

Healthy Lifestyles

April 24, 2024

Brookmeade Community launches collaborative program for individuals with Parkinson’s disease

The Brookmeade Community, renowned for its dedication to compassionate care for seniors, has announced its collaboration with Nicole Deeb, a doctoral student in occupational therapy from Roberts Wesleyan University, who has launched the Parkinson’s Disease program “Park’N Move” as part of her capstone project.



Doctoral student Nicole Deeb, left, is pictured with Brookmeade CEO/Administrator Karen Zobel. *Courtesy photo*

This innovative initiative aims to prevent cognitive decline and maintain the current physical status of participants living with Parkinson’s disease. Through this program, Brookmeade is furthering its commitment to enhancing the wellbeing of its residents and fostering meaningful connections within the community.

Parkinson’s disease is on the rise in the geriatric community, yet the Hudson Valley lacks resources and awareness about this debilitating condition. Nicole, currently attending college in Rochester, saw this need and decided to take action.

“Park’N Move,” the Parkinson’s Disease program, underscores Meadow’s at Brookmeade’s commitment to enhancing the quality of life for its residents. Through innovative strategies aimed at preventing cognitive decline and maintaining physical status, this program provides invaluable support to individuals living with Parkinson’s Disease.

Brookmeade CEO/Administrator Karen Zobel said, “By implementing initiatives like ‘Park’N Move,’ and empowering staff and interns, we prioritize the well-being of our

residents. This program not only addresses the specific needs of individuals with Parkinson’s disease, but also fosters a sense of belonging and mutual support among all involved.”

“Park’N Move” incorporates research and evidence-based practices to provide a comprehensive program for individuals with Parkinson’s disease. The program includes boxing, stretches, and exercises with cognitive components to engage participants and improve their overall well-being.

“I want to give back to the community and impact the lives of others by making this program as engaging as possible, using evidence-based practice to ensure its effectiveness,” said Nicole Deeb. “I believe that ‘Park’N Move’ can positively impact the quality of life of those living with this condition in the Hudson Valley.

Nicole is committed to expanding the reach of “Park’N Move” to benefit more individuals living with Parkinson’s disease in the Hudson Valley. She hopes this program will raise awareness about the importance of providing support and resources for those affected by this condition.

Nicole would also like to express her gratitude to her mentors, Laura Baldi and Dr. Kathleen Stoklosa, the program director of Roberts Wesleyan University, for their guidance and support throughout the development of this innovative program and give a special thanks to Zobel and the Brookmeade staff for their



Nicole Deeb, a doctoral student in occupational therapy from Roberts Wesleyan University, works with residents at the Brookmeade Community in Rhinebeck. *Courtesy photo*

support and collaboration in hosting the “Park’N Move” program.

“This type of continued development, growth, and learning is always encouraged at Brookmeade Community as it enhances and ensures best practices for our residents and professional growth and preparation for future healthcare providers. It shows a commitment to one’s profession and the desire to continuously improve one’s knowledge base and add to their skillset,” said Zobel, emphasizing the dedication of her occupational therapy intern as she spearheads the

implementation of a new program for Parkinson’s patients.

The Community at Brookmeade, located on 75 country acres just outside the Village of Rhinebeck, is a senior living retirement community serving the Hudson Valley and surrounding areas. Arbor Ridge offers independent living, The Terraces offers assisted living, Meadow’s Adult Day Healthcare Program offers medical & social day time assistance, and Meadows, formerly known as The Baptist Home provides long term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation Services.



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 care-giving, 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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Start your Spring on the right foot!

By Premier Medical Group
As the weather warms up, more people spend increased amounts of time outdoors. Walking, running, biking, and many other forms of exercise and recreation can take a toll on your feet. According to a study by the American Podiatric Medical Association, 75 percent of Americans will experience foot problems at one time or another in their lives.

Looking after your feet by wearing appropriate footwear or finding the root cause of pain and discomfort will help ensure the time you spend on your feet is enjoyable. In this blog post, we will discuss some tips on how to take care of your feet so you can put your best foot forward.

Maintain Good Foot Hygiene -
Your feet have the highest concentration of sweat glands when compared to any other part of your body. Regularly washing your feet with soap and water and thoroughly drying them can prevent fungal infections, odors, and other foot problems. Applying moisturizer to your feet every day can keep them soft and prevent dry, cracked skin. When cutting your toenails, make sure to cut them straight across and avoid cutting them too short, as this can lead to ingrown toenails.

Also, use a proper nail clipper instead of scissors or other sharp objects. This is especially important if you have been diagnosed with diabetes, as this chronic disease can cause peripheral artery disease (PAD),



also known as poor circulation. Poor circulation can negatively affect the feet, putting patients at a greater risk of developing foot ulcers, slow-healing sores, and infections that are difficult to treat. Additionally, reduced sensation or numbness in the feet can make it difficult to notice foot ailments or injuries early on, making preventative care critical.

Wear Proper Footwear - It is essential to use appropriate footwear to protect your feet, especially when you engage in activities such as running or hiking. Wearing protective shoes, like steel-toed boots, can also prevent injuries in the workplace.

Shoes that fit well and provide enough support can prevent blisters, calluses, and other foot problems.

Where possible, avoid wearing tight shoes or high heels for extended periods. This can reduce the risk of developing painful conditions such as corns and bunions. Also, be sure to alternate your shoes, giving them time to dry out between wears. This can also help to prevent foot odor and reduce the risk of infections.

Balance High-Impact and Low Impact Exercise - High-impact exercise can help strengthen the muscles and bones of the feet, which can improve balance and stability. It also increases blood flow to the feet and improves overall cardiovascular health.

However, high-impact exercise may also put a lot of stress on the feet, particularly the plantar fascia (the band of tissue that runs along the bottom of the foot) and the bones and joints in the feet. This can lead to injuries such as stress fractures, plantar fasciitis, as well as several Achilles tendon disorders.

It's important to gradually increase the intensity of your workouts to avoid overuse injuries. Low-impact exercise, such as walking, is great for your feet and can help improve your overall health.

Stretch and Rest Your Feet -
Stretching your feet can help to improve circulation, reduce muscle tension, and prevent cramps and injuries.

Try doing simple exercises, like ankle rotations or toe curls, to stretch and strengthen your feet. Resting your feet is also important for reducing fatigue, improving circulation, preventing injuries, and alleviating foot pain.

When to See a Doctor for Foot Pain - Taking care of your feet is vital to prevent foot problems and maintain overall foot health. By following the tips mentioned above, you can keep your feet healthy, comfortable, and pain-free.

Remember, your feet are your foundation, so take care of them, and they'll take care of you.

If you have persistent or worsening foot problems, seek professional help. A podiatrist can diagnose and treat foot conditions and provide advice on proper foot care. Call the Premier Medical Group's Podiatry Division at 845-454-0630 to schedule an appointment at our convenient Poughkeepsie or Fishkill office locations.

Tips on understanding your car's evolving technology

(StatePoint) Over-the-air updates, which are remotely delivered updates to a vehicle's technology, offer potential benefits to everybody on the road and improve the driving experience. Yet a new study reveals that in many cases, these updates should be accompanied by consumer education.

Timely research from Toyota's Collaborative Safety Research Center (CSRC) and the University of Iowa highlights that drivers are not always sure what new automotive software entails or how to use it.

"Our goal is to support the integration of the latest automotive tech so that drivers reap the full benefits of these updates. As we continue to develop new vehicle safety systems, or simply improve the ones we already have, consumer education may help build trust, acceptance and use," says John Lenneman, Ph.D, senior principal research scientist, Toyota North America, CSRC.

This seminal research included two driving simulator studies at the University of Iowa, assessing the understanding of over-the-air updates without consumer

education, and measuring the benefit of including consumer education. The project also developed a tool for designers to measure the change in a system following an update.

One of CSRC's primary aims is to share its research, with the hope that the automotive industry can benefit from the findings of its safety advances. That's why the research team is excited that the study is already having an impact on system design and educational materials, helping designers identify when and how consumer education should be incorporated into updates. For example, the research found that for updates that don't require interactions from the driver, such as automatic emergency braking, education is not necessarily needed, whereas for other updates, the driver may need a description of what the system does, or even an understanding of what their responsibility is when using the technology.

More information about the work of the Toyota Collaborative Research Center can be found by visiting amrd.toyota.com.

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We are almost there – but persistence counts

It is difficult to believe that May is almost here and we are nearing the end of another school year. Although there are only a few weeks remaining, and many spring activities consume a lot of after-school hours, we cannot allow this to interfere with our children’s academic obligations. We must find the time to assure that they are achieving.

We want our children to end the year ready to enjoy the summer. Parents, you will, too, if you know that your children have succeeded and are prepared to move on to the next grade. During these last few weeks, make sure that they have time to complete assignments accurately, and study for their tests. Now that the days are longer and warmer, the temptation is to go outside and play. There will be time for fun when the work is done.

Continue to consult with teachers when necessary. This is particularly important if your children have any special needs regarding learning or behavior. Discuss both the strategies they are using to help them achieve and recommendations for the following year. Offer your own suggestions. Even if your children have an I.E.P., an Individual Education Plan, your suggestions may be more specific than the goals on the I.E.P. As the parent, you know your children best. Make a list of your areas of

MAKING EDUCATION WORK with Diane Fulves

concern and share this with the teacher. She can add her own comments and suggestions. This will be quite helpful to your children and the new teacher. Be sure to get a copy of the strategies and recommendations you discuss.

I hope that your children have experienced a productive and successful school year. I hope that your interaction with them has been positive and you are building a bond of love, friendship, and trust. Our children need to know that we are committed to them now and forever. How do we do this?

We are persistent. Remember the old adage, “If at first we don’t succeed, try, try again!” A good motto to live by.

As we work with our children, we cannot give up. We must persist. Our children have tremendous potential. We must find a way to unlock that potential to help them overcome their problems, work through them and achieve. They are counting on us.

I know how difficult this can be after years of working with children with emotional deficits. I didn’t give up and the children

knew this. I wouldn’t allow them to give up so they had no choice but to work with me. The end result was that they not only achieved, they were happy.

That’s the point! It is not always easy, but remember, they are not finished yet! (Are we?) There are times when they become overwhelmed and frustrated. A quiet response from you may diffuse the issue and help them regain composure. When I taught a class of children with emotional and learning disabilities, I had a strategy. I would let them know that when they saw my eyes closed and my lips moving, I was praying for patience. Whenever this happened, the response was immediate. Everyone got back to work! I said nothing. When I look back on these moments I have to smile.

Remember that words of praise encourage our children. There is power in words of encouragement and praise. These words build trust. They show respect for their effort. I remember how my students responded to encouraging words. There were times when I watched them quietly completing independent assignments at their desks. As

they worked I would tell them that I loved the way they were working. They would look up at me, smile, and resume their work. It doesn’t take much to encourage our children.

About 15 years ago, I had lunch with a former student. He was now in his 30s and working as a police officer. He was in a class that was so chaotic that the teacher was removed and I was asked to take over in January. As we chatted, I asked him this question, “Did I yell a lot?”

I will never forget his response. “You didn’t have to. We didn’t want to upset you!”

You see, persistence, patience, and praise work wonders. Pour in pounds of love and what may have seemed impossible becomes a reality. Our children are a gift. They need us to guide them along the windy road to success so they will unleash their potential and reach the stars. Then we will know that we have shared in their success.

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.

Preserve your natural teeth with these important tips

(StatePoint) May is Save Your Tooth Month, an annual celebration of tooth-saving procedures and the endodontists responsible for saving teeth. It’s also an important reminder that while having a tooth pulled may seem like the easiest option when you have tooth pain from an infection or disease, saving your natural teeth is best.

According to the American

Association of Endodontists (AAE), a missing tooth can impact your quality of life and self-confidence, cause other teeth to shift, affect your ability to chew properly, and lead to more problems down the road — and a lot more cost. Tooth extraction is often more painful than the infection itself, and replacing an extracted tooth with an artificial one requires additional dental

visits that can quickly add up.

“Modern endodontics offers advancements in technologies, procedures and materials, giving you many treatment options to save your natural teeth. It’s important to understand your choices and how they’ll impact both your tooth and your future dental health,” says Dr. Natasha M. Flake, president of the AAE.

Unfortunately, there are a lot of misconceptions about what to do when you are experiencing tooth pain or infection. That’s why the AAE is offering these teeth-saving tips:

- While the phrase “I’d rather have a root canal” may be meant as a joke, it’s actually good advice. When given a choice between tooth extraction and root canal treatment, always opt for a root canal. Not only is root canal treatment from an endodontist virtually painless, no denture, bridge or implant will look, feel and function as well as a natural tooth. In short, the beginning of a root canal procedure means the end of tooth pain.
- Act immediately when you

experience symptoms of swelling or pain. Most endodontists can accommodate emergency cases, even on weekends, ensuring you’ll be seen quickly.

- If your dentist recommends tooth extraction, ask whether having a root canal is an option.
- If you’re told a root canal is not an option, ask why and request a referral to an endodontist, or use the AAE’s Find My Endodontist search tool at findmyendodontist.com to find a practice near you. Endodontists are specialists in saving teeth. They can evaluate your condition and provide the best treatment plan to help you save your teeth for a lifetime.

“In a disposable era, some things are worth preserving. It’s always best to retain your natural teeth whenever possible and endodontic treatment, which helps you maintain your natural smile, continue eating the foods you love and limits the need for ongoing dental work, should be your first choice for the best health and cosmetic results,” says Dr. Flake.



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Suffering from bad spring allergies?

Reduce your symptoms with these 8 tips

By Dr. Scott Costley
Nuvance Health



Spring has arrived, but don't let sunshine and warm weather fool you! Pollen is in the air and if you have bad outdoor allergies and you're thinking

of celebrating spring with a picnic in the park, you may want to learn how to prepare yourself before heading outside.

What happens when spring arrives early? - Ahhh-choo! You know spring is here when the sound of sneezing competes with whistling robins. With an early spring arrival, trees and plants stretch their limbs ahead of schedule as warm weather begins to settle in. Because of this, pollen releases earlier than usual, which can make allergy sufferers feel downright awful. The longer pollen is in the air, the more likely your body may react to allergens.

Spring allergens can affect various aspects of your overall well-being such as your quality of sleep, productivity at work, social activities and outdoor recreation.

If you find yourself or your family struggling to manage your spring allergies, it may be time to seek guidance from your primary care physician.

What are common spring allergy symptoms? - Spring brings the joy of blooming daffodils and sunny days, but it also brings things that are not as enjoyable — seasonal allergies. If you find yourself swimming in a sea of tissues, you're not alone. Nearly one in three adults and more than one in four children in the United States has a seasonal allergy.

Spring allergies can make you feel tired, congested and uncomfortable. But understanding symptoms can help you manage them better: Runny nose, Coughing, Sore

PATIENT FIRST

throat, Itchy eyes, Sneezing.

Exposure to pollen can also trigger asthma attacks in people who have asthma. If you or your loved one have asthma or have an intense experience of symptoms, don't hesitate to reach out to your family medicine physician for

your clothes after outdoor activities to wash off any allergens that have collected on your body during the day. It is especially helpful to shower before going to bed, so you have a good night's sleep without allergens in your bedding.



personalized advice and treatment options.

How can I relieve my spring allergy symptoms? - While spring allergies can be bothersome, there are several ways to reduce your exposure to allergens and alleviate symptoms.

Here are tips to protect yourself and lessen the effects of spring allergies:

- 1. Allergy medications.** Ask your primary care provider about trying medication like oral antihistamines or nasal corticosteroids. Some medication options are available over the counter.
- 2. Check the weather forecast.** Stay indoors during peak allergy hours, especially on dry, windy days and in the early mornings when your allergies are worse.
- 3. Garden safely.** Don't mow, weed or garden when your allergies are most likely to flare. If you must perform these tasks, try wearing a mask.
- 4. Shower after being outdoors.** Shower and change

- 8. Clean your floors.** Vacuum regularly with a HEPA filter to remove allergens from carpets and rugs.
- How can I tell if I have spring allergies or a cold?** - Spring allergies can last for several weeks or even months. Unlike a cold, which usually resolves within a week or two, spring allergies persist for as long as you're exposed to allergens.

Pollen-related allergies generally don't cause fever, chills or body aches. If you experience any of these symptoms, you should make an appointment with your primary care physician.

The bottom line: Seasonal allergies can cast a shadow on enjoying the warm weather. But by understanding your symptoms and taking preventive measures, such as checking the pollen forecast, avoiding outdoor activities during peak allergy hours and implementing allergen-reducing strategies at home, you can

minimize the harmful impact of spring allergies for you and your family.

Dr. Scott Costley is a Nuvance Health primary care physician who specializes in family medicine. He sees patients out of Nuvance Health Medical Practices in Kingston.



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Reasons to light a candle every evening



LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady

There is no doubt that candles improve the atmosphere in the house especially during times of grief, sleeplessness and stress.

- Relax the Mind with a Purple Candle - Have you noticed how relaxed you become when you look at a flame? Find a comfortable place in your home where you will not be interrupted and in complete silence and just stare at the flame and you'll notice how relaxed you will feel.
- Better Sleep with Specific Scented Candles - An hour before you go to sleep, turn off your cell phone and laptop computer and light an Eucalyptus or Lavender Scented Candle to help your body and mind begin to

unwind for the night. If you are concerned with falling asleep with the candles on, try a wax warmer with a timer.

- Focus to solve Problems - Light an orange candle when you feel overwhelmed and need to get things accomplished. It will clear your mind and motivate you.
- Dealing with Grief or Sadness - A white candle will lift your spirits when you are experiencing grief or great sadness. It will help you escape the present and gain inner peace.
- Better Mental Health - If you are emotionally exhausted, lighting a black candle will help with excessive anxiety, repel negativity and reduce stress.

Quality of life is just a couple of candles away. Enjoy the flickering flame!

Safety - 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

before lighting to promote proper flame height. Additionally, keep candles away from drafty areas to avoid flame flickering and the wax pool free of debris, it should stop black marks from forming on the sides of the candle holder.

Avoid displaying candles where they will be directly exposed to sunlight or strong indoor lighting because they will fade or melt. Store candles in use in a cool, dark and dry place and use dust protectors or lids to keep them free of dust and preserve the scent. If you have a candle holder with old wax? Place the candle holder in the freezer for 30 minutes. The freezer will cause the wax to shrink and separate from the glass.

About - 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 at Pleasant Valley with her late husband, Dominick and relocated to Eastdale Village in 2020. Sonya, the Candle Lady believes that

candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax.

Beginning May 1st, Ye Olde Candle & Gift Shoppe will transition from storefront and instead focus on their online presence, candle-making workshops and seasonal pop-up store events. There will still be opportunities to meet in person at the upcoming Eastdale Farmers' Market & Second Friday Events in addition to art galleries, local libraries, restaurants, schools and private events. Please do not hesitate to reach out should you be interested in having a candle-making workshop.

Contact Information for Sonya, the Candle Lady

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It's time to 'get moving' – exercise counts!

By Christian Campilii PT, DPT

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control and overall quality of life.

The second edition of the "Physical Activity Guidelines for Americans," reports that approximately 80 percent of U.S. adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and improve many chronic conditions. America, it's time to get moving!

BODY KNOWLEDGE

According to the guidelines, the following is recommended:

- **Preschool-aged children** (ages 3 through 5 years) should be physically active at least for three hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-around time, such as screen time.
- **Children and adolescents** (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.
- **Adults** should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least two days for muscle-

strengthening activities. Adding more time provides further benefits.

- **Older adults (ages 65 and older)** should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.
- **Pregnant and postpartum women** who were physically active before pregnancy can continue these activities during pregnancy and in the postpartum period, but they should consult their health care provider about

any necessary adjustments.

- **Adults with chronic health conditions and disabilities**, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a healthcare provider about the types and amounts that are appropriate for you.

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

You can contact a physical therapist directly for an evaluation. You do not need a physician referral.

*Adapted from APTA and U.S. Department of Health and Human Services

For more information, visit centerforphysicaltherapy.com or call 845-297-4789.

How to raise healthy and active children

(StatePoint) Many factors impact your child or teen’s wellness, including where you live, genetics and other influences. According to experts though, you can encourage a healthy lifestyle for your child, and help prevent obesity and other illnesses that can extend into adulthood.

“Raising a healthy, active child is about much more than nutrition and physical activity,” says Natalie D. Muth, a pediatrician and registered dietician. “It also entails adequate sleep, a positive approach to screen use and social-emotional wellness, and to the best of your ability, helping ensure your surrounding environment supports healthy routines.”

At a time when few children and adolescents meet the recommendations for nutrition and activity, a new clinical report from the American Academy of Pediatrics (AAP), “The Role of the Pediatrician in the Promotion of Healthy, Active Living,” offers guidance to help optimize a child’s health regardless of their weight, as well as strategies based on the best science that can also help prevent obesity at every stage, from infancy through adolescence.

Here are some practical tips from the AAP that you can use to tackle issues within your control:

- Learn about good nutrition. Visit [MyPlate.gov](https://www.myplate.gov) for great ways to take a team approach to

planning and making meals so that kids have an active role in what they eat. The site takes into account cultural traditions, giving examples of healthy meals that include familiar foods.

- Reach for water. Sugary drinks such as 100% fruit juice,

ultra-processed foods altogether, but try to limit their access and help children and adolescents learn the benefits of eating whole foods like fruits and vegetables. You can also talk with them about the health risks of too much “junk food,” which is

active gaming or online fitness classes to strengthen muscles, build coordination and release tension.

- Manage stress. If your schedule is jammed with so many commitments that there’s no room for healthy downtime,

consider what you can let go. Rest rebuilds the body’s systems after the challenges of a tough day or week, so reserve time for it.

- Lean on support. Not all neighborhoods have safe places for children to play and walk to school, or offer nutritious and affordable food nearby. Additionally, factors like racism, toxic stress, housing or food insecurity and safety risks can impact your child’s health. Creating a safe environment at home, and leaning on the support of schools, health care systems and the wider

community can create a healthier life for your child. One important resource is your pediatrician. Talk to them about ways to support an active, healthy lifestyle for your child.

For more tips and resources, visit [healthychildren.org](https://www.healthychildren.org).

“Remember that feeling loved, seen and appreciated are just as central to your child’s health as nutrition and exercise. The brain and the body are one system – so when kids feel safe and secure, their bodies function well,” says Dr. Muth.



sodas, sports drinks and fruit drinks, account for 24% of added sugar intake in the U.S. diet in people 1 year and older. Consumption contributes significantly to an increased risk of cardiovascular disease, childhood obesity, type 2 diabetes and other health risks, according to USDA statistics. Ideally, aim for one sugary drink or fewer per week. Bonus: drinking water cleanses teeth and gums, preventing cavities now while setting the stage for lifelong dental health.

- Limit ultra-processed foods. It may not be realistic to avoid

generally loaded in sugar and salt, doesn’t increase feelings of fullness, and prompts overeating.

- Adopt a family media plan. Everyone benefits from sensible screen time limits that make room for healthy activities. Engage kids in creating a plan for the whole family.

- Move more. It can be challenging to get up and move more, but when you make it a priority, kids benefit. Organized sports aren’t the only option. Your family can also enjoy walking, biking, swimming and dancing. Indoors, you can try

Promote happiness with this Mother’s Day gift guide

(StatePoint) Sometimes, it’s the little things in life that can make one’s day. Use this Mother’s Day gift guide to promote happiness in your mom’s life.

Better Mornings - Coffee and tea have been scientifically proven to boost happiness. But if your mom is like many moms out there, she may get so busy taking care of others she forgets to drink her beverage before it gets cold. What if she could enjoy her coffee or tea from the first sip to the last at just the right temperature? Nextmug, a temperature-controlled, self-heating mug, stylishly maintains an individual’s beverage at their ideal temperature — 130, 140 or 150 degrees Fahrenheit — for

hours. The stainless-steel body of the mug has an elegant ceramic matte finish in a range of gorgeous colors like burgundy, dusty rose and pistachio. At 17 ounces, the ergonomically designed body and handle will fit comfortably in her hands, making it a happiness-inducing sidekick for her days, whether they take place at home or in the workplace. And with no setting up an app, no passwords or rebooting and no security concerns it’s incredibly easy to use. To learn more, visit [nextmug.com](https://www.nextmug.com).

Endorphin Boost - Did you know that exercise is one of the best ways to promote happiness? Not only can it be a

major confidence booster, it releases endorphins that offer a post-workout bliss. However, many people new to exercise don’t know how to start working out or have questions about doing so safely. If your mom is one of those people, consider gifting her a session with a personal trainer. In one session, the trainer can assess your mom’s current level of fitness and offer her a sensible routine to do on her own. Or, if your mom is social or loves variety, consider getting her a fitness membership to a service like ClassPass. This will allow her to take various types of fitness classes so she can see what style of workout she likes best.

Happy Faces on Rotation - Sometimes all one needs to smile is a reminder of a happy memory. Upgrade your mom’s photo display game with a digital frame so she can be treated to a slideshow of loved ones anytime she wants. With a model that connects to Wi-Fi, she can easily send photos to the frame through email or via online photo collections. As a thoughtful gesture, consider pre-loading it with some of her favorite family photos.

This Mother’s Day, honor your mom with thoughtful and fun gifts that will promote her happiness.



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