

Healthy Lifestyles

January 26, 2022

Snow shoveling tips to prevent back injuries

The winter is here and that means it's time to get out that shovel.



Dr. Sara Mikulsky

Shoveling snow can be tricky business and can sometimes lead to injuries.

Low back pain is one of the most common injuries that can occur with

shoveling snow, but this does not need to be the case. Here are a few tips to prevent back pain while shoveling snow.

- **Lift with the legs** - One of the most common ways we hurt our back is by bending over and using the muscles of the spine to lift something heavy. Our back muscles and spine were not designed to lift heavy items, and this task can lead to pulled muscles, strained ligaments and even herniated discs. So to prevent these injuries, we should always use our leg and hip muscles to help with bending and lifting. To do this, think about keeping the back flat, stomach muscles pulled in and tight, and lifting by bending the knees and hips. Most of the effort should come from the gluts (buttock) and quads (thighs), not the back.

- **Push with the legs** - When

BETTER LIVING

with Dr. Sara Mikulsky



Dr. Sara Mikulsky illustrates the proper form in shoveling snow -keeping the back straight with proper leg support. *Courtesy photo*

using a shovel to push snow, we should also use the legs to do most of the work. Keeping the spine upright and stacked will help prevent injury to the spinal structures. When doing this task, think about pulling in the abs and pushing forward by taking steps and pushing with the hips. Push

off the back foot to create force and push the snow forward. Try not to bend over the shovel, but rather squat down.

- **Square off the hips** - In addition to using the legs to shovel, our stance and posture is just as important. By having a widen stance, with one foot back and one foot forward, can help reduce abnormal forces on the spine. This can also help with maintaining balance on slippery

surfaces while lifting something heavy.

- **Do not twist the spine** - When moving snow off a walkway, it can be difficult to not twist the body. If the twisting occurs in the spinal segments, this can put us at risk for back injuries. Instead, take a step in the direction you want to move the snow. Use the legs and hips to pivot and move the snow. Do not lift and twist in the back.

If you happen to injure your back while shoveling snow, don't wait for it to heal. Icing is a great way to help reduce swelling and pain. You should also seek the advice of a professional, such as a physical therapist or orthopedic physician. These professionals can prescribe exercises and medications to help reduce pain faster and prevent prolonged injury.

Dr. Sara Mikulsky, PT, DPT is a doctor of physical therapy with over 20 years of experience in the health and wellness industry. She started her New York City based wellness practice, which offers physical therapy, nutrition and personal training, in 2016. In 2021 she opened a Beacon location to help serve the health and wellness needs of the Hudson Valley. You can find more out about Dr. Sara Mikulsky, PT, DPT by visiting www.saramikulsky.com. Her Beacon studio is located at 18 W. Main Street (inside Beacon Pilates). You can also reach her at (845) 219-5210.



Proper body alignment helps to prevent injuries when shoveling snow. *Courtesy photo*

Sara Mikulsky
Wellness Physical Therapy

18 W. MAIN STREET BEACON, NY
INSIDE BEACON PILATES

www.saramikulsky.com
sara@saramikulsky.com
650-544-0116

The importance of caring for the caregiver

By Brookmeade Community

In cases of emergencies or crisis, what do you do? Usually the first step is to take care of yourself so you'll be in a healthy position to take care of others. Only when we help ourselves can we effectively take care of the ones we love.

Self-care is one of the most important, and often most neglected, priorities. Caring for a loved one can be a unique experience. There's the pride and joy of knowing that your loved ones are well cared for, but there's also the stress and exhaustion, not to mention the financial concerns.

Avoiding burnout

It's common for caregivers to

BROOKMEADE SENIOR CONCEPTS

become sick as well; prolonged stress, the physical and emotional demands of caregiving, the aging process, all place a caregiver at a higher risk for health problems. Assuming the role of caregiver for a loved one while juggling their own lives will have an increased risk to experience depression and chronic illness.

The progression of a chronic illness or injury for someone in your care cannot be thwarted, however, as caregivers -we can take responsibility for our own personal health by ensuring our

needs are met.

Stress

How we react to an event plays a big role in how we cope with it. Stress from care-giving is expected, but stress may come about unexpectedly from the perception of our situation and feeling isolated in our experiences as a caregiver. Stress levels are impacted by several variables:

- Whether or not our caregiving is voluntary.
- The relationship with the care recipient

- How we cope with stressful situations

- Type of chronic illness or injury the care recipient has.

- Whether support and resources are available.

Steps to managing stress

- Recognize and identify your stress triggers

- Identify what you can and cannot change

- Set goals on what you'd like to accomplish in the next few months.

- Utilize stress-reduction techniques

- Address your healthcare needs

- Get proper rest, nutrition, exercise

- Seek a support system & resources for respite

Respite Care

Respite Care is a period of rest or relief. Having a substitute caregiver to give the primary caregiver a break, whether once a week or more or when that primary caregiver gets sick is important in order to avoid caregiver burnout.

Respite Care Options:

- Home Care Agency provides a caregiver in the home setting. This provides a familiar environment and flexible scheduling

- Healthcare Facility: Care recipients can receive short-term stays at an assisted living or nursing home. Some benefits include activities and socialization with around the clock nursing care.

- Adult Day Healthcare Program: May offer medical and social programs for care recipients to take part in, receive meals and skilled nursing care. A medical model is a professional care setting in which older adults living with dementia or disabilities receive individualized therapeutic, social, and health services. To learn more about Adult Day Healthcare or Meadows Adult Day Healthcare coming soon to the Brookmeade Community please email info@brookmeadecommunity.org

Explore all the options for yourself and for your loved one so you can understand the pros and cons for your situation. Take control as a caregiver of your health. When we take care of ourselves, our loved ones will benefit too.

For more information: The Brookmeade Community, 46 Brookmeade Drive, Rhinebeck, NY; Ph: (845) 876-2071; brookmeadecommunity.org.

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Your CBD Store is a plant science company providing the highest quality, organic, 3rd Party Lab Tested Hemp Supplements that are both safe and effective. We educate our consumers on the products so they can have confidence in their choices.

Your CBD Store is the largest brick and mortar CBD Retailer in the world with over 700 independently owned stores. We only sell CBD and related hemp supplements. That's our only business! Our products are USDA Certified Organic and Independently Lab Tested. We are also an active part of the communities we serve.

Our stores carry a wide variety of hemp products from Tinctures, Topicals, Water-Soluble, and edibles to appetite suppressants! We also have a full pet line and we're adding new products all the time!

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need speaking to a trained professional. You know, coming in, that you are in a safe space where the products are both safe and effective and all staff members are committed to providing you with red-carpet customer service.

Here is what we have planned for 2022

Our TRIM line of appetite suppressants – backed by research – will be expanding beyond capsules and tinctures into other delivery systems. Look for new and exciting products highlighting other minor cannabinoids as well!

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Yvette and Jose Sanchez invite you to visit the new Your CBD Store® at 1582 Route 9 in the Dutchess Shopping Plaza. *Courtesy photo*

Great outdoor winter gear to keep you on the move

(StatePoint) "There's no such thing as bad weather, only unsuitable clothing." So wrote trail enthusiast, Alfred Wainwright in his walking guidebook of chilly, wet Northern England,

Truer words have never been spoken of cold-weather adventures. Your gear needs to not only keep you warm, safe and dry, but also provide traction for uneven surfaces, especially in the snow. Here is a selection of the best outdoor winter gear that does just that:

Warm Footwear - With the agility of light hiking boots and the cozy feel of a puffy coat, Keen footwear's Revel IV Polar Boots for men and women are all about warmth and traction without the bulk. Featuring Keen Polar Traction technology to dig into frigid terrain and help you maintain exceptional grip on snow and ice, even on an incline, these boots have been rigorously tested to meet the slip-resistant standards of Toronto's KITE Research Institute's WinterLab, earning them the prestigious Snowflake Rating.

With 200 grams of insulation, three layers of heat-trapping materials underfoot, and a waterproof, breathable membrane to keep out water without making your feet overheat, your toes will also stay toasty, dry and comfortable, wherever your adventures take you. These boots are also crafted with the

environment in mind, using recycled materials and environmentally preferred leathers. To learn more, visit keenfootwear.com.

Lightweight Outerwear - Outerwear that keeps you warm when temperatures plummet doesn't need to be unwieldy or limit your range of motion in your upper body. Enter The Fuego, made by Cotopaxi, a lightweight, versatile jacket featuring a water-resistant, down insulation layer. Its streamlined fit, built-in scuba hood and elastic binding throughout further seals out the cold, and its assortment of stash pockets offer space for all your essentials.

Alpine Ambidexterity - Keep your hands and fingers nimble and dexterous even in frigid outdoor temperatures with the right pair of gloves. Offering extreme warmth, Mountain Made's Waterproof Winter Gloves for men and women feature a tightening strap and cuff pull for a great fit, along with a top hand zipper pocket that can be used to store a hand warmer. Good grip in the palms and fingers, along with a rubber piece on the pointer figure that can be used to squeegee glasses or snow goggles, means you can take your pair out on all kinds of outdoor adventures.

With the right clothing and gear, you will have the warmth and agility to truly revel in the outdoors, all winter long.

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Exercise for arthritis: What you should know

By Christian Campilli PT, DPT



Christian Campilli

Do you have stiff, achy, painful joints? You're not alone.

An estimated 54 million adults are living with this chronic condition. It is called

arthritis.

Arthritis steals movement. It sometimes keeps you from doing the things you love. But with a bit of effort, you can restore some movement and regain your ability to enjoy activities.

Regular exercise (physical activity) is one of the best ways to improve pain, stiffness, and range of motion, the common arthritis symptoms.

It also can benefit your physical, mental, and social health. It even

BODY KNOWLEDGE

can prevent or improve many chronic conditions, such as heart disease, diabetes, obesity, depression, and some cancers.

Many people with arthritis think exercise will be painful — probably because they've tried, and it was. But we know through research that people with arthritis can exercise without worsening their pain. Plus, regular physical activity can decrease arthritis pain and improve walking activities.

The trick is doing the right exercises, in the right way, at the right time.

It isn't easy. Arthritis is a complicated condition. Once arthritis moves into a joint, the muscles surrounding the joint become weakened. This leads to

a ripple effect of joint pain and muscle weakness.

If you've tried to exercise and stopped because of pain, consider seeing a physical therapist. They can work with you to develop a safe and effective strengthening and conditioning program to help reduce your pain, not add to it. In the process, you also can improve your mobility and function. The bottom line: exercise shouldn't hurt if you have arthritis.

People with arthritis need to increase their exercise routines more gradually than those without it. Walking, cycling, and swimming are great forms of cardiovascular exercise. Strength training and stretching are equally important. A physical therapist can teach you

how to exercise with the correct form and posture. They also will help you exercise for the right amount of time and intensity.

If you have questions about how physical activity can help address your arthritis symptoms, a physical therapist can help.

Physical therapists are movement experts. They improve quality of life through hands-on care, patient education, and prescribed movement. You can contact a physical therapist directly for an evaluation

Adapted from APTA

Christian Campilli is a Doctor of Physical Therapy at the Center for Physical Therapy with offices in Wappingers Falls, Hyde Park and Carmel. For more information, visit centerforphysicaltherapy.com. (Article reproduced from American Physical Therapy Association)

We can and must create the magic of learning

Many years ago I had a student who had a severe language deficit. He had difficulty processing language in all aspects.

Charley was 10 years old and even though learning was so

MAKING EDUCATION WORK

with Diane Fulves

difficult for him, he never gave up. One day he was puzzled by the

word "rough." The spelling of the word is enough to confuse any child. How do the letters "gh" produce the sound of "f"?

To explain the word, I asked him to touch several rough surfaces as I repeated the word, rough. Then I asked him to touch surfaces that were smooth so that he could feel the difference. Then something happened that I could not explain. It was a God-given gift that opened the world of language to this child.

What happened in those few moments made a difference in this child's understanding of language. He began to absorb information and understand it. He could use what he learned. His writing and oral language became more coherent.

Charley began to smile and laugh. He wanted to tell me jokes. It was as if something within him had burst forth and blossomed!

What is the reason for this story? I want to reiterate again that we must teach our children the way "they" learn. We must seize the moment when children come to us with a question.

Rather than become impatient with what may appear to be a silly question, we must find a solution. We must first help them to understand the question, then show them how to find the answer.

We must take the time. The solution may not be the usual way of explaining a concept. Sometimes it is like finding the missing piece of a puzzle. If we cannot find it, we must create the

missing piece. There is no magic formula.

Perhaps the magic comes from our willingness to embrace the learning styles of each child, teach them, motivate them, and inspire them in the way they learn. When we teach our children this way, the rewards are tremendous!

Several years ago, Newsweek magazine had a special edition on education. The following is an excerpt from the introduction of this piece.

"There are many ways to teach and many ways to learn. Use the best methods or invent better ones. Everyone can learn - don't let any expert tell you differently. The single most important skill that we must strive to master and then to impart is the ability to think critically. Either we teach our children or we abandon the future to chance and nonsense."

They conclude the introduction with a command from the Bible. "Teach our children when we sit in the house and when we walk by the way. Teach our children when we lie down and when we rise up. Teach our children so that our days may be multiplied."

Let us teach our children so that they will find joy and fulfillment in life.

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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www.CenterForPhysicalTherapy.com

Alzheimer's Association offers free virtual programs in Feb.

The Alzheimer's Association Hudson Valley Chapter has free virtual programs planned for February. Unless otherwise noted, all events are virtual and registration can be made by calling the Alzheimer's Association at 800.272.3900.

Something for Alz: Musical Moments: 10:30-11:30 a.m.

Wednesday, Feb. 2. A free interactive virtual music program for people with dementia and their loved ones featuring music therapist Jeffrey Friedberg.

10 Warning Signs of Alzheimer's: 1 p.m. Wednesday, Feb. 2. A free virtual program in partnership with Somers Library. Learn how normal age-related changes in memory differ from potential signs of dementia and what to watch for in yourself and others.

Alz Across New York: A Tour of the N.Y. State Capitol in Albany: 2 p.m. Wednesday, Feb. 2. Virtually tour the Capitol, Plaza and Executive Mansion. See and learn about the New York State Capitol's rich history, great art, and stunning architecture.

Legal Financial Planning for Alzheimer's Disease: 2-3 p.m. Thursday, Feb. 3. A free virtual program in partnership with Nyack Library featuring guest speaker Bridget Eichinger, Esq.

Something for Alz: Gentle Yoga for Everyone: 10:30-11:30 a.m. Friday, Feb. 4. Gentle yoga

exercises led by instructor Robin Laufer.

AlzWell Social Club: 1-3:30 p.m. Saturday, Feb. 5. Virtual social activities for memory-impaired individuals and their families. For more information or to register, contact Debbie Marks Kahn at 914.629.4464 or email dkahn28@aol.com.

10 Warning Signs of Alzheimer's Disease: 11 a.m. Monday, Feb. 7. A free virtual program in partnership with Grinton I. Will Library. Learn how normal age-related changes in memory differ from potential signs of dementia and what to watch for in yourself and others. To register, contact Margaret Andracchi at mandracci@ypl.org or 914.337.1500 Ext. 343.

Understanding Alzheimer's and Dementia: 4:30 p.m. Tuesday, Feb. 8. A free virtual program in partnership with Adelphi University. 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. To register, contact Debbie Perez at dperez@adelphi.com

Yonkers Community Forum: 7-8:30 a.m. Tuesday, Feb. 8. Join us for a free virtual event in partnership with YOFA, NAHN, Que Pasa and Legislator Jose Alvarado. Learn about memory

loss, Alzheimer's disease and other dementias. Invite a friend who has been affected by the disease. Share your thoughts about how we can better help people in your community.

Virtual Networking Event: 9-10 a.m. Wednesday, Feb. 9. Join us for a morning of networking with professionals from businesses around the Hudson Valley and learn about the impact of Alzheimer's in the workplace and community.

Something for Alz: Musical Moments: 10:30-11:30 a.m. Wednesday, Feb. 9. A free interactive virtual music program for people with dementia and their loved ones featuring music therapist Jeffrey Friedberg.

Healthy Living for your Brain and Body: 1 p.m. Wednesday, Feb. 9. A free virtual program in partnership with Somers Library. Learn about the latest research in diet, nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to develop a plan for healthy aging.

Understanding Alzheimer's and Dementia: 6:30 p.m. Wednesday, Feb. 9. A free virtual program in partnership with Moffat Library. 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's and Dementia: 7-8 p.m.

Wednesday, Feb. 9. A free virtual program in partnership with Rye Presbyterian Church. Learn about the impact of Alzheimer's, the difference between dementia and Alzheimer's, risk factors, disease stages, current research, treatments and Alzheimer's Association resources.

Orange County Community Forum: 1-2:30 p.m. Thursday, Feb. 10. A free virtual program in partnership with Orange County Office for the Aging. Learn about memory loss, Alzheimer's disease and other dementias. Invite a friend who has been affected by the disease, and share your thoughts about how we can better help people in your community.

Something for Alz: Gentle Yoga for Everyone: 10:30-11:30 a.m. Friday, Feb. 11. Gentle yoga exercises led by instructor Robin Laufer.

Understanding Alzheimer's and Dementia: 11 a.m. Monday, Feb. 14. A free virtual program in partnership with Grinton I. Will Library. 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. To register, contact Margaret Andracchi at mandracci@ypl.org or 914.337.1500, Ext. 343.

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Caring for someone with Alzheimer's isn't easy.

Reaching us is.

If you care for someone with Alzheimer's disease, memory loss or dementia, you are not alone. We're here day or night — whenever you need us — offering reliable information and support.

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This advertisement is supported in part by a grant from the New York State Department of Health.

New you in 2022 at All Sport Health and Fitness

By Sean Kammerer
All Sport Health and Fitness



Sean Kammerer

Now, more than ever, it's important to keep active and moving to help strengthen your immune system.

All Sport is an 80,000-square foot facility on a 10-acre campus, as a "one-stop shop" for the community. They offer members the largest and most diverse

HEALTH TIPS

offerings of activities and equipment for everyone, no matter your fitness level or age.

Included with every membership is access to more than 70 Group Exercise classes each week. This includes Yoga, Barre, Pilates, Zumba, and so much more! All Sport also has an Indoor Pool, Hot Tub, Sauna and Steam Rooms,

two Basketball Courts, Pickleball, and Racquetball.

Additional offerings include Small Group Training and Personal Training, which help accelerate your fitness goals. Health and wellness are important to the kids, too. The club continually offers Youth Programs, such as Swim Lessons, Dance

Classes, Circuit Training, Tumbling, Cycle, and even Musical Theatre.

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 2022 and beyond.

For more information about All Sport's Membership, offerings, job opportunities, please visit allsporthealthandfitness.com.

Alzheimer's Association free programs

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Healthy Living for your Brain and Body: 3 p.m. Tuesday, Feb. 15. A free virtual program in partnership with Lewisboro Library. Learn about 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, Feb. 16. A free interactive virtual music program

for people with dementia and their loved ones featuring music therapist Jeffrey Friedberg.

Something for Alz: Gentle Yoga for Everyone: 10:30-11:30 a.m. Friday, Feb. 18. Gentle yoga exercises led by instructor Robin Laufer.

AlzWell Social Club: 1-3:30 p.m. Saturday, Feb. 19. Virtual social activities for memory-impaired individuals and their families. For more information or

to register, contact Debbie Marks Kahn at 914.629.4464 or email dkahn28@aol.com.

Healthy Living for your Brain and Body: 7 p.m. Tuesday, Feb. 22. A free virtual program in partnership with Finkelstein Library. Learn about diet, nutrition, exercise, cognitive activity and social engagement. Get hands-on tools to develop a plan for healthy aging.

Musical Moments: 10:30-11:30

a.m. Wednesday, Feb. 23. A free interactive virtual music program for people with dementia and their loved ones featuring music therapist Jeffrey Friedberg.

Self-Care for the Caregiver and Care-Worker Wellness Panel: 5 p.m. Wednesday, Feb. 23. A free virtual panel discussion facilitated by the Young Professionals Alzheimer's Council (YPAC) featuring panelists Jenn Chan and Nicole Dauz.

Fight stress during uncertain times by volunteering in your community

(StatePoint) New research suggests that Americans are volunteering to give back to their communities and fight stress during uncertain times.

A recent KEEN/Harris Poll Survey found that a majority of Americans see the direct benefits of volunteering, with 86 percent feeling helping others reduces stress. It's no surprise then that 59 percent of respondents say they plan to volunteer in the next two months. But if you're among the 47 percent of those who say they struggle to find volunteer

opportunities near them, there's good news. A new partnership between footwear brand KEEN and Points of Light, a nonprofit that mobilizes people to take action that changes the world, is connecting individuals with local opportunities to make an impact in their neighborhoods and communities.

To provide easier access to volunteer opportunities large and small, KEEN is enabling everyone to search for local or national volunteer opportunities via KEEN Corps' Volunteer Finder tool at

keencorpsvolunteer.com. The tool can help you search among tens of thousands of volunteering opportunities each day with nonprofit organizations, schools and other local agencies. Now tapping into Points of Light's massive database, you'll be sure to find a volunteer opportunity that aligns with your passions and needs.

"A great many volunteer positions don't require any particular skills, just heart," says Erik Burbank, vice president, The KEEN Effect, the team that leads

the brand's social and environmental justice efforts. "Volunteering can be as simple as picking up plastic at the beach or as involved as restoring a wetland. Every action makes a difference."

Interested volunteers may want to consider taking their efforts a step further by joining The KEEN Corps, the brand's loyalty program and platform for helping others, which rewards participants for doing good deeds. Since its U.S. launch in September 2021, KEEN Corps has grown to over 18,000 members and counting. As of November 2021, over 10,000 volunteer hours have been logged by Corps members. Through the program, the more you volunteer, donate and shop, the more lives you affect, and the more points you earn. Plus, KEEN Corps volunteers receive limited edition gear, member pricing, and special access to all things KEEN. To learn more or to become a member, visit keenfootwear.com/keen-corps.

"Our recent data confirms that many of us are exhausted and looking for ways to relieve stress and feel in control in these unpredictable times," says Burbank. "Volunteering in our communities has the dual benefit of giving back and leaving us feeling more fulfilled, empowered and happy."

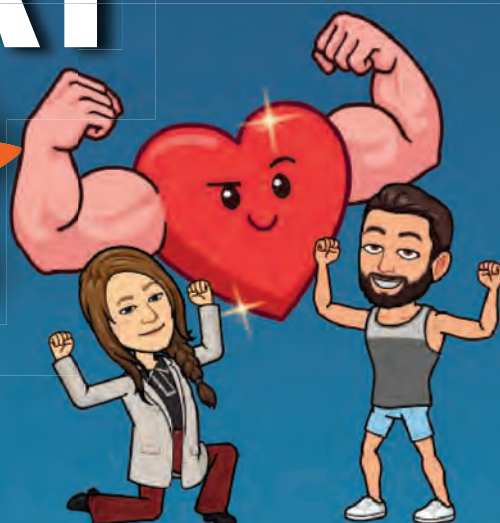
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Why and when to get a COVID-19 booster

What's the difference between a third shot and a booster?

By Premier Medical Group

Data supports the need for a booster shot

According to the Centers for Disease Control (CDC), recent studies show that over time, after getting vaccinated against COVID-19, the protection against the virus and the ability to fight infection with variants may decrease. The data shows that this reduction in protection and ability to prevent infection is particularly evident in people aged 65 years or older.

Benefits of a booster dose – reduced risk of infection and severe disease

The latest evidence from clinical trials, as reported by the CDC states: "Data from clinical trials showed that a booster shot increased the immune response in trial participants who finished a Pfizer-BioNTech or Moderna primary series six months earlier or who received a J&J/Janssen single-dose vaccine 2 months earlier. With an increased immune response, people should have improved protection against getting infected with COVID-19. For Pfizer-BioNTech and J&J/Janssen, clinical trials also showed that a booster shot helped prevent severe disease." Briefly, the booster is designed to help people maintain their level of immunity for longer.

I've heard about a third shot or an additional shot. Is that a booster?

The third or additional shot or dose are not the same as a booster. The third or additional COVID-19 vaccine is recommended for people who have moderate to severely compromised immune systems and who are aged 5 and older.

Your immune system helps your body fight infections. People who are immuno-compromised are especially vulnerable to COVID-19. Everyone, including immuno-compromised people, should



PREMIER *medical group*

receive a COVID-19 vaccine primary series if they are 5 years and older as soon as possible. This includes those who:

- Have been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last two years, or are taking medicine to suppress the immune system
- Are diagnosed with moderate or severe primary immunodeficiency
- Are diagnosed with HIV and have a high viral load or low CD4 count, or are not currently taking medication to treat HIV
- Are taking drugs like high-dose steroids or other medications that may cause severe suppression of the immune system

It is most likely your provider will have let you know that you are eligible for the third dose, which is typically given about a month after the initial vaccine series. It is intended to improve immuno-compromised people's response to the initial vaccine series. If you think you might be eligible for a third dose, based on your condition, ask your healthcare provider.

Who should get a booster, and when?

The recent emergence of the Omicron variant further emphasizes the importance of boosters. Booster shots are recommended for healthy

some side effects from a COVID-19 vaccine, including pain, redness or swelling at the injection site, tiredness, headache, muscle pain, chills, fever, and nausea. Serious side effects are rare, but may occur.

We recommend you get vaccinated, get your booster and wear a mask in this high-risk period

Premier Medical Group cares a great deal about keeping our community healthy. Although you may have heard that the Omicron variant is "mild," that applies only to those who are vaccinated. It is essential that you take precautions as it is not possible to know what type of COVID-19 you are being exposed to and there is still the Delta variant around as well. Our area is undergoing a surge and vaccination and self-protection are your best ways to avoid the virus.

The COVID-19 vaccine is widely available at no cost. Take action to protect yourself and those you love today! To schedule an appointment for your COVID-19 vaccine, please visit: [vaccines.gov/search](https://www.vaccines.gov/search)

individuals who finished their Pfizer-BioNTech or Moderna primary series six months earlier or who received a J&J/Janssen single-dose vaccine two months earlier.

If we need a booster shot, are the vaccines working?

COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death. However, public health experts are starting to see reduced protection over time against mild and moderate disease, especially among certain populations. That is why the boosters are recommended, to improve protection over time.

Are there side effects from getting a booster shot?

Adults and children may have

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