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

July 2024

Polk/Brandon Edition - Monthly

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**FREE**



**ALZHEIMER'S AND DEMENTIA:  
WHAT'S THE DIFFERENCE**

**POST PREGNANCY LEG HEALTH**

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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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# Alzheimer's and Dementia: What's the Difference

In the realm of cognitive health, two terms often intermingle, causing confusion: Alzheimer's and dementia. While they are related, understanding their distinctions is crucial for proper diagnosis, treatment, and support. Grasping the contrast between Alzheimer's disease and dementia not only aids those living with these conditions but also offers invaluable guidance to caregivers. Read on to unravel this perplexity and shed light on the disparities between Alzheimer's disease and dementia.

## WHAT IS DEMENTIA?

Dementia isn't a specific disease but rather an umbrella term encompassing a range of symptoms affecting cognitive abilities such as memory, communication, and reasoning. Think of it as a collective noun under which various cognitive impairments reside. These impairments significantly interfere with daily life and function.

It's important to note that dementia is not a normal part of aging. It is caused by damage to brain cells and can stem from multiple underlying causes, including Alzheimer's disease, vascular dementia, Lewy body dementia, and frontotemporal dementia, among others. Each type presents distinct symptoms and progression trajectories.

## UNDERSTANDING ALZHEIMER'S DISEASE

Alzheimer's disease is the most prevalent form of dementia, accounting for 60 to 80 percent of cases. It is a progressive neurodegenerative disorder characterized by the accumulation of abnormal protein deposits in the brain, namely beta-amyloid plaques and tau tangles. These neurobiological changes lead to the deterioration of brain cells and the subsequent decline in cognitive function.

## KEY DIFFERENCES BETWEEN ALZHEIMER'S AND DEMENTIA

**Cause:** Alzheimer's disease has a specific pathology involving the accumulation of beta-amyloid plaques and tau tangles, while dementia encompasses various conditions with diverse underlying causes, such as vascular issues or Lewy bodies.



**Progression:** Alzheimer's typically progresses gradually over several years, starting with mild memory loss and advancing to severe cognitive impairment and functional decline. Other types of dementia may have different progression patterns depending on their underlying causes.

**Symptoms:** While both Alzheimer's and dementia involve cognitive decline, Alzheimer's often presents with specific memory-related symptoms early in the disease process, whereas other forms of dementia may manifest with distinct symptoms such as visual hallucinations and tremors in Lewy body dementia or changes in behavior and language in frontotemporal dementia.

**Treatments:** While there is no cure for Alzheimer's or for most types of dementia, treatments and interventions may help manage symptoms and slow disease progression. However, specific treatments may vary depending on the type of dementia and its underlying cause.

## IMPORTANCE OF EARLY DIAGNOSIS AND INTERVENTION

Early detection of cognitive impairment is crucial for providing appropriate care and support to individuals affected by Alzheimer's or dementia. Diagnosis involves comprehensive evaluations of medical

history, cognitive testing, neurological exams, and sometimes imaging studies. Timely intervention can enable access to treatments, support services, and lifestyle modifications that may improve quality of life and slow disease progression.

## SUPPORT AND RESOURCES

Caring for someone with Alzheimer's or dementia can be challenging, both emotionally and practically. Fortunately, numerous resources and support networks exist to assist caregivers and individuals living with these conditions. These include memory care facilities, support groups, respite care services, and educational programs aimed at enhancing understanding and coping strategies.

In the intricate landscape of cognitive disorders, Alzheimer's and dementia stand as prominent figures, each with its unique characteristics and challenges. By unraveling the differences between them, we empower ourselves to navigate this terrain with clarity and compassion. Through education, early intervention, and unwavering support, we can strive to enhance the lives of those affected by these conditions and advance our collective efforts toward finding effective treatments and, ultimately, a cure.

## EMPOWER YOURSELF AGAINST ALZHEIMER'S AND DEMENTIA

Take charge of your brain health today! Schedule an appointment with VIPcare and proactively assess your cognitive well-being. Call **727-263-3786**. Let's tackle Alzheimer's and dementia together, starting with a proactive step towards a healthier future. Don't wait, act now!



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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**

# Harmonizing Health: The Role of Bio-identical Hormone Replacement Therapy

Jason De Leon, MD

Co-Founder of D&G Optimized Wellness and Hormones, LLC

IN THE REALM OF HEALTH AND WELLNESS, MANY OF OUR BODILY FUNCTIONS ARE CONTROLLED BY HORMONES, CHEMICAL MESSENGERS THAT DICTATE OUR ENERGY, MOOD, METABOLISM, AND OVERALL VITALITY. AS WE AGE, THIS SYMPHONY CAN ENCOUNTER DISCORD, HORMONE LEVELS DROP, AND/OR THE MOLECULES BECOME LESS EFFICACIOUS PARTICULARLY DURING SIGNIFICANT LIFE TRANSITIONS LIKE MENOPAUSE AND ANDROPAUSE. THIS IS WHERE BIO-IDENTICAL HORMONE REPLACEMENT THERAPY (BHRT) COMES INTO PLAY, OFFERING A SOLUTION TO THE DISSONANCE OF HORMONAL IMBALANCE.



## Understanding BHRT

Bio-identical Hormone Replacement Therapy utilizes hormones that are molecularly identical to those our body naturally produces. Derived from plant sources like yams, these bio-identical hormones provide a natural and effective approach to restoring hormonal balance. This stands in contrast to their synthetic counterparts, which although bind the same receptors can lead to downstream issues like blood clots and cancer.

## The Catalysts for Considering BHRT

Hormonal imbalances can impact mental clarity, emotional stability, energy levels, sleep patterns, and even our physical health. BHRT addresses these imbalances head-on, offering restoration through a treatment tailored to the individual's unique hormonal landscape.

## Delving Deeper into the Benefits:

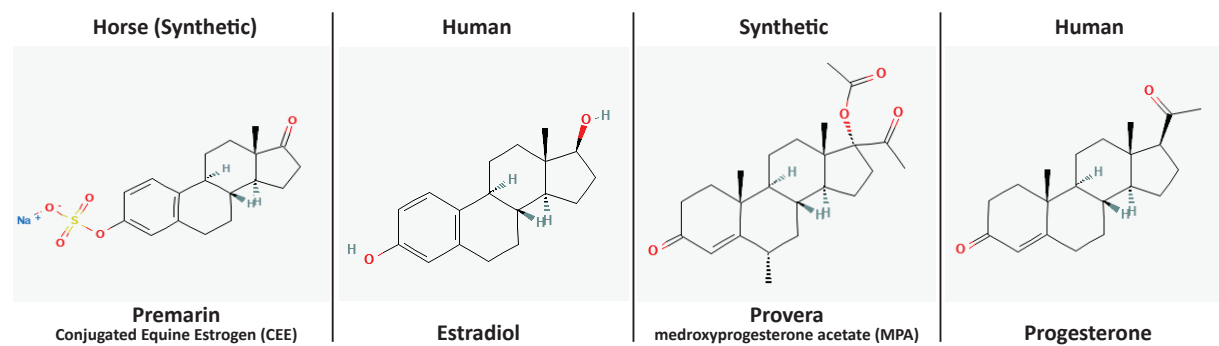
### • Cognitive Clarity and Emotional Stability:

By rebalancing hormones, BHRT can alleviate the mental fog and mood swings that often accompany hormonal shifts, restoring a sense of self.

- **Revitalized Vigor:** Addressing hormonal deficiencies can significantly boost energy levels, combating the pervasive fatigue that many experience.
- **Restorative Sleep:** Hormonal imbalances can disrupt sleep. BHRT can help normalize these patterns. This promotes a deeper more restful sleep.
- **Metabolic and Physical Health:** Hormones influence metabolism, muscle strength, bone density, and even insulin sensitivity. BHRT can play a crucial role in maintaining these aspects of health; this supports overall physical well-being.



## The Distinction Between Bio-identical and Synthetic Hormones



The choice between bio-identical and synthetic hormones is a pivotal one. While synthetic hormones have been a staple in hormone replacement therapy, their structural differences from natural hormones lead to less-than-optimal outcomes and unwanted downstream effects. As a result, all hormones have been given a bad rap. Bio-identical hormones, however, fit seamlessly into our body's hormonal framework, facilitating a smoother integration whereby reducing risks associated with synthetic hormones.

### Personalizing the BHRT Experience

The journey toward hormonal balance through BHRT is highly individualized. It begins with recognizing the signs of hormonal imbalance—whether they manifest as mood disturbances, energy fluctuations, sleep issues, or physical changes.

A comprehensive consultation with a healthcare provider specializing in Bio-identical Hormone Replacement Therapy is crucial. This process involves detailed assessments of symptoms, medical history, and hormone levels, ensuring a treatment plan that is as unique as the individual.

### Navigating the Path to Wellness

Embarking on BHRT is a decision that should be made with careful consideration and professional guidance. The timing, approach, and specific hormones used are all tailored to the individual, reflecting the complexity and uniqueness of each person's hormonal needs. Whether seeking relief from the symptoms of menopause or andropause or addressing conditions like polycystic ovarian syndrome (PCOS), BHRT offers a path to improved health and well-being.

## The Consultation: Your Compass to BHRT

The cornerstone of a successful BHRT journey is the initial consultation. It is imperative that the physician listen intently to review each of the symptoms in detail by while also investigating both hormonal and metabolic baselines through lab evaluation. Only then can the provider create a thorough analysis and personalized treatment plan. BHRT practitioners aim to align the therapy with each person's unique physiological rhythm.

### Embracing a Holistic Approach to Health

Bio-identical Hormone Replacement Therapy is not just about addressing hormonal imbalances but is part of a broader, holistic approach to health that includes lifestyle modification, nutrition, and exercise. Integrating BHRT with a comprehensive wellness plan will enhance its effectiveness, promoting not only hormonal balance but also overall health and longevity.

### A Personal Journey of Transformation with BHRT

As I reflect on another year of life and my personal journey with BHRT, I'm reminded of the profound impact it has had on my health and well-being. Just a few years ago, I was navigating through a haze of fatigue, weight gain, and a looming risk of diabetes. My decision to embrace BHRT marked the beginning of a transformative journey that has seen me shed not just weight but the burdens of ill health.

With over 70 pounds lost and a newfound vigor for life, my journey with BHRT has been about more than just physical transformation. It's been a rediscovery of self, a testament to the power of personalized care and the possibilities that unfold when we listen to our bodies and make informed, health-forward choices. As a result, our goal at D&G Optimized Wellness and Hormones is to share this information so that the benefits can be experienced by anyone wanting to be heard and desperately ready for change.



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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.

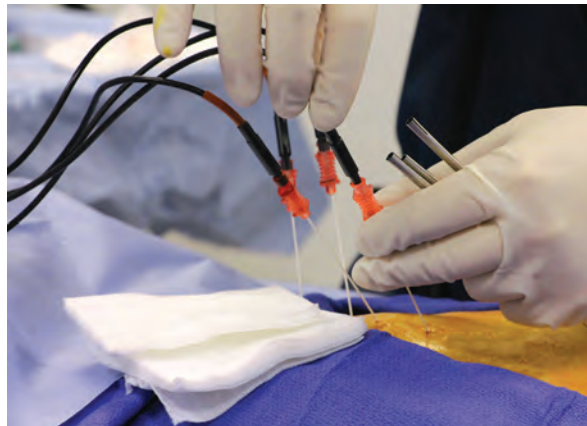
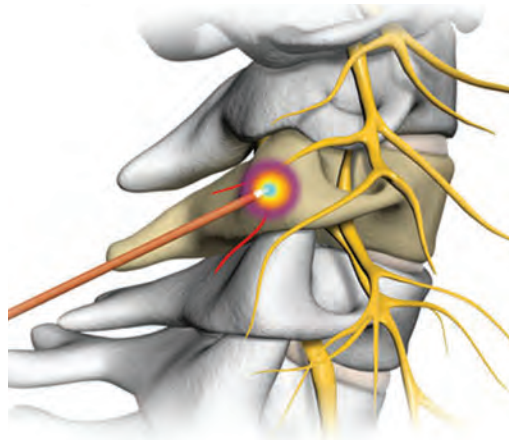
Once the needle is in place, a radiofrequency current is passed through the needle to create a precise burn on the nerve. This destroys the part of the nerve responsible for transmitting pain and disrupts the signal to the brain.

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.

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Board Certified - Pain Medicine  
Board Certified - Physical Medicine & Rehabilitation

**Arpit Patel, D.O.**  
Board Certified - Pain Medicine  
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**Corey Reeves, M.D., M.B.A.**  
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[excelpainandspine.com](http://excelpainandspine.com)

# 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  
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Assisted Living License 9382

**INNOVATION**  
*Senior Living*

**www.Innovationsl.com**



# Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

#### The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

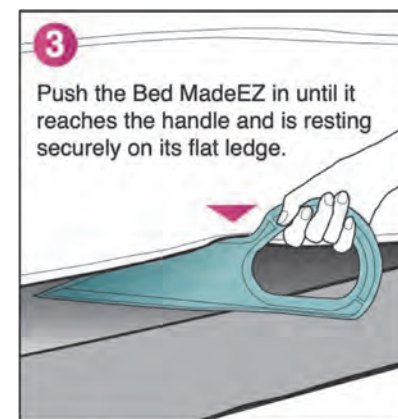
So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



- 1 Start by inserting one tip of the Bed MadeEZ at an angle between mattress and box spring



- 2 Keeping the Bed MadeEZ angled slightly towards you, insert it between mattress and box spring.



- 3 Push the Bed MadeEZ in until it reaches the handle and is resting securely on its flat ledge.

#### What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

#### Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, housekeepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

#### Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

#### Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

#### Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



CADENCE KEEN INNOVATIONS

Find out more at  
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Email  
[customerservice@ckisolutions.com](mailto:customerservice@ckisolutions.com)

Phone  
561-249-2219

## IT'S HOT EVERYWHERE IN JULY

Brent Myers

**H**ave you noticed that Summer has arrived? If you haven't, just wait, you will. This is how I can usually tell that our wonderful south Florida Summer has come: when I bathe, get dressed, walk outside the house thirty feet to my car and when I get in – I feel like someone has rubbed a glazed doughnut all over my face.

Is it just me? I doubt it.

But don't misunderstand my description for complaining. Several years ago I learned a very valuable lesson that has had a profound spiritual impact on my life. There was a July Summer day that I was grumbling about how hot and humid it was and wondering aloud how nice it must be in another part of the country. At that moment, a wise man looked at me and said, "Brent... it's hot *everywhere* in July."

Wow!! Simple, but so true!

He wasn't providing a meteorological analysis of the climate zones of the United States, but instead he was telling me: "Be content."

Too many times in our lives we look at our circumstances and wish things were better – or at least different. But spiritually speaking, we need to learn to be content with the life that God has given us – even if it stinks (for right now.)

St. Paul wrote these words: *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want."* (Philippians 4:11-12)

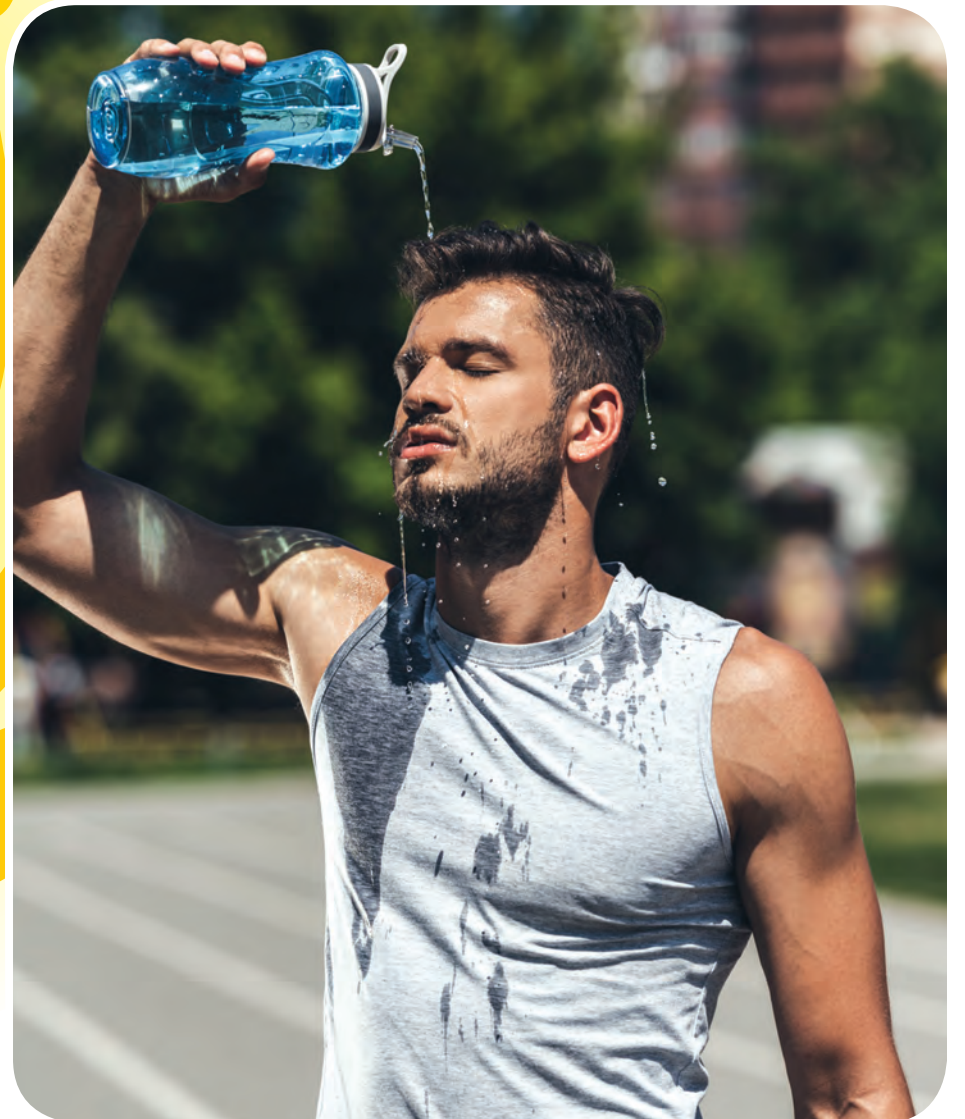
Paul was sharing the reality of his life – that he had learned to be content. Whether he was poor or rich – regardless of the circumstances of his life – he was content. Oh, and just for a frame of reference... Paul wrote these words while in prison in ancient Rome!

But before we say to ourselves, "Well, that was the great St. Paul and I could never do that." Let's read a bit further: *"I can do all this through him who gives me strength."* (Philippians 4:13) Do you see that?! Paul couldn't do it on his own either!! He understood that his contentment in life – even in prison – came because Jesus Christ enabled him to deal with it.

So the next time life gives you a bad turn or the next time you find yourself complaining... seek to be content. Try to find the reality of the situation you are in – that God is doing something for a bigger purpose than yourself and He will get you through it. Learn to be content.

Socrates is credited with saying: "He who is not contented with what he has, would not be contented with what he would like to have."

Why? Because it's hot everywhere in July.



**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.



**RC**  
RECOVERY CHURCH  
LAKE WALES

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



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IN THEIR OWN HOMES  
AND COMMUNITIES.**

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