

# Healthy Lifestyles

January 4, 2023

## Group exercise classes at All Sport lead way to the 'new you' for 2023

### By All Sport Health and Fitness Staff

If your goal is to get into shape, be stronger, or lose weight, All Sport is the perfect club to help you create and keep that healthy habit.

All Sport is an 80,000-square-foot facility on a 10-acre campus, that is a "one-stop shop" for the community. They offer members the largest and most diverse offerings of activities and equipment for everyone, no matter your fitness level or age.

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commitment to fitness. Stay with exercise by attending regularly scheduled classes, two or three times a week.

Our Group Exercise schedule features over 75-plus weekly classes, including Barre, Yoga, Pilates, Cycle, Mommy & Me Classes, Indoor Pool, Strength Classes, Les Mills, Senior Fitness and so much more!

All Sport even offers childcare services for when you are working out.

Looking for someone to guide you through the journey? Then Personal Training might be for you! A Personal Trainer will be able to meet 1-on-1 with you to create an individualized program so you can reach those goals faster.

All Sport offers a variety of trainers with different skill sets to ensure every member will be delivered the best programming and inspiration.

All Sport is so much more

than just a gym. The club has created a wellness community that focuses on both physical and mental health, and look forward to keeping the community healthy in 2023 and beyond.

We invite all to join All Sport Health and Fitness for just \$20.23. Please see Membership to get started with this limited-time offer.

*For more information about All Sport's offerings, please visit [allsporthealthandfitness.com](https://allsporthealthandfitness.com) or call 845-896-5678.*



The Group Exercise schedule at All Sport Health and Fitness features over 75-plus weekly classes, including Barre, Yoga, Pilates, Cycle, Mommy & Me Classes, Indoor Pool, Strength Classes, Les Mills, Senior Fitness and so much more. Courtesy photos



# Adjustments at home can help in preventing falls

**By Brookmeade Community**  
In youth, a simple slip and/or fall may end up being little more than a skinned knee or bruised elbow. With age, however, falling can lead to much more serious injuries such as fractures, broken bones, and severe bruising. And even a seemingly minor fall may lead to lasting health consequences, including permanent physical limitations.

To make matters worse, older individuals are at increased risk for falling due to changes in normal balancing functions. Statistics, according to Fisher Center for Alzheimer's Research Foundation, show that 30 percent of all senior citizens fall each year.

That number becomes much greater with Alzheimer's and other dementia patients.

Coordination decreases,

## BROOKMEADE SENIOR CONCEPTS

individuals tend to shuffle instead of lifting their feet, and are less likely to recognize fall hazards. In addition, and maybe not as obvious, Alzheimer's can alter a person's response to visual inputs, which may lead to difficulty in areas with patterns, light-dark contrast, or monochromatic patterns. These are just a few of the problems you may face which may also increase the likelihood of falling.

But there is hope. There are several adjustments that can make the home safer. Certain rooms can be made safe with simple adjustments.

The first step is to assess the safety of your living space. Examine all the rooms and hallways, keeping

an eye out for items such as loose carpet, slippery throw rugs, or wood floorboards that stick up. These should be repaired, removed, or replaced with more effective fall prevention.

Adhesive strips on the bottom of rugs can help prevent slipping. Make sure areas are well lit and kept neat and tidy. Remove all clutter, such as stacks of old newspapers, boxes, and magazines, especially from hallways and staircases. Grab bars placed strategically around the house, like on stair wells and wood or tile floors or hallways will also help.

In the kitchen, forget about using the top shelves at all. Many falls

happen while stepping on a step stool or climbing onto a chair to get something that's out of reach.

For the bathrooms, there should be grab bars by the toilet and in and outside of the bathtub/shower, non-slip adhesive strips go a long way to helping reduce slips. And if a shower chair is used, be sure to get one that is sturdy and well balanced so it won't tip over backwards. Also, a raised toilet seat will make it easier to sit and stand up easier.

What you wear is important too. Loose, baggy clothes should be exchanged for tighter fitting clothes that don't drag on the floor. Those old fluffy slippers may be comfortable, but they could be a source of slips and falls. Slippers with rubber or other non-slip bottoms should be used. Another good idea is to switch to slip on shoes or shoes with Velcro.

Remember, fall prevention is injury prevention. Awareness on your and your loved ones part is essential, every step you take can help prevent an injury.

To learn more information or to seek rehabilitation exercises please email [info@brookmeadecommunity.org](mailto:info@brookmeadecommunity.org) or call 845-876-2071.



## Choosing the best weight-loss plan to fit your goals

(StatePoint) It's that time of year again when many Americans make the resolution to lose weight and start a healthier routine. This year in particular, with the pandemic largely behind us, many Americans will once again focus on their health.

In fact, 64% of Americans are motivated to lose weight because they know it has an impact on their immunity, according to a recent poll of 2,000 U.S. adults aged 30 and above. And 61% also now realize that a healthy diet and lifestyle can better protect their long-term health.

Keep it Simple: Let's face it, in our crazy busy world, we have to make hundreds of decisions a day, often at lightning speed. You shouldn't have to worry about counting points or measuring foods. Look for a plan that's easy and convenient, and does the work for you.

Focus on Protein: Protein is an essential part of a healthy lifestyle and a key to weight loss. Protein helps with satiety, so it's important to include some in each meal and snack. Look for plans with high-protein options, which include up to 30 grams in each meal and keep you full for up to five hours.

Look for Value: As prices continue to rise at grocery stores nationwide, many people are struggling to find affordable options that can help them eat healthier and lose weight. However, those options do exist. Look for plans that are cost-effective and deliver the majority of meals right to your door.

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# Treating mental health issues can lead to a better life

By Casey Cuddy, PMHNP-C



Casey Cuddy

It's another new year, and another new effort to improve our lifestyles and our personal lives.

However, these efforts too often only focus on improvements to

our physical health, such as nutritional choices and exercise regimens. Often overlooked improvements to mental health could assist in first shedding the weight of distress and dysfunction, thus increasing the likelihood that change will prove successful.

Here I answer basic questions about mental health to get you started. Please follow my articles in Healthy Lifestyles in the coming months for more detailed information in the areas listed below.

### What does it mean to have a mental illness?

These are problems that disturb your thinking, perception of reality, judgment, feelings, mood and/or

## MENTAL HEALTH IS PHYSICAL HEALTH with Casey Cuddy

behavior, and affect your ability to function in daily activities and to begin or maintain stable relationships.

### What are the phases of mental illness?

Similar to other specialties within medicine, mental illnesses can be acute (sudden severe or intense onset of brief duration), or chronic (persisting or recurring over an extended duration).

### What are the primary categories of serious psychiatric disorders?

In no particular order, we treat the following 1. Psychotic disorders, 2. Dissociative disorders, 3. Mood disorders, 4. Anxiety disorders, 5. Trauma-related disorders, 6. Substance use disorders, 7. Eating disorders, 8. Behavioral disorders, 9. Neurodevelopmental disorders, and 10. Personality disorders.

### When should I seek treatment?

The criteria for seeking treatment

for known or suspected mental illness are clearly defined. It is a state of being which has resulted in significant distress, and/or significant impairment or dysfunction in performing activities of daily living.

### Are medications always necessary?

It is a personal choice whether or not someone seeks, or administers medications. Medications are not going to cure mental illnesses, but can greatly help in managing symptoms, which are inducing or contributing to significant distress, and or dysfunction.

### What are the alternatives to medications?

Experiencing nature, improving nutrition, increasing exercise, and interacting socially are known anti-depressants, but can prove inadequate at fully managing depression symptoms. Counseling and other talk therapies can also be helpful, but research shows that the

best results are often achieved with a combination of therapy plus medications.

To maintain optimal mental and physical health, it is recommended that nature, nutrition, exercise, and socialization be integrated into the lifestyles of individuals struggling with, or seeking to prevent mental illness.

Mental health, like physical health, is complex, and requires significant attention, and effort. But, as with most health-related issues, the first step is to stop ignoring problems, and to start pursuing solutions. Improvements take time, and often require professional help, but ultimately result in more quality time to enjoy the gift of life.

*Cuddy Psychiatry NP in Beacon NY is dedicated to supporting diverse patients during all stages of treatment for, and recovery from the full spectrum of mental illnesses. For more information, or to request an appointment, please call (646) 875-8659, email help@cuddy.org, or visit www.cuddy.org.*

# Slow and steady wins the educational race

January, it's a new month in a new year and may be a good time to make an appointment to meet with teachers to assess how your children are progressing. This is particularly important if they have an I. E. P. (Individual Education Plan) or 504 accommodations. Parents, you want to know if they are working toward the goals indicated on these plans. You want to know if modifications are being implemented. Do not take anything for granted.

Recently, I asked a friend to bring her daughter to me. She was having trouble developing early reading skills. I wanted to assess the problems and give her strategies to help the child. The first task I gave her was to write the alphabet, both upper and lower case letters. I thought that this would take about 10 minutes. I was wrong. This little one had difficulty sequencing the letters. She had to go back continually and recite the alphabet to get the next letter. She had trouble forming the letters and she did not know all the letter sounds, particularly, short vowel sounds. We worked for over an hour on this basic skill, reviewing the sequence of letters, using my own special short vowel cards, and also using a mirror so that she could see how sounds are formed as well as hear the sounds.

At the end of the lesson, I gave the whole family homework to review each day to help this little one master the alphabet and the sounds of the letters. They worked on blending sounds, and building word families. This family was determined to help this child read.

Now weeks later, because of their determination and diligence, this child can read! Her mother is

## MAKING EDUCATION WORK with Diane Fulves

ecstatic!

When I asked this child to write the alphabet, I was concerned that I would offend her mother who had been trying to help her child. But I do not take anything for granted. I have found that there are many children, even in the upper grades, who have difficulty knowing the letters and the sound of each letter. It is no wonder that they have difficulty reading. We cannot

assume. We must take the time to assess and then correct the problems. Slow and steady wins the race.

Parents, when you meet with your teachers, ask questions and expect specific and clear answers. Ask them for advice to assist you in helping your child. Share with them some strategies that you use when you work with your child. Parents have some very good ideas and

their intuition is invaluable. And when you work together, you build a trusting team to educate, and lead your children to knowledge, wisdom and success in their lives.

*Diane Fulves, M.A., M.S. Ed., is a learning specialist and advocate for children and parents who is located in Millbrook. She is director of "Empowering Our Parents," which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net .*

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# Don't just sit during winter!

## Tips to keep your body moving

**By Christian Campilii PT, DPT**  
The cold winter months have arrived, but we can still remain active indoors.  
For all of us, young and old, regular physical activity is important for staying healthy!

Compared to just sitting around most of the time, moderate-intensity physical activity is associated with better immune function. Regular physical activity can help reduce your feelings of stress and anxiety.  
The Physical Activity Guidelines for Americans recommends 150-300 minutes per week of moderate-

## BODY KNOWLEDGE

intensity aerobic physical activity and two sessions per week of muscle strength training. Just fit in 2, 5, 10 or 20 minutes, however and wherever you can.  
Every active minute counts!  
Below are some strategies to maintain physical activity and fitness indoors. Stay positive and realize the health benefits of being active.  
• Put some music on and walk briskly around the house or up and down the stairs for 10- 15 minutes, 2-3 times per day.  
• Dance to your favorite music.

- Jump rope (if your joints can handle it).
- Do an exercise video.
- Use home cardio machines if you have them.
- Play active games with your family.
- Download a strength workout app to your smart phone, such as the 7-Minute
- Do a strength training video.
- Perform yoga – deep breathing and mindfulness can also reduce anxiety.

• Find ways to do simple muscle strengthening exercises around your house such as Squats or sit-to-stands from a sturdy chair, Push-ups against a wall, the kitchen counter or the floor, and Lunges or single leg step-ups on stairs.  
Don't just sit all day!  
For example: If watching TV, get up during every commercial (or periodically) and do a lap around your home or an active chore. Or - throw some clothes in the laundry, do the dishes or take out the garbage. Feel productive after just one show.  
You can do it and I encourage you to try.  
*Adapted from the American Physical therapy Association (APTA)*

# Important health updates for senior adults

**By Rachel Moscicki**  
**Nuvance Health**  
Geriatric medicine is a specialized field that focuses on the health and wellness of people age 65 and older. Here are some important updates

## PATIENT FIRST

for senior adults on getting older and staying healthy.  
**Cognitive Health**  
It's been a difficult two and a half years thanks to COVID-19, and a lot of older adults have had social

isolation, depression and anxiety. These can often manifest as memory problems. Often treating these underlying issues can improve one's memory and cognition.  
If you have concerns about your memory or are noticing changes in a loved one, you may want to pursue an evaluation with your care provider. Talk to your primary care or family doctor about risk factors that you can control, such as not smoking, losing weight, managing stress, maintaining good hearing and vision, as well as the importance of quality sleep.

**Heart Health**  
High blood pressure recommendations are not the same for older adults as they are for the general population. The recommendation for adults 60 or older is to start medication when blood pressure is 150/90 or above. Often, blood pressure medications are not changed as we get older despite changes in how our bodies process medication.  
My primary concern for older adults is low blood pressure. It can lead to dizziness, passing out and falls. Self-monitoring your blood pressure is one way you and your care provider can understand your need for medication.

Taking aspirin daily for heart health can cause an increased risk of stomach bleeding. New recommendations are that older adults should not take aspirin to prevent a first heart attack or stroke, according to the U.S. Preventive Services Task Force and the American Heart Association.

**Cancer screenings**  
When your clinician recommends a cancer screening, they may follow the U.S. Preventive Services Task Force guidelines. Not all cancer screenings are recommended for older adults. Talk with your doctor about your risk for various cancers

and the benefits of screening.  
**Pre-diabetes**  
People who have had a relatively healthy life and consume a healthy diet sometimes get diagnosed as pre-diabetic, which often leads them to stress and worry. Often this should not be cause for concern, as we know there are relatively low rates of conversion for older adults to diabetes, and that many older adults may see a normalization of their blood sugars with time. Talk with your doctor about what your test results mean, as goal blood sugar levels also change as you age.

**Osteoporosis**  
Osteoporosis is the most common bone condition. 50 percent of women aged 50 and up will experience an osteoporotic fracture in their lifetime. There are several risk factors, and once a diagnosis has been made lifelong management is required.  
Recently a study looked at the use of vitamin D in preventing fractures and no association was found. This is confusing as we do know that low Vitamin D levels are related to low bone density. What is important to note is that the people in the study did not have a vitamin D deficiency.

The take-home is that if you have not been told you are deficient in vitamin D you may not receive significant benefit from excess supplementation. However, if you have been told you have a vitamin D deficiency, or if you have low bone density such as osteopenia or osteoporosis, especially if you are on treatment, there is a benefit to continuing vitamin D therapy.  
*Rachel Moscicki is a geriatric nurse practitioner at Nuvance Health's Center for Healthy Aging in Rhinebeck. If you are an adult age 65 or older with complicated medical conditions or health concerns, there may be good reason to see a geriatrician specialist in addition to your primary care doctor. Visit [www.NuvanceHealth.org](http://www.NuvanceHealth.org) to find a geriatrician near you.*

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# Alzheimer’s Association sets free programs for January

The Alzheimer’s Association Hudson Valley Chapter has a variety of educational and social programs planned in January 2023, both virtually and in-person. Unless otherwise noted, call the Association’s 24/7 Hotline at 800.272.3900 to register, or search for programs by zip code at [alz.org/crf](http://alz.org/crf)

**Something for Alz: Musical Moments:** 10:30-11:30 p.m. Wednesday, Jan. 4. A free interactive social program featuring music with arts therapist Jeffrey Friedberg.

**AlzWell Social Club:** Noon to 3:30 p.m. Saturday, Jan. 7: A free virtual social event featuring creative activities, a support group and more. Prescreening is required; call 800.272.3900 for a Care Consultation and prescreening appointment. If you have already been prescreened, call Debbie Marks-Kahn at 914. 629.4464 or [emaildebbiemarkskahn@gmail.com](mailto:emaildebbiemarkskahn@gmail.com) to register.

**Managing Money: A Caregiver’s Guide to Finances:** 2-3:15 p.m. Tuesday, Jan. 10: A free virtual program in partnership with New City Library. Join us to learn tips for managing someone else’s finances, how to prepare for

future care costs and the benefits of early planning. To register, visit the library’s online calendar.

**Something for Alz: Musical Moments:** 10:30-11:30 a.m. Wednesday, Jan. 11. Join us for a fun, interactive music program for people with dementia and their family caregivers led by arts therapist Jeffrey Friedberg.

**Virtual Early-Stage Meet-Up:** 1-1:45 p.m. Wednesday, Jan. 11: Do you have an early-stage memory disorder? Are you interested in meeting others in the same situation and hearing about how the Alzheimer’s Association can support you? Join us for this informal meeting to learn more. Prescreening is required. You are welcome to have a family member or care partner join you.

**Healthy Living for your Brain and Body:** 2-3 p.m. Wednesday, Jan. 11. A free hybrid program in partnership with Tappan Library. Join via Zoom or in person at Tappan Library, 93 Main St., Tappan. Join us for information on nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to develop a plan for healthy aging.

**Healthy Living for your Brain and Body:** 6-7 p.m. Wednesday, Jan. 11: A free virtual program in

partnership with NAACP, AKA Sorority and Orange County Office for the Aging with information on diet, nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to develop a plan for healthy aging.

**Virtual Memory Cafe:** 1-2 p.m. Thursday, Jan. 12: Free virtual programs for people with early-stage dementia featuring activities with Marcy Rhodes to create memories through the arts, including a movie discussion and more. Pre-screening is required to participate.

**Healthy Living for your Brain and Body:** 6 p.m. Thursday, Jan. 12: A free virtual program in partnership with Beekman Library with information on diet, nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to develop a plan for healthy aging.

**Something for Alz: Musical Moments:** 10:30-11:30 a.m. Wednesday, Jan. 18. Join us for a fun, interactive music program for people with dementia and their family caregivers led by arts therapist Jeffrey Friedberg.

**Understanding Alzheimer’ and Dementia:** 2-3 p.m. Wednesday, Jan. 18. Learn about the impact of Alzheimer’s, the difference

between dementia and Alzheimer’s, risk factors, disease stages, research, treatments and Alzheimer’s Association resources.

**Understanding Alzheimer’ and Dementia:** 1:30-2:30 p.m. Thursday, Jan. 19: A free in-person event at Phoenicia Library, 48 Main St., Phoenicia. Learn about the impact of Alzheimer’s, the difference between dementia and Alzheimer’s, risk factors, disease stages, research, treatments and Alzheimer’s Association resources. Snow date is Jan. 26.

**AlzWell Social Club:** Noon to 3:30 p.m. Saturday, Jan. 21: A free virtual social event featuring creative activities, a support group and more. Prescreening is required; call 800.272.3900 for a Care Consultation and prescreening appointment. If you have already been prescreened, call Debbie Marks-Kahn at 914. 629.4464 or [emaildebbiemarkskahn@gmail.com](mailto:emaildebbiemarkskahn@gmail.com) to register.

**Healthy Living for Your Brain and Body:** 11 a.m. to noon Tuesday, Jan. 24: A free virtual program in partnership with the Grinton I. Will branch of the Yonkers Library. To register, call

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# Alzheimer’s Association offers indoor activities to keep people with dementia engaged this winter

While many families are caring for their loved ones at home, finding ways to stay engaged and active indoors during the cold winter months can be challenging for many Americans, but it can be particularly challenging for the millions of people living with Alzheimer’s or another form of dementia.

Individuals at any stage of dementia can benefit from stimulating activities. Many activities can be modified to the person’s ability. In addition to enhancing quality of life, activities can reduce common dementia-related behaviors like wandering or agitation.

“It is important you take your cue from the person living with Alzheimer’s or another form of dementia,” said Meg Boyce, vice president of programs and services for the Alzheimer’s Association Hudson Valley Chapter. “Having a sense of what they like to do, are able to do and what their mood is on a given day are important factors to consider when offering an activity. If it doesn’t work, you can always try something else.”

To help families enjoy quality time with their loved ones with dementia, the Alzheimer’s Association is offering a list of fun indoor activities that all family members can enjoy.

**Have a game day:** For some early- to mid-stage individuals living with dementia completing a puzzle, playing a card game or even a game of checkers or dominos can be a stimulating and fun way to spend time indoors. Consider naming the presidents or locating states on a map of the United States.

**Reminisce:** People living with dementia, even late stages, can enjoy listening to their favorite

music. A person may be able to tap a beat or sing lyrics to a song from childhood. Also, consider looking through family photo albums and ask questions about their childhood such as where they went to school? What pets did they have? or what was their first car? These photos and conversations can bring back favorite childhood memories.

**Do something in the kitchen:** Studies suggest smells can trigger more vivid emotional memories. Prepare a favorite meal or bake a favorite dessert. Engage the person in appropriate tasks, keeping safety top of mind. You can also ask the person to wash and dry dishes or for help setting the table.

**Be creative:** For many people living in mid- to late-stage dementia, communication can be challenging. Consider painting or drawing activities that can allow the person with the disease to express their feelings safely. Also, consider using play dough or clay to benefit from tactile stimulation and creativity. Cut out photos from magazines to create happy memories in a collage.

**Do something personal:** Everyone likes to be pampered. Give a hand massage, manicure or brush the person’s hair. Watch their favorite television shows or find their favorite movie. If they love sports, find a sporting event or game to watch.

“If you notice a person’s attention span waning or frustration level increasing, it’s likely time to end or modify the activity,” Boyce added. “It’s important to offer support and concentrate on the process, not the result. It’s really about spending time with the person in ways that are meaningful.”

## Alzheimer’s programs continued from page 5

the library at 914.337.1500. Join us for a free educational program with information on diet, nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to develop a plan for healthy aging.

**Managing Money: A Caregiver’s Guide to Finances:** 6:30 p.m. Tuesday, Jan. 24: A free in-person program at Pawling Free Library, 11 Broad St., Pawling. To register, email the library’s Adult Program Coordinator at [adult@pawlinglibrary.org](mailto:adult@pawlinglibrary.org), call the library at 845.855.3444 or register on the library’s website. Join us to

learn tips for managing someone else’s finances, how to prepare for future care costs and the benefits of early planning.

**Something for Alz: Musical Moments:** 10:30-11:30 a.m. Wednesday, Jan. 25. Join us for a fun, interactive music program for people with dementia and their family caregivers led by arts therapist Jeffrey Friedberg.

**10 Warning Signs of Alzheimers Disease:** 1-2 p.m. Wednesday, Jan. 25: A free in-person program at Alice Desmond Center for Community Enrichment, Town of Newburgh Recreation Department, 6 Albany Post Road, Newburgh. Learn about 10 common warning signs and what to watch for in yourself and others, typical age-related changes, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process and Alzheimer’s Association resources. To register, call 845.565.1326, or email [desmondinfo@townofnewburgh.org](mailto:desmondinfo@townofnewburgh.org) or click here.

**10 Warning Signs of Alzheimers Disease:** 2 p.m. Tuesday, Jan. 25. A free virtual program in partnership with Cornell Cooperative Extension Sullivan County. To register online, click the link in the date. Or to participate by phone, call 845.292.6180.

**AlzWell Social Club:** Noon to 3:30 p.m. Sunday, Jan. 29: A free virtual social event featuring creative activities, a support group and more. Prescreening is required; call 800.272.3900 for a Care Consultation and prescreening appointment. If you have already been prescreened, call Debbie Marks-Kahn at 914.629.4464 or [emaildebbiemarkskahn@gmail.com](mailto:emaildebbiemarkskahn@gmail.com) to register.

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# A quick guide to a healthier you during this winter season

**By Premier Medical Group**

As the temperatures drop and winter’s sometimes hazardous weather arrives, it’s important to make sure you are prepared. Our team at Premier Medical Group understands that your health comes first and are excited to support every member of the communities we serve as they seek to stay healthy and safe during the winter months ahead.

The tips in this article can help you protect yourself from winter storms and other potential health risks while you thrive to remain active this winter.

**Prepare Your Home**

Your home needs to be a safe space throughout the year. To maintain your health and safety, ensure your home has been insulated and winterized. This means checking your windows and making sure they are properly sealed with weather stripping. Storm windows reduce draftiness, helping homes stay insulated during the winter.

We also recommend that you prioritize your health and safety during the winter by making sure your heating system is inspected by a professional at least once each year.

By checking your heating system, you can rest assured that your home will be equipped to keep you comfortable. You’ll also feel more confident as you implement measures to reduce fires, especially since heating equipment such as space heaters are one of the leading causes of fires in U.S.



homes\*.

**Check Detectors and Prevent Fires**

In the winter months, risks to your health can increase with fires becoming more likely in the winter than in any other season. To help prevent fires, ensure that your smoke detectors are working efficiently or replace as needed. Also, be careful when preparing meals.

According to a study by the U.S. Fire Administration, cooking is a leading cause of winter residential building fires. Reduce this risk by making sure cooking is not left unattended, especially during the holidays.

Another important consideration for your health during the winter relates to carbon monoxide. Carbon monoxide is an odorless gas that is created when fuels such as gasoline, coal, propane or wood do not burn properly. This is often depicted as a “silent killer” and it’s accountable for at least 430 deaths and about 50,000 people visiting the emergency department each year. By verifying the carbon monoxide detectors in your home are working, you can help prevent carbon monoxide poisoning and secure the health and safety of yourself, your family and loved ones.

**Dress Appropriately for Winter Weather**

Dressing appropriately for this winter weather is important whether you are indoors or outdoors.

This means wearing layers of clothing to protect you when you are outdoors. This could include a tightly-woven coat or jacket, hats, scarves, and gloves. For indoors, be sure to dress warmly, especially if you won’t be active while indoors.

In addition, make it a habit to check the weather daily to help ensure you know the weather forecast. Keep extra gloves and weather-appropriate items in your car if you plan to travel. Unexpected detours or changes in your plans or the weather could mean you need more than you had originally planned for.

**Stock Up on Emergency Supplies**

Since winter storms are a natural possible outcome in the winter months, stock up on emergency supplies to help ensure you can keep safe and maintain your health.

In addition to stocking up on water and non-perishable foods, also prepare an emergency kit that includes the following items recommended by the Center for

Disease Control and Prevention (CDC):

- Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio and lamps.
- Extra batteries.
- First-aid kit and extra medicine.
- Baby items.
- Cat litter or sand for icy walkways.

**Stay Active, Safe During Winter Months**

Staying healthy in the winter is possible when you plan what works well for you and choose the safest opportunities to be fit and engaged. For some individuals who enjoy being outdoors, the winter season is a fantastic opportunity to partake in activities such as snowshoeing, skiing, or snowboarding.

We recommend any activity that can motivate you to keep your momentum and maintain a fit and active lifestyle. Simple steps can help you get there. If outdoor activities are not your forte, also consider indoor sports or visits to the gym. Stretching and light but consistent activity indoors can also help you maintain your health during the winter months.

Your health is worth prioritizing. At Premier Medical, we look forward to supporting you in all your goals as you seek to maintain and improve your health throughout the winter. *If you are concerned about your health, contact us today to schedule an appointment # 1-888-632-6099 or visit [www.PremierMedicalHV.com](http://www.PremierMedicalHV.com).*

## Comfort and warmth of candles brighten winter days



Once the holidays are over, the long and dark months of winter arrive. The natural thing to do is to light a candle to bring on the feeling of comfort and warmth into your home.

Much like when we change the décor to our home with the seasons, candle colors and scents are no different. It is recommended that for winter candles you select bright colors like orange, purple, red or yellow and if you prefer scented candles, select balsam, coffee, eucalyptus or rosemary.

It is common to feel less energetic during winter, so light a bright orange, rosemary scented candle. It will energize you to prepare your meals with little effort.

Congestion is also a common complaint during winter, so if you start to feel a little under the

## LIFE IS BETTER WITH CANDLES

weather, lighting a eucalyptus candle in advance of your bath or shower will help you feel less congested.

Especially if you are planning to entertain, the wonderful fragrance of a candle on a chilly winter night will create a calming and luxurious atmosphere that will impress your house guests. In addition, the scent of baking cookies, balsam or coffee will make your home feel warm,

welcoming and will evoke pleasant memories.

Don’t forget the flowers, background music and favorite beverage!

Always practice safety when burning candles. Never leave unattended and keep away from children and pets. Never burn a candle for more than 4 hours and trim the wick to ¼ inch each time it is relit.

*Sonya, the Candle Lady has established herself as a trusted source for soy and beeswax candles when she opened Ye Olde Candle & Gift Shoppe in 2015. She’s featured in The Hudson Valley Magazine’s Face of Soy & Beeswax Candles for 2022. She believes that candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax. Sonya offers weekly candle making classes. You may e-mail her at [sonya@yeoldecandlehousegiftshopp.com](mailto:sonya@yeoldecandlehousegiftshopp.com)*

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# High blood pressure can't be put on hold

## Partner with Premier's Primary Care team

Staying healthy isn't just up to you, or your provider, it's a team effort. If you have a chronic condition like high blood pressure, it takes regular visits with experienced providers to get a correct diagnosis and then reach a desired blood pressure goal. The Primary Care team at Premier Medical Group focuses on all aspects of your health and takes the time to listen, support and educate you to keep you healthy for the long run. For advanced continued care of ongoing conditions, partner with Premier Medical Group.



Poughkeepsie, New Windsor and Fishkill



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Visit **PremierMedicalHV.com**  
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