

Discover modern wellness: The benefits of CBD

In today’s fast-paced world, we arguably need more relief in our daily lives than ever before. Whether you struggle with daily discomfort from sitting at a desk all day, feelings of anxiousness that never seem to subside, mystery symptoms that leave you desperate for answers, persistent sleep issues, or a simple desire to feel more balanced and centered — it’s worth exploring CBD. This modern wellness approach has gained tremendous attention and scientific acclaim for its ability to bring powerful health benefits to people from all walks of life.

Yet, with every natural, non-pharmaceutical wellness approach comes skepticism. That’s why at Sunmed | Your CBD Store, we’re on a mission to empower local communities to make informed decisions about their health through CBD education.

Stop by our storefront, located at **1582 Rt. 9 in Wappingers Falls and/or 365 Mamaroneck Avenue in White Plains** for a free consultation, samples, and a complimentary starter pack of one of our best-selling products. We can’t wait to welcome you to the world of CBD, helping you find natural relief, well-being, and remarkable improvements for everyday quality of life.

Learning About CBD

First, it’s essential to learn about what exactly CBD is and how this compound interacts with our bodies, bringing about long-term benefits for a range of health and wellness issues.

CBD and the Endocannabinoid System - CBD (cannabidiol) is one of over 100 different cannabinoids found in the hemp plant, also known as “Cannabis sativa.” Unlike THC (tetrahydrocannabinol), CBD is non-psychoactive, meaning it does not produce the “high” often associated with the plant. Since the federal legislation of CBD in the 2018 Farm Bill, ongoing research and scientific studies have continued to

validate this compound’s incredible spectrum of therapeutic potential. When ingested or applied topically, CBD interacts with a vital network of receptors in our bodies known as the endocannabinoid system.

Now, what is this system exactly? Discovered in the late 1980s’, the endocannabinoid system is now known as our bodies’ largest network of receptors and neurotransmitters, primarily found in the brain, central nervous system, peripheral organs, and immune cells. Research has found this intricate system regulates a range of essential functions, impacting mood, emotion, pain perception, inflammation, sleep cycles, immune response, and much more. Essentially, endocannabinoid system function is vital to how we experience and perceive everyday life.

Even more interesting is to learn that our bodies naturally produce their own cannabinoids, known as endocannabinoids. These compounds regulate our endocannabinoid system, balancing our bodies into a healthy, happy homeostasis.

However, as we move through life, different factors can affect how many endocannabinoids our body naturally produces — environmental changes, genetics, underlying health issues, and trauma can all play a role. Problems tend to arise when our bodies aren’t making enough endocannabinoids to maintain proper balance.

Scientists found that hemp-derived cannabinoids, like CBD, act as a supplement for our endocannabinoid system — filling in the gaps for the

endocannabinoids your body may be having trouble producing on its own. With a routine supplement of CBD, we can help regulate and balance our bodies back into a state of hemostasis, which tends to bring along better sleep, relief, relaxation, and an overall sense of mental and physical well-being.

How incredible is it that a plant can help us feel like our best selves again? For some, a CBD supplement means much more — acting as a natural replacement for some pharmaceuticals and a solution for health and wellness concerns after exhausting all other options. While there’s no guarantee how CBD will affect you personally, our team has witnessed countless lives change for the better. There are no guarantees, but there is also no limit to the possibilities.

Public confusion and misconceptions surrounding the hemp plant have been present for decades — so we understand if you’re skeptical. But that’s what we’re here for. At Sunmed | Your CBD Store, our wellness experts are

committed to answering all your questions and concerns, walking you through science, and guiding you toward the formulas that best fit your needs. It’s our goal to empower modern wellness with natural, science-backed hemp products, with storefronts currently available in over 400 communities nationwide.

Our extensive product line of over 150 formulas addresses every wellness need, whether it be sleep, relief, relaxation, energy, focus, recovery, nutrition, weight loss, or even CBD pets. Some of our best-sellers include our award-winning topical relief creams, USDA-organic CBD tinctures, and our new clinically proven sleep gummies. Every product is third-party tested to ensure the highest quality and the best possible chance of seeing results. And more importantly, our team is here for you through every step of the journey.

See you soon,
Yvettett and Jose Sanchez,
Sunmed | Your CBD Store
Owners and Wellness Experts

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Lifestyle modifications can help lower risk of heart disease

By Laura Baldi
Brookmeade Community
February is American Heart Month. This month we focus on cardiovascular health.



Hypertension or high blood pressure is a leading factor for heart disease and stroke. It is estimated that 86 million Americans have Heart Disease and 84 percent of Americans 65 and older die from heart disease each year.

This is a scary statistic, however, lifestyle habits, knowledge and a heart healthy diet can help protect you. There

BROOKMEADE SENIOR CONCEPTS

- are simple lifestyle modifications to help lower the risk of heart disease and stroke or improve the quality of life for those living with heart disease.
- Know the Symptoms**
- Increased weakness, shortness of breath, or feeling faint
 - Feeling full or indigestion, nausea, vomiting, or increased sweating
 - Pain or pressure in chest, back, shoulders or neck
 - Irregular heartbeat rapid, pounding or fluttering
- Racing heart or abnormally slow heart rate**
- Swelling in your feet or ankles**
- If you experience any signs or symptoms alert your physician immediately. Early notice can save your life and prevent irreversible damage.
- Seven Ways to Prevent Heart Disease**
- 30 minutes of daily exercise - Take a brisk walk, get a membership to a local gym and take classes. The American Heart Association is holding a “60 Mile Challenge” for Heart Month: walk 60 miles during the month

- of February to raise awareness and establish a healthy lifestyle, that’s only 2.14 miles a day!
- No smoking - Smoking raises your blood pressure, which increases your risk for heart attack and stroke
 - Eat heart healthy - Load up on fruits and vegetables and limit saturated fats, salts, and fatty meats
 - Watch your numbers - Monitor blood pressure, cholesterol and sugar levels with regular checkups and home monitoring
 - Reduce alcohol intake - Drinking too much alcohol can raise the level of triglycerides in your blood. They’re a type of fat. Excess triglycerides can build up in your blood vessels and cause them to harden and narrow.
 - Minimize stress - Do activities that relax you, make sure you get plenty of sleep, learn relaxation techniques such a deep breathing or meditation. Have you heard of fitness meditation or walking meditation? Find a relaxing place to walk; for example, head to Poets Walk right here in Rhinebeck and listen to nature while you walk and focus on your breathing.
 - Watch your Weight Proper BMI (Body Mass Index) is considered to be between 18.5 and 24.9.

Millions of Americans are currently, or will become, effected by Heart Disease. The good news is heart disease is preventable by making healthy lifestyle changes. Consult your local Senior Care Therapists at Brookmeade Community Out-Patient Therapy if you have any questions or would like to schedule an Evaluation to Promote a Healthy Heart.

Laura Baldi is the Director of Rehabilitation at Meadows at Brookmeade Community which provides long-term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation.



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Prioritize your heart health in 2024 at All Sport

By the All Sport Staff

In the fast-paced world of 2024, taking care of your heart is more crucial than ever. As the leading cause of death in the United States, cardiovascular disease (CVD) remains a significant health concern.

However, the good news is that over 80% of heart disease can be prevented through lifestyle changes. Cardiovascular disease encompasses various conditions affecting the heart and its blood vessels. From the heart muscle to the valves and blood vessels, maintaining cardiovascular health is essential for a thriving life.

Key Steps to Lowering Your Risk: Physical activity remains a cornerstone for reducing inflammation, improving blood vessel function, and lowering stress. Regardless of weight loss, exercise plays a crucial role in

HEALTH TIPS

controlling diabetes, obesity, and blood cholesterol.

Maintain Healthy Blood Pressure: Hypertension, a common risk factor for heart disease, demands attention. Keeping blood pressure below 120/80 mm Hg through weight management, a healthy diet, and regular exercise significantly lowers the risk of heart-related complications.

Manage Cholesterol Levels: Strive for healthy cholesterol levels by reducing processed food intake, avoiding saturated and trans fats, and staying physically active. Aim for total cholesterol under 200 mg/dL, LDL under 100, HDL at 50 or higher, and triglycerides under 150.

Maintain a Healthy Weight: Obesity increases the risk of heart attack and other cardiovascular issues. Achieving and sustaining a body mass index (BMI) below 30 is essential for heart health.

Combat Inflammation: Addressing inflammation is key to preventing plaque buildup in arteries. Adopt an anti-inflammatory lifestyle by consuming a diet rich in whole foods, vegetables, fiber, fruits, seeds, lean protein, and nuts.

Adopt a Healthy Diet: Avoiding trans and saturated fats is essential for reducing the risk of CVD. Prioritize whole foods, vegetables, fiber, fruits, and lean protein to maintain heart health.

Prioritize Sleep and Stress Management: In the hustle of 2024, adequate sleep and stress reduction are vital. Lack of sleep and chronic stress can elevate cortisol levels, increasing blood pressure and inflammation.

Oral Health Matters: Recent studies link heart disease to periodontal disease, emphasizing the importance of oral health. Preventing bacterial inflammation in the gums through good oral hygiene contributes to overall cardiovascular health.

As we step into 2024, All Sport remains committed to creating a wellness community that prioritizes both physical and mental health. Join us in the journey towards a heart-healthy lifestyle.

For more information, visit www.allsporthealthandfitness.com or call 845-896-5678.

Valentine's Day is all about Candles!



LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady

Tips for Creating a Romantic Mood with Candles - If you have a fireplace, decorate it with candles or place tea-lights wherever there is a flat surface.

Another romantic touch, especially on Valentine's Day is a tall glass centerpiece you fill with water and place a floating candle.

An effective ice-breaker is to prepare the meal together with candles, music and wine and decorate the dinner table with a table runner, candle rings and tall dinner candles to set the most romantic mood.

If you make a reservation at a restaurant, request a romantic table with tall candles and red rose petals scattered on the dinner table.

Don't forget about the person who will be spending Valentine's Day alone. A candle can help lift their mood and will be always be remembered.

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 and selected as a candle making artist at the Arts Mid-Hudson. She offers and teaches candle making classes at local libraries, schools and art galleries and at her shop. She believes that candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax. You may e-mail her at sonya@yeoldecandlehousegiftshoppe.com

Once our only source of light after dark before electricity, candles were used to light our homes after dark. Today, candles are used to help us relax; are the perfect compliment while reading a book, taking a bubble bath or enjoying a good meal. They are also the perfect Valentine's Day gift!

Valentine's Day can be stressful with deciding what to give as a gift, and which restaurant to eat at, however, you do not have to spend a fortune to have a memorable evening.

Valentine's Day candles come in all different shapes, sizes, and scents to suit everyone. If scent is not a concern, scents like jasmine or roses are commonly used in romantic candles, however, chocolate, fruit and vanilla are also excellent scent choices.



AHA's 'Go Red for Women' saves and changes lives!

Women are our mothers, our sisters, our daughters, our spouses, and our friends. They give and give and give - often at the expense of their own health.

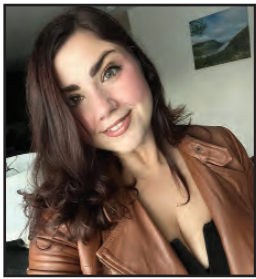
And, therein lies a problem.

However, we are aware of solutions. The more a woman knows about heart disease, the better chance she has of beating it. Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined.

“Go Red for Women”
American Heart Association inspires more women to make lifestyle changes, mobilize communities and shape policies to save lives. United, we are working to improve the health of all women. We know that with your help, we can reach more women and help them live longer, healthier lives.

Our mission is to be a relentless force for a world of longer, healthier lives.

Woman of Impact - Each year a select group of individuals from communities across the country are nominated to be a part of this nine-week blind competition because of their passion and drive to make a difference. Together, they are educating more women about the risk factors and warning signs of heart disease and stroke, building a culture of health in their communities, and raising critical funds to support the mission of the American Heart Association. Nominees will bring together their network to form an impact team, set a goal, explore fundraising resources, and make an impact on their community. At the end of the campaign, the nominee that makes greatest impact and raises the most funds locally will be named the local Woman of Impact winner. Additionally, the nominee who raises the most funds nationwide will be named the American Heart Association 2024 National Woman of Impact Winner.



Local “Go Red” team members include, from left, Catherine A. Lane, Dennis Conn, Kelly Maroney, Melissa Morrison, Kayla Bengough, Dora L. Visbeck, Kristen Pietras, Nadine Snipe, Andrew Fauci, Harley Wimberley and Abby Paul. Seated in the middle are Casey Simons and Lynne Versaci. Seated in front are Geraldine Saso, MaryRose Warcholak, Michele Rizzi and Amanda Sullivan. Pictured separately are Regina Jacobson, Sienna Cody, Connie Harkin and Dave Stewart.

Courtesy photos

Meet the Hudson Valley Team led by "Woman of Impact" nominee Dora Visbeck.

Dora Visbeck, like many others, has lost family, friends, and coworkers to heart disease way too soon. In fact, heart disease runs in her family and is genetic. She feels blessed to have received education through her experiences with the Go Red Executive Leadership Team, hearing the inspiring stories of survivors, and seeing the impact of the Go Red Movement. Visbeck says, “If I can use this platform to make a difference for other women, then I will have fulfilled my mission.”

Heart disease touches everyone, it does not discriminate. “With over



Dora Visbeck

60 million women in the United States living with some form of heart disease it is my goal to educate women to recognize the signs, symptoms, and risk factors to help protect their health,” Visbeck explains. “It is a fact that just 1 of 5 women recognize that heart disease is their number 1 killer. My impact team make-up includes survivors who are ready to share their experiences. It is my honor to accept this nomination



Impact Speaker Valerie Belton

and lead my impact team for this campaign.”

Every person deserves the opportunity for a full, healthy life. As champions for health equity, by 2024, the American Heart Association will advance cardiovascular health for all, including identifying and removing barriers to health care access and quality.



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‘Go Red for Women’ sets kick-off event

The local 2024 “Woman of Impact” Nominee Dora Visbeck and her team will roll out the red carpet for a special Kick-Off event on Tuesday, Feb. 6

Then for nine weeks, the team will be fighting for better representation in medical research. This includes - Fighting for equitable access to care and treatments, Fighting to spread lifesaving information to our sisters.

It’s not just about wearing red. It’s not just about sharing heart health facts. It’s about all of us making a commitment to stand together with “Go Red for Women” in the fight for heart-health equality.

The time is now. When we take a stand and work together, real change is possible. Are you with them? To support their campaign go to www2.heart.org/goto/DoraVisbeck to make a donation.



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Assistant Clinical Professor of Dermatology at Mt. Sinai Medical Center,
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Learn about the warning signs of heart attack, stroke & cardiac arrest

Heart Attack Symptoms

Chest discomfort - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body - Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath - with or without chest discomfort.

Other signs - may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Symptoms

Spot a stroke F.A.S.T.

Face drooping - Does one side of the face droop or is it numb? Ask the person to smile.

Arm weakness - Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech difficulty - Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “the sky is blue.” Is the sentence repeated correctly?

Time to call 911 - If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

Celebrate National Heart Month by making sure your heart lasts a lifetime

By Premier Medical Group

Most of us are born with healthy hearts that have an average lifetime supply of 2.5 billion heartbeats. That's something to feel good about, but it's also why taking care of your heart should be a top priority throughout your life. The American Heart Association recommends regular examinations and screenings to ensure heart health starting at the age of 20 and conducted every two to four years after that.

Steps to Take for the Sake of Your Heart - Looking and feeling good on the outside is just as important as how you feel on the inside. About 30.3 million adults in the United States are diagnosed with heart disease annually, and each year, 647,000 of those individuals lose their lives because of it – making this the leading cause of death for men and women. The causes for heart disease are linked to high blood pressure, high cholesterol and smoking. There are risks you can control and some that you can't. If you have a family history of heart disease, you may be at a higher risk than those that don't. Awareness of those factors is important and can save your life.

Red flags for heart disease for both men and women include obesity, smoking, high blood pressure, inflammation, and diabetes. Especially in women, high testosterone levels pre-menopause, stress and depression, and autoimmune diseases like rheumatoid arthritis need constant monitoring, and early diagnosis is



extremely important.

Decreasing risks to keep your heart healthy should be the goal of both you and your physician. You can reduce your risk by eating well and exercising regularly, quitting smoking, and getting regular checkups with your primary care provider. If heart disease is already diagnosed, preventive care is essential and will require regular attention from a cardiologist.

Eat Well - Fueling your body with the nutrients and vitamins it needs to function is a great start to keeping your heart happy. Those leafy greens you see at the store deserve a regular place in your kitchen. You can use them to make a scrumptious salad or lettuce wrap. Leafy greens like spinach and kale are some of the many foods that have an influence on cholesterol levels, blood pressure, inflammation and triglycerides. Other cholesterol-balancing foods include whole grains, avocados, beans, walnuts, and dark chocolate. A thoughtful diet can contribute to your heart's longevity.

Exercise Regularly - While your daily food intake is vital to heart health, exercise is just as important.

The American Heart Association recommends that aerobic activity 30 minutes a day, five days a week, is very beneficial to the heart and your body overall. This type of activity can improve body circulation and lower blood pressure.

Getting oxygen and blood moving throughout your system while lowering blood pressure decreases the effort the heart needs to pump. A national study found that women with high physical activity levels were at a 29 percent lower risk of coronary heart disease and that there was a 21 percent lower risk for men with high physical activity levels. There's every reason to get moving and no reason not to!

Cut Smoking, or Better Yet, Quit - While quitting is easier said than done because smoking is an addiction, for the sake of your heart, strongly consider quitting. If you smoke, your chance of dying from a heart attack is 2 to 3 times greater than that of a person who does not smoke.

Approximately 1 out of 4 heart attacks is believed to be directly related to smoking. Smoking even a few cigarettes a day (from just 1-4)

increases your risk of coronary artery disease. If a person who smokes has a heart attack, his or her risk of sudden death is twice as great compared to someone who does not smoke.

Even 20 minutes of non-smoking decreases your heart rate. Skip smoking for 12 hours, and you'll decrease the carbon monoxide level in the body. As small as these steps may seem, you could accomplish a lower risk of stroke than those who haven't smoked in their life in just 4 years!

Going smoke-free is not just lifesaving for you, but it is invaluable for those who care for you and who may also be affected by your secondhand smoke.

Get Regular Check ups - Consulting your doctor about your potential risks and what you can do to help keep your heart happy is a great start! The American Heart Association recommends annual health screening checkups once you turn 20 years old. These screenings can include checking your weight, Body Mass Index (BMI), blood pressure, and blood cholesterol tests. These checkups can help diagnose you early and increase the likelihood that your heart will last as long as you do.

Premier Medical Group's Cardiology Division provides comprehensive, personalized care. Feel like you need a consultation? Please reach out to our caring and skilled team of cardiologists in either of our Newburgh or Poughkeepsie locations #845-565-4400.

Children learn differently – we need to make adjustments

Already we are in February, the second month of a new year. Now is a good time to review our children's progress and find some solutions if any problems still persist.

Many of these problems must be addressed in the classroom, however, I want to reiterate the necessity of sufficient sleep and a nutritious breakfast to help children concentrate throughout the school day. Sleepy, hungry children have difficulty learning. They are distracted and inattentive and sometimes they do fall asleep in class. I always had a large container of mixed nutritious cereals in my room and gave a full cup to each student in the morning to give them a little energy.

I have heard both parents and teachers say that a child is just lazy. Not so fast. There are many reasons why a child may not be completing work. Let's take a look at some of the issues children may have and possible solutions.

Attention – Is your child able to pay attention throughout the school day? If not, why not? A good night's sleep helps children maintain attention. Teaching children with

MAKING EDUCATION WORK with Diane Fulves

appropriate materials and strategies will also help children focus because they can understand their assignments and complete them correctly. They will also have a sense of pride in their achievement which is a great motivator.

Distraction – Is your child distracted, particularly during large group lessons? Perhaps your child cannot keep up with the pace of the lesson. He would probably benefit from instruction in a smaller group. This also gives teachers the opportunity to provide alternate strategies and more review and reinforcement. In a small group she can focus on individual problems which will benefit other students who may have the same problem.

Modifications – Modifying class and home assignments makes good sense, particularly, when students are struggling with their assignments. Assigning fewer questions helps children focus on each item without

rushing through the assignment in order to finish in time to hand it in. Helping children locate information is crucial. This is a skill that is often taken for granted, but many children need specific instruction to learn how to do this. Reviewing vocabulary in all subject areas will help insure that children can read their assignments with ease, confidence, and accuracy.

Accommodations – Many children need accommodations in certain areas. Can your child see the board? Can he hear the teacher clearly and follow the discussion. If you have any questions about this, ask the school nurse to check vision and hearing. If there are hearing issues, ask the nurse about implements that can help your child hear the lesson clearly.

If you think that your child needs to sit in the front of the class, closer to the teacher and away from distractions, let the teacher know this. Parents, you know your child

best so don't be afraid to ask for the accommodations that will help your child learn.

There are some people who think that it isn't fair to give some children alternate strategies and modifications. What is not fair is to teach every child in the same way with the same materials if we know that they learn differently and will benefit from these changes.

When we find the best way to help our children receive and process information and hold on to it, they can achieve successfully. They will be able to complete their assignments with competence and confidence and feel smart. Remember, SUCCESS is the only option!

Diane Fulves is an educator 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.

The health benefits of giving and practicing gratitude

By Paul Wright, MD
Nuvance Health



Dr. Paul Wright

You know the feeling you get by donating, volunteering and offering someone a sincere thank you. You might not know that glow is your brain's reaction to giving and gratitude. Find out the mental, physical and social health benefits of giving and practicing gratitude, and easy ways to give and show thanks.

Your brain when you give and practice gratitude - Researchers have studied how the brain responds to giving using functional magnetic resonance imaging (fMRI). Giving triggers areas of your brain that release oxytocin, a neurotransmitter and hormone associated with pleasure, connection and trust with others. Studies have also shown generosity promotes happiness and joy.

Studies have shown the amygdala and hippocampus are activated by feelings of gratitude. These areas in the brain regulate your bodily functions, emotions and memory. Gratitude also activates areas of your brain associated with feelings of bliss.

Your brain releases cortisol when you are anxious, stressed or scared. Feelings of gratitude can regulate cortisol production in your brain and reduce anxiety and stress.

Similar to giving, gratitude triggers

PATIENT FIRST

the brain to release neurotransmitters and hormones associated with happiness, including dopamine and serotonin. Low levels of these hormones can cause depression. Regularly practicing gratitude can be a natural antidepressant because it produces feelings of contentment and pleasure.

Health benefits of Generosity, gratitude

Promote good health - The feel-good hormones released during acts of giving and thankfulness can help you manage stress and feel happy, and in turn, have more energy, a positive mindset and better sleep.

Improve sleep - Gratitude activates the hypothalamus in the brain. The hypothalamus regulates many bodily functions, including sleep, and it produces oxytocin. Try giving and showing thanks to sleep soundly.

Build social connections - Many ways to give and demonstrate gratitude involve interactions with others. Positive social engagements can ward off depression, isolation and loneliness.

Altruism comes in many different forms. Try one of the following ways to give.

Acts of service - Some people dedicate their careers to serving others, such as healthcare workers, educators and first responders. Volunteering at a church, school or

animal shelter are other ways to serve others. You can also practice acts of service by doing something nice for someone else, such as cleaning the dishes.

Philanthropy - Philanthropy can mean donating your time, items or money. Read on to learn about the benefits of volunteering. Other forms of philanthropy include making in-kind donations, such as clothing or household items. Monetary donations can range depending on your circumstances.

Volunteering - Giving your time demonstrates you care and are committed to serving others. Studies have shown volunteering can create a sense of purpose and community, and in turn, ward off depression, anxiety and social isolation.

Practice gratitude in the following ways that have long-lasting effects.

Gratitude journal - Keep a journal of things you are grateful for, which will be different for everyone. You might write about your family, friends, pets or simply a sunny day.

Gratitude affirmations - Like a daily mantra, you can start with, "Today, I am grateful for ..." and then complete it with whatever is meaningful to you.

Self-care - Showing yourself gratitude can range from treating yourself to dessert or taking a trip. You can block time to read a book, listen to your favorite music or get a massage.

Here are simple ways to show how thankful you are to others.

Acts of kindness - Hold the door open for the person behind you or let someone with fewer groceries than you go ahead in line. If the recipient pays it forward, imagine how many people will be touched.

Physical affection - Physical touch not only shows someone your appreciation but also has emotional and physical benefits. Researchers have linked hugs to boosting immunity and lowering blood pressure, inflammation and stress levels.

Gift of time - Show your appreciation for someone by spending quality time with them, whether over coffee or tea, dinner or stopping for a moment to chat with a colleague.

Gift giving - Gift giving does not need to be elaborate or expensive to make an impact. Surprising someone with their favorite coffee drink or making them a play-list can make their day.

Notes of appreciation - Anxiety, depression and loneliness have increased over the past few years. Let others know you appreciate and think about them. A "thank you" or "thinking about you" message can go a long way. Try it now: Send someone you care about a message to let them know how much they mean to you.

Dr. Paul Wright is Senior Vice President and System Chair of the Neuroscience Institute at Nuvance Health. Learn more about the Nuvance Health Neuroscience Institute by visiting nuvancehealth.org.

Exercise for arthritis: What you should know

BODY KNOWLEDGE

By Christian Campilii PT, DPT



Christian Campilii

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 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

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