

Healthy Lifestyles

August 27, 2025

Valuable tips on preparing for a successful school year

September is almost here. What happened to summer? Now the work begins again, a return to school schedules, early morning wake-up calls to meet the bus, homework, studying for

MAKING EDUCATION WORK with Diane Fulves

new teachers may not know your children and may not understand their needs, so I recommend that you make yourselves available to provide important information which will prevent problems, and



tests, and all the activities of school days. Get ready for the new year because it is beginning very soon.

Each year I remind parents of some of the ways we can make preparations for each day. First on the agenda actually begins the night before. Your children must have sufficient sleep to be alert and attentive throughout the six-hour school day. You might want to start practicing the earlier bedtime before the first day of school to get them ready for the new schedule. You might want to begin a nighttime routine to help them settle down and feel safe and loved before they fall asleep. The last face they see, the last words they hear will come from a parent who loves them. How comforting is that?

Making preparations the night before each school day will make a big difference for you and your children and will help them start the day feeling

relaxed and organized. Get all the materials in the backpack, homework, signed notes, permission slips, even snacks, and everything else that your children will need to make the day go smoothly. Prepare the clothes they want to wear and, if possible, make lunches. Your mornings will be much calmer when you prepare ahead.

An important part of each day is a nutritious breakfast. Select foods your children will enjoy, but make sure that they provide the nutrients and energy that will sustain them through the morning. Some children will not have lunch until one o'clock. Find good sources of protein, eggs, a grilled cheese or peanut butter and jelly sandwich, or a nutritious cereal with some fruit. Cereals with lots of sugar and artificial ingredients are not on the menu! If your children have trouble eating breakfast early in the morning, pack this breakfast and send it with them. Speak to the

teacher and make arrangements to allow them to have this breakfast before the school day begins. This should not be a problem.

Take some time to talk to your children about the new school year. A new grade brings new challenges: a new classroom, a new teacher, new friends, and a curriculum that may present some difficulty for them. Assure your children that you will be there to help them. Some children look forward to the new year with excitement, but others may be nervous and apprehensive. Talk to them about the things that they are worried about. Please don't tell them not to be worried. This doesn't help them and can cause more anxiety. Listen to them calmly and patiently. Talk about solutions. Just knowing that you support them will help relieve some of their concerns.

Parents, remember that the

will also allow the teachers to make some appropriate modifications if they are necessary. The teachers in the previous grades can also share information and strategies that worked well with your children.

Remember parents, we are a team and you are essential members of that team. We must work together to share ideas and techniques to help our children succeed. We must do this because our children's success is the only option!

Diane Fulves is an educator and advocate for children and parents. 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 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 become sick as well; prolonged stress, the physical and emotional

BROOKMEADE SENIOR CONCEPTS

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 care-giving 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 & 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.

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, visit brookmeadecommunity.org



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No vacation From vaccination: Why we should stay up to date on shots

The summer months can be a great time for family fun and a break from work. But there's one thing you can't put on pause: your vaccines. Unfortunately, there's never a vacation from illness or disease, especially as summer transitions to the cooler months when infections start to rise. Consider these overall numbers from the Center for Disease Control (CDC):

- 320,000 people get pneumococcal pneumonia every year, leading to over 150,000 hospitalizations and 5,000 deaths, mostly among the elderly.
- About 880,000 people have chronic hepatitis B, which can cause serious health problems, including liver damage, cirrhosis, liver cancer, and even death.
- HPV causes over 27,000 cancers in women and men each year. About 4,000 women die each year from cervical cancer.

Vaccinations are a great way to prevent disease spread and severity. As summer winds down, it's a great time to check with your primary care physician to ensure you are up to date on all your vaccines.

Adult Vaccine Recommendations

The chart below, provided by the Centers for Disease Control and Prevention (CDC), offers guidance for patients and physicians on the proper timing and dosing of recommended and required vaccinations. While staying up to date on immunizations is important for everyone, certain workplaces may also require it. Either way, keeping track of your vaccination needs helps protect

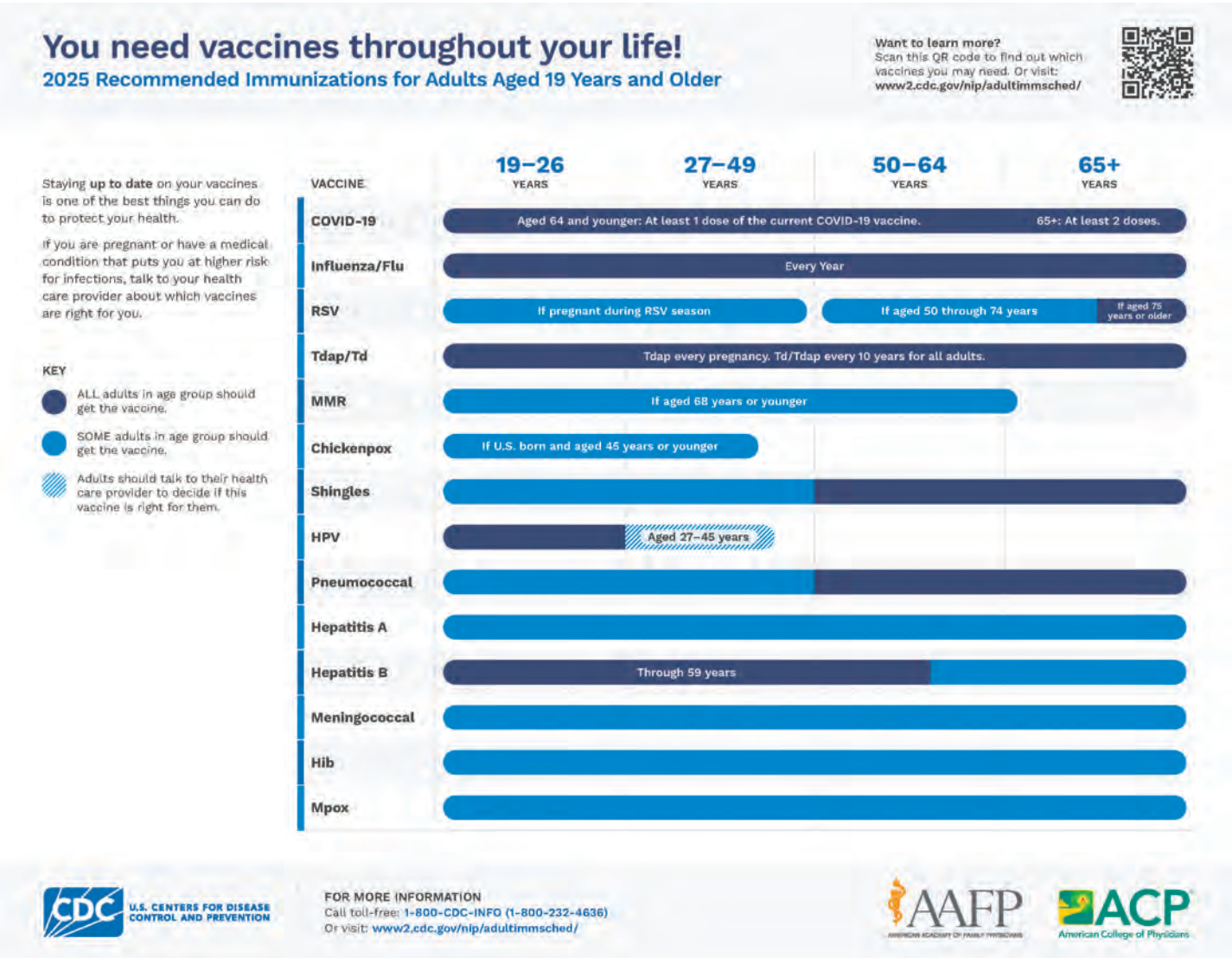


your health. Some vaccines require more than one dose to build strong, lasting immunity - this is where booster shots play a key role. Your primary care physician can help you understand which

vaccines you need and when, as well as guide you on the appropriate booster schedule.

Still have Questions? Premier Medical is Here for You - We understand that there's a lot to

know about vaccine recommendations and requirements for adults. That's why the physicians at Premier Medical Group are here for you, with guidance and support to help ensure you're vaccinated and well cared for, each and every season. Schedule an appointment with Premier's Primary Care Division to discuss staying up to date on your immunizations, give us a call at 888-632-6099, or visit our website: www.PremierMedicalHV.com



Financial tips for women

(StatePoint) Women face unique financial challenges, such as career breaks for caregiving and gender wealth gaps.

CERTIFIED FINANCIAL PLANNER® professionals are offering insights into some of these challenges, along with tips to help women build wealth and achieve financial independence.

The Challenges

Wealth gap: Across all workers nationwide, women were typically paid 75 cents for every dollar paid to a man in 2023, a figure that's held steady for decades. Given this persistent wage gap, it's no surprise that the TIAA Institute finds that women have 30% less in retirement income than men, a big issue considering that American women live 5.8 years longer on average.

Caregiving roles: Women are often the primary caretaker to

children and other family members, such as elderly parents, and are more likely than men to take time off from work to fulfill this role. This can impact long-term savings, professional advancement opportunities and Social Security benefits.

Health issues: While no one likes to imagine getting sick or feeling unwell, the unfortunate reality is that 1 in 8 American women will develop breast cancer in her lifetime. Other women's health conditions, while not life-threatening, can also be costly to manage. Menopause, for example, associated with more than 100 symptoms, costs U.S. women \$26.6 billion annually in medical expenses and lost work, according to the Mayo Clinic.

Financial abuse: Financial abuse is a common form of domestic abuse whereby a member of the household seizes control over

another's financial resources. While financial abuse transcends socioeconomic boundaries, the majority of victims are women.

The Solutions

So how can women overcome these challenges? Here are several strategies for building wealth and holding onto it:

- Be proactive about potential health issues. Understand the price tag involved for care and adjust your budget accordingly. Have disability insurance to replace income should a medical condition sideline you, and a life insurance plan in place before a serious diagnosis to secure an affordable policy.
- Select a health insurance plan that meets your needs.
- Establish an emergency fund.
- Diversify your income streams.
- Begin investing in a well-

diversified portfolio as early as possible.

- Build retirement savings by paying yourself first with each paycheck, maximizing contributions to tax-advantaged accounts.
- Create an estate plan to ensure your wishes will be met should you not have the capacity to speak for yourself.
- Educate yourself on finance and investing through workshops, books or by consulting with a CFP® professional.
- Reach out to the National Domestic Violence Hotline for support if you're experiencing financial abuse.

To find a CFP® professional who can help you take these steps and work with you to overcome the unique challenges you face, visit LetsMakeAPlan.org.

Family Services and many partners host ‘Back-to-School’ celebration

Family Services’ Family Partnership Center (FPC) hosted their highly anticipated annual “Back-to-School” event on Aug. 16. The afternoon was a joyous end of summer celebration.

A total of 600 backpacks filled with school supplies were handed out thanks to the generosity of Assemblymember Jonathan Jacobson, Central Hudson, Chase Bank, Comunilife, Finish Strong Wellness Center, Heritage Financial Credit Union, Hudson Valley Justice Center, M&T Bank, Planned Parenthood, Saving our Tomorrow, The Haiti Project, Family Services SNUG, and Sun River Health.

A big thank you to the many businesses and organizations that came together to create a fun filled day of food and activities including Button Down Balloons, Charlia Frank, the City of Poughkeepsie, Crazy Over Art, Crossroads Chess Community, DJ

T Storm, Fidelis, Finish Strong Wellness Center, LaBella Associates, Mama La’s Food for the Soul, Nuvance, proudly joining Northwell Health, NY Flight 845, Subway, Stewarts, TJ’s Pizzeria, and Ulster Savings Bank.

Leah Feldman, CEO of Family Services said, “This event, hosted in partnership with the organizations that make up the Family Partnership Center and many other groups in the Hudson Valley as well, is a tribute to the wonderful power of non-profit and for-profit companies coming together to positively impact families in our community.”

This memorable day of hope and collaboration was led by community leader and Family Services’ Family & Community Engagement Coordinator, Dennis Woodbine who founded the event three years ago with the help of several partner organizations at the FPC.



NYS Assembly member Jonathan Jacobson, second from left, joins representatives of Family Services at the annual “Back-to-School” event on Aug. 16. *Courtesy photo*

Emergency physicians share tips to keep children safe as they head back to school

As families across the country prepare for the new school year, the American College of Emergency Physicians (ACEP) urges parents and caregivers to take simple steps to help keep children safe, healthy, and out of the emergency department.

“Back-to-school season is an exciting time, but it also comes with risks—from playground injuries to increased illnesses and traffic dangers,” said Alison Haddock, MD, FACEP, president of ACEP.

Emergency physicians recommend the following back-to-school safety tips:

- Practice safe travel to and from school. If your children walk to school, teach them to choose direct routes, follow traffic signals, and always use sidewalks and crosswalks. Have a dedicated, safe pick-up and drop-off spot. Children riding a bike, e-bike, or scooter to school should wear properly fitted helmets. For children taking the school bus, review bus stop safety and how to remain visible to the bus driver. New teen drivers should be encouraged to limit distractions while on the road, especially cell phones, and always wear a seat belt.
- Prevent school-related injuries. Ensure children have the proper safety gear for sports, physical, or outdoor activities and encourage warm-ups before games as well as hydration throughout the day. Make sure backpacks are not too heavy. From 2019 to 2021, according to

the Consumer Safety Product Commission, each year on average there were 1,200 backpack-related injuries among children under 19 years old treated in emergency rooms.

- Get vaccinated. Vaccines are vital to protecting students, their families, and their teachers. Flu season in the United States typically runs from October to May, so back-to-school is the perfect time to make sure your child gets a flu shot and any other vaccinations recommended by their physician.
- Plan for emergencies. Make sure children know what to do in case of emergency. Encourage children to learn when to call 911 and teach them to give their name, address, and a brief description of the problem to appropriate health and safety officials. Update school records with emergency contacts and your child’s known health issues, especially in the case of asthma or serious allergies.

The American College of Emergency Physicians (ACEP) is the national medical society representing emergency medicine. Through continuing education, research, public education, and advocacy, ACEP advances emergency care on behalf of its 40,000 emergency physician members, and the more than 150 million people they treat on an annual basis. For more information, visit www.acep.org and www.emergencyphysicians.org.



A variety of services were on hand for the large crowd of individuals attending the “Back to School” event. *Courtesy photo*

Beyond hot! Strategies to empower women to thrive during stages of menopause

Society tends to emphasize puberty over menopause, despite the latter lasting about a third of our lives. While common symptoms like hot flashes and mood swings are discussed, many lesser-known changes can be surprising.

We need to foster open conversations about menopause to empower women, alleviating their concerns about the future. Let’s create a supportive space where women can share their experiences and concerns about menopause.

Your joints certainly didn’t sign up for this! Sudden feelings of aging can be linked to hormonal changes. Menopause often brings joint pain and longer recovery times after exercise. Staying active is essential, as women can lose up to 10% of bone density in the first five years of menopause.

Resistance training can help maintain or even increase bone density, empowering you during this transition. Stick to your exercise routine, focus on muscle building, and improve bone density to alleviate menopause symptoms.

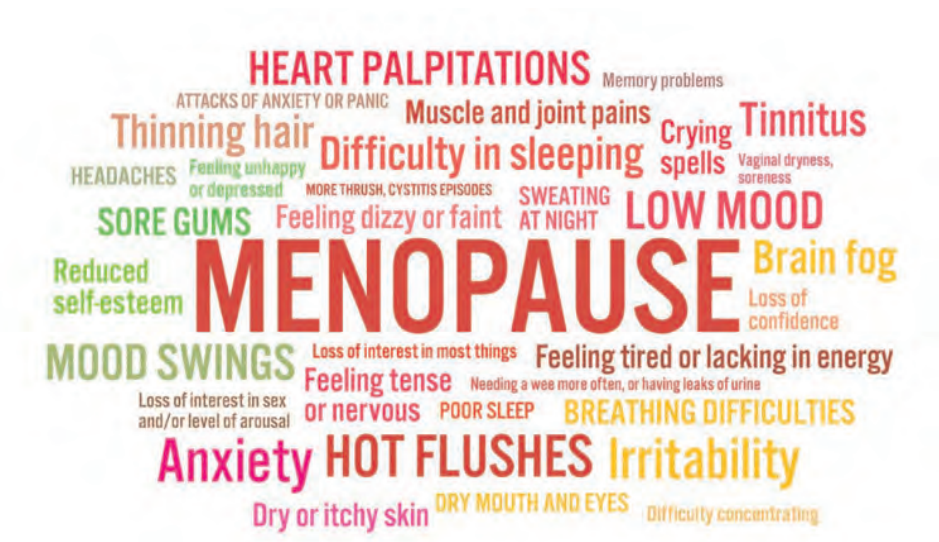
Your teeth are experiencing it as well! Lower estrogen levels result in thinner skin and impact gum health. Reduced estrogen leads to decreased collagen production, causing gum recession, increased sensitivity,

cavities, tooth loss, and potential jawbone deterioration. Regular brushing and flossing may not be enough, so it’s essential to recognize these changes and consider additional dental care during menopause to maintain oral health.

Staying informed and proactive can help prevent issues and preserve a healthy smile. During menopause, hormonal shifts, particularly the drop in estrogen, can increase gum inflammation, bleeding, and disease risk. Estrogen is vital for healthy gum connective tissue, and its decline weakens gum strength, making them more vulnerable to infections and inflammation.

Tips for thriving during this change - Managing menopausal symptoms can be challenging, but a holistic approach offers relief.

- Prioritize your physical health with nutrient-rich foods to boost energy and mood.
- Stay active through gentle stretching, walking, or yoga to reduce tension and maintain muscle strength and bone flexibility.
- Meditation and prayer greatly benefit your mind and spirit. Take a few moments daily to breathe, reflect, and center yourself.
- Prioritize your heart by cultivating joy and gratitude for improved emotional health.
- Focus on self-care, stay



hydrated, and listen to your body.

- Incorporate mindful eating, exercise, and spiritual practices to enhance your overall well-being.

Remember, self-care is essential for your health, not selfish. Stay positive, keep progressing, and greet each day with joy. Embrace these habits to navigate menopause with grace and strength. You are the author of your story; follow what feels right and remember that a positive mindset can significantly influence your menopause experience.

The North American Menopause Society notes that OB/GYN residents receive limited education on menopause, with only 20% of programs providing specific training. Additionally, half of U.S. OB/GYN residencies feel they require more education in menopause medicine.

Join Vital Women - Menopause Midlife Metamorphosis for a supportive space to reflect and share your menopause journey with compassionate women who understand all stages: perimenopause, menopause, and post-menopause. You’re not alone; support is here.

References

Haver, M.C., MD (2024). *The new menopause*

O’Sullivan, I. GGS Menopause Coaching Specialist Certification - evidence-based insights created by women for women.

Ivette O’Sullivan is a social worker and certified menopause coaching specialist.

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Protecting kids’ mental health during upcoming school year

(StatePoint) From schoolwork and homework to friendships and extracurriculars to potentially dealing with difficult situations like bullying, there is a lot for kids to navigate during the school year.

Fortunately, efforts are being made to provide tools that help protect kids’ mental health—and parents and teachers can be proactive about getting involved.

Preventing Bullying - Bullying is a direct cause of mental health issues and can be one of the major stressors kids face both at school and after hours due to the rise in cyberbullying. It’s important that children treat each other with compassion, as unkind words and actions can have devastating effects on the long-term wellbeing of classmates.

Celebrating 10 years, Pilot Pen’s “Erase Bullying for Good” initiative helps students, parents and teachers understand and stop bullying. Sales from Pilot’s FriXion Clicker erasable gel pens support STOMP Out Bullying, the nation’s leading nonprofit dedicated to this issue. In fact, Pilot’s contributions to anti-bullying organizations

between 2015-2025 will equal over \$650,000, helping fund a variety of initiatives that are making communities a safer place for students.

The campaign recommends these tips to help erase bullying before it starts at your child’s school:

- Advocate for the adoption of bullying prevention programs. This might include special teacher and faculty training, peer mentoring and “Bullying Boxes,” where students can file anonymous reports of bullying.
- Institute wellness rooms, which are safe spaces where students experiencing distress can retreat and relax.
- Ensure your school actively celebrates both diversity and differences, and that all students are respected and valued. Establish programs that teach empathy, tolerance, kindness, acceptance and conflict resolution.
- Ask your school to establish internet use guidelines to educate students and help stop after-hours cyberbullying.

- Teach kids about the difference between being a bystander – someone who watches bullying happen – and being an upstander – someone who intervenes when bullying is taking place. Encourage them to be an upstander when it feels safe to do so and to report bullying when they witness it.

If you’re experiencing bullying, or

if you have a friend, child or student who is, lean on resources designed to help. Pilot’s “Erase Bullying for Good” campaign and STOMP Out Bullying provide tools to help you react effectively to bullying when it happens and learn what to do next. To access these resources, visit powertotheopen.com/erase-bullying

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How to make your cardio workouts more effective with Fartlek training

By Jason B. Friedman, MD
Sports Medicine,
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Jason B. Friedman, MD

Looking for a way to boost your cardio workouts without getting bored? Try doing fartleks. Fartlek is Swedish for “speed play,” and it’s one of the best ways to add variety, improve endurance and make your workouts more fun!

What is fartlek training and how does it improve your cardio workout? - Fartlek training is a type of interval training, which means alternating between periods of higher and lower intensity movement. Unlike traditional interval workouts, fartleks are unstructured and based on how you’re feeling. It’s up to you to decide when to push yourself and when to slow down.

Fartleks offer a flexible approach to cardio and help improve stamina, build speed and keep workouts engaging. Whether you’re biking, walking or jogging, fartlek workouts are easy to customize based on your fitness level and goals.

Benefits of fartlek training for heart health, endurance and injury prevention - Fartleks help our bodies get used to faster running and recovery to build endurance. Adding a mix of intensities to your cardio routine offers more than just a change of pace.

- Fartlek-style workouts can help you:
- Improve cardiovascular fitness
 - Burn more calories
 - Increase endurance
 - Enhance mental focus and motivation
 - Reduce overuse injuries from repetitive motion

PATIENT FIRST

Beginner-friendly Fartlek workout ideas for walking, running and biking - You don’t need a gym membership or high-tech gear to try fartlek training. Here are a few beginner-friendly ideas to get started:

- **Walking:** Walk at your normal pace, then speed up to a brisk walk for 30–60 seconds. Slow down to recover. Use trees, mailboxes or another type of landmark as your visual goal when speeding up/slowing down.
- **Running:** Jog at a comfortable pace for a few minutes, then run faster for 30 seconds to a minute. Recover, then repeat when ready.
- **Biking:** Pedal at a steady speed, then increase intensity for a short burst, like a hill sprint or higher resistance for one to two minutes.
- **Treadmill or elliptical:** Adjust the incline, resistance or speed for short, intense intervals followed by easier recovery periods and then repeat.

Try adding fartlek workouts to your routine 1–3 times per week to build strength, boost energy and avoid fitness plateaus.

What activities and sports benefit from Fartlek training? Fartlek training supports a wide range of everyday activities, not just competitive sports.

- Fartleks can help you with:
- **Training for a race:** Builds stamina and speed naturally
 - **Cycling or hiking outdoors:** Mimics real-life terrain shifts
 - **Sports like soccer or basketball:** Prepares your body for quick bursts and stops
 - **Swimming workouts:** Alternating laps of speed and recovery improves breath control

- **Daily movement:** Improves fitness for everyday activities like walking your dog, chasing your kids around or running errands
- **How to get started with Fartlek training** - The best thing about fartlek workouts? They’re flexible and fun! Fartlek training is an effective way to keep your body moving with purpose.
- Here are a few ways to incorporate them into your exercise routine:
- **Start small** by adding short bursts of intensity into your regular

- walks or bike rides.
- **Listen to your body** and push when you’re ready to go faster and slow down when you’re ready to recover.
 - **Mix up your exercise routine** by changing the terrain, pace or activity to keep things fun and motivating.
 - **The bottom line:** Whether you’re training for a race or just trying to stay active, fartlek training is a great way to improve your fitness while keeping your routine interesting. So the next time you hit the road, treadmill or trail, try sprinkling in some Fartleks. Your heart and your future self will thank you!

Exercise counts! 'Back-to-School' time is 'moving time'

BODY KNOWLEDGE

By Christian Campilii PT, DPT

Most Americans don’t exercise 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.



Christian Campilii

Exercise is important as the new school year arrives, but it is also important for all age groups.

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!

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.



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Light a scented candle to speed up the process of selling your home



If you have ever placed your home on the market, most real estate agents will suggest scented candles as

part of the staging process. However, the scents must not be too strong because it may make the potential buyer think you are attempting to mask an unclean home.

The top 4 candle scents - Lavender scented candles will promote Relaxation. For most people, buying or selling a home is very stressful so lavender is one of the simplest ways to calm everyone down. Lavender is a popular scent with both men and women.

Pine Scented Candles have been known to help clear the mind and enable you to focus on the tasks at hand. Pine scented candles are the top sellers during the holidays but are also enjoyed throughout the entire year.

Vanilla is one of the top choices during the selling process because of the warm atmosphere it creates for potential buyers who are looking for a home that promotes calmness, comfort and familiarity.

Citrus Scented Candles will energize potential buyers for house hunting can make them irritable and tired. Citrus scents are helpful in lifting people's energies and is never overwhelming.

LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady

Important Steps when Candles are utilized during an Appointment or Open-house

1. Light the scented candle at least 15 minutes before the showing begins to ensure the wax has a chance to melt and release the scent.
2. Your home must be clean and well aired out before lighting any candles.
3. Place the candles in the living room, kitchen, and the bathroom. It is best to keep the scents separated when using different scents.
4. Discuss with your real estate agent where the candles will be placed so that he or she can blow out the candles at the end of the house showing.

Scented candles will set the ambiance and enable potential buyers to visualize themselves living there. May your home find its perfect new owner quickly.

Candle Care & Safety - Scented candles are safe if they are made with high-quality, non-toxic ingredients and are used according to the manufacturer's instructions.

Always make sure that there are no curtains above or table cloths that can easily catch fire. While we encourage the use of creative candle holders, always use one that is specifically designed for candle use. The holder should be

heat resistant, sturdy, and large enough to contain any drips or melted wax. Always place your candles on a stable, heat-resistant surface to avoid heat damage and prevent glass containers from breaking. 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; pool debris and black marks from forming on sides of the candle holder.

About
Sonya, the Candle Lady 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 late husband, Dominick and relocated to Eastdale Village in 2020.

Ye Olde Candle & Gift Shoppe transitioned in May of 2024 from

storefront to focus on candle-making workshops; art galleries, local libraries, restaurants and schools. However, you can now visit her new showroom suite; order on her online store and place orders through Door Dash.

The Carriage House at 42 Catharine Street, Suite C108 in Poughkeepsie.

Tuesday, Wednesday, Thursday & Friday: 2:30PM to 6:30PM

Saturday, Sunday & Monday: Closed

It is best to call in advance just in case there has been a change in my hours

To set up appointments to visit or to inquire about candle-making workshops, call (845) 818-6280

Email Address: candlehousegiftshoppe@gmail.com

Website Address: www.the-candle-lady.com

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Maximize outdoor time with kids & pets during back-to-school season

(StatePoint) As the back-to-school frenzy kicks in, it's easy to get caught up in all that goes along with prepping for a new school year. But before the homework and afterschool activities take over, remember to save some time for soaking up the final days of warm weather.

Your backyard can be more than just an outdoor area. With help from products like Spruce, it can be a welcoming retreat for your kids, pets, and family memories. These quick tips will help you get the most out of your outdoor space so you can enjoy the final dog days of summer.

Before They Play, Make Sure It's Okay - Outdoor toys, sports equipment and playsets have been the real summer superstars. But sun, rain, and repeated use can cause wear and tear. Inspect equipment for loose bolts,

splinters, rust, or cracks.

Designated Fun Zones - To make sure everyone has a great time in the backyard, it's a good idea to create specific areas for both pets and kids. For your four-legged friends, set aside a grassy space for them to run and play with some soft balls and tug toys. For kids, a designated paved area is a great place for riding bikes and scooters or getting creative with chalk art.

Weeding Without the Worry - Actively addressing weeds creates a more enjoyable environment for everyone. When it comes to tackling them, Spruce Weed & Grass Killer can help you get the job done without ending play time. The hardworking and worry-free weed and grass killer is easy to use and safe for use around people, pets, and bees, when used as directed.

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