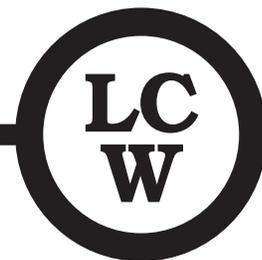


Due to restricted access to our normal distribution points, readers are welcome to view this issue on our website at [LancasterCountyWoman.com](http://LancasterCountyWoman.com). Stay safe and God Bless!

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March–May 15, 2020



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## Top-Notch Physician Assistants

Adam Truax, PA-C

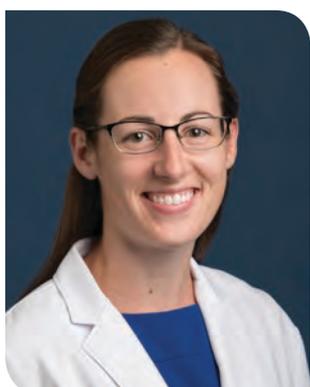
Brendan Garrett, MHS, PA-C

Esther DiGiacomo, MMSc, PA-C

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## Choosing a Funeral Home with Integrity and Four Generations of Experience

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Making decisions now and preplanning your funeral can help ease the emotional and financial burden, and relieve your family of having to make important and difficult decisions during an already taxing and challenging time. Preplanning funeral arrangements is a responsible and caring act that can lessen stress for your grieving loved ones.

When you preplan with DeBord Snyder Funeral Home & Crematory, you'll meet with our knowledgeable and friendly staff for a no-obligation consultation. We'll listen care-

fully to your wishes and offer our expertise and suggestions to help you create a customized plan that fits your specific wishes, needs, and budget.

### Transferring Prearrangements

If you have already made arrangements with another funeral home before discovering and learning more about the compassionate, diligent, family-focused approach of DeBord Snyder Funeral Home & Crematory, rest assured that your plans can easily be transferred. We make this process as simple as possible for you and personally handle all documentation.

At DeBord Snyder Funeral Home & Crematory, we take time to explain in detail the various inflation-proof prepayment plans we offer, and can also customize a plan that

will fit your personal budget.

We invite you to call us today for a no-obligation consultation and find out why generations of families have counted on us to help with their final arrangements: (717) 394-4097.

In addition to our industry knowledge and compassion, have confidence that DeBord Snyder Funeral Home & Crematory is continually striving to develop personalized innovations to make your funeral arrangements closely tailored to your needs. With this in mind, we wish to introduce to you our latest—Lasting Legacy Videos. We are extending this exciting opportunity so that you may be among the first to participate.

Many leave questions unanswered or farewells left unsaid following their departure.

Some individuals may worry that their funeral will not reflect their true wishes or miss the core image of who they are. We have designed Lasting Legacy Videos to address this in a simple, contemporary format.

Lasting Legacy Videos create a memorable experience for your loved ones through a professionally recorded, 15-minute video addressed to them and created by you. This includes your choice of recorded content—from storytelling of cherished memories to a visual reading of your farewell letter. Your video will be a final message to be played by your loved ones on the day of your service or in a private setting. This message will be recorded in our location and securely stored in our confidential files for safekeeping.

Your video provides the gift of

your own comforting presence on the day of your service, which can allow you to set the tone of the day with your personality and voice. Your custom message becomes a treasured heirloom to be saved by your loved ones and easily revisited when desired.

Individuals planning their own Lasting Legacy Video may consider writing a list of highlights they would like to share and practice ahead of time in private to make the recording process comfortable. We provide the video equipment, so the only thing you need to bring is your message.

Those who are interested in adding a Lasting Legacy Video to their prearranged funeral plans may contact DeBord Snyder Funeral Home & Crematory to schedule a filming.

### Preplanning lets a family focus on what's important.

A service to celebrate and honor a life can help loved ones process loss. Through preplanning, you and your family can decide what is best. We listen and learn what's most important. When families preplan, they can have a much more meaningful and personal service.

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## Meet the Physician Assistants of Argires Marotti Neurosurgical Associates

By Susan C. Beam

At Argires Marotti Neurosurgical Associates of Lancaster, experienced neurosurgeons strive to provide each patient with comprehensive evaluation and medical management services in order to create a personalized treatment approach unique to each patient's individual circumstances. For each patient, their goal is to promote successful recovery while assisting their patients in enjoying a long-term healthy and active lifestyle.

To do so, they utilize the most effective and least intrusive medical techniques available for maximum patient comfort, including craniotomy for tumor and aneurysm, and gamma knife radiosurgery and deep brain stimulation for tremor and Parkinson's disease.

Argires Marotti Neurosurgical Associates of Lancaster also offers nonsurgical pain management treatments and physical therapy for relief from chronic joint, neck and back pain, including groundbreaking techniques involving spinal cord stimulation.

Rounding out the team at Argires Marotti are the experienced and compassionate physician assistants.

With a significant background and interest in emergency medicine, **Adam Truax, PA-C**, completed his bachelor's degree in biological sciences at the University of Pittsburgh and his Master of Health Sciences degree, physician assistant studies, at Drexel University. He is currently a member of both the American Academy of Physician Assistants and the Pennsylvania Society of Physician Assistants, and is certified by the National Commission on Certification of Physician Assistants. His research interests involve contributions to neurodegeneration, DNA-building proteins and pathology topics.

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Louis A. Marotti, MD, PhD,  
FAANS, FACS  
Voted Best Surgeon (1st Place)

Steven M. Falowski, MD  
Brain and Spine Surgery  
Nationally Recognized Brain & Spine Surgery

Jarod B. John, MD  
Neurologist  
Voted Favorite Neurologist by LNP Readers

Jack M. Smith, MD  
Pain Management

Focused on clinical areas of cardiology, surgery, psychiatry, OB/GYN, pediatrics, emergency and internal medicine, **Brendan Garrett, MHS, PA-C**, received his bachelor's degree in music from James Madison University and his Master's of Health Sciences degree, physician assistant studies, at Drexel University. He also has a cardiovascu-

lar technician diploma from Harrisburg Area Community College and is certified by the National Commission on Certification of Physician Assistants.

**Esther DiGiacomo, MMSc, PA-C**, completed her bachelor's degree in neuroscience and behavior from Wesleyan University and earned her

Master's of Medical Science degree and completed the Yale physician associate program at Yale School of Medicine. Previously, she served as lab manager and research assistant Yale, designing stimuli and research protocols, and as a physician assistant at Yale-New Haven Hospital (CT), Department of Neurosurgery. She is currently a member of

the American Academy of Physician Assistants and is certified by the National Commission on Certification of Physician Assistants.

For more information on Argires Marotti Neurosurgical Associates of Lancaster, visit their website at [www.argiresmarotti.com](http://www.argiresmarotti.com) or call (717) 358-0800.

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## Oncoplastic Surgery: Helping Women with Breast Cancer Achieve the Best Results



*Aaron D. Bleznak, MD, MBA, FACS, FSSO  
Breast Surgeon and Breast Program Medical Director  
Ann B. Barshinger Cancer Institute*



When a woman is diagnosed with breast cancer, her first priority is getting rid of the cancer properly. At the same time, she hopes to achieve the best cosmetic outcome from her surgery, whether she undergoes a lumpectomy or mastectomy. For some, the appearance of the breasts may impact self-image. Oncoplastic breast surgery can help women reclaim both their physical and emotional health.

### What is Oncoplastic Breast Surgery?

“Onco” refers to efforts to achieve the best cancer outcome from surgery. “Plastic” refers to the best cosmetic outcome. Oncoplastic techniques allow breast surgeons to perform better cancer operations by removing more breast tissue while still maintaining the shape, contour and volume of the breast.

Contrary to what may seem logical, surgeons have learned that shorter incisions often result in more prominent scars and now perform many breast surgeries using longer incisions closed in a meticulous fashion. Also, by paying careful attention to where they are placed, incisions heal with the narrowest possible scars or are hidden from view.

While usually performed by breast surgeons, when an oncoplastic procedure is more extensive, plastic surgeons may assist with the surgery.

### Oncoplastic Lumpectomy

During a lumpectomy, surgeons remove just the tumor in a woman’s breast, a small amount of surrounding tissue, and sometimes lymph nodes under her arm. A woman is able to keep her breast, including her nipple and areola. Oncoplastic techniques can eliminate the visible tissue indentation often seen at the lumpectomy incision site.

### Oncoplastic Mastectomy

A mastectomy removes a woman’s entire breast. There are several types of mastectomy procedures, each removing

breast skin and tissue in differing amounts:

- **Modified Radical Mastectomy:** The most commonly performed mastectomy in which the tumor, breast tissue, nipple, areola, underarm lymph nodes, and the lining over the chest wall muscles are removed.
- **Simple or Total Mastectomy:** Removes the entire breast; for many breast cancers, accompanied by removal of a limited number of “sentinel lymph nodes” from under the arm.

• **Skin-Sparing Mastectomy:** Preserves breast skin during a total mastectomy.

• **Nipple-Sparing Mastectomy:** Spares the nipple and areola during total mastectomy.

It is important to note that not all cancers are amenable to surgical treatment with skin- and nipple-sparing mastectomies.

### Oncoplastic Procedures and Results

Women sometimes ask if the focus on cosmetic outcomes impacts the effectiveness of their cancer operation. The answer is an emphatic no. In fact by using

oncoplastic techniques, surgeons can perform even more successful cancer operations, removing larger amounts of potentially cancerous breast tissue.

Breast cancer is a complex disease with many individual variables. Women should thoroughly discuss treatment options with their oncologist, breast surgeon, family members, and others to decide which path is right for them.

You can learn more about breast cancer surgery, treatment, and prevention at [LGHealth.org/BreastCancer](http://LGHealth.org/BreastCancer).

### Lifesaving breast cancer breakthroughs

The breast cancer team at Lancaster General Health inspires people to move forward with confidence. Our skilled and compassionate experts provide breakthrough treatments to create a personalized plan of care for each patient.

### A few members of our breast cancer team



*Aaron Bleznak, MD, MBA, FACS, FSSO, Medical Director, Breast Program, Breast Surgeon*



*Marnie Kaplan, MD, FACS, Fellowship-trained Breast Surgeon*



*John Bast, MD, Breast Reconstructive Surgeon*



*Pamela Boimel, MD, PhD, Radiation Oncologist*



*Ami Jhaveri, MD, Medical Oncologist*

**Ann B. Barshinger Cancer Institute**  
[LGHealth.org/BreastCancer](http://LGHealth.org/BreastCancer)





Victoria VanBuren, MS, BSL

Panic is a universal human experience and is a functional reaction to dangerous stimuli. Panic elicits the sympathetic nervous system's quick-acting response, which is associated with the fight or flight response. This response is an innate survival instinct which promotes an immediate reaction. The physical symptoms of panic include shortness of breath, accelerated heart rate, trembling or shaking, nausea, sweating or feeling warm, numbness or tingling in hands or feet, derealization (feelings of unreality) or depersonalization (feeling detached from one's self) and fear of losing control. In a dangerous situation, these symptoms may be the result of the body preparing energy to fight or run away. However, these symptoms can become dysfunctional if there is no dangerous stimuli present.

The amygdala is the part of the brain which filters incoming stimuli

## Tips on Panic and How to Get Through a Panic Attack

to help the body react. The amygdala is not able to distinguish between a real threat or a perceived threat. Panic may be elicited even if there is a possible threat that doesn't require the fight-or-flight response, such as public speaking. Instead of fight or flight, there may also be a freeze response. Some individuals experience panic attacks which come on with no apparent reason at all and can be very intense.

How to get through a panic attack:

1. Move to a quiet space.
2. Calm yourself with deep, steady stomach breathing.
3. Listen to calming music or a favorite familiar tune.
4. Close your eyes to limit incoming stimuli, and visualize a calming place (a garden, forest or beach).
5. Keep in mind it will not last forever. It will end in about 30 minutes, after the perceived threat is no longer perceived as a threat.
6. Change your thinking from "what if I fail" or "what if I'm dying" to "everything will be fine" and "this is a normal reaction and will end soon."

7. Light exercise or walking can engage the body and senses.
  8. Practice mindfulness by holding an object and focusing on its texture, color, smell, etc.
  9. Those who experience anxiety or panic regularly may carry an object such as a small gemstone to help them stay mindful and stop a panic attack.
  10. Repeat a mantra silently to yourself, ourself such as "everything will be okay" or "I am resilient."
  11. Calm yourself with aromas such as lavender, vanilla or your favorite scent.
  12. Schedule an appointment with a psychotherapist to explore and better manage anxiety.
- Anxiety and panic attacks can be treated effectively with psychotherapy, specifically cognitive behavioral therapy. Seek help when a panic attack:
1. lasts longer than usual.
  2. is much worse than usual.
  3. is inhibiting your life, preventing you from going to work, socializing or completing daily tasks.

Psychological Services, Pc

## Life Span

**Lynnette G. Ruch, Ph.D.**  
**Alyssa Roberts, MA, NCC**  
**Victoria VanBuren, MS, BSL**  
**Vic Poirier, MSW, LSW**  
**Karilyn (Kay) Bela**  
**Jorden Turney, MA, LPC**

---

**Broad range of mental-health issues, including but NOT limited to:**

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## Understanding Continuing Care Retirement Communities



Tara Marie Ober,  
VP of Communications &  
Resident Life

Seniors are faced with an abundance of choices when it comes to retirement planning. All of those choices, however, have one common factor: future care needs. It can be difficult to know what healthcare a person may require at some point down the road. Luckily for seniors in the Lancaster, Pa., area, there are great options available when looking to plan for their next stage of retirement in the form of con-

tinuing care retirement communities, or CCRCs. Brethren Village is proud to be one of Lancaster's most sought-after CCRC retirement communities. If you haven't considered a CCRC, here's some information on what a CCRC is and its many benefits.

CCRCs offer multiple levels of care and support for seniors at all stages. They are a great option for any seniors who may need assistance in their later years and want to be sure care will be available to them right where they live.

Brethren Village offers seniors a comprehensive approach to future healthcare needs by offering six levels of care: independent living, personal care, memory support, skilled nursing, short-term rehab, and home care. Upon entering, healthy adults can reside independently in apartments or cottages. When assistance with

everyday activities becomes necessary, they can move into personal care or skilled nursing care.

With all of the options, amenities and services available, CCRC communities give older adults the option to live in one location for the duration of their lives, with much of their future care already planned for. Many of us view ourselves as healthy and think that we will probably never need long-term healthcare. The truth is, 60 percent of all Americans who reach age 65 will require some degree of long-term healthcare at some point in their lives. A CCRC provides a great level of comfort and security to residents, as well as their children, taking much of the burden of caregiving off the shoulders of their children.

Brethren Village offers a wide range of options to serve you or your loved one through all

of your needs. With a 153-acre campus, dining plans, access to entertainment, wellness programs and plenty of on-campus amenities, including 24-hour security and emergency call systems in various locations across campus, we

are certain that you'll feel right at home.

If you're considering a move to a senior living community, we invite you to contact us for additional information and a tour. Call **717.569.2657** or visit **www.bv.org**.

For more information contact us at **717.569.2657**  
or visit **www.bv.org**.

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Lancaster County Woman Newspaper is published bimonthly and will be available for distribution and delivery about the middle of January, March, May, July, September and November.

**EDITOR'S PAGE**

Dear Readers,

Happy spring!

After a long, dreary winter, my heart leaps for joy when I see the little daffodils and crocuses along the two-mile path I walk every day. What a blessing... what a joyful time of year! My spirit is renewed with the thought of warm, sunny days ahead! In the woods, it's so easy to forget the reality of our temporary quarantine and change of lifestyle caused by the coronavirus.

As we enter our second week of quarantine, I wake up every morning and literally have to remind myself that things have changed. Due to the quarantine, we're not permitted to go to the office, shop, eat out, or meet friends and relatives. But on a positive note, this quarantine has brought other blessings into my life that have shined through the current circumstances.

First, I thank God for this opportunity to spend more quality time with my family and to reconnect with relatives

and friends I haven't spoken with since Christmas and New Year's Eve. This is a gift from God. So often I've wished I had time for this over the years... and now I do! I'm tackling spring cleaning a bit early this year, going through my closets to donate clothing I'll never wear again, despite my best intentions. I'm realizing how valuable relationships are and treasuring long-ago memories as I sort through photographs of family members who have gone home to become angels over the years. I finally have time to organize and pass along prized possessions to friends and family members to enjoy and cherish in upcoming years. What a privilege and blessing to have this time!

While we celebrate the return of spring and this wonderful, unexpected opportunity to spend time with our family and loved ones, we must never forget the families of our military men and women who keep our beautiful country free and safe. Reach out to them, and to neighbors and

friends, with encouragement to help them through this difficult time. Offer assistance in whatever way you can by picking up food or prescriptions and leave them at the door. And pray.

Pray for our nation and our leaders as we navigate uncharted waters. We have never been through anything like this, and we need to help one another. Pray for our children as we guide and teach them the importance of love and caring throughout the day.

May God bless you and your family and give us great strength and kindness to help one another.

With blessings and appreciation,  
JoAnn Notargiacomo  
Managing Editor



LCW Managing Editor  
JoAnn Notargiacomo

**Blue Ridge Cable Responds to Coronavirus with Internet Support for Our Community**

This is obviously affecting everyone in the communities we serve. Our number one priority is on the safety of our customers, employees and their families.

I'd like to first share what we are doing to get and keep customers connected during this time.

Now more than ever, our communities are relying on our services. Our region's health networks depend on us to provide continuous, reliable phone and internet service so they can best serve their patients.

Small Businesses, school children and our work from home neighbors alike require our services to stay connected to their business or school.

Our community depends on our news reporting to stay informed during these uncertain times. We've made some adjustments

to help our customers and communities.

The decision to close schools has created an urgent need to get families with children a broadband connection. To address this, Blue Ridge announced earlier today a **Learn From Home Initiative**. In short Blue Ridge will provide a 10meg high speed internet connection, modem and a wifi connection at no charge for 60 days. In addition we will offer these new customers unlimited data until June 1. At the end of the term, customer can return their equipment to Blue Ridge or choose to stay connected with a promotional offer.

The sudden change in our economy is starting to impact families. If they contact us we will work with them, specifically we will develop flexible payment options, we will institute a grace

period so their service isn't interrupted and we will not assess any late fees.

For all of our high speed internet customer we have eliminated our data caps for 60 days.

We've partnered with 10 different networks to offer free previews of their channels and content to our video subscribers. The length of these free previews depends on the network but most run until April 30. This is another small way we are trying to help our customers through this period.

Customers can download our app or go online to manage their account.

Families with students at home should contact us by April 30 by email at [csr@brctv.com](mailto:csr@brctv.com) or by phone at 1-800-222-5377.

## The 'I'm Not Good Enough' Trance



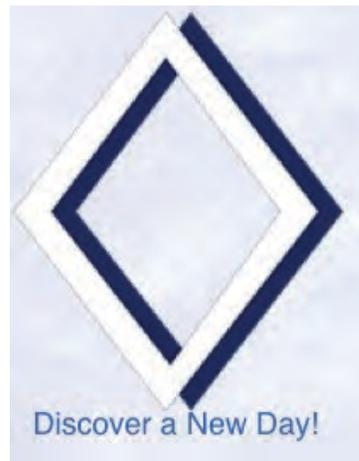
Kelly F. Dennis, MS LPC

enough. This is the “trance” many of us live in, according to meditation teacher and author Tara Brach. Many have had past experiences that have programmed us to see the world through the broken lens of trauma. The feeling of shame can color our perspective and influence the way we treat ourselves and live our lives.

The belief of “not good enough” can create a feeling of separateness. The more we identify as a separate self, the more we have the feeling that something is wrong, something is missing. We want life to be different from the way it is. So, we think if we achieve more, if we do better, if we change our appearance, etc., then we will be “good enough.” However, no matter hard we try to make life look better on the outside, it’s the inside that is still hurting, leading to the “not good enough” trance.

Many of us fall into the negative internal thinking that lands on “I’m not good enough.” You may believe you’re not good enough to get the job, not good enough for the other person, not a good enough mom or dad. When we believe we are not good enough, we see the world as not good enough, and we create a life that’s not good

Sometimes we just need to become aware of the negative thinking and ask ourselves what purpose it serves. Often, we think we’ll drive ourselves harder, or we won’t seem cocky, when really the negative thinking just brings us down and makes us feel lousy. As Louise Hay says, “You have been criticizing yourself for years, and it hasn’t worked. Try approving of yourself and see what happens.” Self-compassion is a great tool for combatting this “I’m not good enough” trance. Simply put, self-compassion is talking to yourself in the same way you would talk to a good friend. It’s an easy-sounding concept, but not so easy to implement. Consider signing up for one of my workshops to learn more about how to treat yourself better!



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Phone (717) 951-0266

hours by appointment  
[www.kellyfdennis.com](http://www.kellyfdennis.com)

**Kelly F. Dennis, MS LPC**, is a Licensed Professional Counselor who specializes in the treatment of eating disorders, disordered eating, negative body image, anxiety, and depression. She is certified in cognitive behavioral therapy and clinical hypnotherapy. Her goal is to help you uncover your true potential and lead a life that is worth celebrating. The type of counseling she engages in is very collaborative in that you and Kelly are a “team” working together to help you change ways of thinking and behaving that may not be “helpful,” which will help you live a more effective and happy life. If you’re looking for extra support and guidance through a challenging situation or you’re just ready to move in a new direction in your life, Kelly looks forward to working with you to achieve your goals.

## New Treatments for Sinusitis and Nasal Polyps



Karen Rizzo, MD

es, and endoscopic sinus surgery. Polyps can recur and patients may undergo several sinus surgeries for recurrent polyps.

Promising new immunotherapy approaches have emerged that help with polypoid disease. Dupixent is a nonsurgical treatment option for adults with uncontrolled chronic rhinosinusitis with nasal polyps. It is given as an injection under the skin (subcutaneous) every two weeks. It can produce dramatic results with significant reduction in polyps and improvement in smell and taste. It helps the mucosa of the nose and sinuses normalize by inhibiting the immune response that underlies chronic rhinosinusitis and polyps.

The Propel implant is another option available to patients who undergo sinus surgery and polyp removal. It is a bio-absorbable stent that promotes healing and reduces the need for additional procedures. Propel delivers medicine directly to the sinus lining to help re-

duce inflammation and lessen the chance of adhesions and polyps recurring. It is designed to dissolve within 45 days.

Sinuva is another new option for nasal polyp therapy in patients who have undergone ethmoid sinus surgery. It is a corticosteroid-eluting implant proven to reduce polyp burden and nasal obstruction. It delivers sustained symptom relief for up to 90 days. It can be placed in the ethmoid sinus under local anesthesia in the office setting.

Xhance is a nasal spray that you blow and don’t sniff. With Xhance, your breath helps deliver medicine high and deep into the nasal passageways to areas of inflamed tissue where nasal polyps originate and sinuses drain. By blowing into Xhance, your throat naturally seals off from the nose and helps block the medicine from going down your throat. Instead, the medicine goes high up into the nose and sinuses, delivering it to the area where it is most needed.

All four products discussed can help reduce polyp formation and nasal congestion, and reduce the need for additional sinus surgical procedures. For more information on the latest treatment options for chronic sinusitis and nasal polyps, make an appointment with Lancaster Ear, Nose, & Throat at 717-517-9083.

**Karen Rizzo, MD, FACS**, is a board-certified otolaryngologist who has practiced in Lancaster for 25 years. Currently, she is the Past President of the Pennsylvania Medical Society and prior president of the Lancaster City & County Medical Society and the PA Academy of Otolaryngology/Head and Neck Surgery. She graduated from Temple University Medical School and did her residency at Thomas Jefferson University Hospital. She is currently on the Commonwealth’s Speech, Language and Hearing Board. She is a member of the Big Five Basketball Hall of Fame and Villanova University’s Varsity Club Hall of Fame.



Established in 1844, the Lancaster City & County Medical Society (LCCMS) is a professional association for physicians that serves to promote and protect the practice of medicine for the physicians of Lancaster County so they may provide the highest-quality patient-centered care in an increasingly complex environment.

Doctors and Patients—  
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Medical Society  
PO Box 10963

Lancaster, PA 17605-0963  
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Email: [info@lancastermedicalsociety.org](mailto:info@lancastermedicalsociety.org)  
[lancastermedicalsociety.org](http://lancastermedicalsociety.org)

## Generalized Anxiety Disorder and Medical Marijuana



Dr. David J. Simons



Dr. Ivan Shorter

To worry is human. Many of us worry about things such as our families, finances, health care, our jobs, or school-related issues. We generally manage these feeling of worry by addressing the situations and finding acceptable solutions. Individuals with generalized anxiety disorder will become extremely worried about these issues, even when there is no obvious reason to worry at all. This sense of worry and anxiety interferes with their ability to complete tasks and stay focused.

Generalized anxiety disorder (GAD) is one of the most common mental disorders in the United States. People with GAD display an excessive amount of worry and anxiety on most days for a period of at least six months. This can lead to significant problems in various areas of life, including relationships, work, social interactions, and school.

GAD may develop over an extended period of time, most often throughout the teenage years or young adulthood. Symptoms of GAD include irritability, difficulty concentrating, becoming easily fatigued, restlessness, difficulty falling or staying asleep, feeling on edge, and difficulty controlling feelings of worry. Symptoms can vary in intensity; some days are better than others. Symptoms can get worse during stressful times such as illness, school exams, work deadlines, or relationship conflicts.

There are several risk factors associated with GAD. One of the more common risk factors is a family history of anxiety or other mental illness in biological relatives. Other risk factors include

temperamental traits of shyness or behavioral inhibition in childhood, and exposure to stressful or negative life events in early childhood or adulthood.

Diagnosis of GAD can be made using the DSM-5 diagnostic criteria or by using the GAD-7 screening tool. The GAD-7 questionnaire asks seven questions related to a person's feelings of anxiety. A numerical score is given based on the answers to the seven questions. Overall scores of 10 or greater correlate with moderate to severe anxiety.

Treatment of GAD primarily involves psychotherapy, medications, or both. Psychotherapy such as cognitive behavioral therapy teaches people how to behave, think, and react differently to anxiety-provoking stressors. It can also be useful in teaching people social skills needed to manage various social anxieties. Medications are used for symptomatic relief of anxiety disorders but should not be considered a cure. Some of the more common medications used to treat GAD include anti-anxiety medications such as benzodiazepines, antidepressants, as well as beta blockers.

Most recently, medical marijuana has been studied and found to be beneficial in the treatment of some forms of anxiety disorder. This information prompted a change to the Pennsylvania medical marijuana law. In July 2019, Pennsylvania Department of Health Secretary Dr. Rachel Levine approved anxiety disorder as a serious medical condition in the medical marijuana program, along with Tourette syndrome. The addition of these two

conditions increases the number of approved medical conditions from 21 to 23. This decision was based on the recommendation of the Medical Marijuana Advisory Board. Research has indicated that medical marijuana with low THC and high CBD content is more effective for short-term treatment of anxiety disorders. Medical marijuana should not be considered a first-line treatment but can be used in conjunction with traditional therapies when recommended by a physician. Dr. Levine advises patients with anxiety disorders to continue to pursue counseling and therapy to help manage their illness.

According to the Pennsylvania Department of Health, there are close to 111,000 active patient certifications as part of the medical marijuana program, and more than 1,160 physicians have been approved as practitioners. Since the medical marijuana

program was signed into law by Governor Tom Wolf on April 17, 2016, the department has convened the Medical Marijuana Advisory Board, approved six training providers for physician continuing education, and approved four laboratories to test medication before it is delivered to patients. The department has also registered nearly 165,000 patients and issued more than 137,000 identification cards. There have been 25 grower processor permits issued, 50 dispensary permits issued, and 54 dispensing locations authorized to begin operations.

If you suspect that you or a loved one suffers from generalized anxiety disorder, consult your physician. Speak with your physician about your symptoms. Your doctor should conduct an exam which may involve a questionnaire. You may be referred to a mental-health specialist for further evaluation and/or treatment. Talk with your doctor about the best treatment option for you. For more information on generalized anxiety disorder or other mental-health disorders, visit the National Institute of Mental Health online at [nimh.nih.gov](http://nimh.nih.gov).

### GAD-7 Anxiety

| Over the <u>last two weeks</u> , how often have you been bothered by the following problems? | Not at all | Several days | More than half the days | Nearly every day |
|--|------------|--------------|-------------------------|------------------|
| 1. Feeling nervous, anxious, or on edge  | 0          | 1            | 2                       | 3                |
| 2. Not being able to stop or control worrying  | 0          | 1            | 2                       | 3                |
| 3. Worrying too much about different things  | 0          | 1            | 2                       | 3                |
| 4. Trouble relaxing  | 0          | 1            | 2                       | 3                |
| 5. Being so restless that it is hard to sit still  | 0          | 1            | 2                       | 3                |
| 6. Becoming easily annoyed or irritable  | 0          | 1            | 2                       | 3                |
| 7. Feeling afraid, as if something awful might happen  | 0          | 1            | 2                       | 3                |

Column totals \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ =  
Total score \_\_\_\_\_

If you checked any problems, how difficult have they made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all     Somewhat difficult     Very difficult     Extremely difficult

Source: Primary Care Evaluation of Mental Disorders Patient Health Questionnaire (PRIME-MD-PHQ). The PHQ was developed by Drs. Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke, and colleagues. For research information, contact Dr. Spitzer at [ris8@columbia.edu](mailto:ris8@columbia.edu). PRIME-MD® is a trademark of Pfizer Inc. Copyright© 1999 Pfizer Inc. All rights reserved. Reproduced with permission.

### Scoring GAD-7 Anxiety Severity

This is calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of "not at all," "several days," "more than half the days," and "nearly every day." GAD-7 total score for the seven items ranges from 0 to 21.

0-4: minimal anxiety    5-9: mild anxiety    10-14: moderate anxiety    15-21: severe anxiety

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## Colon Cancer Screening Is Vital to Survival!



*Dolores K. Rigano, CRNP*

In 1967, Henry Aloysius Beers was living his best life in Wildwood, New Jersey. He and his wife, Marie, had sold their home on Garman Street in Philadelphia so they could relax in the sun and sea air during their senior years. He had worked long and hard climbing in and out of the tanks at the refineries in Philadelphia, doing fire inspections and making sure things were safe. He was looking forward to the summer when his grandchildren would visit, spending the summer with them, and listening to their laughter as they played games and rode their bikes up and down 25th Street.

That winter, Harry, as he was called, noticed a change. In those days, people took castor oil once a week to cleanse their system and keep things regular. He could always count on a good cup of coffee, then a trip to the bathroom with his morning paper to have his morning constitution. While he had previously been regular, from a bowel movement perspective, recently he found things did not seem to move so easily. At first he blamed it on “bad food,” then the fact that he was getting older. But when things did not improve and he started to feel uncomfortable, he went to see his doctor. This led to testing that his doctor thought would be best done in the hospital. Harry talked it over with Marie and she told him, “If the doctor thinks it’s important, then you best go and get it done.”

The doctor diagnosed Harry with colon cancer. By the time it was found, Harry’s cancer was advanced. The surgeons operated,

creating a colostomy. Harry was told to go home, get comfortable and put his affairs in order, because there was nothing more they could do and he did not have much time left. He and Marie cried. That summer the grandkids came but he was in so much pain, the sound of their laughter no longer brought him joy. He could see that his gaunt appearance scared them. His daughter had to learn how to give him morphine shots, but he could only have them so many times a day. He prayed the rosary, asking God to take him because the pain was oftentimes unbearable. The kids learned how to play quiet games so as not to disturb him. In early fall, Harry passed away in his home at the shore, the smell of sea air surrounding him, with Marie at his side.

Thirty years later, Harry’s granddaughter went for a routine gynecological exam. After a digital rectal exam, her doctor asked when she had last had a colonoscopy and suggested it was a good idea to have another one. The doctor asked her if her bowel habits had changed and if she noticed any blood in her stool. As she thought through the questions, she realized her stools had changed color, but they were not red, so it could not possibly mean there was blood. A short time later she had a colonoscopy. A mass the size of a large grape was found. She was sent to a surgeon, who removed part of the bowel along with the mass. When the biopsies came back, she was told the margins were not clean, and she would need chemotherapy. After a few cycles of chemotherapy, her surgeon explained that the tumor had invaded the rectum and she would need a permanent colostomy. Twenty years later she remains cancer-free. When people ask her about her experience, she reminds them to ask questions, because even ones you think may seem silly could be very important.

Colon cancer is the third most common cancer affecting males and females. Nearly 148,000 new cases of large bowel cancer are diagnosed annually in the United States. The symptoms patients present with can

include a change in bowel habits, weight loss, or blood with the passage of stools. Over 53,000 Americans are expected to die from colon cancer each year. While the mortality rate has continued to decline, largely due to screening, it remains the third most common cause of death in women and the second most common cause of death in men.

Oftentimes people under the age of 50 present with symptoms, and, sadly, outcomes in this group tend to be poorer. Screening has proven to be effective, but compliance remains low. Types of screening include stool-based testing to detect blood in the stool that may not

be seen but may be coming from a lesion. Other testing looks for DNA alterations suggestive of colon cancer. A colonoscopy offers direct visualization of the colon, and this in turn allows for biopsy and removal of polyps or lesions at the time of the test. Colonoscopy is the gold standard for detection of precancerous adenomas and colorectal cancer with a high sensitivity. Both detection and removal of polyps occur the day of the colonoscopy. These procedures prevent the formation of colon cancer. Radiologic imaging can also alert providers of possible issues and whether or not a malignancy has spread.

Colon cancer screening allows

for early detection and treatment. The time for screening depends on your ethnicity, family history, presence of symptoms, and age. It remains an invaluable tool.

This story could belong to anyone, but it happens to be my family history. My grandfather died from colon cancer, but my sister is “living her best life,” cancer-free, all because of early detection. Knowledge is power and screening provides the information you need to make decisions that are right for you. Take a few minutes to talk with your primary care physician about colorectal cancer screening and which screening tool works the best for you.

# #2

CAUSE OF  
CANCER DEATHS.

### #1 reason to call.

When you look at the facts, it’s a simple choice. Although colon cancer is #2 on the list of deadliest cancers, it can be prevented altogether, or removed at an early stage, with a routine colonoscopy. The prep is simple, and the procedure is brief, safe, painless and respectful.

**So if you’re 50+ and haven’t been screened, talk to your primary care provider or call Regional Gi at (717) 869-4600.**



**Regional Gi**

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Shea F. Stevens, DMD, FICOI, and family

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## Maximize Benefits Through Comprehensive Care

By Susan C. Beam

As one of Lancaster's premier dentists, awarded the distinction of one of PA's Top 20 dentists for seven years in a row, Dr. Shea Stevens remains consistent in his vision: to offer patients the highest standard in complete and comprehensive dental care, informed by innovative technology and advanced techniques, in a comfortable environment where patients can feel at ease, knowing that they are making an investment in quality of life for themselves and their loved ones.

"For me, comprehensive care means a total commitment to understanding a patient's history, goals and concerns; being able to make informed and educated recommendations to meet these concerns; and having available all of the services to provide them the best possible treatment," explained Dr. Stevens.

At Smiles by Stevens, patients can relax, knowing that all of their needs can be met under one roof, which reduces wait time and ensures a high quality of care across the board.

"Instead of tooth-by-tooth treatment, I look into the complete system to diagnose why things are happening. With this theory of dentistry, I can treat the issue and prevent it from reoccurring," said Dr. Stevens, adding that he emphasizes building relationships with patients built on mutual understanding and trust.

According to Dr. Stevens, an investment in dental health is an investment in overall health.

"Teeth are the gateway to many of the body's functions. Teeth can lead to heart disease, digestive disorders, chronic inflammation and stress. I love fixing patients' concerns and watching them enjoy a life that is pain-free with a big smile," he said.

In addition to a variety of dental health and cosmetic dentistry services, including dental implants, bridges, tooth-colored crowns, dentures, oral surgery grinding/clenching appliances, teeth whitening and porcelain veneers, Dr. Stevens is also additionally certified in a number of therapeutic options designed to treat all above-neck concerns.

According to him, this dedication to continued education beyond the normal dentistry education was a concentrated effort to improve the treatment of common concerns related to not only dental health, but total body wellness.

"Continuing education is important to me in order to ensure my patients receive the best care for overall health. For example, I became certified by Sleep Group Solutions for management of snoring and sleep apnea, because sleep apnea is the number-one misdiagnosed disorder that leads to heart disease, stroke and high blood pressure," said Dr. Stevens.

"Additionally, Botox is more than just an aesthetic option. Botox and trigger-point targeting have amazing benefits for patients with TMJ, headaches, pain and jaw discomfort. Likewise, Botox combined with CBD has an even better effect in treating pain and inflammation," Dr. Stevens explained.

For Dr. Stevens, it has been tremendously satisfying to serve the residents of his community and help them gain or maintain their dental health and their self-confidence, and he is honored by the community's recognition for the past seven years.

"It has been a blessing to get to know the people of Lancaster County. I have worked hard and will continue to work hard to stay up with the advancements of dentistry so I can always provide optimal care for patients. I am excited to have received the prestigious award of Top Dentists and look forward to many more years of learning and providing dental care to the Lancaster community," he said.

If you or a loved one is ready to make an investment in dental health and confidence, or for additional information, contact Smiles by Stevens by visiting [smilesbystevensdmd.com](http://smilesbystevensdmd.com) or calling 717.581.0123.

101 N. Pointe Blvd., Suite 201, Lancaster, PA 17601  
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[www.smilesbystevensdmd.com](http://www.smilesbystevensdmd.com)

## Celebrate Mother's Special Day, May 10, at Spa la Vie!



Danielle Todd

By Susan C. Beam

With Mother's Day just around the corner on May 10, Lancaster's Spa la Vie has put together many exciting gift options designed to pamper, revitalize and contribute to Mom's total body wellness. Or, are you looking to rejuvenate amid the hustle and bustle of your daily life? Lancaster's Spa la Vie is debuting some exciting options for gifts de-

signed to pamper, revitalize and contribute to total body wellness.

"We're really delighted about our expanded menu and bringing these options to the Lancaster community; some of these treatments are totally new and really take self-care to a new level," said Danielle Todd, owner/founder of Spa la Vie.

One such option is cupping, an ancient form of alternative therapy during which a therapist strategically places cups on the skin, creating suction and pulling the deep tissues up, which promotes blood flow to the muscles, aiding in healing.

"I was amazed at the potential benefits of cupping and how relaxing it can be. Afterwards, you may feel a tremendous sense of relief as the tense muscles loosen and range of motion increases. Cupping has also shown benefits in reducing cellulite and relieving congestion, and is even safe enough to use on the face as part of an anti-aging regimen," explained therapist Erica Baer, who

became interested in exploring cupping after hearing of the benefits of the practice.

"With increasing news of the benefits of CBD for both skin and muscles, we're really excited to be debuting a CBD-based massage, which uses a CBD and ginger root-infused oil and kava to relieve stress and relax muscles, and a CBD facial, 'The Chill,' which incorporates hempseed oil for the fatty acids and vitamin E, both fabulous for the skin," Todd said.

"We also have available our hydroexfoliation machine, which maximizes exfoliation and hydration for a clearer and brighter complexion, and incorporates radio frequency waves for increased collagen production, promoting smoother skin and reducing fine lines and wrinkles," continued Todd, adding that this option can be added to facials and is included in the Ultimate Glow Facial, a two-hour experience which is the "ultimate" in producing radiant skin.

Additionally, Spa la Vie is introducing the latest in innovative beauty technology; the oxygen dome, most recently featured on "Good Morning America."

"This technology is perfect for total body and skin wellness during the coldest months. In the oxygen dome, you'll be breathing in pure oxygen, which has benefits both internally and externally, assisting in cell restoration, bacteria elimination and pH-level balancing for skin," said Todd, adding that Spa la Vie can also infuse serums with oxygen for additional benefits.

During this treatment, their esthetician places a dome-shaped mask around the client's face that fills with purified air. The purified oxygen involved in the treatment is a powerhouse in skincare. Anion, termed a "vitamin in the air" for its own benefits, kills bacteria, stimulates collagen while increasing blood flow and cell turnover, and gives the immune system a very helpful boost. Acting to-

gether within the dome mask, the oxygen and anion will revitalize your skin, improving fine wrinkles and other signs of aging. When this comfortable facial therapy is over, you're left with youthful, glowing skin.

If deciding on a facial is too difficult, Spa la Vie also has their Glow-Getter Facial of the Month Club, which features a special monthly, seasonal facial. According to Todd, March/April is their Fountain of Youth Facial.

And now, Spa la Vie has made gifting pampering and wellness even easier.

"We often have some great sales on gift certificates—and best of all, you can order them in the comfort of your own home!" said Todd.

This spring, give a loved one—or yourself—the gift of total body wellness. For more information and a complete wellness menu, or to purchase a gift certificate online, visit [spalavielancaster.com](http://spalavielancaster.com).

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Started in 1948, Kegel's Produce recently celebrated 70 years in business. We set ourselves apart with our state-of-the-art fresh-cut department and local produce program. Recently SQF Certified, we make food safety a top priority. Our facility boasts six temperature-controlled coolers to maintain optimum freshness. We service a wide variety of clientele, from K-12 schools and universities to white table cloth dining, casinos, stadiums, retirement homes and hospitals.

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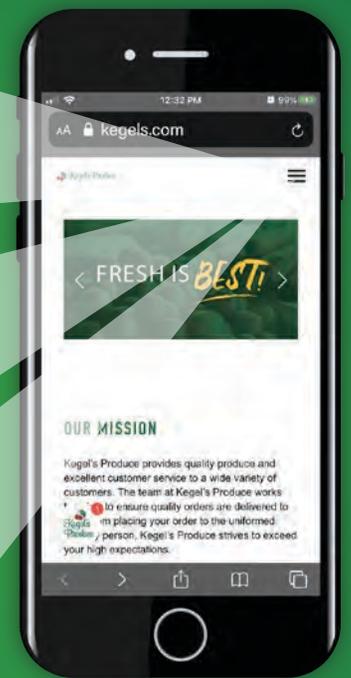
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## Rosacea Awareness Month to Focus on New Management Options

A new generation of therapies has resulted in dramatic advances in the management of rosacea, allowing many of the estimated 16 million Americans who suffer from this chronic disorder to live free of its often life-disruptive signs and symptoms. The National Rosacea Society (NRS) has designated April as Rosacea Awareness Month to educate the public on the current understanding of this complex condition, urging those who believe they may have rosacea to see a dermatologist for diagnosis and appropriate therapy.

“Advances in medical therapy and in our understanding of rosacea have made it more possible than ever for many patients to achieve clear skin,” said Dr. Julie Harper, clinical associate professor of dermatology at the University of Alabama-Birmingham. “But even as our arsenal of therapeutic options has expanded, one obstacle remains: We can only help rosacea sufferers who come to us for treatment.”

Those interested in spreading awareness during the month of

April are encouraged to visit the official Rosacea Awareness Month landing page at [rosacea.org/ram](http://rosacea.org/ram) for ways in which they can participate.

Rosacea is a chronic disorder of the facial skin that is often characterized by flare-ups and remissions. According to the recently updated standard classification of rosacea by phenotypes, the presence of persistent facial erythema (redness) or, less commonly, phymatous changes where the facial skin thickens is considered diagnostic of the disorder. Additional major signs, which often appear with the diagnostic features, include papules (bumps) and pustules (pimples), flushing, telangiectasia (visible blood vessels) and certain ocular manifestations. The presence of two or more major features independent of the diagnostic signs is also considered diagnostic of rosacea; secondary signs and symptoms include burning or stinging, swelling and dry appearance.

“The manifestation of rosacea’s signs and symptoms can vary greatly from patient to patient,

and treatments must therefore be tailored to match each individual case,” Dr. Harper said. “The selection of optimal therapy can not only achieve better results, but may also keep the disease from progressing further.”

Recent studies on the burden of illness in rosacea have found that the condition can profoundly impact quality of life. In an NRS survey of 1,675 rosacea patients, 90 percent reported lowered self-confidence and self-esteem, and 52 percent said they had avoided face-to-face contact because of the disorder. In another survey, 51 percent of those with severe symptoms said they had even missed work due to the effects of the condition.

The good news is that successful treatments that result in reduced redness and clearer skin often positively impact patients’ lives. Approximately 76 percent of 1,044 rosacea patients who responded to an NRS survey reported at least some improvement in their skin after receiving treatment. Among those patients, 40 percent said that treatment

had improved their psychological well-being, 35 percent said their social well-being had improved and 31 percent saw improvement in their occupational well-being.

When the signs and symptoms of rosacea are virtually eliminated, however, the improvement in patients’ lives was often dramatic. Eighty-one percent of those who had achieved clear or almost clear skin said their psychological well-being had improved. Seventy-one percent said it had also improved their social lives, and 62 percent reported improvement in their occupational well-being.

“We are at the beginning of a new decade, and it’s clear we have made significant strides in improving the quality of life for our rosacea patients,” Dr. Harper said. “With greater awareness and the availability of advanced therapies to address rosacea’s most troubling signs and symptoms, we are optimistic that increasingly more patients will see dramatic improvements in the years ahead.”

During April and throughout the year, individuals may visit the National Rosacea Society’s website at [rosacea.org](http://rosacea.org) for information and patient materials, including “Recognizing Redness,” an informational booklet that includes a redness register to allow patients to gauge relative redness before and after flare-ups or treatment; *Rosacea Review*, a newsletter for rosacea patients; a “Rosacea Diary” to help patients identify and avoid lifestyle and environmental factors that may trigger flare-ups in their individual cases; and other booklets to help patients understand, manage and cope with their condition. Bulk quantities of educational materials are available to health professionals for their patients through the NRS website at [rosacea.org](http://rosacea.org).

Information is also available by writing the National Rosacea Society, 196 James Street, Barrington, Illinois 60010, calling the NRS at **847-382-8971**, or via e-mail at [info@rosacea.org](mailto:info@rosacea.org).

## Block Viruses and Bacteria with Inshanti Essential Oils: Happy Hands™, Viral D™ and Armor Inhaler™ (On Sale Through April)



Debra Stoltzfus

By Susan C. Beam

This cold and flu season, are you or your loved ones looking to ease symptoms and decrease duration, or are you searching for something to help combat the spring blues? By harnessing the time-tested, beneficial power of scientifically verified and certified essential oils and oil blends, Lancaster's Inshanti Essential Oils has the perfect personal and home products to improve your physical and mental health this spring.

"Spring can be a challenging time of year—from the frequency and intensity of colds and flus to aching joints to seasonal depression—it can take a toll on you. Working with the best oils, creating perfect blends—this is not only my passion, but my art form," said Inshanti founder and master chemist Debra Stoltzfus, who for the past 16 years has been perfecting her oils and oil blends.

"Each product is the final result of fact-based science and education on chemical composition, including the properties boosting the lymphatic system for maximum physical benefits, to the components providing emotional support, to the overall aromatic experience," she added.

To ensure purity, Stoltzfus tests every batch of essential oils through gas chromatography mass spectrometry (GC/MS), creating a profile of each oil's

properties in order to maximize benefits and ensuring precise, chemically balanced blending. Her clients can feel confident knowing what they are receiving is pure, unadulterated oil designed to meet the harsh conditions of the spring atmosphere.

"One of our best spring products is Viral D™ nasal oil, perfect for allergies, colds, flu and sinus problems. It's a precise blend of ingredients that are antiviral and antibacterial, and it contains a powerful agent to break up stubborn mucus and aid in the healing process," explained Stoltzfus.

For those who want to take protection on the road, In-

shanti offers a variety of inhalers for traveling defense. For sinus protection, try the soothing Breathe-eez™ inhaler, a blend designed to promote upper respiratory health, or try the super-concentrated inhaler Armor™, whose ingredients may help decongest the sinuses, boost the body's immune response, reduce allergic reactions and destroy microbes.

"In addition to our physical health, spring can also be hard on our mental health. Our Happiness, Joy & Peace™ inhaler is blended to provide fresh and bright aromatic notes for a perfect pick-me-up and calming

of the mind from stress," said Stoltzfus.

For those looking to protect their health and their skin this spring, Inshanti's Happy Hands Creme™ is a combination of moisturizer, sanitizer and immune booster.

"Commercial hand sanitizer can wreak havoc on your immune system, as it indiscriminately destroys your body's good bacteria along with the bad. Our Happy Hands Creme™ will kill only the harmful bacteria and viruses as it stimulates your immune system, and its hydrating aloe base moisturizes your thirsty skin," Stoltzfus explained.

In addition to these products, Stoltzfus has also developed her own line of therapeutic CBD products, which utilize the entire organic U.S.-grown hemp plant and require no chemical refinement, and can be beneficial for joint pain and seasonal mood stabilization. She also offers a number of all-natural kits perfect for purifying a home atmosphere.

For more information on Inshanti Pure Essential Oils, including CBD products, GC/MS-tested essential oils and oil blends, and other all-natural products, visit [inshanti.com](http://inshanti.com).

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## Handling Market Volatility

Conventional wisdom says that what goes up must come down. But even if you view market volatility as a normal occurrence, it can be tough to handle when your money is at stake. Though there's no foolproof way to handle the ups and downs of the stock market, the following common-sense tips can help.



### DON'T PUT YOUR EGGS ALL IN ONE BASKET

Diversifying your investment portfolio is one of the key tools for trying to manage market volatility. Because asset classes often perform differently under different market conditions, spreading your assets across a variety of investments such as stocks, bonds, and cash alternatives has the potential to help reduce your overall risk. Ideally, a decline in one type of asset will be balanced out by a gain in another, though diversification can't eliminate the possibility of market loss.

### FOCUS ON THE FOREST, NOT ON THE TREES

As the market goes up and down, it's easy to become too focused on day-to-day returns. Instead, keep your eyes on your long-term investing goals and your overall portfolio. Although only you can decide how much investment risk you can handle, if you still have years to invest, don't overestimate the effect of short-term price fluctuations on your portfolio.

### LOOK BEFORE YOU LEAP

When the market goes down and investment losses pile up, you may be tempted to pull out of the stock market altogether and look for less volatile investments. The modest returns that typically accompany low-risk investments may seem attractive when more risky investments are posting negative returns.

But before you leap into a different investment strategy, make sure you're doing it for the right reasons. How you choose to invest your money should be consistent with your goals and time horizon.

### DON'T STICK YOUR HEAD IN THE SAND

While focusing too much on short-term gains or losses is unwise, so is ignoring your investments. You should check your portfolio at least once a year — more frequently if the market is particularly volatile or when there have been significant changes in your life. You may need to rebalance your portfolio to bring it back in line with your investment goals and risk tolerance. Rebalancing involves selling some investments in order to buy others. Investors should keep in mind that selling investments could result in a tax liability. Don't hesitate to get expert help if you need it to decide which investment options are right for you.

### DON'T COUNT YOUR CHICKENS BEFORE THEY HATCH

As the market recovers from a down cycle, elation quickly sets in. If the upswing lasts long enough, it's easy to believe that investing

in the stock market is a sure thing. But, of course, it never is. As many investors have learned the hard way, becoming overly optimistic about investing during the good times can be as detrimental as worrying too much during the bad times. The right approach during all kinds of markets is to be realistic. Have a plan, stick with it, and strike a comfortable balance between risk and return.

Don't forget that while they are sound strategies, asset allocation and diversification can't guarantee a profit or protect against the possibility of loss. All investing involves risk, including the possible loss of principal, and there can be no guarantee that any investing strategy will be successful. Past performance is no guarantee of future results.

The right approach during all kinds of markets is to be realistic. Have a plan, stick with it, and strike a comfortable balance between risk and return.

Janney Montgomery Scott LLC Financial Advisors are available to discuss the suitability and risks involved with various products and strategies presented. We

will be happy to provide a prospectus, when available, and other information upon request. Please note that the information provided includes reference to concepts that have legal, accounting and tax implications. It is not to be construed as legal, accounting or tax advice, and is provided as general information to you to assist in understanding the issues discussed. Neither Janney Montgomery Scott LLC nor its Financial Advisors (in their capacity as Financial Advisors) give tax, legal, or accounting advice. We would urge you to consult with your own attorney and/or accountant regarding the application of the information contained in this letter to the facts and circumstances of your particular situation. Janney Montgomery Scott LLC, is a full-service investment firm that is a member of NYSE, FINRA and SIPC. Prepared by Broadridge Investor Communication Solutions, Inc. Copyright 2020.



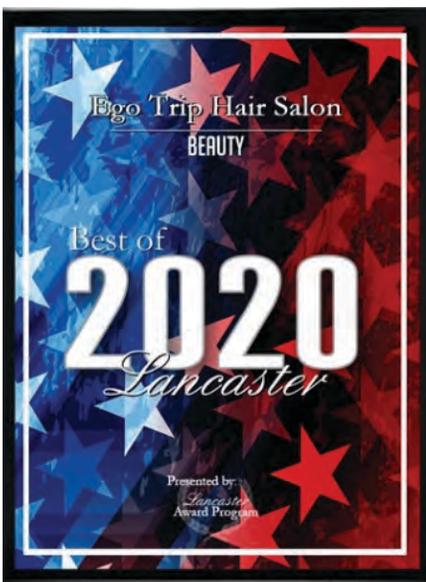
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He has a great passion for balayage, creative color, precision haircuts, men's grooming and much more. Education is a huge part of London's journey; he is eager to learn and inspire others.

In his spare time he loves to read (huge Harry Potter fan), learn new techniques, spend time with family and friends, and travel. London is also bilingual.

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## Protecting Your Wishes and Loved Ones with a Health Care Power of Attorney and Living Will



Melissa A. Zillhardt, Esquire

It's not every day that most of us think about who would make medical decisions for us if we were not able to speak or communicate our wishes. However, this exact situation can come up at the drop of a hat—you are in a car accident, have a stroke or heart attack. For many people, the inability to communicate their wishes happens due to degenerative diseases such as Alzheimer's.

While many of us have preferences regarding medical intervention and end of life care, it is important to relay these wishes to loved ones. One of the most practical ways to accomplish this is by creating a health care power of attorney and living will. This document can save time and avoid confrontation when it comes to your medical care. A health care power of attorney and living will is a combined document that names a person to make medical decisions for you should you lack the capacity to communicate with your doctor. It also lays out your preferences related to end of life decisions. Choosing the right agent is key. Consideration should be given to naming multiple agents so one is readily available when decisions need to be made immediately. An agent must not only know your desires, but

also have a general familiarity with your health (i.e. allergies to medication, previous surgeries, medical history, etc.)

While a health care power of attorney primarily protects your wishes, it also protects the peace of mind of your family members and friends. Picture your child, spouse, parent or friend being asked whether to keep you on a ventilator or place you on a feeding tube. Family members often argue over these decisions and can feel isolated or guilty for making certain decisions. It is best to let loved ones know your wishes ahead of time so that they can have peace of mind knowing that they did what you would have wanted.

Finally, health care power of attorney and living will documents are flexible. Not only can you outline what types of treatment you want or do not want,

but you can also direct whether you want to be kept alive as long as possible, whether the instructions outlined in the document are stringent and must be followed or whether they are mere guidance for your agent. You can also insert specific clauses which outline your values or beliefs. For example, the Catholic Bishops of Pennsylvania and the Pennsylvania Catholic Conference list a health care power of attorney and living will form on their website containing language that relays the Catholic viewpoint regarding end of life care.

It is important to communicate with your loved ones regarding health care decisions at any age. Creating a health care power of attorney and living will is a simple and effective way to preserve your values and wishes and provide guidance to your loved ones in what is bound to be a difficult time.

## Mental Health Tips for Cabin Fever

With the need for people to continue to function and maintain good mental and physical health whilst self-isolating during the current challenges of Covid-19, here are a few pointers from Kay Hutchison, author *My Life In Thirty Seven Therapies: From Yoga To Hypnosis and Why Voodoo is Never the Answer* for right now and the approach of Mental Health Awareness Month in May to keep us positively focused and calm.

Many of the therapies she covers in her book can also be practiced at home, remotely or by video link, so here are a few ideas to get you started. We know about telemedicine but how about teletherapy?

Note: Where necessary check out the credentials and qualifications of the therapists you contact—if they are listed on the registers of one of the US organizations that train and provide certification to a high standard, you should be on safe ground.

**1. Counselling/psychotherapy**—someone professional to talk to if you are feeling anxious or uptight. Thankfully most qualified counsellors offer phone sessions—and you can decide to have video as well as audio if you need the closer interaction and connection that seeing each other provides.

**2. Yoga.** There are many classes online of course, but the good news is that there are a growing number of classes that are now being live-streamed straight into people's homes—which is very useful right now if you want to practice, need the motivation of others in group, but can't be together the way you usually do because we need to distance from each other.

Classes are done remotely, so you can be comfortable at home listening to the yoga teacher and following their instructions and movements. And it's even possible to have two-way interaction if you switch on your video,

allowing the instructor to provide individual feedback to you on your position or breathing (for example). Some of the new entrants to the market include 'Yogaia' which runs live and interactive online yoga sessions with two way communications in a number of countries including the US.

And of course there are lots of free videos on Yoga to keep you going—try out different teachers and styles and find the one for you.

**3. Guided meditations**—group meditations like those of Eckhart Tolle are increasingly being streamed live to audiences via video link—I think this idea of 'live event' meditation/spiritual calming is important for today's stressful lifestyle. Large groups engaging in meditation is a very powerful therapy—and especially beneficial when you are having to socially isolate from others.

**4. DIY Therapies to give yourself some space to think positively.** There are so many therapies you

can learn about and practise on your own at home. The simple act of learning some new therapy is good for taking your mind away from worries and the constant draw of the latest depressing news headline on Covid-19 on tv/social media. Try finding out about Numerology, Power Animal readings or Positive Affirmation cards. You can do it all online.

**4. Sonic Therapy**—try it yourself—lie down and listen (for at least 20 minutes) to gongs and chimes are calming and therapeutic or watch professional musicians live online streaming gong baths to enthusiasts.

**5. Creative writing therapy**—get your ideas, your fears and your experiences down on paper—it's therapeutic and helps bring some order to the chaos outside.

Or why not create your own visualization board of images for your future when this difficult time is over.

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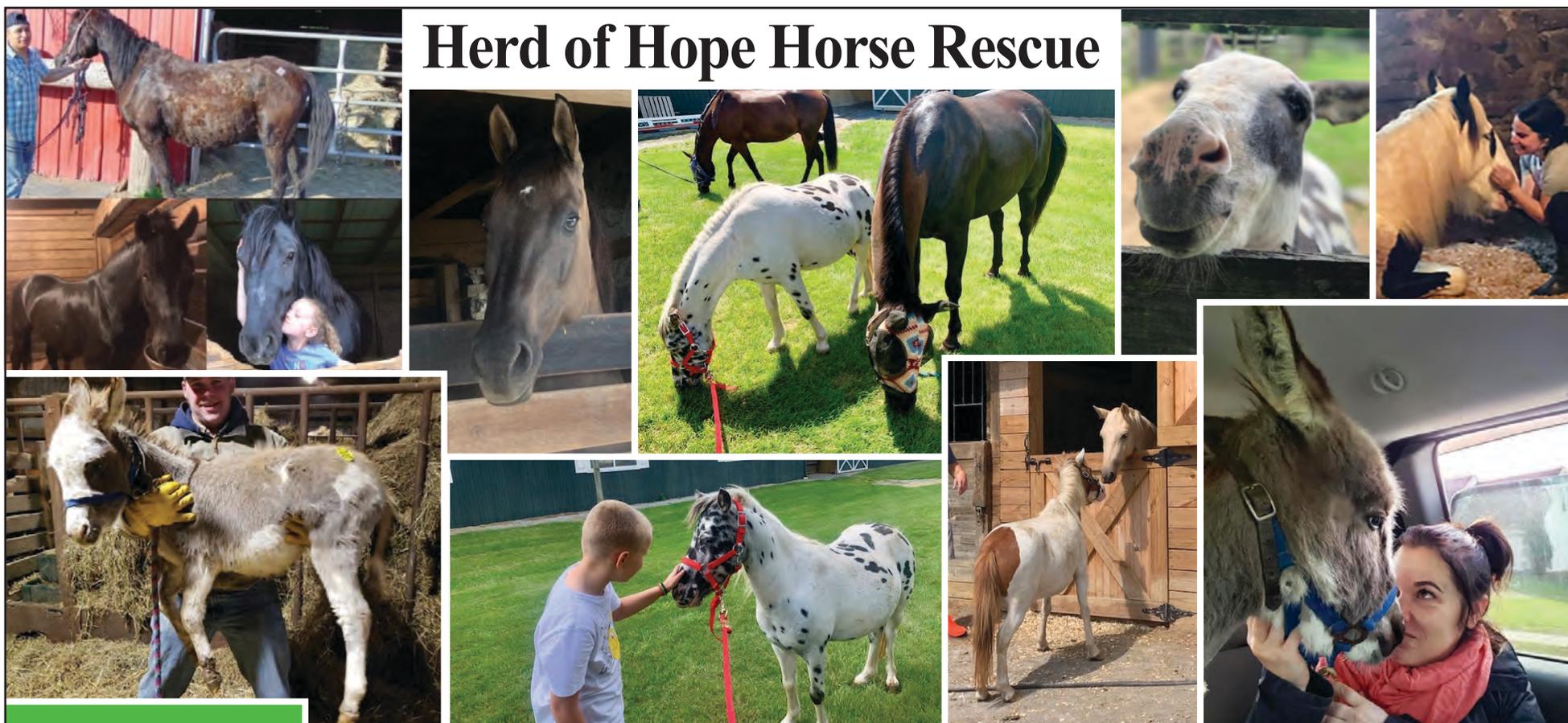
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This time will pass but in the meantime, there are things we can do to support our own mental health and help us see our way through.

Kay Hutchison is a content creator with extensive experience in radio, television and publishing. After gaining her BMus and MA in music at Glasgow University, she joined Decca Records in London and then BBC Radio as a Producer. Kay moved across to television with Channel 4 and went on to lead the launch teams for Disney TV and Channel Five. In the build-up to the 2012 London Olympics, she successfully led the legacy partnership that delivered a long-term future for the multi-million-pound Olympics Broadcast Centre. Kay founded her own company, Belle Media and launched Belle Kids in 2015, producing multi-platform, conservation-focused content for children.

Website: [www.kayhutchison.com](http://www.kayhutchison.com) or [www.bellemedia.co.uk](http://www.bellemedia.co.uk)

## Herd of Hope Horse Rescue



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Since 2011, HOPE, Inc. has offered free clothing from our donation room, now called H.O.P.E.'s Closet, to anyone in need. Now in 2020, with donations of quality clothing, time, and monies, our closet has grown from seven racks to 1,900 square feet, with enough clothes to provide this basic need for hundreds of people.

HOPE provides this clothing for free, knowing that individuals whose basic needs are met can focus on living life instead of surviving it. The closet can be accessed by appointment only. Help us help others by contacting HOPE, located within New Horizons Counseling Services. Donate directly or through Facebook at Hope Offers People Everything, Inc.



## Community Member Donates Home to Local Charity

An anonymous community member donated a completely remodeled home (worth over \$200,000) to local charity organization Good Samaritan Services. This donation will provide affordable housing for those experiencing homelessness in Chester County. In March 2020, Good Sam will have three men moving into 214 St. Mary's St. These men will be moving from the Good Sam Emergency and Transitional Housing to their Affordable Housing Program. This means that these men will be able to live in this home for a below-market rental rate for a period of 1-3 years. Rent will increase each consecutive year. This encourages participants to budget, save, and find permanent housing of their own.

Good Samaritan Services provides a full continuum of care to individuals and families experiencing homelessness. They offer emergency shelter, transitional housing, affordable housing and permanent housing services across Lancaster and Chester counties. Good Samaritan serves around 400 men, women and children every year. They also offer many financial stability programs, job training programs and family strengthening programs that holistically and effectively address the needs of their clients. They have locations in Phoenixville, Coatesville, Ephrata and Lancaster.

For more information, visit [www.goodsamservices.org/2020/02/house-donated-to-good-samaritan-services](http://www.goodsamservices.org/2020/02/house-donated-to-good-samaritan-services).



Ben, Marion, and Brad have gone through our transitional housing program and are moving into our affordable housing program.



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## Energy, Mental Health, and Working from Home



Neha O'Rourke  
Somewhere In Between Coaching

With millions of Americans and global citizens in self-quarantine, lockdown, or work from home status, life is all of a sudden very different. Burnout expert, and award-winning lifestyle coach, Neha O'Rourke would like to offer:

### Tips on How to Manage Your Energy During Coronavirus Chaos

**Choose empowering thoughts:** It's really easy to get caught up in

fear in these situations - and that's not always a bad thing (think: fear is helping you buy soap or cleaning products). Just evaluate if your fears are empowering you and are constructive or if they are merely draining your energy. If they are draining your energy, try to reframe it to be an empowering thought.

**Control what's in your control and let go of the rest:** You can't control what's going on around you, but you can control your thoughts, actions and choices: keep up your hygiene, choose where you interact, take preventative measure, etc. From there, recognize that other things are out of your hands and worrying about that will not serve you. You worrying will actually cause stress, which we know has negative effects on immunity.

**Get perspective and be mindful of your impact on others:** Many of us are lucky enough to work at jobs that allow us to stay home or in a safe environment. There are many who do not have that luxury. Additionally, remind yourself that although you may not be in the highest risk category, your

choices can affect someone's parent, grandparent, brother, sister, mother, etc. Think about your privilege and make choices with your impact in mind.

### Tips on How to Shift Fear-Based Thinking During Coronavirus (per the CDC)

**Take breaks from watching, reading, or listening to news stories, including social media.** Hearing about the pandemic repeatedly can be upsetting.

**Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

**Make time to unwind.** Try to do some other activities you enjoy.

**Connect with others.** Talk with people you trust about your concerns and how you are feeling.

### Tips on How to Work from Home

- Maintain regular hours. Set a schedule, and stick to it
- Create a Morning Routine.

- Set ground rules with the people in your space.
- Schedule breaks.
- Take breaks in their entirety.
- Keep a dedicated office space.
- In this time of uncertainty, confusion, and chaos: we must be grateful for the simple things.

Neha O'Rourke is the Founder and Career Coach at Somewhere In Between Coaching, a coaching company that empowers women around the country and across industries in designing a career and life they love. Since founding Somewhere In Between, Neha has served hundreds of women in avoiding career burnout through her signature 1:1 career coaching programs, research-based blog series, and public appearances. She was recently named "20 on the Rise" in the coaching category by Honeybook and Rising Tide Society.

Throughout her career, Neha has supported and advocated for her peers, colleagues, men-

tors, and friends as they navigate the delicate balance of finding stride in their personal and professional lives. Prior to Somewhere In Between Coaching, Neha worked in advertising where she architected strategies and campaigns for nationally recognized brands. As a result of physical, mental and emotional burnout, Neha shifted her career to launch Somewhere In Between Coaching. She fundamentally believes that life is too short to be "surviving" your career and that every woman deserves to thrive, both professionally and personally.

When she's not working, Neha enjoys trying new fitness studios in Chicago, spearheading multicultural education, cheering on her Minnesota Vikings during football season (talk about perseverance), and discovering new music on Spotify.

[www.sibcareercoaching.com](http://www.sibcareercoaching.com)

## Dr. Deborah Hagey: A Life of Faith and Service



Deborah Hagey, DO

By Susan C. Beam

For Dr. Deborah Hagey, a strong sense of community service coupled with a deep, abiding faith have served as guiding principles while navigating a life of twists and turns and through the challenges of multiple roles, including first an educator, and later as a primary care physician at her family practice in Reinholds.

Now on the cusp of her 30th year serving the Lancaster community, looking back, Dr. Hagey

said, “I have truly had some amazing experiences in life.”

Born and raised in Philadelphia, Dr. Hagey’s scientific interest began as a child, encouraged by her parents.

“I grew up going to lectures and programs at the Franklin Institute, and I just fell in love with science,” she explained.

However, a twist was coming.

“The summer after 11th grade, I was working as a camp counselor for developmentally challenged children. Back then, there wasn’t much information on special education, and very few programs served this population,” she explained, adding that she returned multiple years to the camp, which solidified her interest in education.

While attending Millersville University, she met and married her husband, Steven Hagey, during junior year. After graduating, she taught a special education class for IU-13 in Lebanon

County for five years, during which she enjoyed developing and writing specialized curriculum and helping her students succeed at daily tasks.

However, she never lost her interest in science, and a chance experience pushed her towards medicine.

“Many of my students dealt with health challenges, but there was one incident which really prompted me—a student started choking on a hot dog, and this was before the Heimlich maneuver was invented. After that day ended, and the student was safe, I came home and said, ‘I need medical training,’” said Dr. Hagey, who eventually went on to become certified as an EMT, a paramedic, and later, as a deputy coroner for 12 years.

“I loved my two worlds—my students and my jobs in the medical field. But I felt like the Lord was drawing me towards medicine. I started medical

school at age 32, attending the Philadelphia College of Osteopathic Medicine. I just loved every step of the way,” she said.

“When it came time to choose a focus, I knew that I really valued the relationships I built with people in family practice. I spent three years in my family practice residency at the former Community Hospital of Lancaster,” she continued, adding that during all of her medical training, her path was marked by strong mentorship, including Dr. Miles Newman, a family physician in Elizabethtown, who was instrumental in getting advanced life-support training to EMTs, and Dr. Barry Walp, the county coroner.

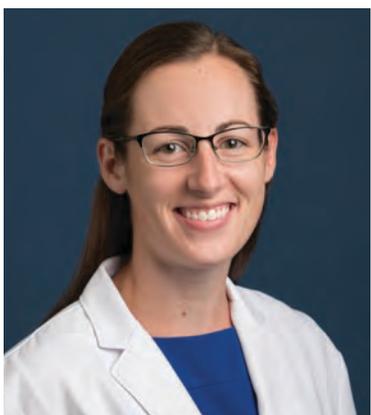
According to Dr. Hagey, in March of 1997, a sudden illness from mycoplasma sepsis and a near-death experience informed her patient philosophy, based on long-term relationships and education.

“Most of us who have experienced a near-death experience are changed in a unique but usually profound way. When the Lord said to me, ‘you have to decide if you are going back,’ I answered, ‘I don’t know what to say. It is so wonderful here, but thy will be done,’” she said, noting that from that experience, she felt compelled to work deeply with patients, to inform them of choices and options, and to “teach them to manage their health to the best of their ability.”

When not busy with her patients, Dr. Hagey enjoys singing in local choirs, including the Lancaster Chorale and the Lancaster County Messiah Sing-Along, where she is also a board member.

Looking forward, Dr. Hagey says her faith continues to sustain her and she has no doubt, starting her 30th year of medicine, that she will continue to be guided by the Lord.

## Louise Babikow, Nurse Practitioner with Regional GI



Louise E. Babikow, MSN, CRNP

By Susan C. Beam

For Lancaster native Louise Babikow, the journey to her current role as a nurse practitioner with Regional GI began with a love of science, a family interested in biology, and a sense of community spirit.

“I was raised in an agricultural family, which has deeply influenced my development and led to an early interest in biological sciences. Watching and working alongside my grandparents and parents at a young age, I learned that new growth takes

patience and nurture,” she explained, adding that she watched her grandfather and her father care meticulously for plants in the family greenhouse business, now in its fourth generation.

Enjoying and excelling in STEM (science, technology, engineering, mathematics) classes, Louise was drawn to professions centered around these areas.

“When I started college, I was an undeclared major because I was considering many different career paths, but eventually landed on nursing because of its combination of science and patient interaction. My mom is a nurse and my sister is a dentist, so they both influenced my decision to pursue a career in healthcare,” she said. She earned a Bachelor of Science in Nursing and a minor in Spanish from Eastern Mennonite University before obtaining her Master of Science in Nursing from the University of Pennsylvania.

During and after her formal schooling, Babikow acquired a wide variety of experiences

working with underrepresented populations. During high school, she worked at Friendship Community, a group home for adults with intellectual disabilities. After graduating, she continued there as an RN while also working at Lancaster General Hospital on the gastroenterology and urology floor.

“While very different, both positions challenged me to continue growing my skills and provided exposure to new and different medical needs. It was a blessing to serve at both organizations and I continue to have good memories and relationships with past co-workers, residents, and patients,” she commented, adding that also while in high school, she studied Spanish, and after her master’s, volunteered in Roatan, Honduras, at Clinica Esperanza.

“I believe we are called to care for those who are underserved in our society and around the world. Through future service work and here in my home community, I hope to continue to advocate and

provide healthcare to those who need it most,” she said.

Though she enjoys seeing the world, she says she deeply appreciates home.

“While I love traveling, the more places I see, the more grateful I am for my community here in Lancaster. Lancaster offers the best of both worlds—beautiful and peaceful country living with easy access to Lancaster city and Philadelphia close by, too,” she commented.

Being centered in Lancaster has also promoted patient relationships.

“Being a Lancaster native allows me to connect in meaningful ways with my patients. I think they appreciate when I know their favorite restaurant, have been to their church, or find out we went to the same high school. These connections allow us to understand each other on a personal level. Whether patients are from Lancaster or not, I always try to make some type of non-medical connection with patients

because I think this fosters a relationship which leads to greater trust,” said Babikow, noting that growing up with Amish neighbors and friends has fortified her interest in being an advocate for this community.

When not serving her patients, Louise enjoys running, crafting, volunteering, and being active in her church community. She is also looking forward to achieving a new goal at Regional GI.

“I’ve taken on a new role at Regional GI working with patients in need of genetic counseling. I have the privilege of working with genetic counselors to advise patients who are at an increased risk of hereditary colon cancer. As the medical field continues to learn about the intersections of disease and genetics, I believe future treatments will be more individualized. One of my favorite parts of healthcare is continual research and new developments. I hope to never stop learning!” she said.

## Food Is Medicine: Preventing and Reserving Chronic Illness with a Plant-Based Diet



Christopher Wenger, DO

By Susan C. Beam

According to the Centers for Disease Control and Prevention, heart disease is a leading cause of death in the United States, with one person dying from cardiovascular disease every 37 seconds. For Dr. Christopher Wenger, a cardiologist at Penn Medicine Lancaster General Hospital, curing chronic illnesses, including cardiovascular diseases, begins at home – in the kitchen.

“During my training as an internist and cardiologist, I quickly realized that I was able to treat almost every disease, and yet cure so very little. Trying to find a cure has blossomed into a passion that has driven me since my training as a student physician,” he explained, adding, “Over the years, I have learned that people have tremendous power over their own health and longevity. The risk of developing and advancing chronic disease states such as obesity, high blood pressure, type 2 diabetes mellitus, high cholesterol, and cardiovascular disease is strongly linked to lifestyle and particularly dietary choices. Food is medicine.”

This, according to Dr. Wenger, is actually good news.

“If we can eat our way into them, then we can eat our way out of them, too. These chronic diseases are not only preventable, but potentially reversible as well

by adopting a whole-food, plant-based diet centered on whole, unrefined or minimally refined plants,” he commented.

Dr. Wenger noted that research has shown plant-based diets are linked with a vast array of benefits, thanks in part to dense nutrition, high fiber and low amounts of trans and saturated fats. The consumption of complex carbohydrates, backed by a high fiber content, assists in weight loss while simultaneously reducing serum cholesterol and saturated fatty acids, aiding in the prevention of chronic diseases.

“A whole-food, plant-based diet is not a diet of salads, but a diet of vegetables, fruits, tubers, whole grains and legumes. It excludes or at least minimizes meat, dairy, eggs, and fish as well as highly refined foods like bleached flour, refined sugar and oil. One still enjoys most of their favorite foods, including lasagna, burg-

ers and tacos, by simply eating plant-based versions of them,” said Dr. Wenger.

In the beginning, the switch can seem daunting.

“Gravitating from a standard American diet to a whole-food, plant-based diet can seem intimidating at first. However, with some education and support, the process can move fairly smoothly. Although some can find success with an overnight ‘overhaul’ of their diet, I typically encourage my patients to make healthier food swaps. Generally, I work to get people eating whole foods first, after which we then move toward plant-based foods,” explained Dr. Wenger.

“For example, I suggest ridding oneself of added sugar in both beverages and foods. Then we can discuss consuming more plant-based proteins and moving all grain consumption to whole grains only. Doing this with a

friend or spouse is great, as it provides accountability and encouragement during the transition,” he continued.

For those interested in making the switch over to a plant-based diet, Dr. Wenger said there are excellent educational resources available, such as the book *How Not to Die* by Dr. Michael Greger; the *Forks Over Knives* magazine, cookbook and Netflix documentary; and other documentaries such as *Game Changers* on Netflix and *Plant Pure Nation* on Amazon Prime. There are also many helpful websites, including [perm.org](http://perm.org) and [nutritionfacts.org](http://nutritionfacts.org).

Dr. Wenger also recommends the free smartphone app, Dr. Greger’s Daily Dozen, as an excellent way to get tips and track plant-based eating.

## Annual Pasta Buffet and Auction Fundraiser



MHA

Mental Health America  
of Lancaster County

Come support MHA's services & programs.




Friday, April 24, 2020

Annunciation Greek Orthodox Church

64 Hershey Avenue

Lancaster, PA 17603

Dinner starts 5:30 p.m.

Live and Silent Auctions end at 7:45 p.m.

- **Adults \$25.00**
- **Children Ages 6-10 \$10.00**
- **Children Age 5 and Under Free**

- **Enjoy the Pasta Buffet during both Live & Silent Auctions**
- **A fun way to support MHA's classroom & community suicide prevention work at our only fundraiser of the year.**
- **Mingle at the largest gathering of mental health advocates in the County.**
- **Bring friends, family or colleagues. Everyone is welcome.**
- **Tickets available starting March 1st: [www.mhalancaster.org](http://www.mhalancaster.org) or at the door.**

To become a sponsor for 2020 call Kim McDevitt at 717-397-7461 or email [kmcdevitt@mhalancaster.org](mailto:kmcdevitt@mhalancaster.org).

### Interested in Making an Auction Item Donation?

Deliver your item, gift card or service voucher by April 10, 2020.

Donations can be themed—baskets, items, experiences, services, gift cards, trips, vacations, or even donations of time and professional skills.

Please contact us with questions about Pasta 2020 during our normal business hours of 9 a.m. to 4 p.m. (Monday through Friday) at 717-397-7461 or [cleckow@mhalancaster.org](mailto:cleckow@mhalancaster.org). Buy tickets starting March 1, 2020.

### Would You Like to Be an Individual or Corporate 2020 Sponsor of MHA or Pasta?

Contact Kim McDevitt at 717-397-7461 or [kmcdevitt@mhalancaster.org](mailto:kmcdevitt@mhalancaster.org).

## Finnegan Farms, LLC Hemp Farm and Store

By Susan C. Beam

For the past few years, there has been major buzz about the therapeutic benefits of cannabidiol, more popularly known as CBD, which is the naturally occurring compound found in the resinous flower of the cannabis plant. For Amy Tyler of Finnegan Farms, LLC, her own positive experience with CBD led her to farming the plant, creating her own line of high-quality, fully-organic industrial hemp products.

"I started growing it after using CBD oil to help chronic pain and arthritis, and I have since used it after cancer surgeries. I use CBD oil and muscle rub daily for maintenance and pain relief," said Tyler, who began farming in 2017. Finnegan Farms, LLC, named for a beloved dog, is one of Pennsylvania's first farmer-owned hemp stores.

For Tyler, educating her clients and adhering to high standards of product quality and ethical farming practices are part of her passion.

"I grow hemp, the plant from which CBD is extracted, using organic practices and make my products with as many organic ingredients as

possible. Quality of products is very important to me. There are thousands of CBD companies, yet many of them have no quality control," she explained.

"Hemp products are being imported from foreign companies and contain impurities like lead and mercury," she continued. "Some are selling hemp oil that is made from hemp seeds and claiming it has the same properties as CBD. Hemp seed oil has no CBD in it. Our products are made from either our hemp or hemp from farmer friends. The majority of our products are made in-house in small batches."

According to Tyler, there is tremendous joy in helping her clients realize the medical benefits of CBD, and she carries a variety of product options for both two-legged and four-legged friends.

"Our most popular products are muscle rubs, CBD oils and pet treats. Our muscle rubs are available in 500 and 1500 mg regular and extra-strength formulas. People are using these for arthritis, muscle and joint pain, and skin conditions such as eczema," said Tyler. "Our pet treats are made with organic oat flour, organic peanut butter and organic pumpkin.

Each bag contains 50 mg of CBD."

She also offers a selection of oils for both human and pet consumption.

"The CBD oils are available in 100, 250, 500, 1,000 and 2,000 mg formulas. We also carry a 1,000 mg full-spectrum oil. People are using oils for anxiety, arthritis, sleep, pain relief, seizures, neuropathy and many more conditions," Tyler noted.

If you're looking to explore the therapeutic benefits of high-quality hemp products, Finnegan Farms, LLC, can help.

"We believe in the booming, yet unregulated hemp industry; knowing the source of what you put into your body is very important. We take pride in our products. Know your farmer!" said Tyler.

You can say hello to Amy Tyler, Owner of Finnegan Farms, LLC, at the Lancaster Marketplace every Wednesday through Saturday from 10 a.m.–6 p.m. She has amazing products for both people and pets. You can also visit their website: [www.finneganfarmslc.com](http://www.finneganfarmslc.com). They are also on Facebook and Instagram at [FinneganFarmsLLC](https://www.facebook.com/FinneganFarmsLLC).



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## Pet Pantry: Serving the Needs of Lancaster Pets Since 2011



Melody Sanders (cofounder) and Sasha (Pet Pantry Animal Ambassador)

By Susan C. Beam

In 2011, Melody Sanders, Dr. Bryan Langlois and Krystle Black began with a simple question: What can we do to meet the nutritional needs of Lancaster County pets at no cost, ensuring that families hit by an economic crisis could keep their pets in a loving and familiar home?

In response, the Pet Pantry was born. Now located at 26 Millersville Road, the Pet Pantry has since grown, serving over 150 Lancaster families and averaging

70,000+ pounds of dry dog and cat food distributed yearly while also having expanded services for adoption, lifesaving veterinary care and a feral cat TNR program.

"Since the beginning, our goal has remained the same—to help as many animals and families in Lancaster as possible," said Sanders, CEO and President of the Board.

Central to their mission is the no-cost pet food, which supplies participants with a monthly allotment of dry pet food distributed in sealed buckets. In order to be eligible, families must apply to the program and certify that their pet has been vaccinated and spayed/neutered, and dogs must be licensed.

"Though we began partly in response to the economic downturn of 2008, this is a need which never goes away. We have families who, because of a job loss or medical crisis, suddenly found themselves in a financial predicament. We also have a lot of the elderly population who are on a fixed income and managing both

living and medical costs," explained Sanders, who added that during their March 2020 food distribution, they distributed to over 100 families at two different locations: one at their Millersville site and one at a site in Gap.

According to Sanders, what makes the Pet Pantry distinctive is their approach to total pet care.

"We're more than just food distribution. This is a program where our pets not only get sustenance, but also access to needed medical services. We're making an overall investment in their care and quality of life," explained Sanders.

Sanders said that Pet Pantry is dedicated to offering "core vet services at an affordable rate," including vaccines for rabies and distemper, and spay/neuter services through the efforts of co-founder and Medical Director Dr. Brian Langlois and Rescue Director Brenda Fijalkowski, along with a rotation of veterinary professionals, including veterinary students who gain valuable, hands-on training in shelter medicine.

They also offer specialized surgical services through vet referral when euthanasia may be the only choice for the owner if treatment or surgery would cause financial hardship, and every Friday host a clinic to support TNR efforts with feral cats.

"In addition to our Friday clinic, we have an RV we call the S.S. Pantry, which is a mobile TNR clinic," said Sanders. "We go out to local farms where farmers have trapped feral cats, and we neuter or spay them, vaccinate them and return them to the farmers to release them the next day."

In 2014, recognizing the need that some animals have for a second chance at a loving home, the Pet Pantry also formed an adoption service.

"Many of our adoption efforts are geared towards cats, and we generally have an average of 70 adoptable cats at our locations and at fosters, but that number may reach as high as 140 during kitten season. We will also occasionally have dogs in foster

care, waiting for forever homes. I'd like to see all of our animals have a loving home to go to," said Sanders.

Looking to the future, Sanders said that they would like to continue to expand their efforts and are currently searching for a large piece of property to purchase to expand both their veterinary clinic and their adaptation service. She expects to announce their capital campaign in mid-to-late 2020.

In terms of donations, daily needs include canned cat food, dry cat and dog food, any specialty foods for animals on special diets, towels and blankets, and daily housekeeping and office supplies such as paper towels, trash bags, laundry detergent and copier paper. All donations can be dropped off at the Millersville Road location.

For more information on the Pet Pantry, visit their website at [petpantrylc.org](http://petpantrylc.org) or visit them on Facebook at Pet Pantry of Lancaster County.



## Become a Rescue Reader!

Follow us on Facebook to stay up to date on upcoming events!

We are excited to announce the relaunching of our Rescue Readers program here at the Humane League of Lancaster County. The Rescue Readers program is designed to boost a child's reading confidence while also socializing the homeless cats in our shelter. With refreshed ideas and incentives for the children participating, the Humane League of Lancaster County is hoping to encourage even more children to participate.

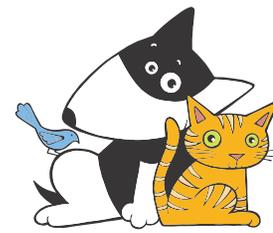
Rescue Readers was started about a year ago as a way to engage children between the ages of 4 and 13, who wanted to volunteer at the shelter but were not old enough.

The program was designed to give kids the opportunity to help socialize the homeless cats in our shelter, while also encouraging reading proficiency and confidence. Children can either bring in their own book(s) or choose a book or two from a small library and then enter one of our two cat colony rooms to read to the cats. The children are given half-hour reading slots to read with the cats.

Kylie Layman, the Events and Social Media Coordinator, explains, "It's a win-win for everyone. Our cats are getting socialized, a child's reading comprehension and confidence are growing, and parents have a unique incentive to get their children to read more. Cats don't care how well a child can read as long as they get some love and attention, so it's a great confidence boost for the kids to have a nonjudgmental listener."

With the relaunching of Rescue Readers, clients can expect a more enhanced experience. There will be a new incentive program that will encourage readers to return five times and then receive an exclusive Rescue Readers T-shirt. We also have brand-new bean bags that kids can use to sit on while reading, which can be requested at the front desk when they check in. We are hoping that the revamped program will encourage parents, teachers, schools, libraries, mental and behavioral health facilities, etc., to partner in our efforts to create more confident readers and more socialized cats.

Rescue Readers is a free program that takes place on Saturdays and Sundays between 11 a.m. and 3 p.m. throughout the year. When there is a weekend adoption event, Rescue Readers will be postponed until the following weekend. Readers can schedule a 30-minute reading session with Kylie by calling or emailing her at (717) 393-6551, ext. 229, or [klayman@humanepa.org](mailto:klayman@humanepa.org).



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## Pet Pantry Wish List

A full belly is easier to scratch



- Unopened Dog & Cat Dry/ Canned Food
- Kitty Litter
- Food & Water Bowls
- Leashes & Collars
- Pet Treats
- Toys
- Dog and Cat Beds
- Volunteers
- Corporate Sponsors
- Monetary Donations
- Gallon Zip Lock Bags (for packaging)
- Fuel Cards (for deliveries)
- Scotch Tape
- Dawn Dish Washing Soap
- 5-Gallon Food-Grade Buckets with lids (clean and dry)
- Copy Paper
- Paper Towels
- Gently Used Towels and Blankets
- Pet Carriers
- Collapsible Dog Crates
- Clipboards
- Newspaper
- Cat Scratching Posts
- 13-Gallon and Smaller Trash Bags

Visit [www.petpantrylc.org](http://www.petpantrylc.org) for dropoff locations near you!



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worth one to four points each and play to 21.

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## Toastmasters Salutes Five Inspirational Females on International Women's Day

More than half of Toastmasters International's 358,000-plus members are females who joined Toastmasters to become more confident and competent communicators and leaders. Women are also prominent members of the organization's leadership structure and make up the majority of the 2019-2020 Board of Directors.

"Our organization continues to find ways to empower women and help them find their voices," said Lark Doley, Toastmasters' 2018-19 Immediate Past International President. "Our female members support one another, and mentoring among women has played a crucial role in members developing the essential skills for successful professional and personal lives."

In honor of International Women's Day on March 8, Toastmasters International salute these five inspirational females:

Susan Cain is the author of the *New York Times* best-seller *Quiet: The Power of Introverts in a World That Can't Stop Talking*. Cain, a self-proclaimed introvert, co-founded Quiet Revolution, a mission-based company with initiatives in the areas of children (parenting and education), lifestyle, and the workplace.

Farzana Chohan is Toastmasters' Region 5 Advisor and an accomplished speaker and author. Chohan is the founder of Leadership IN Women, a platform to connect and inspire female leaders around the world. Chohan's work focuses on mentoring and leadership, two fields she believes are key to professional development among women.

Margaret Page is Toastmasters' 2019-2020 First Vice President as well as an entrepreneur and investor. As a champion for women in politics, Page has been active in supporting, developing,

and delivering campaign schools for women in British Columbia and beyond to provide them with the tools to serve at three levels of government: municipal, provincial, and federal.

Rochelle Rice is a nationally recognized speaker, author, and educator with a passion for empowering lives through movement. Rice is the author of *Real Fitness for Real Women* and delivers keynotes, seminars, webinars, and online presentations for women in business and leadership.

U.S. Army Major General Laura Yeager became the first woman to command a U.S. Army infantry division in June 2019. Yeager now leads the Army National Guard's 40th Infantry Division, based in her home state of California. The division includes 10,000 soldiers, mainly from the West Coast of the U.S. and areas such as Hawaii and Guam.

To schedule an interview with a successful female Toastmasters leader, email [pr@toastmasters.org](mailto:pr@toastmasters.org).

To find a local Toastmasters club where you can develop or improve your presentation and leadership skills, visit [www.toastmasters.org/findaclub](http://www.toastmasters.org/findaclub).

### About Toastmasters International

Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Headquartered in Englewood, Colo., the organization's membership exceeds 358,000 in more than 16,800 clubs in 143 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders. For information about local Toastmasters clubs, please visit [www.toastmasters.org](http://www.toastmasters.org). Follow @Toastmasters on Twitter.



*Mary Kendall has been a Toastmaster member since 2012 and has participated in club meetings in Arizona, Kansas, Georgia and Pennsylvania. She is pursuing a mastery of storytelling and encourages young people to "put down the device" and do some REAL, face-to-face communication. Presently she is the VP of Education of the F&M College Toastmasters; the club will soon be renamed the "Red Rose Toastmasters" of Lancaster, Pa.*

### Mental Health and Medical Billing and Coding

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### Sixth Annual Tails of Comfort Dinner

Sunday, March 29 at 4 p.m.

Lancaster Country Club  
 1466 New Holland Pike, Lancaster, PA 17601

The Tails of Comfort Dinner is one of KPETS largest fundraisers of the year. This dinner, held at the Lancaster Country Club, brings together the community along with KPETS volunteers to raise funds to support KPETS mission of Touching Lives and Warming Hearts. The dollars raised allow hundreds of facilities and thousands of people of all ages to benefit from the power and magic of the human/animal interaction. KPETS is grateful to be community-supported and able to provide services free of charge.

In addition to our regular visits in retirement communities, schools, libraries and rehabilitation settings, KPETS continues to grow and expand services to new venues. As a result of our partnership with

Penn Medicine Lancaster General Health on becoming a trauma informed organization, KPETS new ventures include easing stress and giving back to our first responders, partnering with CASA to comfort children at the courthouse, and supporting those who may be experiencing compassion fatigue or secondary traumatic stress.

Lori Burkholder of WGAL will serve as emcee for the night's festivities that include raffles, silent auction, games and "Tails of Comfort". Dinner music will be provided by Mimi Sigworth and David Mills from The Sound of Roses band.

Tickets are \$75 per person. For more information contact [info@kpets.org](mailto:info@kpets.org) or call 888-685-7387 or visit [www.kpets.org](http://www.kpets.org).

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## Helping Seniors Make Their Move



Rochelle "Rocky" Welkowitz  
Mature Adult Relocation  
Specialist

by Robin Archibald

"Many seniors who opt to downsize from their large family homes are excited to be moving to a more manageable living situation," says Rochelle "Rocky" Welkowitz. "They dread another winter of shoveling snow or another summer of trying to keep the lawn mowed."

Rocky and her knowledgeable team at Transitions Solutions for Seniors are there to help

active adults and seniors with every aspect of their move. Any move can be stressful, and the task of downsizing from 20 or more years in a home has its own challenging decisions and details. Rocky and her team are experienced in guiding clients through the process so their move is wonderfully smooth and worry-free.

"Over the course of the move, we're there frequently, helping clients make decisions and facilitating the move in whatever ways the client needs," says Rocky. If her clients can't sleep because a worry arises, they can call Rocky late in the evening, any day of the week. "I'm always awake doing paperwork, so they can call and I can take that problem away," she assures.

Rocky advises active adults and seniors to start early on the details of downsizing from a family home to a smaller residence. "Once you know you're going to move, you can start. It can take two years, and a slow approach is less stressful,"

says Rocky. "Although we've helped clients move in as little as two weeks."

The first step clients take in the process of moving is to discuss their individual needs with Rocky so she can arrange to meet those needs. Some clients have physical limitations and need help organizing and packing. Others need help deciding how to downsize their furnishings to fit the space in their new home. Some need Rocky's knowledge of adult housing to help them find an enjoyable new home. Still others need Rocky's expertise as a realtor working with seniors for over 34 years to help them prepare their house for sale and get the best possible price.

One service clients particularly love is how they can live in their new home immediately because their possessions have been unpacked and placed in closets and cabinets, and their furniture has been arranged. "When they come, it's all ready to start living," says Rocky.

Yet Rocky understands that such a move can be emotionally difficult. "No matter how you play it, it's still a stressful time to leave the home of a lifetime," she admits. "So anything we at Transitions Solutions for Seniors can do to enhance our clients' experience and to give more, we'll do it. We just want everything to be perfect for them. We're always working to learn more so we can to bring more to our clients."

And Rocky's clients are extremely happy that she and her team are there to provide help at a time that can be both difficult and exciting. "Our clients love the idea of being able to work with one person or a small group of people with whom they can bond," says Rocky. "And we do bond with them. They become extended family. We fall in love with our clients!"

### Need a Speaker for Your Group?

Let Rocky Share Her 35 Years of Downsizing Experience.

Call  
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See our ad page 27.



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**DOMESTIC VIOLENCE SERVICES  
OF LANCASTER COUNTY**

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<https://caplanc.org/our-programs/safety-empowerment>

Domestic Violence Services (DVS) has been providing assistance to victims of domestic violence since 1976 and is the only program in Lancaster County that provides comprehensive services to victims and their children. DVS provides free, confidential services and is committed to serving all victims of domestic violence. Facilities are handicapped-accessible.

- Emergency Shelter
- Individual and Group Counseling
- Children's Activities
- Domestic Violence Legal Clinic
- Transitional Housing
- Education and Outreach

#### Seeking Volunteers

Domestic Violence Services of Lancaster County is seeking volunteers to provide the following services to victims of domestic violence: answering the 24-hour Hotline; front desk coverage; public ed/speaking engagements; group facilitation; fundraising; PFA court accompaniment and children's services. Call for upcoming 40-hour training session dates. The fee for individuals interested in volunteering is \$50, or \$75 for individuals taking the training for professional reasons. In addition, other volunteer opportunities are available that do not require the 40-hour training. Volunteers must be at least 18 years of age. By donating your valuable time and talent, you can make a difference in the lives of victims of domestic violence and their children. Volunteers are needed at all times of the day, seven days per week. For more information, or to schedule an interview, call Cathy Sofilka, 299-9677, ext. 3105.

#### Support Groups for Victims of Domestic Violence in Columbia and Surrounding Areas

Domestic Violence Services of Lancaster County will hold a weekly Support Group on Mondays in the Columbia area for victims of domestic violence. Please call 717-299-1249 (collect calls are accepted) for time and location.

## Lancaster Christian Women's Club

Cordially Invites All Ladies to  
"Every Picture Tells a Story"  
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For reservations, please call Pat, 951-0773.  
Invite a Friend and "Do Lunch" with us!



C. Katherine DeStefano, PhD, LPC

## Telehealth Tips for Healthcare Providers

current precautions in place, clinical relationships are occurring in nonclinical environments, such as living rooms, bedrooms, etc. Some aspects are more difficult to discuss, so additional measures must be in place, and the natural curiosities of those around an individual having a therapy session must be curbed. These have been aspects in life that were generally not an issue; clients scheduled appointments and came in to have their sessions. Telehealth is not new, yet people are concerned about privacy across generations—from the teenager who worries that her mother will snoop, to older individuals who fear for the security of their private information. Clinical staff are learning, and clients are as well.

### Thing to Consider

- Place white noise, such as a fan or actual white-noise machine, outside of the room while the client is in...wherever the white noise is placed is where the actual sound is cancelled.
- Dress for a session, not your living room or bedroom.
- Don't engage in interactions that you wouldn't in a public place.
- Think of the client's privacy and

the extra steps that will need to be taken; educate parents about this dynamic.

- Clients set the tone for privacy based upon the clinician. In many instances this is why we are more responsible for the dynamic and knowing when to set boundaries.
- Think realistically about what you will need to make the environment a thoughtful and purposeful one.
- The clinician is responsible for educating clients about the tone, what to expect, and establishing the learning curve.
- Children will need different preparation, and each person should be given an introduction to telehealth.
- The allowances being made due to public health and safety reasons will not continue; prepare yourself for actual telehealth. Have the technology to make delivery of services seamless for staff and your clients.

A day of virtual sessions and I am exhausted, not by the clients, but by the learning curve this has created. Prepare yourself and prepare your clients.

Exploring new horizons with each individual as the sun sets on the past and rises on the future.

Family/Coparent Counseling  
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The world had already been adjusting to delivery of healthcare services through remote HIPAA-compliant videoconferencing platforms. Telehealth is the delivery of healthcare services remotely through videoconferencing, with the idea of creating ease of access to needed medical and mental-health services. With the emerging threat of COVID-19, ease of access still plays a critical role, but limiting contact to keep the public healthier has become a priority to promote uninterrupted services throughout Pennsylvania.

Both therapist and client have to work to maintain and/or establish the therapeutic relationship that remains clinical while in an environment that does not have those same expectations — being set in someone's home environment. With the

## Don't Lick the Doorknobs—Precautions for Coronavirus

The coronavirus (COVID-19) has become the main focus across the globe, as it was originally diagnosed in Asia and found its way to cruise lines, helping to spread it across continents. As the number of those infected rises and precautions such as closures, cancellations, and states of emergency across government levels are instituted, the public has become more overwhelmed and alarmed. Just ask anyone who has sought the essentials over the last couple of weeks.

Truly, cancelling three plane tickets with a mere click on a computer screen was enough to make me take notice. Well, the closure of Disney and the cancellation of March Madness, among other notable happenings, caused the American public to take notice. These precautions, particularly within the United States, intend to serve two purposes: 1) create awareness and 2) reduce the spread of disease. For proper perspective, the swine flu (H1N1) of 2009-2010 infected 60 million Americans and resulted in 10,000

deaths, primarily those with compromised immune systems or part of special populations. Hopefully COVID-19 will have less opportunity to reach these numbers.

According to the website worldometer.info (www.worldometers.info/coronavirus), as of March 19, 2020, health officials had confirmed 9,464 cases nationwide. Of these approximately 9,500 cases, only 157 individuals live in Pennsylvania, with one confirmed death. Although this may be alarming, these individuals are not necessarily new exposures; they were already exposed. The Commonwealth of Pennsylvania is making every effort to reduce the spread of this virus and its economic impact, trying to do its part in preventing the numbers of those infected from reaching tens of millions across the U.S. New Horizons began taking the necessary steps to convert services to remote care through a process called telehealth. Telehealth is the delivery of services through HIPAA-compliant videoconferencing.

Developing and implementing these procedures within New Horizons, which is a small clinic, has been a daunting task. For those being served by larger agencies and hospitals, like WellSpan, transitioning to remote care will take diligence on the part of the provider, and patience for those in need. New Horizons' decision to transition to remote care is simply this: My staff matter, and so do the people they serve.

During one hour of any given day, New Horizons may have 15 to 20 individuals walk through the front door. Over the course of a day, this is potentially 170 people between those coming in for outpatient psychotherapy and others receiving medication management. New Horizons is a SMALL clinic. Imagine a larger provider and larger social settings like Disney. In short, we are doing our part, insurance companies are trying to do their part, and leadership in general is attempting to navigate a very difficult task over a population of more than 300 million. Each day, New Horizons is working to im-

prove implementation of services remotely in order to provide uninterrupted therapeutic care.

While discussing remote care with the mother of a 10-year old, the mother said, "[My daughter] can come in[to the office] this week... my children know to sanitize their hands and other important safety measures already because of my compromised immune state..." The coronavirus should not be the only infectious disease that has society vigilant about its health. Sinus infections, colds, the flu, and viruses such as scarlet fever, which had long been thought to be dormant, are just as impactful and can be prevented with the same measures taken to control the spread of COVID-19.

Remember, COVID-19 thrives on direct contact with any surface and a living host. Most importantly, this virus dies with some simple awareness and hygienic practices. Follow the guidelines provided through reliable media sources and directly from the Pennsylvania Department of Health.

The healthcare industry is working diligently to diagnose COVID-19 and quarantine those persons and anyone with whom they have come in contact. Right now, we are in a state of discovery and prevention. The only way to reduce the spread of any virus is to limit its ability to have a host, which explains the closures, cancellations, and quarantines. Truly, no one knows for sure what the numbers will be, yet what we do know is that we as a populace—from those in leadership to us at the individual level—can help control the spread of this infectious disease.

Be aware, not afraid. Everyone has the ability to control the spread of disease through education and changes in behaviors that improve health and wellness overall. Basically, "don't lick the doorknobs" means don't have a Cheetos moment. Now is not the time to lick your fingers and touch your face. Your hands are made to touch surfaces, but to prevent the spread of disease, avoid touching other parts of your body prior to sanitizing your hands.

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## Top Three Questions of Real Estate Buyers and Sellers

**Q: Should I wait to list my home until the "Spring Market" hits?**

A: No! Many sellers think the best time to sell is in the spring and summer. Actually, buyers are house hunting all year round, and because of this Spring Market concept, there are fewer homes available outside of the spring and summer. I always ask my sellers "do you want to be a big fish in a little pond or a little fish in a big pond?" As long as your property is desirable and priced correctly, you're going to sell it quickly and most likely, sell with multiple offers which ensures you get top dollar!

**Q: I'm buying my first home. Where do I begin?**

A: Whether you're buying your first home or your tenth, the real estate market is ever changing, and you'll want to meet with a Realtor to walk you through the process as well as help you establish your goals. Your Realtor can recommend a lender or two who offers lending products to best fit your needs. One of the most important things when purchasing a home is "how much is it going to

cost me?"—both out of pocket at and what your monthly payment will be. When I meet new clients, I often bring a lender to answer questions as we discuss the client's goals. It's not everyday you spend over a hundred thousand dollar—be educated!

**Q: How long does it typically take buyers you've worked with to find and purchase a home?**

A: Every client is different! I've had clients purchase the first house they saw with cash and move in in 2-weeks. However, that is not the norm! Most buyers take an average of 30 to 60 days to shop for a house and in our current market, sometimes longer. Inventory is low and buyers are often competing for homes. Depending on your situation, it may take a couple homes until you get your contract accepted. Once you find the home you want and your offer gets accepted, it may take anywhere from 14–60 days to settle—depending on if you're paying cash or what type of mortgage program you'll be using.



"There are many reasons people buy and sell real estate – life changes, family growth, downsizing, investing, school, neighborhood, etc. When you're ready to make one of the biggest decisions of your life, go with someone you trust and will listen to your needs. The real estate market is ever-changing and choosing to buy or sell is a big decision. Whether it's your 1st home or your 10th, you need to be educated and accurately represented. I pride myself on educating my clients about the contract and throughout the process, so they can make the right decisions for themselves!" - Jennifer Rule



**Richelle Brubaker, Realtor**  
Iron Valley Real Estate  
richelle@jennyrulehomes.com  
717-380-0350 – cell/text

*We would like to introduce a new member of the Jennifer Rule Team, Richelle Brubaker. She is a mother of five and native Lancasterian. She has an outgoing personality and is committed to helping you find the perfect fit for all your real estate needs. She has an extensive knowledge on all of the wonderful home options available here in Lancaster County. Contact us for all of your real estate needs. We are here to help!*



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## More Than a Writing Class – A Creative Refuge

Ask Melissa Greene why she teaches creative writing and she'll tell you, thoughtfully, "because writing touches the soul." Melissa, an 18-year resident of Lancaster County, is a professional fiction writer, poet and therapeutic writing coach, and the founder of Write From The Heart Creative Writing Workshops for adults, children and teens.

Says an adult student, "Her class is a totally warm, whimsical, one-of-a-kind experience—not at all like that essay-writing class you dreaded in school. It's about finding a way into your creative self."

"My creativity and I grew up there. It's my writing home," says a teen who has taken classes regularly for nine years.

Fascinated with writing as a therapeutic tool, Melissa began leading workshops during the 1980s, coaching new writers to "find themselves as creators and people." After 9/11, she created Write From The Heart to share her belief that writing has the power to console, illuminate and heal. She has a particular interest in guiding those who have longed to write, but thought they couldn't. There are no grades, tests, cell phones or judgment, and sharing is optional, providing a retreat where even the most timid can relax.

"Writers are sensitive by nature. My mission is to nurture writers while they grow, by inspiring the courage, passion and confidence to create. My classes are meant to be a safe, gentle place where people can be themselves. Writing from the heart isn't

about speed, pressure or getting published. It's about taking a deep breath, harnessing what we feel and writing without fear. Creating should be playful and fun—a comfort, not a task!—especially in today's complicated world. The process begins with slowing down, unplugging our technology and getting back in touch with the moment." She laughs. "That alone can lead to a happier life!"

Melissa works with schools and therapists; offers year-round group workshops for men, women, children and teens; and summer camps for children and teens. She coaches all ages, privately, tailoring sessions to individual needs. Her work also includes essay-writing support for high-schoolers and college applicants, with emphasis on reducing anxiety during the process.

She also conducts free weekly workshops supporting adult cancer patients at the Lancaster General Health/Penn Medicine Ann B. Barshinger Cancer Institute; the Penn State Hershey Cancer Institute, Hershey, Pa.; and WellSpan York Cancer Center, York, Pa.

"Writing from the heart isn't about grammar, spelling or punctuation, but what we long to write...for the joy of it. It's a return to our emotions—serious, funny, whatever appears on the horizon. Writing is freedom from technology, a known antidote to emotional and physical pain. Our inner lives matter—especially today—they calm and replenish us."

### Upcoming Classes

**Women's Intro: "Writing Without Fear"**  
Tuesday evenings, 5-week series:  
March 3–31, April 21–May 19  
6:30–8:30 p.m.

**Women's Memoir Writing Workshop: "Exploring Our Life Stories"**  
Monday evenings, 5-week series:  
March 16–Apr. 13 • 6:30–8:30 p.m.

**Women's Fiction Writing Workshop: "Bringing Our Characters to Life!"**  
Thursday evenings, 5-week series:  
Apr. 16–May 14 • 6:30–8:30 p.m.

**"Write for a Night" Workshop:**  
Wednesday, Feb. 26 • 6:30–8:30 p.m.

**Real Men Write! Workshop for Men:**  
Thursday evenings, 5-week series:  
March 5–Apr. 2 • 6:30–8:30 p.m.

**Children Winter/Spring Workshop Series: "Writing Made Wonderful"**  
Sunday afternoons, 4-week series:  
Jan. 12, Feb. 9, Mar. 8, Apr. 5  
2–4 p.m.

**Teen Winter Workshop Series: "Writing Made Wonderful"**  
Sunday afternoons, 4-week series:  
Jan. 26, Feb. 23, Mar. 22, Apr. 19  
2–4 p.m.

*All classes above are held at WFTH Lancaster Studio. Please call for fees/directions.*

**Free Workshops for Cancer Patients and Caregivers**  
**The Lancaster General Health/ Penn Medicine Ann B. Barshinger Cancer Institute, Lancaster, PA**  
Wednesday evenings, 8-week series:  
Jan. 8–Mar. 25 (no class Jan. 29, Feb. 5, Feb. 26, Mar. 4) 6:30–8:30 p.m.  
**Registration required.** Please call LGH Contact to register: 717-544-4636.



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Heritage Design Interiors Inc.

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Horizontal or vertical blinds allow you to redirect the light direction.

**Room Darkening.** If you like the option of sleeping in or sleeping during the day, room-darkening blinds, shades and draperies are the answer. Some of our clients like the combination of room-darkening shades with draperies that are lined with blackout lining. You can cover your windows, sliding doors and skylights to darken your room.

**Cordless Lift System for Your Blinds and Shades.** If you have children and/or pets in your home, cordless lift system, a retractable cord system or motorized blinds and shades are a safe option. No more tangled cords!

**Motorized Window Treatments.** Motorized window treatments are a great option for hard-to-reach windows. They can be operated via a remote control, wall control or your phone. They can be programmed to open your blinds at a certain time in the morning and close in the evening. You can set different times for weekdays and weekends. Even when you are away from home, you can still operate your blinds.

**Shutters.** Also known as plantation shutters, they are available in many stains and paint colors. Multiple configurations of panels are available for your windows and sliding/French doors. Café, bifold, sliding, double-hung and special shapes are available as well.

**Special Shapes and Sizes.** Oversized windows and special-shaped windows can be a challenge, but there are solutions available. Most special-shaped windows generally need templates so the blinds can be correctly made. Flame-retardant fabrics are available.

**Professional Measuring and Installation.** Don't let a wrong measurement ruin your investment. Let the window-treatment experts take care of the details. Another benefit is getting help with the pros and cons of the many window-treatment options.

**Ready Made or Custom Made.** Ready-made window treatments can be a challenge. Fewer fabric choices and colors, limited sizes, fewer features, unlined/thin lining and poor quality of fabric are some of the negatives. Ready-made blinds and shades use plastic head rails and parts, which do not hold up over time.

Today, there are many different styles, options and features for your windows and sliding doors. With so many details, it can become confusing, especially with different types of windows and applications. Every home and workplace has unique needs and wants in addition to color schemes and styles.

**Energy Savings.** Whether it is the heat of summer or the cold of winter, your window treatments can help energy efficiency and maintaining the interior comfort of your home. Honeycomb blinds are a great option to cover your windows. Hunter Douglas carries a honeycomb blind called Duette Architella that has an excellent R Value. Blinds with slats or vanes will help with keeping the cold or heat out when they are closed, but a solid fabric blind such as a honeycomb is a superior option for insulating your windows. If your windows are older and drafty, honeycomb shades are less expensive than replacing windows.

**Privacy.** Of course, when your blinds or shades are closed, you have privacy. The "top down/bottom up" feature is a great option for privacy while still allowing lots of natural light into your home. It is an excellent feature for bedrooms, bathrooms and first-floor rooms, where you want privacy but still have the ability to see outside through the top half of your window or open the top window for fresh air. This feature is available with cord or cordless lift system.

Vertical or horizontal blinds offer the flexibility of tilting the slats or vanes for the degree of privacy that is needed. If you have a second-story window, you can tilt the slat upward so you have privacy from the ground level and are still be able to see the sky.

**Light Control.** Glare on your TV or computer? Semi-opaque blinds and shades can cut the glare without making your room a dark cave.



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There are so many window-treatment options today. From stationary panels on decorative rods or draw draperies to valances or cornices, offering multiple colors, patterns and textures for your windows, bedding and accessories. You may consider adding trims

and a band of color for a beautiful accent, or a decorative rod, which can be metal, painted or stained.

**Need Help with Your Window Treatments?** Stop by our store and check out the many window-treatment styles and thousands of fabrics, trims and rods. View the many different types of blinds, shades and shutters, and the options for operating them. We have been selling Hunter Douglas products for over 25 years.

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pillows and shower curtains, and can reupholster or make slip-covers for your furniture.

As window-treatment experts and interior designers, we can help you coordinate your window coverings with new paint colors, furniture, area rugs, flooring, artwork, floral design and finishing touches. Let us help you dress your windows and help you make your house a home.

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A. L. Segro

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volume she desires! That’s why I wrote *This Curl’s for You*. This easy-to-read book will not only give you the basic information about perms, but will answer all of your questions and give you the information you need to get the perm you want—not a perm your mother would’ve loved.

Anyone who would like a copy of this book at no cost to them should just call **888-795-6727**, 24 hours a day or visit us at **www.ThisCurlsForYou.com** to request a copy.

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A. L. Segro’s salon, Segro’s Lancaster Hairport, is located on the corner of Queen and Lemon streets in Lancaster; anyone who wants to make an appointment can call **717-299-9592**.

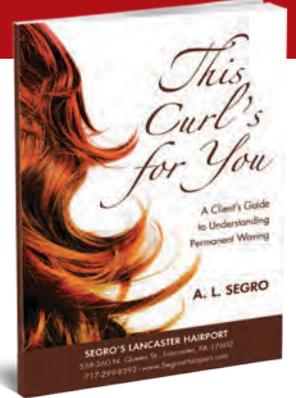
Lately, I’ve been hearing this over and over from our new clients whom we’ve satisfied with our colour services. When they ask me about giving them a perm I tell them absolutely. To my surprise they tell me their previous salon wouldn’t or couldn’t do this service.

When I started my career, perms were the “must have” service.

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“I wrote this book because women can’t get the perm they want from their stylists.”  
- A. L. Segro

Lancaster based stylist A. L. Segro’s newest book, *This Curl’s For You*, answers all the questions that women have about why they are having so much trouble talking to their stylists about perms. Perms are back and they are back big—but the skill to do them is just not something today’s stylists have. Either they are stuck in the ‘70s and ‘80s or they’ve never done one—either is a prescription for disaster. Just as he did in *Don’t Fear the Bleacher*, which explained hair color to women, A. L. Segro reveals everything you need to know to look beautiful in a perm. And he is offering the book for free to every woman who wants answers.

Just call **1-888-795-6727** or go to **www.ThisCurlsForYou.com** and request your Free Copy of *This Curl’s For You* by A.L. Segro.

“Al and Michelle saved me or at least they saved my hair.” – Mary Fulginetti, Turnersville, NJ

“All I know is that my hair is beautiful and I will never let anyone but A. L. and his team touch my hair again.” – Tracy Flynn, Lancaster, PA

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Susan Marie Snyder Bleacher

## In Memoriam

Woodward Hill Cemetery is grieving over the recent loss of two of their board members: Sue Snyder Bleacher and Janet Lee Murphy. We extend our heartfelt condolences to their families and are grateful for the positive impact they made in the greater Lancaster community. Following is a little bit about each of them:

a longtime parishioner of St. Philip the Apostle Catholic Church, where she previously served on Parish Council and was a member of the St. Philip's Women's Auxiliary.

Over her career, Sue played many roles in her family's business, Charles F. Snyder Funeral Homes. She enjoyed working for Zeller Travel Agency over the years (run by her Uncle Bob and Aunt Pat (Caskey) Zeller), and for the past 10 years, she owned her own business, Heritage Estate Monuments, serving the greater Lancaster community. She was also a former Girl Scout leader, a board member of Woodward Hill Cemetery, and a member of the Millersville Business Association.

Sue was known for her infectious laugh and sense of humor. She loved holiday family traditions and her annual family vacations to Avalon and Stone Harbor since childhood. She enjoyed making spaghetti sauce with her sisters, preparing rabbit stew for her husband, and cooking and baking in

general. Other interests included hiking, kayaking, camping, and attending concerts.

In addition to her husband and two daughters, Sue is survived by a brother, Charles F. "Chip" Snyder Jr. and family, of Lititz; sisters Chris A. Cunha, of Lancaster, Patti A. Geiger, of Boiling Springs, and Kathy M. Guidos, of Conestoga, and their families; sister-in-law Donna (Marrow) Snyder, of Lancaster; and many nieces and nephews. She was preceded in death by her beloved brother, Michael A. Snyder.

**Janet Lee Murphy** ("Grammie"), 90, of Lancaster, went to her heavenly Father on Monday, January 13, 2020, at her beloved home of 53 years, with her family by her side.

Born in Baltimore, Maryland, she was the daughter of the late Harry and Charlotte Hitchcock. Preceding her in death was her only sibling, Margaret Benson.

Janet Lee graduated from Baltimore's Eastern High School in 1947 and from the University of Maryland in 1951, where she

majoring in psychology and was a member of the Sigma Kappa sorority. She moved to Lancaster in 1957, where she quickly got involved in bridge clubs, Town Club, and quadrille.

She was the mother of Brenda Lee Patterson, of Clayton, Georgia, wife of Chuck Patterson, and of Sheryl Ann Trower, of Indian Wells, California. Janet Lee adored her role as Grammie to her three grandchildren — Ryan Murray, husband of Candice, of Tiburon, California; Sean Murray, husband of Andy Hotchkiss, of Los Angeles, California; and Tara Lynn Murray, fiancé of Dusty Sikes, of West Hollywood, California. Over the years, her grandchildren loved her apple pie, ginger snap cookies, and ooey, gooey Christmas cookies. She also cherished her three great-grandchildren, Reagan, Cameron, and Kendall.

Janet Lee was a member of St. James Episcopal Church and a faithful supporter of VisionCorps, Milagro House, and Boys and Girls Club, among other charities.



Janet Lee Murphy

She was a longtime board member of historic Woodward Hill Cemetery, where she was laid to rest with her family.

Janet Lee loved her annual mother-daughter trips with Brenda and Sheryl, which they enjoyed for many years, always to a different city. She also looked forward to her beach trips, especially Stone Harbor and Ocean City, Maryland. While a member of the Lancaster Country Club, she was an avid golfer and tennis player. She also skied into her late 70s.

But her happy place was always her home, where she loved to putter in the garden and watch the birds at the feeders.

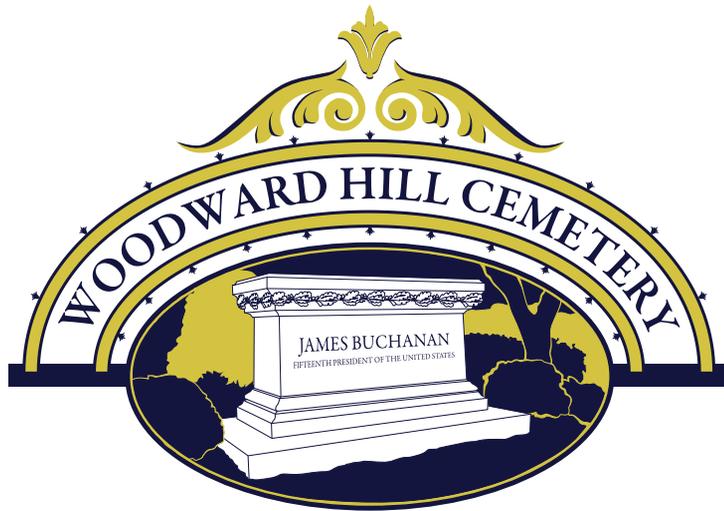
**Sue Snyder Bleacher**, 65, of Conestoga, passed away peacefully on Tuesday, February 18, 2020, surrounded by her family after a long and courageous battle with pancreatic cancer. She was born in Lancaster and was the daughter of the late Charles F. and Rita (Caskey) Snyder.

She is survived by her husband, Wes Bleacher, to whom she was married for 41 years. She also leaves behind two daughters — Elizabeth "Liz" Bleacher, companion of Kevin Kan, and Kelley Schnapf, wife of Josh — and three grandchildren.

Sue attended St. Anthony Parochial School and graduated from St. Joseph Academy in 1972. She was

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For more than 150 years, Woodward Hill Cemetery has been one of Lancaster's most significant historic sites. As the final resting place of numerous prominent citizens including President James Buchanan, with a layout reflecting Victorian ideals of landscape design and containing fine examples of funerary monuments, Woodward Hill's national significance was recognized in 2005 when the cemetery was listed on the National Register of Historic Places.

Today the cemetery occupies 32 acres and contains approximately 13,750 grave markers ranging in date from the late eighteenth century to the present day. They illustrate the 200-year evolution of funerary art, sculpture and associated symbolism. In addition to tombstones, there are numerous obelisks and mausoleums representing Victorian, neoclassical, and early modern architectural styles.

Woodward Hill was the largest and most elaborate of the new rural cemeteries established in Lancaster during the mid-nineteenth century. Rural cemeteries were designed as vital open spaces or public parks for the community; they provided a place for recreation as well as veneration of the dead. As a final resting place for illustrious citizens, Woodward Hill is a "museum" of notable clergy, educators, civic leaders, and veterans.

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