

CENTRAL FLORIDA'S

Health & Wellness[®] MAGAZINE

June 2024

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**SKIN CHANGES
IN THE LOWER LEG
ARE A SIGN OF
VENOUS DISEASE**

**STAYING STEADY:
HOME SAFETY TIPS
AND EXERCISES FOR
PREVENTING FALLS**

**SENIORS AGING
IN PLACE**

**THE POWER
OF PROGESTERONE:
NATURAL SOLUTIONS
FOR OPTIMAL HEALTH**

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



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Health & Wellness MAGAZINE

SKIN CHANGES IN THE LOWER LEG ARE A SIGN OF VENOUS DISEASE



Skin changes – discoloration (pinkish or brownish), thickening, dryness and itching in the lower leg are usually signs of venous (vein) disease. If you have any of these in your lower legs and ankles, the specialists at Vascular Vein Centers can help with a careful evaluation and explanation of what is going on and provide the most effective, up-to-date, and minimally invasive treatments for the causes of skin changes.



Graduated medical-grade compression garments are the gold standard to help with symptoms of vein disease. However, if further treatment to resolve skin changes and underlying vein problems is recommended, the Vascular Vein Centers team can perform endovenous laser therapy or VenaSeal™ medical adhesive treatment. These are our primary procedures for treating the “source veins”; the origin of the problem.

Ultrasound guided foam sclerotherapy will be required in most cases to treat the “branch veins” (varicose veins) coming off the “source veins”. The Vascular Vein Centers team uses the latest in FDA approved advanced treatments such as Varithena® foam sclerotherapy and VenaSeal™ medical adhesive to treat the remaining problem veins. Each has its specific indication and most insurance carriers cover the procedures.

If you have noticed skin changes in your lower legs, call Vascular Vein Centers today or book an appointment online.

WHAT DO SKIN CHANGES INDICATE?
 Skin changes may be an indication that you have underlying vein disease. **Changes to look for include:**

- Dry skin
- Discoloration- pink or brownish
- Thickening, stiff, or firm skin
- Itchiness
- Prominent spider patterns especially around the ankle

Even if you don’t see bulging varicose veins, you may have advanced vein disease and it’s worth visiting Vascular Vein Centers if skin changes are present.

WHAT SYMPTOMS MIGHT I HAVE ALONG WITH SKIN CHANGES?

If you have vein disease, you might be experiencing increasing tiredness, fatigue, aching, and heaviness in your lower legs, along with skin changes. These symptoms are usually felt more in the mid-late afternoon and can occur long before bulging veins or skin changes are present.

As vein disease progresses, skin changes become more noticeable, and lower leg and ankle swelling (edema) increases, especially towards the end of the day. You may find your skin is extra sensitive and prone to rashes. Dry, brittle skin is more likely to crack and form a sore.

If you ignore skin changes, underlying vein disease can lead to venous ulcers. These painful, open wounds take a long time to heal and are prone to infection. If you get help for skin changes and the veins that cause them early, you can usually avoid future problems.

HOW ARE SKIN CHANGES TREATED?

Your provider will probably recommend a Doppler ultrasound for a definitive evaluation of your

venous system. The Vascular Vein Centers team uses the latest state-of-the-art GE Healthcare ultrasound equipment to view your venous system in detail. We can then discuss the best way to treat your skin changes if veins are in fact the cause.



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Staying Steady:

Home Safety Tips and Exercises for Preventing Falls

Falling isn't just a stumble; it can have serious consequences, especially for older adults. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury-related deaths among older adults and the most common cause of nonfatal injuries and hospital admissions for trauma. However, the good news is that many falls are preventable with some simple adjustments to your home environment and incorporating regular exercises to improve strength and balance. Here are some effective strategies for preventing falls in older adults and keeping you steady on your feet.

UNDERSTANDING THE RISKS

As we age, our bodies undergo changes that can increase the risk of falling. Factors such as decreased muscle strength, changes in balance and gait, vision problems, medication side effects, and environmental hazards all contribute to the likelihood of falling. Acknowledging these risks is the first step in preventing falls in older adults and maintaining independence.

CREATING A SAFE ENVIRONMENT

Your home should be a sanctuary, not a hazard zone. To create a safe environment, start by conducting a thorough assessment of your living space to identify potential dangers:

1. Lighting: Ensure that all areas of your home are well-lit, especially staircases, hallways, and entryways. Install night lights to illuminate pathways during the night. When you enter a room, turn the light on. Don't try to navigate in the dark.

2. Flooring: Remove loose rugs or secure them with non-slip backing. Also, try to avoid rugs with tassels or strings that could easily catch your foot, causing you to trip and fall. Repair any uneven floor surfaces or loose floorboards to prevent tripping hazards.



3. Bathroom Safety: Install grab bars near toilets and in showers or tubs to provide stability. For added safety, consider using a shower chair or bench.

4. Stair Safety: Install handrails on both sides of staircases and ensure they are securely anchored. Keep stairways clutter-free, and avoid wearing loose clothing or shoes with slippery soles when using stairs.

EXERCISE FOR STRENGTH AND BALANCE

In addition to making modifications in your home, regular exercise is crucial for maintaining strength, flexibility, and balance – all helping to prevent falls. Here are some exercises specifically designed to improve balance and reduce the risk of falling in older adults:

1. Tai Chi: This ancient Chinese martial art emphasizes slow, controlled movements and shifting weight from one leg to the other. Tai Chi has been shown to improve balance, strength, and flexibility, making it an excellent choice for fall prevention.

2. Yoga: Yoga combines gentle stretching, balance poses, and controlled breathing, all of which can help improve stability and reduce the risk of falls. Look for classes tailored to older adults, or try beginner-friendly poses at home. Need even more assistance? Try chair yoga!

3. Strength Training: Incorporate exercises that target major muscle groups, such as squats, lunges, and leg lifts. Using resistance bands or light weights can further challenge your muscles and improve overall strength.

4. Balance Exercises: Practice standing on one leg while holding onto a sturdy surface for support, then gradually try to increase the duration. Other balance exercises include heel-to-toe walking, standing on tiptoes, and side leg lifts.

Consistency is key when it comes to reaping the benefits of exercise. Aim for at least 30 minutes of moderate-intensity activity most days of the week, but remember to consult with your healthcare provider before starting any new exercise program, especially if you have pre-existing health conditions or mobility limitations and concerns.

TAKE A PROACTIVE APPROACH TO PREVENTING FALLS

Preventing falls in older adults requires a multifaceted approach that includes both environmental modifications and regular exercise. By creating a safe home environment and incorporating exercises to improve strength and balance, you can reduce the risk of falls and maintain your independence as you age. Don't wait until a fall occurs to take action—start implementing these strategies today to stay steady on your feet and out of the hospital.

Ready to step up your home safety game and prevent falls? Take the first proactive step by scheduling an appointment with your local VIPcare provider by calling 727-263-3786. Let's ensure you're steady on your feet and equipped with the knowledge and tools to keep your home safe and secure. Don't wait for an accident to happen—prioritize your safety now!



Jason Waugh, D.O.

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SENIORS AGING IN PLACE

For 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.

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

THE POWER OF PROGESTERONE:

Natural Solutions for Optimal Health

Jason De Leon, MD
D&G Optimized Wellness and Hormones, LLC

MENOPAUSE MARKS A SIGNIFICANT TRANSITION IN A WOMAN'S LIFE, OFTEN ACCOMPANIED BY A DECLINE IN VITAL HORMONES LIKE PROGESTERONE. UNFORTUNATELY, THE MEDICAL COMMUNITY FREQUENTLY OVERLOOKS THE PROFOUND BENEFITS OF NATURAL PROGESTERONE, INSTEAD FAVORING SYNTHETIC ALTERNATIVES SUCH AS MEDROXYPROGESTERONE, COMMONLY KNOWN BY THE BRAND NAME PROVERA. DESPITE THEIR SIMILAR NAMES, THESE SUBSTANCES ARE FUNDAMENTALLY DIFFERENT IN STRUCTURE, FUNCTION, AND SAFETY. THIS ARTICLE DELVES INTO THE CRUCIAL DISTINCTIONS AND HIGHLIGHTS THE MYRIAD BENEFITS OF BIO-IDENTICAL PROGESTERONE SUPPLEMENTATION.

Understanding Progesterone and Progestin

Progesterone, often referred to as the "hormone of pregnancy," is essential for initiating and maintaining pregnancy. It plays a pivotal role in balancing estrogen, supporting overall hormonal harmony, and providing protection against various health issues, including uterine cancer, breast cancer, osteoporosis, and heart disease. In contrast, Provera, a synthetic progestin, is a teratogen that can cause birth defects and is



contraindicated in pregnancy. The differences between these two substances extend beyond their molecular structures to their metabolic and physiological effects.

The Misconceptions of Progestin Use

The confusion between progesterone and Provera has led to widespread misconceptions in both the medical community and public understanding. Many physicians prescribe Provera under the mistaken belief that it functions similarly to natural progesterone. However, studies have consistently shown that synthetic progestins like Provera can have harmful side effects, including an increased risk of breast cancer, bloating, swelling, breast tenderness, and depression.

The landmark Women's Health Initiative (WHI) study highlighted these risks, revealing that the combination of estrogen and Provera increased the incidence of breast cancer. Notably, the estrogen-only arm of the study showed a decreased cancer incidence, underscoring that estrogen was not the culprit—Provera was. Recent research further supports that natural progesterone can protect against breast cancer, a benefit not shared by synthetic progestins.

The Benefits of Bio-Identical Progesterone

Natural progesterone offers numerous health advantages without the adverse effects associated with synthetic alternatives. Here are some key benefits:

- **Cancer Protection:** European studies have demonstrated that natural progesterone provides protective effects against both breast and uterine cancer. Unlike Provera, which increases breast density and stimulation, natural progesterone inhibits the growth of breast cancer cells.
- **Bone Health:** Progesterone plays a crucial role in bone health by stimulating osteoblasts, the cells responsible for new bone formation. While estrogen helps prevent bone loss, progesterone actively promotes bone growth, making it a vital component in preventing and treating osteoporosis.
- **Cardiovascular Health:** Natural progesterone has been shown to lower cholesterol levels and increase HDL (the "good" cholesterol), contrasting with synthetic progestins that have the opposite effect. This cardiovascular benefit was highlighted in the PEPI trial, which showed reduced heart disease risk in women using natural progesterone.
- **Mood and Well-Being:** Progesterone acts as a natural tranquilizer, enhancing overall well-being and alleviating symptoms of moodiness, irritability, and headaches associated with PMS and menopause. Its mild sedative effect can also aid in managing post-partum depression by balancing hormone levels after childbirth.
- **Hormonal Balance:** By working synergistically with estrogen, natural progesterone helps maintain hormonal balance, preventing the common symptoms and diseases associated with menopause. This includes alleviating hot flashes, night sweats, and improving libido.

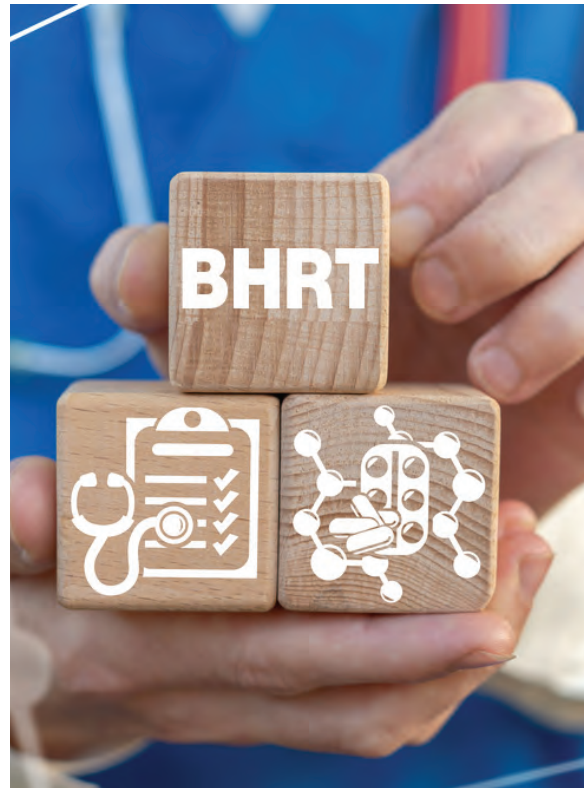
Practical Application and Accessibility

Bio-identical hormone replacement therapy (BHRT) uses hormones that are chemically identical to those produced by the human body, ensuring better compatibility and fewer side effects. Natural progesterone, available commercially as Prometrium or through compounding pharmacies, provides a safer and more effective option compared to synthetic progestins.

At D&G Optimized Wellness and Hormones, we advocate for the use of bio-identical hormones to restore optimal health and well-being. By conducting thorough blood tests, we ensure that progesterone levels are within the therapeutic range, providing personalized treatment plans tailored to each patient's needs. We find that compounded progesterone often offers better absorption and flexibility in dosing, which can be crucial for achieving optimal therapeutic outcomes.

Addressing Common Concerns

One common concern among women considering hormone replacement therapy is the fear of side effects. However, it's important to differentiate between the experiences with synthetic progestins and those with natural progesterone. Women often report that natural progesterone alleviates many of the negative symptoms



they previously experienced with synthetic hormones. This improvement in well-being is not just anecdotal; it is supported by a growing body of scientific evidence.

Furthermore, natural progesterone has a long-standing history of safe use. During pregnancy, progesterone levels are naturally high, contributing to the health and well-being of both the mother and the developing fetus. This intrinsic safety profile makes natural progesterone a preferred choice for hormone therapy.

Looking Forward

The medical community's awareness of the differences between synthetic progestins and natural progesterone is gradually increasing, but there is still a long way to go. Continued education and research are essential to shift the prevailing paradigms and to ensure that more women can benefit from the safe and effective use of natural progesterone.

Conclusion

The evidence is clear: natural progesterone offers significant health benefits, from protecting against cancer and osteoporosis to enhancing cardiovascular health and overall well-being. The risks associated with synthetic progestins like Provera are well-documented, making natural progesterone the superior choice for hormone replacement therapy. As more women become educated and informed about their options, the demand for bio-identical hormone replacement therapy continues to grow.

By choosing natural progesterone, women can achieve hormonal balance, prevent disease, and enjoy a higher quality of life during and after menopause. It's time for

the medical community to recognize and embrace the profound benefits of this natural hormone, ensuring that all women have access to safe and effective treatments. Natural progesterone stands as a beacon of hope and health, offering a safer path to wellness and vitality for all women experiencing the transitions of menopause.

** Personal Highlight: The Real-Life Impact of Bio-Identical Hormone Therapy**

At D&G Optimized Wellness and Hormones, we practice what we preach. Dr. Rita Gillespie, our co-founder, navigates her menopause journey with the aid of bio-identical hormone replacement therapy, including natural progesterone. This choice has significantly enhanced her health and quality of life, reaffirming our commitment to these therapies.

Furthermore, age is no barrier to benefiting from hormone therapy. Dr. Gillespie's 79-year-old mother and my 66-year-old step-mother are both on bio-identical hormone therapy. Their remarkable health and vitality serve as testaments to the therapy's effectiveness, demonstrating that hormone replacement can enrich lives, regardless of age. These personal experiences highlight our belief in the safety and importance of bio-identical hormone therapy in maintaining health and enhancing the quality of life for our clients.



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CHRONIC PAIN: WHAT YOU SHOULD KNOW ABOUT YOUR TREATMENT OPTIONS



CHRONIC 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

The delivery of healthcare services is fragmented and complex, and one can quickly become exhausted trying to navigate that landscape.

We remove much of this burden for our patients by providing expedited appointments to provide high-quality care with the lowest possible costs. We will take care of coordinating care with referring physicians, diagnostic studies, and your insurance company.

When necessary, we will work closely with worker’s compensation case managers, adjusters, and law firms to develop a coordinated care plan.

EXPERIENCE AND TRAINING YOU CAN TRUST

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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- Physical Medicine & Rehabilitation Experts
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6606 10th Avenue North,
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Innovation Senior Living – *Redefining Value in Senior Living*



The 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

When 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 HEART-HEALING POWERS OF YOGA:

A Holistic Approach to Cardiovascular Health

In the quest for a healthy heart, conventional exercise routines often take center stage. However, a holistic approach to cardiovascular well-being involves more than just physical exertion — it encompasses the mind, body, and soul. Yoga, an ancient practice originating from India, has gained widespread popularity for its myriad health benefits, especially in promoting heart health. Yoga has transformative effects on reducing inflammation, lowering blood pressure, and alleviating stress, offering a compelling case for integrating this ancient practice into modern heart care.



REDUCING INFLAMMATION:

Chronic inflammation is increasingly recognized as a key contributor to heart disease. Yoga, with its emphasis on gentle movements, controlled breathing, and mindfulness, has been shown to be effective in reducing inflammation in the body. A study published in the *Journal of Clinical Psychology in Medical Settings* found that individuals who practiced yoga regularly exhibited lower levels of inflammatory markers, such as C-reactive protein (CRP), compared to non-practitioners. By mitigating inflammation, yoga provides a protective shield for the cardiovascular system, reducing the risk of heart-related complications.

LOWERING BLOOD PRESSURE:

Hypertension, or high blood pressure, is a significant risk factor for heart disease. Engaging in a consistent yoga practice has been linked to substantial reductions in blood pressure levels. The combination of physical postures, breath control, and meditation in yoga

helps regulate the autonomic nervous system, leading to a decrease in sympathetic activity and an increase in parasympathetic activity. This balance contributes to lower blood pressure levels, offering a natural and non-pharmacological approach to managing hypertension.

A study published in the *Journal of Hypertension* revealed that participants who practiced yoga for at least three months experienced significant reductions in both systolic and diastolic blood pressure.

The findings suggest that

incorporating yoga into lifestyle interventions for blood pressure management can be a valuable strategy for maintaining cardiovascular health.

ALLEVIATING STRESS:

Stress, a pervasive element of modern life, takes a toll on both mental and physical well-being. Chronic stress is closely linked to heart disease, making stress management a crucial aspect of heart health. Yoga, renowned for its stress-relieving benefits, provides a sanctuary for individuals to unwind and reconnect with their inner selves.

The practice of yoga encourages mindfulness and relaxation through techniques such as deep breathing, meditation, and progressive muscle relaxation. A study published in the *Journal of the American College of Cardiology* demonstrated that individuals who participated in a yoga-based lifestyle intervention exhibited significant reductions in perceived stress levels.



Yoga Haven

Additionally, heart rate variability – a key indicator of stress resilience – improved among participants, further emphasizing the positive impact of yoga on stress modulation.

In the pursuit of a heart-healthy lifestyle, yoga emerges as a holistic and transformative practice that extends beyond physical exercise. By targeting inflammation, reducing blood pressure, and alleviating stress, yoga offers a comprehensive approach to cardiovascular well-being. Integrating yoga into daily life can be a proactive and enjoyable strategy for preventing heart disease and promoting overall health. As the ancient wisdom of yoga meets contemporary scientific validation, it becomes clear that the path to a healthy heart involves not only the beats of the physical organ but also the harmonious rhythms of the mind and spirit.



Kathryn Geib
Studio owner

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Brent Myers

You Deserve a BREAK TODAY...

I know it's ironic to quote a famous fast-food chain advertisement in a health and wellness magazine, but on this one – they got it right!

They understood one of the most overlooked principles of our health: the need for rest. (How they recommend fulfilling that need, and what many others think is where we differ...)

Most studies indicate that we operate at our best when we have sufficient rest. Our bodies were not created to be able to go without stopping and taking a break. We were designed to wear down, be refreshed, and go again. Rest is important for all areas of our lives...

PHYSICALLY. Sleep and metabolism are controlled by the same area of the brain. Sleep releases hormones that control appetite. Researchers at the University of Chicago found that dieters who were well rested lost more fat. And a 2010 study found that C-reactive protein, which is associated with heart attack risk, was higher in people who got six or fewer hours of sleep a night.

EMOTIONALLY. Sleep and stress have similar effects on your cardiovascular stress. Being well rested can reduce stress levels and improve your overall health.

MENTALLY. Lack of sleep can make it difficult for you to concentrate and retain information. When you sleep, your brain goes through all the activities and impressions of the day which is important for memory formation.

But what's most interesting about rest, is that God knew the importance of rest long before the golden arches recommended it. God created us with the need for rest; He modeled it and even commanded it.

His Model

“By the seventh day God had finished the work he had been doing; so on the seventh day he *rested* from all his work. Then God blessed the seventh day and made it holy, because on it he *rested* from all the work of creating that he had done.” (Genesis 2:2-3, NIV)

God didn't NEED rest. But he CHOSE to rest – giving us an example to follow. Think about this: if the Creator of the heavens and earth and the Sustainer

of all living things was able to rest, then I think I could carve out some time to make sure I'm resting, too.

His Command

“Remember the Sabbath day by keeping it holy. 9 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the Lord made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.” (Exodus 20:8-11)

This, by the way, is in the Ten Commandments. Consider this: of all the possible things God could tell us to do – if you pared them down to the “top ten”, most of us would start with the Ten Commandments. And one of the top ten things God tells us to do is: REST.

As God's creation, He knows us better than we know ourselves. He designed us and put us together so He knows exactly what we need. And with all that knowledge and wisdom, what does He tell us to do? Rest.

We should be working hard to make sure that we rest daily (getting a good night's sleep); rest weekly (taking at least one day off from work); and rest annually (retreating for an extended time of refreshment).

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



<https://www.facebook.com/RecoveryChurchLakewales/>
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Jason Waugh, D.O.

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