it's also a powerful tool for stimulating creativity and innovation. Through free-flowing writing, you unleash your imagination and tap into your subconscious mind, unlocking new ideas, insights, and perspectives. Whether you're grappling with a creative block or seeking solutions to life's challenges, journaling can serve as a gateway to inspiration and breakthroughs.

**Cultivation of Mindfulness and Gratitude** – In a world inundated with distractions and obligations, practicing mindfulness and gratitude has become essential for nurturing a sense of inner peace and contentment. Journaling offers a sacred space to cultivate mindfulness by anchoring your awareness in the present moment. Whether you're jotting down sensory observations, recording gratitude lists, or practicing mindful breathing exercises, journaling can deepen your connection to the here and now, fostering a greater sense of serenity and gratitude.

The health benefits of journaling extend far beyond mere pen and paper – it's a transformative journey of self-discovery, healing, and growth. ***Feeling overwhelmed or struggling to cope? You don't have to face it alone. Take the first step towards better mental health by scheduling an appointment with a VIPcare primary care provider today. Call 727-263-3786.***



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**



# THE MULTIFACETED BENEFITS OF ESTRADIOL:

## Enhancing Health and Vitality Across Genders



**A**S WE AGE, OUR BODIES EXPERIENCE SIGNIFICANT HORMONAL CHANGES THAT CAN PROFOUNDLY IMPACT OUR OVERALL HEALTH AND VITALITY. AMONG THESE HORMONES, ESTRADIOL, A POTENT FORM OF ESTROGEN, PLAYS A CRUCIAL ROLE IN BOTH MEN AND WOMEN, OFFERING PROTECTION AND ENHANCING QUALITY OF LIFE, PARTICULARLY DURING THE LIFE STAGES OF MENOPAUSE AND ANDROPAUSE.

### Estradiol's Impact on Cardiovascular and Menopausal Health

Menopause marks a significant physiological shift in a woman's life, primarily due to a decrease in estrogen levels. This reduction can lead to various physical and emotional challenges. Estradiol replacement therapy (ERT) has proven effective in mitigating many of these effects, thereby improving health outcomes significantly. A pivotal study published in *Menopause* in 2005 detailed how estradiol therapy could slow the

progression of subclinical atherosclerosis—a condition that often precedes serious cardiovascular events. The study demonstrated that estradiol enhances carbohydrate and lipid metabolism, improving key markers such as fasting glucose, insulin levels, and cholesterol profiles. Furthermore, it showed a reduction in the progression of carotid intima-media thickness, a direct marker of atherosclerosis, thereby highlighting estradiol's role in cardiovascular protection.

Moreover, estradiol effectively alleviates common menopausal symptoms such as hot flashes, night sweats, and vaginal dryness. It enhances urinary health and reduces the prevalence of incontinence by improving the integrity of the urinary tract and surrounding pelvic muscles. Additionally, estradiol is crucial in maintaining bone density, significantly reducing the risk of osteoporosis and related fractures, prevalent concerns post-menopause.

### Cognitive and Emotional Benefits

Estradiol extends its benefits to cognitive health, particularly in guarding against cognitive decline associated with aging, such as Alzheimer's disease. Research underscores estradiol's ability to enhance memory and cognitive functions by interacting with the brain's renin-angiotensin system and influencing glucose metabolism—factors crucial in the development of Alzheimer's. This interaction suggests that estradiol could play a protective role against the progression of cognitive impairments.

Furthermore, estradiol significantly impacts mood and emotional well-being; it has been shown to stabilize mood swings and alleviate symptoms of depression and anxiety commonly experienced during menopause. These effects are crucial for maintaining an overall sense of well-being during a period that many find psychologically challenging.

### Estradiol's Role in Men's Health

While often considered primarily a female hormone, estradiol is also essential in male physiology, particularly concerning cardiovascular health. Research, such as the study conducted by Arnlöv et al. and published in the *Annals of Internal Medicine* (2006), documents that higher levels of estradiol in men are associated with a reduced risk of cardiovascular events. This finding challenges the traditional view of estrogen as predominantly female and highlights its importance in male hormonal balance and cardiovascular protection.





### Metabolic Health and Body Weight Regulation

Estradiol's role in metabolic health is profound. It influences body weight regulation by affecting fat distribution and promoting healthier metabolism rates. For women undergoing menopause, estradiol replacement has shown to improve metabolic markers critical for managing weight and diabetes risk, such as insulin sensitivity and fasting glucose levels. These benefits underscore estradiol's integral role in metabolic regulation during a period when women are particularly vulnerable to weight gain and metabolic disturbances.

Research published in *Best Practice & Research: Clinical Endocrinology & Metabolism* (2016) highlights the significant role of estradiol in maintaining energy homeostasis, particularly after menopause or ovariectomy. The decrease in estradiol levels during these times leads to increased appetite, reduced energy expenditure, and weight gain. However, these adverse effects can be mitigated or even reversed with estradiol replacement therapy.

Estradiol's metabolic influence is primarily exerted through the hypothalamus, enhancing the activity of brown adipose tissue (BAT), which is crucial for thermogenesis and calorie burning. This process not only aids in weight management but also counters the metabolic slowdown typically seen with reduced calorie intake in diets.

Furthermore, estradiol impacts various metabolic pathways, including insulin sensitivity, pancreatic function, and lipid metabolism, and plays a critical role

in the distribution and function of adipose tissue. This broad metabolic influence underscores the importance of considering estradiol supplementation as a strategic component of hormone replacement therapy, aimed not just at alleviating menopausal symptoms but also at managing age-related metabolic changes effectively.

### Broader Implications for Health and Longevity

The overarching effects of estradiol on health extend beyond individual symptoms or conditions. By modulating various biochemical pathways and physiological systems, estradiol serves as a keystone hormone that supports a wide array of bodily functions and processes. Its ability to enhance life quality and reduce the risk of numerous age-related diseases offers a compelling argument for its use in hormone replacement therapies.

### Conclusion

Estradiol is not merely a reproductive hormone but a pivotal element in the broader spectrum of health maintenance. Its comprehensive influence on the cardiovascular system, bones, brain, and metabolic processes makes it an essential component of aging well. For both men and women, embracing estradiol replacement therapy can be transformative, offering a path to a healthier, more vibrant life as we age.

### Personalized Care at D&G Optimized Wellness and Hormones

D&G Optimized Wellness and Hormones offers a unique, concierge-style relationship between patients and our physician team, Dr. Jason De Leon and Dr. Rita

Gillespie. This model ensures open and direct communication, providing a tailored and responsive healthcare experience. This is a practice with privilege.

### Dr. Jason De Leon, M.D.

Raised in the Bronx and inspired by his healthcare-focused family, Dr. De Leon excelled in his studies, earning an academic scholarship to Barry University and later attending medical school at the University of Iowa. After completing his Emergency Medicine Residency at the University of Florida-Gainesville, he specialized in Bio-identical Hormone Replacement Therapy (BHRT) to enhance wellness and prevent chronic diseases.

### Dr. Rita Gillespie, D.O.

Starting as a competitive runner in Philadelphia, Dr. Gillespie's academic journey led her to LaSalle University and the Philadelphia College of Osteopathic Medicine. She completed her Emergency Medicine Residency at the University of Florida-Gainesville. With a holistic approach from her osteopathic training, she advocates for BHRT to promote graceful aging and vibrant health.



### Accessible and Responsive Care

Our practice encourages patients to reach out to their physicians with any health concerns, ensuring continuous support and guidance. This approach fosters a deep, trusting relationship, setting a new standard in personalized healthcare.

At D&G Optimized Wellness and Hormones, we are your partners in achieving a healthier, more vibrant life.



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# RADIOFREQUENCY ABLATION FOR PAIN MANAGEMENT



ARE YOU ONE OF THE MILLIONS OF AMERICANS SUFFERING FROM CHRONIC BACK OR NECK PAIN? HAVE YOU TRIED MULTIPLE TREATMENT OPTIONS WITH LITTLE OR NO SUCCESS? IF SO, RADIOFREQUENCY ABLATION MIGHT BE THE SOLUTION TO YOUR CHRONIC PAIN.

At Excel Pain and Spine, their team are experts at performing radiofrequency ablation. This minimally invasive treatment can get rid of your pain for months, years, or even forever.

### What is radiofrequency ablation?

Radiofrequency ablation is a treatment that uses electromagnetic waves to create heat. The heat destroys the nerve tissue that's causing your pain. With the nerve destroyed, the pain signal is no longer sent.

### What conditions are treated by radiofrequency ablation?

Excel Pain and Spine uses radiofrequency ablation to help patients with chronic pain in the lower back, neck, and sacroiliac joints, which are located in the pelvis. Patients with joint pain related to arthritis may also benefit.

It's also possible to treat other pain conditions with radiofrequency ablation. The team at Spine & Pain Institute of Florida will give you a thorough evaluation to determine the best course of treatment for your symptoms.

### How does radiofrequency ablation work?

Radiofrequency ablation is minimally invasive, and the procedure typically takes less than an hour. It's performed on an outpatient basis, and patients are usually allowed to go home after a short recovery period.

Typically, you are given a local anesthetic at the treatment site. Then, using a special X-ray, Dr. Jassal inserts a needle near the nerve that's causing your pain.

Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

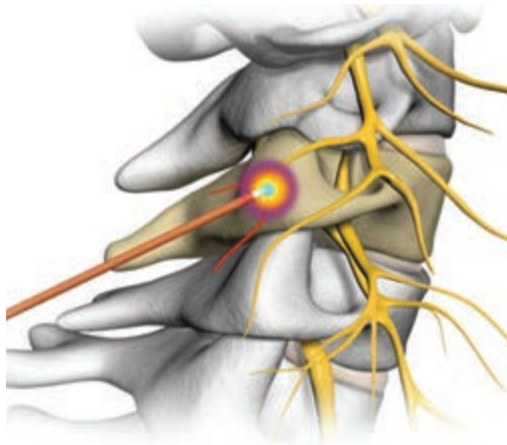
Excel Pain and Spine will provide you with specific post-procedure instructions, and these usually include avoiding driving for 24 hours as well as resting and avoiding strenuous activity for 24 hours.



**Is radiofrequency ablation effective?**

Yes. More than 70% of patients experience lasting relief with radiofrequency ablation. It usually takes 1-3 weeks for the treatment to take its full effect.

Pain relief typically lasts 6 months to 2 years, and for some patients, the pain never returns. It’s possible, however, for the nerve to regrow. In these cases, radiofrequency ablation may be required again.



**Are there any risks associated with radiofrequency ablation?**

Radiofrequency ablation is a safe procedure with few risks of complications. Serious complications, such as infection and bleeding, are rare. Temporary side effects – which are also uncommon – usually only last 2-3 days.

**They include:**

- Localized numbness or weakness
- Mild discomfort or an increase in pain
- Swelling or bruising at the incision site

The treatment is not a good option for women who are or may become pregnant, people with an infection, or those who suffer from bleeding disorders.

You don’t have to live with pain any longer. If you’re suffering from chronic pain, book an appointment online or over the phone with Excel Pain and Spine today.



Our clinic, Excel Pain and Spine, was founded with one principle in mind – to provide the best possible care to patients above all else. Every decision made by our providers is and will continue to be made with this principle in mind. We always defer back to how we would want a family member treated and base our clinical and non-clinical decisions with the goal in mind. We are the most comprehensive pain management team in Central Florida.

Many of the challenges and frustration patients face are the same ones that providers struggle with day-to-day. We understand these challenges and have built a company that teams up with our patients to navigate the modern health care system and provide solutions for patients’ suffering from pain.

All of the physicians are double board certified physicians. Our physicians have various academic titles, bring world class pain management treatment options to Central Florida. We understand that to provide the best patient care and be our best as physicians, we need to have the best trained clinical staff. We are lucky to have an attentive team with many combined years of pain experience, all aligned on the same goal of giving the best care above all else.

Pain and the limitations that result is a very personal problem. Pain is not simply a statistic like cholesterol. Every patient responds differently to the various treatment options available. Having a treatment plan based on the latest medical research is key to ensure the best possible outcomes for our patients. Additionally, we understand the need to constantly re-evaluate, make adjustments, and incorporate other options as we go through the pain relief journey together.

We pride ourselves on making sure every patient leaves with an understanding of their personalized treatment plan as well as educational materials specific to their recommended treatments so that they can make the best possible decision regarding their own care.

**Navdeep S. Jassal, M.D.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine & Rehabilitation

**Arpit Patel, D.O.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine & Rehabilitation

**Corey Reeves, M.D., M.B.A.**  
Board Certified - Pain Medicine  
Board Certified - Physical Medicine & Rehabilitation

**Neal Shah, M.D.**  
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Board Certified - Anesthesiology

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# 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**



# Unlock BETTER SLEEP with Yoga: A Path to Tranquil Nights at Yoga Haven



In today's fast-paced world, finding a good night's sleep can feel like chasing a distant dream. With stress and endless to-do lists, our minds often struggle to find peace when it's time to rest. However, there's a time-tested solution that can help soothe both body and mind: yoga.

At Yoga Haven, we believe that yoga is not just a physical exercise; it's a holistic practice that can transform every aspect of your life, including your sleep. Let's delve into how yoga can become your secret weapon for achieving deeper, more restorative sleep.

**Stress Reduction:** One of the primary barriers to sound sleep is stress. The demands of modern life can leave us feeling overwhelmed and tense, making it difficult to unwind at the end of the day. Yoga provides a sanctuary from this chaos, offering a space to release built-up tension through gentle movements, deep breathing, and mindfulness techniques. By practicing yoga regularly, you can cultivate a greater sense of calm and relaxation, setting the stage for a peaceful night's sleep.

**Mindfulness and Meditation:** In the hustle and bustle of daily life, our minds are often racing, making it challenging to quiet the mental chatter when it's time to sleep. Yoga encourages the practice of mindfulness and meditation, which can help train the mind to focus on the present moment and let go of worries about the

past or future. By incorporating mindfulness into your yoga practice, you can develop greater awareness and acceptance, leading to a quieter mind and improved sleep quality.

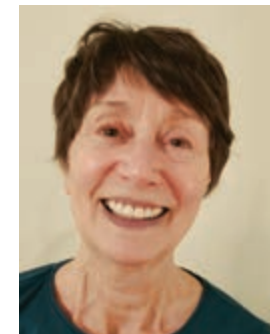
**Relaxation Techniques:** Yoga offers a variety of relaxation techniques that can help prepare the body and mind for sleep. Gentle stretches, restorative poses, and guided relaxation exercises can all promote a sense of ease and comfort, signaling to the body that it's time to wind down. By integrating these practices into your life, you can create a calming prelude to sleep that primes your body for restorative rest.

**Physical Benefits:** Beyond its mental and emotional benefits, yoga also offers numerous physical advantages that can contribute to better sleep. Regular practice can improve flexibility, relieve muscle tension, and promote overall relaxation, making it easier to find a comfortable sleeping position and prevent disruptions during the night. Additionally, certain yoga poses and sequences are specifically designed to promote relaxation and alleviate common sleep issues such as insomnia and sleep apnea.

**Establishing a Routine:** Consistency is key when it comes to improving sleep, and yoga can help you establish a healthy bedtime routine. By setting aside time each evening for a gentle yoga practice, you signal to your body that it's time to transition from the busyness of the day to the serenity of sleep. Over time, this consistent routine can help regulate your sleep-wake cycle and improve the quality and duration of your rest.

At Yoga Haven, we offer a variety of classes tailored to support better sleep, including Restorative Yoga, Yin & Mindfulness and Yoga & Meditation. Whether you're a seasoned yogi or a beginner looking to explore the benefits of yoga for sleep, our experienced instructors are here to guide you on your journey to tranquil nights and rejuvenated mornings.

Incorporating yoga into your daily routine can be a powerful tool for enhancing sleep quality and overall well-being. By cultivating mindfulness, reducing stress, and promoting relaxation, yoga empowers you to reclaim control over your sleep and awaken each day feeling refreshed and revitalized. Join us at Yoga Haven and discover the transformative power of yoga for sleep today.



**Kathryn Geib**  
*Studio owner*

## CONTACT US:

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Winter Haven, FL 33880

**WINTERHAVENYOGA.COM**



# Don't Give Up!

Brent Myers

**O**K. So here we are... five months into a new year. How are things working out for you? Did you set goals for making this year the best year ever? Did you have dreams and ambitions to make this year different? Did you plan on making things better? Well... how are you doing?

Too often we wait until it's too late to ask these types of questions. But let me encourage you with this today: Don't Give Up!

Maybe you're well on your way to accomplishing your goals. To you I say: Press On! Keep pushing on! Perhaps you've had a rough go of it and you've been derailed or don't think you could ever reach the sights you set for this year. To you I say: Press On! Keep pushing on!



Now you may be thinking, "that's the same advice for both groups." You're right. The reason is because I believe this to be a fundamental principle we all need to learn: perseverance.

The apostle Paul penned these words nearly 2,000 years ago: "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up." (Galatians 6:9, NLT)

Think about that for a moment. Let that settle in. "let's not get tired of doing what is good," "we will reap a... blessing," but here is the kicker: "IF we don't give up."

Wow! That's an awfully big "IF"...

Perseverance reveals a lot about ourselves.

**Perseverance reveals our conviction.** Do I really believe in what I'm pursuing? Do I really feel deep down in my gut that what I'm going after is right and true? If I don't believe in it, then I'll give up quickly. But if I do believe, then how can I possibly give up?

**Perseverance reveals our commitment.** In his pursuit of creating a sustainable light bulb, Thomas Edison never gave up because he was committed. Edison is quoted as saying, "I have not failed, I've just found 10,000 ways that won't work." If I'm really committed to it, then it's not just a matter of "I won't give up" but really a matter of "I can't give up."

**Perseverance reveals our character.** Who are you when no one else is watching? What do you do when you're alone in your pursuit of your dreams and goals? If we persevere, we show our character. Winston Churchill once said: "Never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to the apparently overwhelming might of the enemy."

The writer of Hebrews put it this way: "So don't throw it all away now. You were sure of yourselves then. It's still a sure thing! But you need to stick it out, staying with God's plan so you'll be there for the promised completion." (Hebrews 10:35-36, The Message)

Stick with it. Press on. Reach your goals. Go for it!

I used to work for a gentleman who would say this: "We do not determine a man's greatness by his talent or worth, as the world does, but rather by what it takes to discourage him." (JF)

So be great... and Don't Give Up!

**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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Jason Waugh, D.O.

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IN THEIR OWN HOMES  
AND COMMUNITIES.

### Services

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- Respite Care
- Live-in Care
- Personal Care
- End of Life/Hospice Care
- Chronic Illness/Disability Care
- Meal Preparation
- Housekeeping
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