

Healthy Lifestyles

September 16, 2026

Strength training success begins with commitment & discipline

An astounding - yet scary - fact is that strength is one of the strongest predictors of all cause mortality. "All cause mortality" is a term that simply means death from any possible cause.

This is astounding because it is established that there is a high correlation between physical capacity and longevity. However, this is alarming because most Americans do little strength training (Not enough to meet federal guidelines) to no strength training at all.

As a fitness professional, I feel responsible to educate and help inform the public on this issue. A major contributor to my clients committing to fitness has been getting stronger for a number of reasons. Strength training is literally a "Swiss Army knife" for the human body because it can benefit us in a myriad of ways. These include the following: Greater Discipline, Improve Bone Density, Boost Metabolism, Enhance Functional Ability, Support Brain Health, Increase Longevity, Reduce Risk of Injury and Improve Posture.

In past articles, I have

FUNCTIONAL FITNESS with Kyle Gillis



noted other benefits such as increased bone density, weight management, and improved quality of life. In fact, you'd be hard pressed to think of ways that increased strength would not positively impact your life.

The main obstacle between

this life of strength & fitness and all the good that comes along with it is discipline. I often say the heaviest weight in the gym is the front door. A routine of getting to the gym week after week is an adjustment that you must master to set yourself up for success.

Setting appropriate goals can improve motivation and promote adherence to your new routine. This is especially important when you consider that, for some people, noticeable muscle growth might not begin until around the two-month mark. The first two months are mainly neural adaptations (increased recruitment of motor units that control muscle).

Basically, your nervous system becomes much more efficient at using the entirety of muscle you currently have

instead of just a fraction of it. The average non-lifter is using a small portion of their muscle fibers since full recruitment isn't essential to lifting objects around the house.

It's common to be impatient and want results yesterday, but you have to remind yourself you're in it for the long haul. Long-term independence derived from strength is the end goal with many smaller goals along the way. There is never a bad time to get stronger and utilize all the benefits of the body's Swiss Army knife.

Kyle Gillis' dedication to helping people is what drives him to deliver you a great experience. Fitness Trainer In-person classes - Call or text: 914-388-1057 Email: kylesfunctionalfitness@gmail.com



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Where were you?

The stories we carry—and the importance of sharing them

By Brian Zeidan
Brookmeade Community



Brian Zeidan

Every generation has moments when the world seemed to stop.

For many of us, September 11, 2001, is one of those moments.

Ask someone where they were when they first heard that a plane had struck the World Trade Center, and chances are they can tell you.

Not simply the city or the building. They remember who they were with and what they were doing. What someone said. The television that was playing in the background. The phone call they made afterward.

BROOKMEADE SENIOR CONCEPTS

Twenty-five years later, those memories remain remarkably vivid.

But working with older adults has taught me that September 11 is only one chapter in a much larger collection of memories.

Ask someone from another generation where they were when President Kennedy was assassinated. Ask about the moon landing. Pearl Harbor. The end of World War II. The Blizzard of '78. The birth of a child or grandchild. Their first job. Their wedding day.

Suddenly, history stops being something printed in a textbook. It becomes someone's story.

One of the privileges of working at Brookmeade is being surrounded by people who have lived through an extraordinary amount of history. Our residents haven't simply read about many of the events younger generations study—they experienced them.

And sometimes the most fascinating stories aren't the historic ones at all. They're stories about meeting a spouse at a dance. Raising children while working two jobs. Taking the family on vacation with everyone squeezed into the car. Starting a career. Losing someone they loved. Making a mistake. Taking a chance.

Over the past several months, I've tried to make these articles a little more personal. I've shared pieces of my own life and, with permission, experiences from coworkers because I've realized something: facts can educate us, but stories connect us.

That is especially important in senior care.

It can be easy to meet an older adult only as they are today. We see the resident, patient, parent or grandparent in front of us. But there is an entire lifetime behind that person.

The gentleman sitting quietly at breakfast may once have managed hundreds of employees. The woman who needs assistance getting ready in the morning may have raised five children. Someone struggling to remember what happened yesterday may still be able to describe, in remarkable detail, something that happened seventy years ago.

At Brookmeade, one way we try to preserve that identity is through our residents' Life Stories. We learn about the person beyond their medical history—their family, career, interests, accomplishments, important relationships, favorite memories and experiences that helped shape who they are.

That information isn't simply interesting. It helps us know the individual.

Knowing that someone served in the military, owned a business, loved to dance, raised a large family, traveled the world, worked on a farm, or spent decades practicing a particular profession gives us another way to connect. It creates conversations and helps ensure that the person we care for is never reduced to a room number, diagnosis or list of needs.

We also look for opportunities to bring those stories forward and celebrate them.

Grandparents Day is more than another date on the activities calendar. It is an opportunity to recognize the generations of family represented within our community and everything our residents have passed along to their children and grandchildren.

The same is true when we recognize our veterans. We aren't simply acknowledging military service. We are learning about a chapter of someone's life—the places they went, the responsibilities they carried, the friendships they formed and the experiences that stayed with them long after they returned home.



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Real talk about prostate cancer



PREMIER *medical group*

By Premier Medical Group

You’ve probably heard a lot about prostate cancer, but may have wondered, what does the prostate actually do, and is it really that important?

A man’s prostate does a lot – and yes, it’s an important part of a man’s anatomy.

Small as a walnut, but with a big job to do - The prostate gland is small, but it’s a big part of the male reproductive system. Nestled inside the body below the bladder and above the pelvic floor, the prostate produces some of the seminal fluid that nourishes and transports sperm. But that’s not all. Because the prostate is located close to the bladder, and surrounds part of the tube that carries urine out of the body, the prostate can also affect the ability to urinate if it becomes enlarged or diseased.

Is prostate cancer common? - Yes, it’s more common than many people realize. The truth is that every five minutes, another man in the world is diagnosed with prostate cancer. It’s the second most common cancer among men in the United States, and in 2025, it’s estimated that about 313,780 new cases will be detected in the United States alone.

The good news though is that prostate cancer is typically a slow-growing type of cancer that has a

high rate of survival – when found early on. In fact, the survival rate for prostate cancer is actually 95% if the cancer is detected early while it’s still limited to the prostate, before it has moved to other parts of the body.

Shatter the stigma - The not-so-good news, however, is that not enough men are screened for early detection of the disease. Even if they experience symptoms, many men are hesitant to discuss their symptoms or concerns with their doctors and family.

Why is there a reluctance to talk about it? Research from 2020 shows that while we as a society have come a long way in being open and honest about our health, many men still feel embarrassed to talk about their prostate. Oftentimes they keep their concerns private, because they feel like the disease is associated with impaired sexual health, a decrease in masculinity, or they

are afraid of cancer’s effects on their urinary function. When these feelings are kept bottled up, it can lead to poor self-esteem, diminishing self-image, and difficulties in personal relationships. It’s a heavy burden to carry, and a stigma that has profound implications on all of us who love the men in our lives.

But there’s a lot we can do to change this dynamic. We can educate ourselves on the risks, the symptoms, the treatments, and the many options that are available to manage treatment side effects. Most importantly, we can encourage the men in our lives to talk. Not only to their friends and family, but to their doctors and to each other. That’s how we break the stigma, ease the burden, and save lives with prostate cancer.

5 signs and symptoms of prostate cancer

- Blood in your urine: if your urine is pink or red, you should make an appointment with your doctor right away
- Difficulty urinating: The urethra is surrounded by your prostate, so prostate disease often affects the ability to urinate
- Pelvic pain: As the prostate swells or cancer grows, it can start to invade muscles in your pelvis or rectum
- Erectile dysfunction: Prostate cancer is just one of many reasons why a man might have difficulty getting or maintaining an erection

- Bone pain: As we get older, we often attribute bone pain to general aging or too much exercise. But if it continues, it’s important to get checked out.

5 Facts to know about prostate cancer

- Some men don’t feel any symptoms in early stages of the disease
- There appears to be a genetic link, and prostate cancer can run in families
- African American men are 60% more likely to develop the cancer than white men
- Cooked tomatoes, cauliflower, and salmon may reduce the risk of prostate cancer progression
- It is recommended that prostate screening begin starting at age 50 for average-risk men, and earlier for those at higher risk.

Prostate Cancer Awareness Month is now - Now that we’ve shared some important information about prostate cancer, we urge you to take the next step. Now is the perfect time because it’s Prostate Cancer Awareness Month, and there are events happening in many communities around the country. Talk about it to your friends. Involve yourself in community knowledge and take action. Seek out webinars and other online hubs. But most of all, we urge all our male friends and relatives over the age of 50 to please call your doctor and get screened. Because early screening saves lives.

Contact the urology department at Premier Medical Group for more information on prostate cancer and prostate cancer awareness month. We’re leaders in the field of urology, and offer state-of-the-art screenings, testing and treatment protocols. Simply visit PremierMedicalHV.com/Specialties/Urology/ or call us today at 845-437-5000

Brookmeade: The stories we carry—and the importance of sharing them

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Those stories matter.

September is a particularly meaningful time to remember that. As our country marks 25 years since September 11, we should certainly remember those who lost their lives, the families forever changed, and the first responders and ordinary people who demonstrated extraordinary courage.

But we can also use this anniversary as a reminder to ask questions while we still have the opportunity.

Ask your parents where they were. Ask your grandparents what they remember. Ask about their first job. Their childhood home. The best advice their parents gave them. The person who changed their life. Ask what they were most proud of—and what they would do differently.

Then listen. Better yet, write it down or record the conversation.

Because eventually, the stories that seem like ordinary family memories become family history.

At Brookmeade, we often talk about adding life to years, not simply years to life. Part of doing that is recognizing that every older adult has something worth teaching us and a story worth preserving.

Sometimes all we have to do is ask.

Brian Zeidan, LNHA, SPHR, is the Administrator of The Meadows at Brookmeade in Rhinebeck, New York. Brian holds a bachelor's degree from Harvard University and a master's degree from New York University. Brookmeade Senior Concept articles explore aging, senior care, community, family, and the lessons we can learn from the experiences and stories of older adults.



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Schedules are important as we begin the new school year

A new school year has begun. We are back to schedules, early mornings, meeting the school bus, homework, tests, and all the "busyness" of the school year. Are you ready?

Once again I want to remind parents of the importance of three essentials to help their children succeed throughout the school day. They are sufficient sleep, a healthy, nutritious breakfast, and preparation each night for the next day to assure that the day begins without stress.

Children, teenagers, too, must have adequate sleep so they can be alert and attentive throughout the six-hour school day. A nutritious breakfast starts them off with the energy to sustain them through the morning. Choose foods that your children will enjoy, but make sure that they provide healthy nutrients. Be creative to find good sources of protein. Eggs, oatmeal, a grilled cheese sandwich, or a peanut/almond butter sandwich are better choices than cereals with lots of sugar and artificial ingredients.

Remember, some children will not have lunch until 1 p. m., so sending some healthy snacks and water will provide energy. If your

MAKING EDUCATION WORK with Diane Fulves

children cannot eat a lot before they leave for school, pack the breakfast and make arrangements with the teacher to allow them to eat it before the school day begins. This should not be a problem. We must do everything we can to help our children succeed.

Making preparations for the school day the night before will make a big difference for you and your children and help everyone begin the day feeling organized and calm. Get all materials in the backpack, homework, pencils, pens, crayons, signed notes and permission slips and everything your children will need. Choose clothes for the next day and, if possible, prepare breakfast and lunches. Taking the time at night will make your mornings stress free.

Some children will benefit from a communication folder. Although much communication is done through email and texting, there is some information that is sent home with our children. This folder will help children be more organized, which is especially important for

children who have memory or attention issues. Let teachers know where to look for information if children forget. It's in the folder!

When your children return home each day, take the time to talk to them about what happened during the day. Ask them questions, then listen. A new grade, a new teacher, a different classroom, and many new classmates may be a challenge for some children. Listen to your children. What they say and how they say it will tell you a lot about how they are adjusting to this new experience. Listening to then will let you know if there are any issues you should address. Listen and don't judge. Helping them deal with their anxieties is essential. They are only children and have much to learn about coping with problems. Talk about solutions. Just knowing that you support them will help relieve some of their worries.

Parents, remember that a new teacher does not know your children and may not understand their needs, so I recommend that

you make yourselves available to provide them with all the information they need to create the best academic and emotional program for your children. Some parents have told me that they do not want to "BOTHER" the teacher!! It is no bother! This is an intelligent, proactive intervention. When parents share specific information with the teacher, children can begin the year with a positive, productive foundation. We are a team.

I must admit that I love a challenge. Parents, I encourage you to look at the issues you may encounter this year, not as problems, but as challenges. When we face these challenges with knowledge, commitment and determination, we will succeed. Our children deserve nothing less. **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

Fall in love with Candles again



It's difficult to believe that candles were once a source of light after dark before electricity. Today, candles provide comfort in times of sadness; are the perfect complement in celebrations; scent our space; enable us to relax, and used in many cultures during religious rituals.

• **Cozy** - Candles take on a special role in our homes during the Fall season. Along with the flickering flame, the scents of Apple Pie, Cider, and Pumpkin capture the essence of autumn, creating a cozy ambiance that go well with chilly evenings, and longer nights.

• **Food** - Ever wonder why food seems to taste better in the presence of candles? It is because the soft and warm glow of candles relaxes your brain which elevates your sense of taste. The calmness it promotes causes you to eat at a slower pace, and encourage better

LIFE IS BETTER WITH CANDLES With Sonya, the Candle Lady

conversations.

• **Holidays** - Candles play a significant part in holiday traditions and are commonly placed in the windows as a representation of light during the darkest months of the year to create a warm welcome, and hope. They also create a festive atmosphere, adding warmth, and beauty to holiday decorations with the flickering light that many people cherish during the holidays.

• **Meditate** - Candles during rituals symbolize light, purity, spirituality, and a bridge between the physical, and spiritual worlds. The flame provides a calming ambiance that facilitates meditation, and reflection because candles are symbols of hope, intention, and remembrance.

• **Relax** - Take some "me" time after a stressful day by lighting a candle to create a calming atmosphere. The soft light makes it easier to relax reducing anxiety, and stress improving your mental health, and promoting better sleep.

• **Religions & Traditions** - Lighting candles is a common practice in many religions during ceremonies and prayers because it creates a sacred atmosphere. Candles are also used to mark significant events such as the Star of Bethlehem, and the eight nights

of Hanukkah. During the winter solstice ceremony, candles represent the return of light, and the coming of spring.

• **Romance** - Candles have always been linked to romance because they are associated with passion, and love. The warmth of the candlelight especially one of a scented candle enhances the mood by creating a more intimate, and memorable experience.

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, table cloths or candle rings 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 Us

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 also visit the showroom suite; place orders through social media and Door Dash.

We have candle-making workshops on Friday evenings at our showroom suite from 5:30PM to 7:30PM – Check for Dates!

We also offer candle-making workshops at Arlington High School's continuing education. Log into their website and register directly at: <https://arlingtonschools.revtrak.net/Continuing-Education/>

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What your dog or cat may be trying to tell you

By Joseph D’Abbraccio, DVM
Catskill Veterinary Services,
PLLC



Dr. Joseph A. D’Abbraccio DVM

Your dog still gets excited about dinner, but now waits at the bottom of the stairs. Your cat still curls up beside you, but no longer jumps onto the windowsill.

Nothing seems urgent. You wonder whether it is worth mentioning.

It is. Changes in everyday habits can give veterinarians valuable clues about a pet’s health—even when that pet still eats, plays, or seeks affection. Recognizing those changes can help us investigate discomfort or illness before it becomes harder to ignore.

The small changes that deserve a closer look - Start with what is normal for your animal. A dog who has always preferred short walks is different from one who suddenly turns back halfway through a favorite route. A cat who has always been reserved is different from one who begins spending the day under the bed.

Pay attention to a water bowl that needs filling more often, changes in bathroom habits, an unexplained change in weight, or less interest in usual activities. These observations do not identify a particular disease, but they help us decide what questions to ask and where to look. A new pattern matters, even when each individual change seems small. [AAHA: Recognizing illness]

Pain can change a routine without making a sound - We tend to picture pain as a yelp, a cry, or an obvious limp. Chronic discomfort can be much quieter. A dog may hesitate before getting into the car. A cat may choose lower resting places or become less willing to move around.

Those adaptations can make a problem easy to miss. When an animal stops doing the activity that hurts, the household may simply adjust around the change. We lift the dog. We move the cat’s bed. The pet seems comfortable again, but the reason for the change still deserves attention.

Veterinary assessment can help identify the source of discomfort and guide a plan that may combine medication, weight management, changes at home, or rehabilitation. Treatment should be tailored to the individual animal and reassessed as their needs change. [AAHA: Pain management]

Getting older should prompt questions - Age makes it especially tempting to explain away a change. “She is just slowing down” can feel like a reasonable conclusion. Yet an older animal may have a treatable

WAGS TO WELLNESS



condition contributing to that slower pace.

The goal is to understand what is affecting that pet’s comfort and daily life. Depending on the cause, care may help an animal move more comfortably, rest more peacefully, or return to activities the family thought were gone for good. Improvement is not guaranteed, but age alone should not close the conversation. [AAHA: Senior care]

How veterinarians connect the clues - Your observations provide the starting point. When did the change begin? Is it becoming more

frequent? Did it follow a new medication, a diet change, or a disruption at home? During an examination, we assess the animal as a whole, including body weight, muscle condition, the mouth, movement, and signs of discomfort.

Blood and urine testing may help investigate changes that are not visible from the outside. Depending on the findings, X-rays, ultrasound, or other targeted tests may be appropriate. Sometimes a specialist’s input helps clarify a complicated case. Each recommendation should answer a specific question and help guide

the next decision. [AAHA: Diagnostic assessment]

Bring us the everyday version of your pet - A short video of your dog getting up from a nap or your cat moving through the house can be useful. Animals may behave differently during a veterinary visit, so seeing their usual environment adds context. Record naturally occurring behavior; do not make a pet repeat something that appears painful.

Keep a brief note of what changed and when. Bring a list of medications and supplements, and mention changes in eating, drinking, grooming, or bathroom habits. You do not need to arrive with a diagnosis. “This is different for my pet” is a useful place to begin. [AAHA: The veterinary visit]

At Catskill Veterinary Services, we welcome those conversations. If your dog or cat seems different, contact our team, describe what you are noticing, and let us help determine the appropriate next step. Your familiarity with your pet and our medical assessment work together to build a clearer picture of their health.

That pause at the stairs or empty windowsill may be worth a conversation. You do not have to wait until your pet stops acting like themselves entirely to start it.

Breathe better with free asthma resources and support

(StatePoint) Asthma is a lifelong, chronic lung disease. However, for the 27.8 million people impacted in the United States, proper disease management can help them lead active lives.

To ensure that adults with asthma and the parents of children with asthma have the support they need to best manage their disease and emotional wellbeing, the American Lung Association is now offering a new comprehensive suite of programs. Focused on helping those with asthma improve their quality of life and maintain an active lifestyle with the disease, the free initiative includes three main components:

Support: As a part of the program, people can connect with Lung Health

Navigators — registered nurses, respiratory therapists, certified asthma educators and certified tobacco treatment specialists, who provide free, personalized support, guidance and resources. Lung Health Navigators meet with people one-on-one to answer questions about asthma techniques, provide educational resources, help them navigate insurance challenges, link them with support group connections and much more.

Education: Participants get access to the proven Breathe Well, Live Well course, which is the Lung Association’s premier asthma self-management program for adults and for parents of children with asthma. The evidence-based curriculum

teaches participants how to take control of their asthma, and is based on national best practices for asthma care.

Community: Community is critical for families living with asthma, so the program includes complimentary membership in the Patient & Caregiver Network, which provides free resources, education, and access to emerging research like clinical trials. In addition, people who sign up for the Asthma Lung Health Navigator program will receive a free air cleaner to help improve their indoor air quality (limited time only and while supplies last).

To learn more and to sign up, visit Lung.org/navigator.

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Let's get moving - and prevent chronic conditions

By Christian Campilii PT, DPT



Christian Campilii

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.

BODY KNOWLEDGE

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.

Tips to lower your blood pressure as you age

(StatePoint) As you age, there's a pretty good chance you'll eventually develop high blood pressure, also known as hypertension. In fact, according to one study, about 60% of people get hypertension by the time they

reach age 60. Fortunately, high blood pressure is highly treatable and manageable through a combination of lifestyle changes and, when necessary, medication. Unfortunately, it often appears

without symptoms, putting people at risk of stroke, heart failure, kidney disease, and death, without them even knowing it.

"High blood pressure is sometimes called the silent killer," said Dr. Jennifer Ziemianin, chief medical officer for HealthSpring. "But we're not going to be quiet about it. We want older adults to know about the risks and take action to manage hypertension."

The first step is to get your blood pressure checked. The American Heart Association recommends adults get their blood pressure checked at least once a year. According to the Centers for Disease Control and Prevention, high blood pressure is an upper reading of 130 or above or a lower reading of 80 or above.

If your blood pressure is high, you should check it regularly using an automatic, upper arm cuff-style monitor. These monitors are widely available, affordable and easy to use. You can ask your doctor for tips if needed.

Although hypertension generally can't be cured, it can be effectively managed through a variety of measures, Ziemianin said, including the following:

- **Cut down on salt.** As you get older, the body becomes more sensitive to salt. Too much salt can increase your blood pressure. Limit the amount of salt in your diet by choosing low-sodium seasonings when preparing meals.
- **Drink less alcohol.** Even moderate alcohol use can increase your blood pressure. The American Health Associations recommends no more than two drinks per day for men and one drink per day for women.
- **Quit smoking or don't start.** Smoking increases your risk for high blood pressure, heart disease, stroke, and other health problems. It's never too late to quit. If you have a Medicare plan, you have access to counseling services to help you quit. Additionally, a Medicare Part D plan may cover medications to help you stop smoking.
- **Manage stress.** Stress can increase your blood pressure. Medicare and MA plans cover counseling services, including telehealth in some cases, to help you cope with stress.
- **Talk to your doctor about medication.** There are several medications available to help lower your blood pressure. You may need to try several types or combinations before you find a plan that works for you. Once you find the right plan, always take your medication as prescribed. If cost is an issue, an MA plan with drug coverage, or a standalone drug plan, helps pay for most blood pressure medications.

For more information about Medicare and MA benefits that can help you lower your blood pressure, visit healthspring.com.



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NDH launches Elizabeth Thompson Care for the Caregiver Program

Northwell Health's Northern Dutchess Hospital has launched a transformative new initiative - The Elizabeth Thompson Care for the Caregiver Program, providing critical resources and support to caregivers across the Hudson Valley. The groundbreaking program is made possible by a generous \$300,000 gift from the Thomas Thompson Trust and additional philanthropic contributions, resulting in over \$500,000 raised to date to strengthen caregiver services at the hospital.

This endeavor directly addresses the emotional, physical and financial strain faced by an estimated 110,000 family caregivers in Dutchess, Columbia and Ulster counties. According to recent studies, nearly 60% of family caregivers find themselves in high-intensity situations. Northern Dutchess Hospital's own Center for Healthy Aging has seen demand for caregiver support increase, with roughly half of all mental health visits focused on caregiver concerns.

"Through my years of caring for patients and my own personal experience, I've witnessed just how much love, energy and sacrifice caregivers pour into supporting others," said Dr. Andy Wilson, president of Northern Dutchess Hospital. "Too often, caregivers carry that responsibility quietly and without enough support of their own. Seeing The Elizabeth Thompson Care for the Caregiver Program take shape is incredibly meaningful because it recognizes the vital role caregivers play and reminds them that they are not alone."

Born into poverty and entering domestic service as a housekeeper at just 13 years old, Elizabeth Rowell Thompson never

forgot her humble beginnings, even after marrying Boston businessman Thomas Thompson and later inheriting considerable wealth as a result of a trust her husband established. Elizabeth was an advocate for those facing hardship, particularly working women with children.

After Thomas' death, she gave generously to the communities of Rhinebeck, NY, and Brattleboro, VT. where she had homes. For more than a century, the Thomas Thompson Trust has carried that mission forward. Elizabeth's enduring legacy of recognizing and supporting those striving to care for themselves and their families serves as the direct inspiration for this new program.

Carrying that legacy forward and building on the proven success of Northern Dutchess Hospital's Center for Healthy Aging, which has offered caregiver support since 2012, The Elizabeth Thompson Care for the Caregiver Program will significantly expand and integrate support across inpatient, outpatient and community settings. Led by Allison Gould, LCSW, the program will provide coordinated, comprehensive services including:

- Supportive counseling for caregivers and their families
- Support groups
- Educational workshops
- Volunteer caregiver coaches
- Resource referrals
- A quiet space for caregivers to decompress

"Caregiving is one of the most challenging experiences a person can face, and something that no one should have to go through alone," says Allison Gould. "We have seen the difference that caregiver support interventions



Representatives of The Elizabeth Thompson Care for the Caregiver Program include, front from left Chaplain Jody Spiak, Manager Patient Experience Jennifer Sinnott and Manager Caregiver Program Allison Gould. In back are Assistant Manager Guest Services & Patient Experience Matthew Murray and NDH President Andy Wilson, MD. Photo courtesy of Northwell Health

make. Time and again, caregivers have shared that support groups, counseling, and resource navigation services have been invaluable as they traverse the caregiver's journey. We are thrilled to now be able to expand these essential services to reach caregivers across our hospital's service areas and throughout the community. Our program is for everyone, at every stage of the caregiving experience."

To ensure broad impact, the program will actively collaborate with a robust network of partners. Within Northern Dutchess Hospital, this includes spiritual care, patient experience, case management and various clinical departments like oncology and primary care. Beyond the hospital setting, key partnerships extend to county health departments across the region, including the Alzheimer's Association, County

Offices for the Aging and local organizations such as Rhinebeck at Home and Red Hook Responds, ensuring integrated support and wide community reach.

The Northern Dutchess Hospital Foundation will continue fundraising efforts to expand the program's reach in the years ahead. Future goals include creating a dedicated center, where caregivers can gather, learn and connect as well as establishing an endowment to sustain the program's operating costs through current and legacy gifts. For more information or to support the program, contact the Northern Dutchess Hospital Foundation at (845) 871-3176.

For more information about caregiver support services, contact (845) 871-3392 or email ndhcaregivercenter@nuvancehealth.org

Feeling gassy and bloated? Get relief with these tips

(StatePoint) If you've ever experienced gas or bloating, you know just how uncomfortable and potentially embarrassing it can be.

To help you feel like yourself again, the makers of Pepto Bismol have launched a Pepto just for gas (Pepto Gas + Bloating) and are sharing some fast facts about what causes gas, how to prevent it, and how to find relief:

Why Am I Gassy? - Gas builds up in the digestive system when you swallow air and when the large intestine breaks down undigested carbohydrates. Hormone changes around your menstrual cycle can also upset your digestive balance and cause gas.

How Can I Prevent Gas? - Avoid swallowing air: Did you know that eating or drinking too

fast can cause you to swallow extra air? Slow down and eat mindfully. If you have a smoking, gum-chewing or hard candy habit, consider quitting, as these can also contribute to swallowing air.

Mind your diet - While beans, peas, lentils, cabbage, onions, broccoli, cauliflower, and other similar veggies are nutritious and good for digestion, they can unfortunately cause bloating for some. Introduce foods that cause gas into your diet gradually, and opt for cooking them instead of eating them raw to make them easier for your body to handle. It's also a good idea to avoid overeating, as large meals can increase the likelihood of bothersome gas.

Drink more water - Staying hydrated keeps foods moving

through your gut, helps prevent constipation, and keeps your stools soft. Just be sure to choose still water, not sparkling. The fizz of soda and other carbonated drinks puts a lot of extra gas into your stomach.

How Can I Debloat Fast? Let it out: Bloating is often linked to trapped gas. Allowing your body to release it can help you feel more comfortable.

Exercise for bloating relief - Get active! A short walk or bike ride, stretching or even playing outside with the kids will help gas pass through your system so it doesn't stay trapped. Make a habit of going on a short walk after meals. Even just 10 minutes – around 1,000 steps – has been shown to reduce gas and bloating.

Try over-the-counter remedies - Choosing the right product for your situation is important. For fast, targeted relief, try an over-the-counter medication like Pepto Gas + Bloating (Simethicone), which is formulated to start breaking down gas bubbles in minutes. This new Pepto product is specifically made for gas, and is available in two forms: easy-to-swallow maximum strength Softgels (250 milligrams Simethicone) and mint-flavored Chewable Tablets (125 milligrams Simethicone).

Discomfort from gas can put a damper on your day. Fortunately, you can beat bloat by making a few small tweaks to your lifestyle, and by having the right relief on hand.



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