



Happy
Mother's
Day!
May 9

WOMAN™

The Woman's Journal

Complimentary Copy

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March-May 15, 2021



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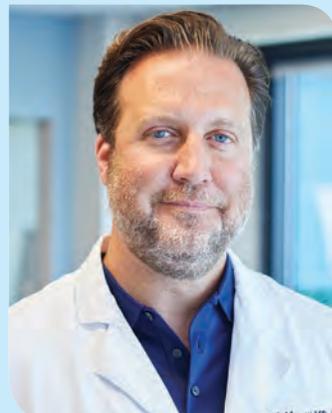
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Patient: 'My Botox Isn't Lasting!' Provider: 'I Don't Understand That'



William A. Carter, MD

I cannot tell you how many times I have heard this. It all started just about two months after we emerged from the March 17-June 5 lockdown here in PA. Patients who used to average four months per treatment were sometimes only getting three months, and rarely it was even less. And if they usually were benefitting from their botulinum toxin-A (BTA) procedure for three months, it could be the case that they only got two months out of it. Because most of my BTA treatments are done with the Botox brand-name product, it was among those patients that I first observed this occurrence.

One of the ways that I tried to make up for the problem that my patients were having with their Botox was to next try one of the other BTA,

FDA-approved brands that are available to providers in this country. That is to say, I would choose either Dysport, Xeomin, or Jeuveau for their following treatment. I never doubted my patients' observation of shorter duration of benefit from their Botox. I just did not understand it. This bothered me, and I was in search of an answer. Eventually the lightbulb went off!

It's now time for a bit of background. Many of us who have been doing BTA treatments for years (or for decades in the case of some of us) have come to recognize that the patients who have a high degree of facial animation tend to have shorter durations of benefit from their treatments. More specifically, if they are more of a natural smiler than a frowner, then the wrinkles at the sides of their eyes return before the wrinkles between their eyebrows. Similarly, if they tend to frown more than smile, then the creases between their eyebrows (we call this region of the face the glabella) will recover from the effect of the BTA before their crow's-foot region creases will return.

So, what does all of this have to do with shorter duration of benefit from Botox treatments since the pandemic started and the lockdown ended? And, by the way, did the other three FDA-approved BTA products last any longer than Botox when they were used? I'll take the second and simpler question first. No, none of the other BTA-brand products did any better than Botox after the lockdown ended! Clearly then it was not exclusively a Botox problem. I have been noticing that there has been a decided shortening of BTA treatment durations by an average of 1-4 weeks since our office reopened June 8, 2020.

And the reason for this is the general increase in stress and anxiety among almost all of us since the pandemic began! Stressed people have an overall increase in muscle tone. The increased tone occurs because the motor cortex of the brain sends stronger and more frequent nerve impulses to our muscles. This is part of the body's sympathetic "fight or flight" response to danger and stress. As regards BTA treatments in the upper face, increased nerve stimulation to our muscles

leads to a faster recovery from the effect of BTA and therefore a shorter duration of benefit from our Botox, Dysport, Xeomin, and Jeuveau treatments!

But this is not the only reason for the shorter BTA duration since the pandemic started and we were able to again give people treatments after the lockdown ended. And what is that, you ask? Masks! Now I'm not arguing against masking. Masks are the single most important way we will escape the ongoing illness, deaths, and stress of COVID-19. Masks, however, block our lower faces from view when we are around others. How many of us have been frustrated trying to convey something to those around us while we were wearing a mask? How about all of us, right? So how do we try to compensate? We speak louder and try to do more upper-face animation in the attempt to convey emotion with just the exposed part of our face! That is to say, we put extra effort into trying to move our Botox-weakened upper-face muscles, and this in turn leads to a shorter duration of beneficial effect from the BTA product.

No wonder our Botox, Dysport, Xeomin, and Jeuveau just isn't lasting as long as it did in the pre-pandemic era. Let us all hope for continued high compliance with masking and other proven public health measures, as well as increased vaccine availability and acceptance in our country and around the globe. It is only in these ways that we will all again experience the prior longer duration of benefit from the BTA products that we enjoyed in prepandemic times.



Vicki Vellios Briner, LE

Vicki Vellios Briner studied esthetics at DeRielle Cosmetology Academy. She is a Licensed Esthetician, with her primary focus in medical esthetics, providing skin-care services such as microdermabrasion, chemical peels, laser treatments, microneedling, body sculpting, facials, and numerous other treatments to help patients with their skin concerns and goals. She has worked in dermatology since 2010.

Vicki is also a photojournalist in the Central Pennsylvania area. The majority of her photojournalism work has been as a freelancer since 2007 with The Patriot-News/PennLive, and she has contributed to numerous other newspapers. Her work has also appeared in a book, publications, and online articles.

Vicki is a cat lover and a proud mother of twin boys. Christopher attends Rosemont College, and Nicholas attends Bloomsburg University.

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Medical Cosmetics

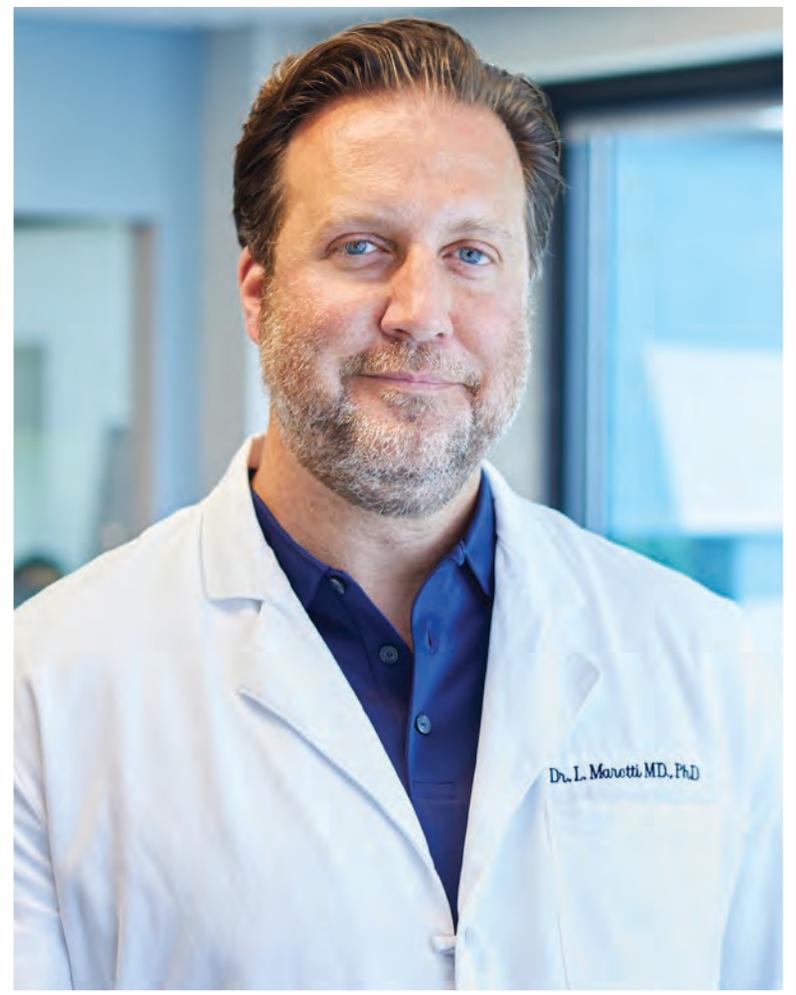
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Improving Quality of Life Through Alternative Therapies



Dr. David J. Simons



Dr. Ivan Shorter

By Susan C. Beam

For many people, dealing with chronic pain means the loss of simple pleasures: of hugging loved ones, of the joy of traveling, of even being able to sit comfortably and relax. Usually, it also means seeking multiple forms of pain management and negotiating with daily medications.

For one Lancaster patient, a deep desire to improve quality of life for himself and his family led him to explore alternative forms of chronic pain management, including the use of medical marijuana, legalized in 2016 as a possibility for pain management along with the treatment of

23 other conditions. For the patient, who has chosen to remain anonymous, it was a life-changing decision.

“The benefits of medical marijuana have gotten me into living again,” he said. “Not only has my pain been reduced, but I’m living life in a way that I once thought was no longer possible for me.”

According to the patient, a car wreck at age 19 resulted in multiple injuries, including a broken neck and massive leg trauma. Over the years, compounding issues required multiple surgeries, with 12 different surgeries on his legs alone, including four knee replacements.

In addition to the challenges of the surgeries, the patient was experiencing chronic pain from the accident, necessitating management through opioid therapy in ever-increasing doses.

“To manage the pain, I started with 10 milligrams of OxyContin daily, but unfortunately, as the pain continued, I had to continue increasing the amount. At my highest, I was on 1,800 milligrams of morphine sulfate with 300 milligrams of hydrocodone,” he said, adding that his doctors expressed concern with the amount of medicine but felt the doses were necessary.

Additionally, many chronic-pain patients experience mental-health challenges while continuing to adjust to mounting health concerns. The patient noted he also needed antidepressants in order to cope with his suffering.

“As challenging as the physical suffering was, the mental suffering was even more so. Most of the time, people are totally unaware of what you are going through, and it can be very isolating. It is definitely personality changing, and it affects your entire outlook on life,” he said, noting that experiences many people take for granted—like taking

a day trip—were affected because of both the pain and the anxiety of needing medication.

In the spring of 2018, the patient decided to explore alternative treatments, and applied for and received his medical marijuana card. He began by taking a dose at night, either by vaping or through liquid tincture.

“The difference was amazing. That single nighttime dose enabled me to not take a pill at bedtime, and take my morning dose much later, so almost immediately it cut a full dose of opiates out. Little by little, I began to cut down on the opiates and now, I’ve been able to cut down to only 200 milligrams of morphine per day,” he explained.

“I experienced very little detox, and I continued to have pain relief. Even

better, I felt much clearer, much more myself. I was able to get out of the house again, and I started doing volunteer work,” he continued.

The patient says he is delighted with his choice.

“I understand this is a new type of medical treatment, and I would urge anyone who is hurting, or who has a loved one who is hurting, to try medical marijuana. I smile every time I see someone trying it, because I hope they experience what I’ve found—pain relief and a better quality of living,” he said.

You or a loved one might be someone who could benefit from exploring medical marijuana as a treatment option. For more information, visit www.painspecialistsoflancaster.com or call 717-627-PAIN (7246).



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UPMC Express Care in Lancaster and York Extend Weekend Hours



UPMC Express Care is pleased to announce new weekend hours for the offices at 233 College Ave., Suite 101, Lancaster and 520 Greenbriar Road, York. As of Sunday, March 14, both offices will be open from 8 a.m. to 8 p.m. on Saturday and Sunday,

making services available every day of the week.

UPMC Express Care is a walk-in center that provides quality medical care to patients with minor illnesses and injuries. Basic lab services, physicals, vaccinations and flu shots, pregnancy testing,

and occupational health services are also available. Offices are located in Lancaster, York, Spring Grove, Hanover, New Oxford, Harrisburg, and Annville, and with these extended hours, all locations are open seven days a week from 8 a.m. to 8 p.m.

Patients can skip the waiting room by reserving a place in line using the online check-in system. Use a phone, tablet, or computer to make an online reservation at any UPMC Express Care location. The online check-in system will update a patient via texts, allowing them to arrive right when they can be seen.

Patients can visit UPMC.com/CentralPaExpressCare for more information about UPMC Express Care or to reserve a place in line.

About UPMC

A \$23 billion healthcare provider and insurer, Pittsburgh-based UPMC is inventing new models of patient-centered, cost-effective, accountable care. The largest nongovernmental employer in Pennsylvania, UPMC integrates 92,000 employees, 40 hospitals, 700 doctors’ offices and outpatient sites, and a 4 million-member Insurance Services

Division, the largest medical insurer in western Pennsylvania. In the most recent fiscal year, UPMC contributed \$1.4 billion in benefits to its communities, including more care to the region’s most vulnerable citizens than any other healthcare institution, and paid more than \$800 million in federal, state, and local taxes. Working in close collaboration with the University of Pittsburgh Schools of the Health Sciences, UPMC shares its clinical, managerial, and technological skills worldwide through its innovation and commercialization arm, UPMC Enterprises, and through UPMC International. *U.S. News & World Report* consistently ranks UPMC Presbyterian Shadyside among the nation’s best hospitals in many specialties, and ranks UPMC Children’s Hospital of Pittsburgh on its Honor Roll of America’s Best Children’s Hospitals. For more information, go to UPMC.com.



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UPMC
LIFE CHANGING MEDICINE

Nursing Homes Set Goal to Get 75% of Staff Vaccinated by June 30

The American Health Care Association (AHCA), representing more than 14,000 nursing homes and long-term care facilities across the country, and LeadingAge, the association of more than 5,000 mission-driven aging services providers including nursing homes, announced recently, with the help of the Centers for Disease Control and Prevention (CDC), the nationwide goal of getting 75 percent of the approximately 1.5 million nursing home staff vaccinated by June 30, 2021.

“With COVID-19 vaccinations being distributed across long-term care facilities over the past two months, we have already seen a decline in cases in nursing homes, indicating that the vaccines are working,” said Mark Parkinson, president and CEO of AHCA. “Many of our staff continue to be excited about the vaccines and the hope they represent, but some caregivers still have questions. We are continuing to inform our staff about the credibility and safety of the vaccines through our #GetVac-

inated campaign, and we hope this goal will further encourage more of our staff members to get the vaccine.”

In December, AHCA launched #GetVaccinated, a nationwide campaign that aims to encourage all long-term care residents, families and staff members to consent to the vaccine as well as provide credible information to help inform their decision.

“Achieving a high rate of staff vaccinations will be a game changer for nursing homes. Real progress has been made in vaccinating nursing home residents. Now we must also achieve high rates of staff vaccinations,” said Katie Smith Sloan, president and CEO of LeadingAge. “It’s critical to acknowledge the reasons for vaccine hesitancy are real and varied, and staff concerns must be understood and thoughtfully addressed as we work toward this goal. Leading Age is committed to doing all we can with our partners and the administration to ensure staff at our mission-driven facilities—at

nursing homes and other care settings—have the information, conversations and support they need to get vaccinated.”

LeadingAge, in partnership with the Black Coalition Against COVID (BCAC), sponsored a national town hall Thursday, March 4, to address concerns about the COVID-19 vaccine among all levels of staff working in aging services communities. The association also regularly shares important vaccine resources and hosts special webinars to connect members with experts on vaccine education.

According to a preliminary analysis, COVID cases decreased at a faster rate among nursing homes that had completed their first vaccine clinic, compared to those nearby that had not yet administered the vaccine in the first month of the vaccine rollout. Recent Centers for Medicare & Medicaid Services (CMS) data shows cases and deaths in nursing homes are declining rapidly, which hopefully indicates the vaccines are reducing the spread of

the virus, according to AHCA.

“We look forward to working with President Biden’s administration and the CDC to make this goal happen,” added Parkinson. “We cannot chance slowing the positive progress we have already made. Long-term care facilities have been at the forefront of the pandemic since the beginning, and our staff care for some of the most susceptible to the virus, making it even more imperative that their caregivers get vaccinated. The sooner we can get more of our staff vaccinated, the sooner we will be able to defeat this deadly virus.”

About AHCA/NCAL

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) represent more than 14,000 nonprofit and proprietary skilled nursing centers, assisted-living communities, subacute centers, and homes for individuals with intellectual and developmental disabilities. By delivering solutions for quality care, AHCA/

NCAL aims to improve the lives of the millions of frail, elderly and individuals with disabilities who receive long-term or postacute care in our member facilities each day. For more information, please visit www.ahcancal.org or www.ncal.org.

About LeadingAge

We represent more than 5,000 nonprofit aging services providers and other mission-minded organizations that touch millions of lives every day. Alongside our members and 38 state partners, we use applied research, advocacy, education and community-building to make America a better place to grow old. Our membership, which now includes the providers of the Visiting Nurse Associations of America, encompasses the continuum of services for people as they age, including those with disabilities. We bring together the most inventive minds in the field to lead and innovate solutions that support older adults wherever they call home. For more information, visit leadingage.org.

CASA Introduces Executive Committee Members

By Kiran Siddiqui



Guy Pedelini, President, has been a Human Capital Senior Executive for diverse global organizations including RCA, GE, Bayer, and Bowne Inc. He is currently president of Double Black Human Capital Solutions, a full-service Human Capital consulting firm.

Mr. Pedelini holds a Bachelor of Science degree in business administration from the University of Delaware Lerner School of Business and an MBA from Monmouth University. He is a graduate of the Villanova University Certified Project Management Program. He has also taught classes in the Monmouth MBA program and is a certified “Life Skills” instructor.

Mr. Pedelini and his wife, Julie, adopted their son and are activists for adoption. Mr. Pedelini also was a founding member of the Board of Directors of NJ Jobs for America’s Graduates (JAG) as well as a past member of the Board of Directors of HelpUsAdopt.org, a national nonprofit 501 (c) (3) financial assistance program that helps build families by providing grants for those who cannot afford the cost of adoption. He continues to be active with HelpUsAdopt.org as a fundraiser and committee member.

Mr. Pedelini is serving his second term on the CASA of Lancaster County Executive Committee. In 2021, he will serve as president of the CASA Board of Directors. “My goal as president will be to raise awareness of CASA and CASA’s mission in Lancaster County, and to support Executive Director Jessica Laspino in her leadership of the CASA organization.”

“I first heard of CASA when I played golf with a previous president of the Board of Directors. After researching CASA’s mission and meeting the members of the Board, I knew it was an organization that was consistent with my values and passion for improving the lives of our most vulnerable children.”



Ben Stoltzfoos, Vice President, has been on CASA’s Board of Directors since June of 2019 and was elected vice president beginning January 1, 2021. Mr. Stoltzfoos first learned of the organization through family members who were serving as foster parents. “They opened my eyes in a more personal way to the challenges foster care presents and the very difficult decisions that judges have to make on behalf of abused and neglected children. My goal is to bring more awareness to the organization and to do what I can to make sure these children end up in loving homes.”

Mr. Stoltzfoos is the Vice President of Business Banking at S&T Bank. His expertise lies in helping small businesses and investors gain capital to run and grow their businesses. Mr. Stoltzfoos holds a bachelor’s degree in politics and philosophy from Messiah College and a MBA from Georgetown University McDonough School of Business. He resides in Lancaster along with his wife and daughter.

Please visit our website at www.casalancaster.org or call 717-208-3280 to find out more about CASA.



Steve Russell, Secretary, is serving his second consecutive year on CASA’s board executive committee as secretary. Mr. Russell first joined the board in the fall of 2009 and served two full three-year terms, including four years as vice president. After taking a break, Mr. Russell was elected to serve again in 2017.

“I have enjoyed watching CASA grow and flourish throughout my tenure on the board of directors. The efforts of our CASA advocates are tremendous, and it is a privilege to support such a necessary mission,” stated Mr. Russell.

Mr. Russell currently works at Emerald as a Portfolio Manager and Senior Research Analyst. Prior to his time at Emerald, Mr. Russell served as Senior Private Equity Analyst for the Pennsylvania Public School Employees’ Retirement System (PSERS), where he administered PSERS’ \$1.2 billion commitment of private investments, including leveraged buyouts, distressed investments, and mezzanine and growth equities. He also serves on the Board of Arbitrators for the Financial Industry Regulatory Authority (FINRA).

Mr. Russell received both his JD and MBA degrees from Temple University and a BA degree in banking and finance from Morehouse College. He is licensed to practice law in the state of New Jersey and has passed the NASD Series 63 exam.



Elizabeth Brennan, Treasurer, is a graduate of Millersville University with a B.S. degree in business administration. Prior to joining the United Disabilities Services Foundation, she had 13 years of experience in public accounting and most recently was the Chief Financial Officer and Treasurer for Luthercare. Currently, Ms. Brennan holds the positions of Treasurer for Linden Hall School for Girls, Treasurer for CASA of Lancaster County, and is a Finance Committee Member for Lancaster County Community Foundation.

Ms. Brennan was hired in 2020 as UDS Foundation’s Chief Financial Officer. She is responsible for all efforts related to the finance function of the organization, including financial reporting, risk management, and cash-flow analysis.

Ms. Brennan is also no stranger to CASA, having served her first two terms beginning in 2008, eventually serving as board chair in 2012 and 2013. “I learned about CASA when I joined the board for the first time in 2008,” she stated. “Ever since its beginnings, I’ve valued CASA’s importance to our community and its role in helping our most vulnerable youth. I hope to continue to drive the sustainability of our organization and programs, and continue to promote CASA of Lancaster County to our community.”

Home Tests and Other Screening Options for Colon Cancer



*Brian J. Young, MD
Family Medicine Physician
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It's hard to have a discussion about healthcare without talking about costs, but there is good news on this topic. After the passing of the Affordable Care Act, screening examinations are considered "covered" services, which can mean little to no out-of-pocket expenses. You have a choice of how you are screened, which I will discuss in detail below.

Colonoscopy: The Best Way to Prevent Colon Cancer

The first and best colorectal cancer screening I recommend for patients is colonoscopy, which can discover 99 percent of problems. This is the only screening test that can not only find polyps, but allow for them to be removed at the same time. Since the vast majority of cancers start off as polyps, removing polyps can protect you from colon cancer down the road.

Patients will sometimes share with me that they don't want to go through the preparation, which includes drinking a liquid that cleans out your colon. Over the years, this drink has come a long way; now it is odorless and tasteless, and can be mixed with Gatorade or another clear beverage, such as apple juice, soda, or tea.

Another concern patients sometimes share with me is that they do not want to be awake or feel any discomfort. Colonoscopy is performed with deep sedation, which means you will get a great nap while the test is being done! Depending on the results, colonoscopy is performed every three, five, or 10 years.

Other Options: The FIT Test and Cologuard

If you are not ready for a colonoscopy, the next best option is a Fecal Immuno-histochemistry test (FIT), which can detect about 80 percent of problems.

"Have you been screened for colorectal cancer?"

Don't be surprised if your primary care provider asks you this question the next time you see them. If you are age 50 or older, getting screened for colon cancer is vitally important.

A Look at Colorectal Cancer Data

According to the American Cancer Society's latest statistics, colorectal cancer is the third most common cancer diagnosed in men and women in the United States, and is the second-leading cause of cancer deaths. It does not have to be, however. Colorectal cancer is preventable with screening. Despite that, one in four eligible people in Lancaster County still have not been screened for colorectal cancer.

Nearly 150,000 people are diagnosed each year with this disease. Local data from Lancaster County shows that 36 percent of women and 50 percent of men have a precancerous polyp found during their first screening colonoscopy. Given these statistics, you can see why primary care providers like myself are not shy about encouraging patients to get screened.

A COLONOSCOPY COULD SAVE YOUR LIFE

A simple test can save your life.

Colon cancer is the third most common cancer diagnosed in both men and women in the United States. **BUT, colorectal cancer is preventable with screening.** A colonoscopy is recommended for individuals 50 or older, and is a painless procedure with very simple preparation. And it can save your life!

Visit LGHealth.org/Colon to learn more and find a doctor who performs this procedure.

This test is done in the convenience of your home, and requires no preparation, time off from work, or sedation. You simply gather a sample of your stool to send back to the lab for processing. If the test results are normal, you will not have to repeat the test for at least one year, possibly two. If the test results are abnormal, the next step is having a colonoscopy to diagnose the problem.

A positive test does NOT mean you have cancer. The important thing to remember is that the FIT test will count as your free screening exam. This means the

colonoscopy, if needed, will be considered "diagnostic," and carry with it some costs. Every insurance company is different, so it is best to connect with them to see what costs would look like with your plan.

Another good option for screening is a test called Cologuard. Similar to FIT, this is a test done in your home, and your stool is then sent to a lab for processing. Some patients prefer this method because it is repeated only every three years. The same is true of a positive Cologuard test as with FIT—the next step would be a

diagnostic colonoscopy. Cologuard is much costlier than FIT testing, although it is generally covered by insurance. While it does pick up a few more problems, it also has more false positive tests than the FIT.

Regardless of what method you choose, colorectal cancer screening remains a vital component of good health. If you have questions, I would encourage you to have this discussion with your primary care provider. We are here to help you stay healthy!

To learn more, visit LGHealth.org/colon.

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VOL. XXIII NO. 2

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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,

“Spring: A lovely reminder of how beautiful change can truly be.” —Anonymous

Happy spring!

What a joyful time to be alive! Our spirits are renewed with warm, sunny days and the beautiful daffodils, crocuses, and forsythia that are popping up everywhere.

After our long, cold winter of pandemic anxiety and isolation, this spring in particular ushers in new life, with vaccinations taking place across the county. Continued thanks to our wonderful healthcare workers for their dedication and service. With more schools and businesses beginning to open, life is making progress toward normalcy throughout the county. We've all learned not to take life for granted and how precious it is as we begin to interact with family and friends.

Our Spotlight feature for March is Christine Buckley-Papada.

Christine, who passed away almost 10 years ago, devoted her life to caring for animals and is a perfect example of “a life well lived.” In memory of her extraordinary and positive outlook on life, the Humane League of Lancaster recently offered a fee-waived pet adoption day on March 6. Christine's short life inspires us to make the most of the time we have. You'll find her story and an opportunity to contribute to her memory with a donation to the Humane League on page 11.

While we rejoice with the return of spring, we must never forget the many families who lost a loved one to this terrible pandemic. Reach out to families locally who may need assistance. Any help you offer can contribute to mending broken hearts and restoring hope for a brighter future. Remember, kindness doesn't cost anything.

And finally, remember to pray for and reach out to families of our



LCW Managing Editor
JoAnn Notargiacomo

servicemen and servicewomen everywhere. They, too, can use whatever assistance you can offer with home repairs and yardwork.

Without their sacrifice, we could not enjoy the freedom we so often take for granted. Any kindness and help is more than appreciated and welcome.

Remember to be kind and patient, and get your vaccine. Together, we can stop this awful virus.

With blessings,
JoAnn Notargiacomo
Managing Editor

2021's Most Overweight and Obese Cities in the U.S.

WalletHub Study
wallethub.com

With March being National Nutrition Month and obesity possibly tripling the risk of hospitalization due to COVID-19, the personal-finance website WalletHub recently released its report on 2021's Most Overweight and Obese Cities in the U.S., as well as accompanying videos.

In order to call attention to the communities where weight-related problems are most prevalent, WalletHub compared 100 of the most populated U.S. metro areas across 19 key metrics. Our data set ranges from the share of physically inactive adults to projected obesity rates by 2030 to healthy-food access.

Key Stats

The McAllen, Texas, metro area has the highest share of obese adults, 44.90 percent, which is 2.4 times higher than in Asheville, North Carolina, the metro area with the lowest, at 18.50 percent.

Fattest Cities in America

- | | |
|--------------------|----------------------|
| 1. McAllen, TX | 11. Chattanooga, TN |
| 2. Memphis, TN | 12. Tulsa, OK |
| 3. Baton Rouge, LA | 13. Augusta, GA |
| 4. Little Rock, AR | 14. Greenville, SC |
| 5. Shreveport, LA | 15. Fayetteville, AR |
| 6. Birmingham, AL | 16. Myrtle Beach, SC |
| 7. Jackson, MS | 17. San Antonio, TX |
| 8. Mobile, AL | 18. Wichita, KS |
| 9. Lafayette, LA | 19. New Orleans, LA |
| 10. Knoxville, TN | 20. Nashville, TN |

The McAllen, Texas, metro area has the highest share of physically inactive adults, 36.90 percent, which is 2.2 times higher than in Provo-Orem, Utah, the metro area with the lowest at 16.50 percent.

The El Paso, Texas, metro area has the highest share of diabetic adults, 14.60 percent, which is 2.3 times higher than in Denver, the metro area with the lowest at 6.40 percent.

The Jackson, Mississippi, metro area has the highest share of adults with high blood pressure, 40.60 percent, which is 1.8 times higher than in San Jose, California, the metro area with the lowest at 22.80 percent.

To read the full report and your city's rank, please visit:

wallethub.com/edu/fattest-cities-in-america/10532

Chronic Rhinitis



Karen A. Rizzo, MD

mucosa. Patients can develop throat clearing and coughing in an effort to remove the irritation. It can be bothersome in the morning when waking up or at night when lying down. Eating can stimulate it as well. If congestion persists, sinus infections can develop. Overall, chronic rhinitis can impact one's quality of life in a significant way.

Treatment strategies involve antihistamines, decongestants, Atrovent, saline, and steroid nasal sprays. For many, nothing helps. Patients can be evaluated for allergies, sinusitis, deviated septum, and nasal polyps, and nothing is found.

In normal nasal cavities, nasal nerves help regulate nasal activity. Turbinates warm, clean, and moisturize air as it flows through the nose. Normal mucus production helps protect against infectious agents. With chronic rhinitis, turbinate swelling and hypersecretion of mucus contribute to excessive mucus production. With nasal congestion, turbinate swell-

ing leads to mouth breathing, dry mouth, snoring, and sinusitis.

A new treatment option exists called ClariFix cryotherapy. Cold temperatures, or cryotherapy, are delivered to the out-of-balance nerves in the back of the nose to interrupt their stimulation of the turbinates and nasal mucosa, leading to decreased nasal congestion and runny nose. Four out of five patients report improvement in symptoms after cryotherapy within two to six weeks after therapy is done. The procedure can be done under local anesthesia or in the operating room.

The treatment may be associated with slight pressure, a cooling sensation in the nose or around the molars, and mild discomfort during or after the treatment. Bleeding is minimal. Nasal packing is not needed. Increased nasal congestion for five to seven days after can be noted. Most patients can return to normal activity within one day. If the cryosurgery is done with septoplasty or turbinoplasty, it does not pro-

long or complicate the expected postop course.

For more information on this new technique and whether it can help your symptoms, please contact Lancaster Ear, Nose & Throat at 717-517-9083 to make an appointment.

Karen A. Rizzo, MD, is the founder of Lancaster Ear, Nose & Throat, and past president of the Pennsylvania Medical Society, Lancaster City & County Medical Society, and Pa. Society of Otolaryngology/Head and Neck Surgery. She is the current Secretary of the Board of Governors of the American Academy of Otolaryngology and a member of the Villanova University and Big Five Basketball Hall of Fame. She is a Board-certified General Otolaryngologist who completed her residency at Thomas Jefferson University Hospital in Philadelphia and Medical school at Temple University.



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—
Preserving the Relationship*

Lancaster City & County Medical Society
PO Box 10963
Lancaster, PA 17605-0963
Tel: 717-393-9588
Email: info@lancastermedicalsociety.org
lancastermedicalsociety.org

Schreiber's 11th Annual Golf Classic July 13

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Tuesday, July 13th, 2021

**Conestoga Country Club
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Sponsorship opportunities also available!

Email Eileen Culp, eculp@faulknerchevrolet.com for details!

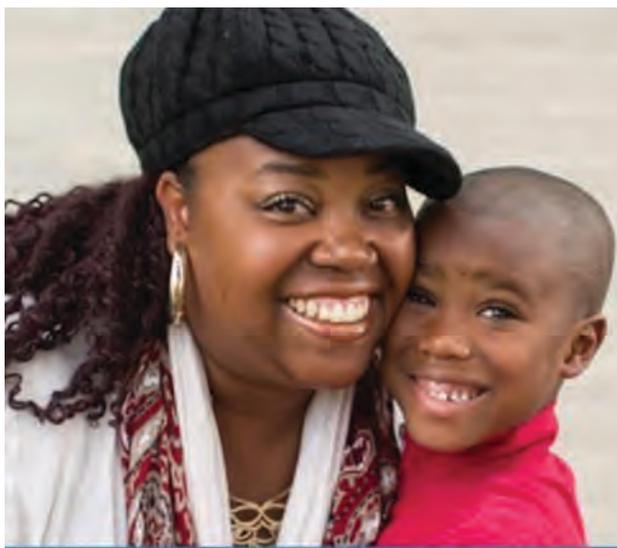
Faulkner Chevrolet is proud and excited to announce collaborated efforts to assist in the execution of the 11th annual Schreiber Center for Pediatric Development's Golf Classic. This year's event will be taking place on Tuesday, July 13, 2021, at Conestoga Country Club in Lancaster. The Schreiber Center is a therapeutic rehabilitation center that provides critical services to families with special needs. Like other nonprofits, Schreiber struggles to secure necessary resources to complete its mission.

Members of Faulkner Chevrolet have continued to lead efforts for the planning, integration, and execution, along with Schreiber Center staff, of the Golf Classic. Both parties are working together to obtain sponsorships, many of which include foursomes of golfers, individual golfers, and community members to attend dinner after the Golf Classic at Conestoga Country Club. With the COVID-19 pandemic, safety

and security measures are being executed to keep all golfers safe, while having fun and raising funds for Schreiber Center.

Faulkner Chevrolet General Manager Chad Berger stated, "I think we can all agree that 2020 certainly was trying. My team and I worked with Schreiber Center in 2020 to put on a very successful event, and we can only expect our efforts will transpire again in 2021. With moving the event to the summertime, we jumped at the opportunity to be involved once again! We look forward to working with our wonderful and generous Lancaster County community."

For any sponsorship, golf, or foursome inquiries, please contact Eileen Culp at 717-723-5240 or via email at eculp@faulknerchevrolet.com. To learn more, please visit faulknerchevrolet.lancaster.com/schreiber-golf-classic-lancaster-pa.



Overcoming homelessness in Lancaster & Chester Counties

Good Samaritan Services
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> goodsamservices.org

Good Samaritan Services provides shelter and housing support, but we also provide so much more! Participants in any of our programs have access to a wide array of Financial Stability and Personal Development resources. These resources help our participants build a firm foundation for their transition to independent housing, empowering them to maintain their stability and housing.

Personal Development resources are one of the prides of Good Sam. We know that individuals and families with supportive relationships are more likely to maintain stability once they move on from our services. The blessing we have at Good Sam is communities that are eager to be supportive in this way. When we are able to provide participants with supportive relationships outside our programs, as well as with relationship-building skills, we see success skyrocket.

Winter Shelter Transitions to 60-day Emergency Shelter



It's warming up, but the need for shelter doesn't melt away when the snow does!

On March 16, Good Samaritan Services' Winter Shelter facility transitioned to a 60-Day Emergency Shelter. With a capacity for 10–12 women and children per night, we can serve between 40 and 60 more participants over the course of warmer eight months.

And that's not all! Visit goodsamservices.org to learn more about this exciting new transition and to find out when our Winter Shelter program will begin again.

EarthTalk™ – Whither The Bees?

Dear EarthTalk: How are bee population numbers doing these days?

– B. Turner, via e-mail

Whether you've noticed it or not, there are far fewer bees around nowadays. One-quarter of the world's 20,000 bee species are in precipitous decline or have already gone extinct since 1990. A range of causes are to blame, including indiscriminate overuse of pesticides, loss of plants, and habitat destruction from human encroachment. But the latest and greatest threat is now climate change, which is warping the bees' environments (blooming seasons, plant diversity, etc.) at a faster rate than they are able to adapt.

Today in the U.S. only eight bee species are afforded protection under the Endangered Species Act. Seven are found

only in Hawaii while the other, the Rusty patched bumble bee, occupies the tallgrass prairie of the Upper Midwest, most of which has been lost to farmland, strip malls and housing developments. Rusty patched bee populations have fallen off by 87 percent as a result.)

In February 2021, conservation groups petitioned the Biden administration to grant the American bumblebee endangered species protection as well. Once the most common type of bee from coast-to-coast, this iconic bee has declined by some 89 percent in just the last two decades alone. Conservationists are worried about the implications for bee-pollinated plants and the animals (like us) that depend on them.

While the bees' decline worldwide is unquestionably due to human activity, the silver lining is that human activity can

also help bring them back. A new map of global bee distribution and density created by researchers from the Chinese Academy of Sciences and the University of Georgia aims to help conservationists track the health of various bee populations across the U.S. and around the globe.

As for what readers can do to help bees, plant some native plants that attract them to your backyard. Regardless, if you happen to see bees nearby, snap some photos of them with your phone and upload them to iNaturalist so researchers can use your sighting to help track population dynamics. For more ideas on how you can help bees rebound locally, check out the website of the Bee Conservancy, a U.S.-based non-profit that is coordinating efforts to save bee populations around the world.



The good news is that bee populations in the U.S. and globally have seen a slight increase during the course of the COVID pandemic, due to reduced human activity. But the problem is hardly solved—especially as we all get back to business as usual.

They may be small, but if we do not care for bees, we lose natural pollinators for the vast majority of cultivated crops and wild plants. If we can't save bees now, fresh fruits and vegetables could be scarce worldwide, which could in turn

lead to massive social upheaval, even wars. It seems well worth our time, money and effort at this point to protect bees now, if not for their own sake, then for ours.

CONTACT: Visit emagazine.com/whither-the-bees/ for contacts.

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 non-profit **EarthTalk**. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org

Fee-Waived Adoption Day Recap



In memory of Christine Buckley-Papada and in honor of her birthday, the Humane League of Lancaster County (HLLC) offered fee-waived pet adoptions on Saturday, March 6, 2021.

During the planning of this event, Kirsten Sandel, a dear friend of Christine's, stated...

"Christine Buckley-Papada was the most positive person I have ever met. She was dealt a difficult hand in life, as she had heart valve replacements while she was in junior high school and then again as an adult. Christine never let her

medical issues compromise her zest for life."

Many may remember Christine from her days at Schell's smiling behind the counter, or her time at Lords and Ladies. She was a volunteer for the American Heart Association and was an active member for years. Christine was a fabulous golfer, a great daughter, a best friend, and a wonderful mom to her beloved Scottie dog, Duffy.

"Christine always loved animals, from her first Scottie dog, Spunky, to her last dog, Duffy. She loved to go to the Pints for Pups event and petted every dog we encountered! It has been almost 10 years since we lost Christine, but her thirst for life and her love of animals will always live on in all of us. She definitely left an impression on all of those she touched in her short life," Sandel stated.

Since Christine's passing, her friends and family have generously given monetary gifts or donated supplies to the shelter in her honor. Wanting to do a little bit more this year, this fee-waived adoption day provided families with the ability to welcome a new friend into their home without needing to pay the standard adoption fee. A total of 11 animals found homes during Christine's Fur-get Me Not adoption event, which included 10 cats and one hamster.



Interested in Adopting?

- **Interested in adopting?** Please visit humanepa.org/adoption for more information, or stop by the Humane League of Lancaster County to take a look around! Adoption hours are 11:00 a.m. to 3:00 p.m., 7 days a week.
- **To make a donation** to Humane Pennsylvania and its partners, please visit humanepa.org/donations/online-donations, or contact Donor Relations Coordinator Chelsea Cappellano at ccappellano@humanepa.org or 610-750-6100 ext. 299.
- **Humane Pennsylvania is also seeking volunteers!** Whether it's basic animal care, dog walking, event support, clerical, fundraising, etc., every volunteer job is part of our success! For more information on how to help, please visit humanepa.org/volunteer-options.

For those interested in adopting, please visit humanepa.org.



Make a Gift and Save Lives!

Your support matters to our pets. In fact, your support more than matters; it makes the difference between life and death for thousands of animals who come to the Humane League of Lancaster County each year when they have nowhere else to turn.

For as little as \$15, you can help animals on their journeys to a forever home by providing food, shelter, and veterinary care at our fully accredited nonprofit animal hospital.



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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.

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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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.

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

‘Hall Of Heroes’ Expands at the Science Factory



hopes to inspire and motivate young people throughout the Lancaster County area. To celebrate the expansion of the Hall of Heroes, a fun and educational scavenger hunt has been created as a way for visitors of all ages to explore the accomplishments of each of the inductees.

The Lancaster Science Factory collaborated with local artist Dick Whitson to design all 45 plaques in the Hall of Heroes, bringing each hero to life with stunning visual collages and mini-biographies. There are inventors, medical doctors, astronauts, scientists, architects, and engineers of all stripes. Eight new plaques were dedicated this week to outstanding Black pioneers in STEM, including physicist Shirley Jackson, chemist James Harris, and mathematician Gladys West.

Since moving to Lancaster 57 years ago, Dick Whitson has been involved with projects for numerous organizations, including designing sets for the Fulton

Theatre. Whitson retired from Armstrong as Creative Director of Advertising Design Services in 1995. His artwork spans oils, watercolors, and graphic design, and is displayed at Red Raven Art Company and the Lancaster Museum of Art.

“Dick Whitson has been involved in almost every good thing that has happened in Lancaster in the art community. He submits artwork for almost every open-call exhibition we host in support of our museums, including the annual Community Art Exhibition at the Lancaster Museum of Art, and he participates in the yearly Demuth Invitational,” said Abby Baer, Executive Director of the Demuth Foundation. “The community loves to see his work, and when pieces are available for purchase to benefit our non-profit, his are among the first to sell.” Dick Whitson knew from a young age he wanted to paint, pursued his passion, and now, eight decades later, his body of

work includes over 2,000 paintings and illustrations.

The 45 Hall of Heroes plaques at the Science Factory are his brainchild. Some of the heroes are well known—Leonardo Da Vinci, George Washington Carver, Ada Lovelace, and Rube Goldberg, to name a few—and others are well worth getting to know. Jane Cooke Wright’s cancer research made chemotherapy accessible to all. Lonnie Johnson invented the Super Soaker and holds 80 patents. Navy Admiral Grace Hopper proposed writing computer programs in words rather than symbols, and coined the term “computer bug” after finding a moth stuck inside an early computer. Ellen Ochoa was the first Hispanic woman in the world to go into space. There are a number of local scientific heroes, such as Lancastrian John Bergey, whose research at Hamilton Watch Company produced the world’s first electronic watch—the Pulsar. Several local educators who inspired a love of

learning also grace the Hall of Heroes.

According to Emily Landis, Science Factory Executive Director, the Hall of Heroes adds a profoundly important dimension to the STEM learning experience. “Our mission is to inspire curiosity, creativity, and confidence through hands-on science exploration. Going further, we want to make sure that all students realize that this could be their future, and the next great discovery could come from them. We hope they will consider a career in STEM fields. The Hall of Heroes seeks to inspire, so they can aspire.”

“Whitson is a creative genius,” said Landis. “Thanks to him, the Hall of Heroes has become a significant resource for the community.” Each plaque is made possible by donors to the Science Factory, and the Hall of Heroes itself is sponsored by Shanks Extracts, a local manufacturer of extracts, flavors, and colors.

lancastersciencefactory.org

Conscious Mindfulness: The Benefits of Intention Setting



Lauren Rineer, MSW, CCTP
Brethren Village Administrator
for Independent Living

Many people find mindfulness and intention setting out of despair. Part of the awakening process is identifying the feelings of being depressed, anxious, and overwhelmed that don't serve you and identify new ways of feeling and coping. As your intentions change, so does how you feel.

After a difficult year of lockdowns, closures, sickness, and too many Zoom calls, you may be feeling the despair of the past year. You may be feeling a new sense of comfort staying home

and taking care of your pets or plants, and the thought of seeing friends and family may cause a sense of unrest.

By setting intentions, you will be able to feel more mindful, present, and compassionate. These are good goals for how to frame your feelings after a difficult year due to COVID-19.

You can use intention setting before having a conversation with a family member who may be excited to see you as restrictions loosen up, but you're still experiencing a sense of concern for your age and health. You will be able to better communicate your feelings in a genuine way. It is okay to feel concern and anxiety about reentering an abundant social life. What tends not to help your mindful self is allowing the anxieties of seeing people post-COVID-19 take over your life. Facing anxiety in the moment will lead to less anxiety over time.

As you make strides to be more present, an easy way to begin your day is to take deep, long breaths in through your nose and out through your mouth. Take note how your chest and stomach expand and return to normal. You can then ask yourself, "What is my intention for today?" Perhaps it is to visit with a grandchild outdoors at a park. This would allow you to see family while maintaining precautions for your physical self and mental health. Do not forget to check in with yourself throughout the day. You just need to pause and revisit your intention. As you become more mindful, you will see the quality of your relationships and mental health improve.

As you emerge into a new routine, it is important to identify your true values. View each day as an opportunity to take on a little bit more or a little bit less than what you have been doing over the past year. Some older adults may have been hyper-focused on keeping themselves

busy, and it may be a good time to slow down and take in the warmer weather around you. If you find yourself less motivated, it may help to start a list of things personally, at home, and extracurricular that you would like to reengage in. Perhaps you have put off a yearly routine

procedure. You can begin by calling and getting it scheduled.

Remember that you are the guide of your life, and it is okay if your life looks differently after the difficult year we've endured. Take each day one breath at a time, and remember to be kind to yourself.

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Want People to Perceive You Differently? Here Are Five Things You Can Do.



Jaya Jaya Myra

all success or problems, so understanding how to change the way someone perceives you is an important tool for being successful in your career, relationships and basically life 101.”

Here are Jaya Jaya Myra’s top five tips for changing someone’s perception of you:

Tip #1: Cultivate good posture.

Sit and stand tall and proud, even if you aren’t feeling it. Your posture and poise directly impact the way people perceive you. This level of attention to personal detail is one that will make a huge difference.

Tip #2: Smile.

How we feel tends to reflect unconsciously on our faces, but you can change this by

training yourself to smile more often. Take a few minutes a day to sit with a partial smile, one that you can train your body to have while at rest, with no effort. Also, practice smiling more in general and you’ll find yourself doing it more often naturally.

Tip #3: Slow down your speech and speak intentionally.

How you speak says a lot about you. Take time to slow down when having a conversation and properly articulate all of your words. Pause after someone asks a question, and gather your thoughts. Less is often more when it comes to speaking.

Tip #4: Cultivate good hygiene.

This should go without say-

ing, but small things like well-groomed hair, nails, brushing your teeth daily (hopefully more), using lotion, and wearing effective deodorant and a nice smelling fragrance all have a major impact on how people perceive you.

Tip #5: Deepen your breath.

Whenever we breathe more slowly, the mind settles down, causing the body to relax. This one simple act can help you exude an aura of calm. People who are stressed out or frazzled rarely come across

to others how they intend. Calm the mind and physical body and you’ll automatically come across as more polished and in control.

“These five tips can help you put yourself out there in the best light possible and will impact people’s perception, but it’s important to remember that what someone thinks about you is a reflection of what is going on inside of them, and actually has very little to do with who you really are at your core,” said Jaya Jaya Myra. “Do your best and be your best; that’s all you can do.”

Jaya Jaya Myra

Author and Wellness Lifestyle Expert

Web: www.jayajayamyra.com

Social: Instagram | Twitter | Facebook

TEDx Talk: <https://youtu.be/nCwckmywD3g>

Dogs Are Our Answer to the Quarantine Blues

Connecting through technology may have blinded us to the fact that our one free resource has always been available to us to buoy our spirits during this pandemic: our pets. Before COVID-19 struck the U.S., there were already an estimated 17.3 million adults suffering from major depression. As the pandemic continued to keep everyone on lockdown, Americans started to turn towards thoughts of fostering and adopting playful companions to help combat loneliness. A recent TD Ameritrade survey found that 89% of people said their pets helped them feel less lonely during this time of uncertainty.

“It’s easy to forget that our pets are an extension of us and know when something is wrong or if we’re going through a tough time,” said Lauren Bollinger, owner of Going Mutts Pet Services, LLC. “They’re always there for us and have been

proving that since day one of this pandemic. It’s what we at Going Mutts Pet Services want to do for our clients—be there when times get tough.”

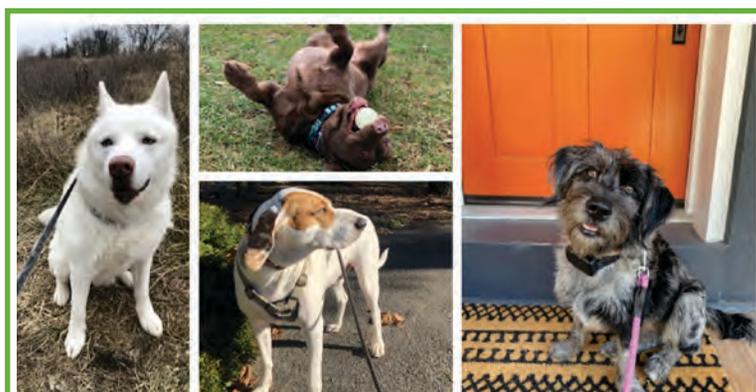
Pets have been known to be a great coping mechanism when it comes to anxiety and depression, something we all have taken for granted during this pandemic. Providing pet owners with a listening ear, hugs and a sense of purpose when routines have been knocked out of place has made the pet community the one free resource that has helped countless people in fighting their depression, new or old, during our lockdown.

As we navigate these uncertain times, Going Mutts Pet Services wants to provide the Lancaster community with a safe resource to help show their appreciation towards their furry companions with daily dog walks, check-ins and overnight care! While we are still heading towards a “new normal,” Going

Mutts Pet Services is still taking numerous precautions for our clients, through continued sanitation during all visits, with gloves and masks worn by all dog walkers. We want to show our community that we are still here to help with daily and overnight needs while focusing on keeping everyone safe and healthy!

About Going Mutts Pet Services, LLC

Going Mutts Pet Services is owned and operated by Lancaster County native and Millersville alumna Lauren Bollinger. Founded in January 2019, Going Mutts strives each day to give excellent customer service through its expert caregiving skills, communication and superb belly rubs. Services include daily dog walking, cat check-ins, overnight care and wedding-day handling. Going Mutts is a member of Pet Sitters International.



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- Pet Sitting
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Not valid with any other offer or prior services. Discount is used on the most expensive service. May not be combined with any other discount.

Stepping Up The Fight Against Parkinson's in a New Location



Rock Steady Boxing Lancaster, a gym that caters to people with Parkinson's disease and other

movement disorders, is excited to announce they're moving forward with plans to open a new location in Rockvale Square Center, Lancaster, Pa. this May 2021. RSB, CrushPD Fitness and it's parent company NeuroSci Fit LLC have been serving the Parkinson's community in Lancaster County and the surrounding areas for several years. Owner and head coach, Susan Ludwig says "Working with people with Parkinson's is

my passion and purpose. I am proud to be providing them with a beautiful, facility that will give them chance to fight back against PD." NeuroSci Fit is so much more than just boxing, we will be offering yoga, HIIT, stretching and flexibility, as well as educational classes, programs and so much more. For more information please visit www.crushpdfitness.com or call Susan Ludwig at (717) 271-3067.

Spay and Neuter Pet Clinic

Our spay and neuter services are intended to help reduce the pet overpopulation problem in our community and reduce the risks of certain companion animal diseases. Other low-cost services in Lancaster are currently overwhelmed by demand. We are pleased to provide these services in furthering what is widely recognized as an important goal for all animal welfare organizations.

If you have a dog or cat that is not spayed or neutered, please read the facts below on the importance of having this simple and potentially lifesaving procedure performed on your pet.

Why spay or neuter dogs and cats?

Millions of dogs and cats, including puppies and kittens, go without homes and are needlessly euthanized every year. As a pet owner, you can help make a difference by having your dog or cat surgically

sterilized to prevent the birth of unwanted puppies and kittens. This procedure can also enhance your pet's health and increase the quality of their life. Spaying and neutering does not just prevent unwanted litters. This procedure can reduce common behavioral problems associated with natural mating instincts, such as marking territory, humping and roaming. Pets that are less likely to roam in search of a mate can reduce the risk of your dog or cat being hit by a car, getting lost, fighting and biting people or other animals. This surgery can also reduce or eliminate the risk of testicular cancer, ovarian cancer, prostatic hyperplasia (enlarging prostate), uterine infection (pyometra), mammary cancer (breast cancer) and uterine cancer.

Why do we offer low-cost spay and neuter surgeries?

We recognize that the costs of

these services can be prohibitive for many of the individuals and organizations that need them most.

If your pet is between the ages of 2 and 8 years of age, it is recommended that you get a routine blood-work screening of them done at the vet's office prior to making the appointment. This will help ensure they do not have any underlying issues that might affect their ability to undergo anesthesia. If your pet is over the age of 8, this blood-work screening is **STRONGLY ENCOURAGED**, as older animals may have some early underlying medical issues that can only be detected via blood work. Knowing about these issues beforehand allows us to use the safest anesthetic and postoperative medication protocol possible for the health and well-being of your pet.

Pet Pantry Wish List

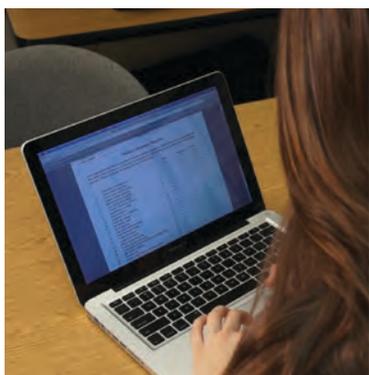


- Unopened Dog & Cat Dry/ Canned Food
- Kitty Litter
- Food & Water Bowls
- Leashes & Collars
- Pet Treats
- Toys
- Dog and Cat Beds
- Volunteers
- Corporate Sponsors
- Monetary Donations
- Gallon Zip Lock Bags (for packaging)
- Fuel Cards (for deliveries)
- Scotch Tape
- Dawn Dish Washing Soap
- 5-Gallon 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 for dropoff locations near you!



TeenHope Awarded \$15,000 Grant by Lancaster Osteopathic



Lancaster Osteopathic Health Foundation (LOHF) grants funds to organizations working to improve the mental health of youth and teens in Lancaster County. In the fall of 2020, Samaritan Counseling's TeenHope program was awarded a \$15,000 grant to digitize a screening process developed to identify and help teens in crisis.

TeenHope screens students in high school and middle school for anxiety, depression, and suicidal thoughts. A recent PA Youth Survey reported that about a third of Lancaster teens said they felt sad or depressed most days, and about 10 percent attempted suicide. Identifying these issues and providing help are critical.

Once at-risk teens are identified, TeenHope follows up with sessions to ensure students know about resources and make sure they have a safe person to talk to at home or school. When needed, teens will be seen by a therapist for a more thorough analysis. The program also does a one-week and one-month follow-up to make sure kids and their families know where to go and how to get help.

LOHF Grant Allows TeenHope to Amplify Their Efforts

Anita Hanna, Director of Development at Samaritan Counseling Center, said, "LOHF has always been a supporter of our teen health program. This grant allows us to move the entire screening process to a digital platform, including paperwork, permissions, screening tools—start to finish—and makes the program more efficient and accessible to more kids." She noted, "We have done the research. We have the software selected, and now we can do the implementation."

Digital tools will allow TeenHope to serve more students. Hanna noted,

"Part of our mission is to foster hope and healing through counseling and education. A vital part of our mission is outreach. Digital tools allow us to meet kids where they are—in school, home school, cyber school, or when engaged in remote learning."

The grant also allows for faster input and analysis of data. "A lot of information can now be automatically collected, which eliminates the need to have interns spending hours inputting responses," Hanna added. "We can evaluate the results quickly, which means we can meet our mission more completely."

A Story of Hope and Healing

TeenHope has found that many students use screening as an easier way to say what they are going through and find screening less intimidating than face-to-face discussions.

Hanna shared this example of how TeenHope is connecting students to counseling and healing to Lancaster County teens. "We were screening 11th-grade students at Elizabethtown High School, and

one of the students scored high on the crisis index. The student was deeply struggling with depression and anxiety, and was also having serious thoughts of suicide. He was resistant to talking or telling our staff member much detail. He didn't even want to give his parents' contact information in order for us to call them and recommend that he get treatment. He admitted that he had a plan for suicide but wouldn't say anything more.

"Our staff member pulled in the school counselor, as this was a high-risk case, and we needed parent information. The parents were reached during the school day and were told they either needed to have an appointment made by the end of the day, or he should be taken to the hospital. The parents responded immediately and got him an appointment that day.

"While this is one of many stories of how TeenHelp works, this one stands out for a couple of reasons. The first is that although the student was so resistant to open up, he was honest on his screening. For some kids, screening question-

naires feel like an easier way to say what they are going through, compared to face-to-face discussions. Additionally, this was the first time this student had ever told anyone what he was dealing with. If it weren't for the screening, it's possible that he would never tell anyone. Now, he is no longer struggling alone."

About LOHF Grants

LOHF's grants elevate youth and children's mental well-being by supporting local programs that help us answer one or both of our two big questions: How can we build the talent pipeline in behavioral healthcare for youth and children in Lancaster County? And how will we improve access to mental well-being for youth and children in Lancaster County?

We encourage applicants to replicate existing successful models and work collaboratively with others to improve mental-health services for youth and children ages birth to 26. Additional funds will be available in spring 2021. To learn more, please visit www.lohf.org/grants.

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 36 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 36 Years of Downsizing Experience.

Call
717/615-6507

See our ad page 31.

Domestic Violence Services (DVS)

provides free, confidential services to individuals and families experiencing domestic violence throughout our Lancaster County community.

MISSION

Domestic Violence Services is a catalyst to end domestic violence in Lancaster County through direct service, advocacy, and social change.

24-Hour Hotline
(including access to Safe House):

717.299.1249

24-Hour Text Line:

Text **SAFE** to **61222**

Domestic Violence Legal Center:

717.291.5826

Domestic Violence Services Office:

717.299.9677

SERVICES

- **Emergency Safe House & 24-Hour Hotline**
Our secure residence provides a temporary respite for victims of domestic violence and their children who are forced to flee their home for safety reasons.
- **Domestic Violence Legal Center (DVLC)**
The Legal Center ensures that domestic violence victims receive full access to remedies within the civil legal court system, including Protection From Abuse orders.
- **Empowerment Counseling**
Domestic violence counselors/advocates work with victims and survivors to provide support, safety planning, and establish short- and long-term goals.
- **Bridge House/Transitional Housing**
DVS is committed to supporting victims as they work to reach their goals. Counselors/Advocates work with individuals and families transitioning from temporary/emergency housing to homes of their own.
- **Education, Training & Outreach**
DVS collaborates with schools, after-school programs, and youth agencies to offer prevention programs and education that promotes healthy relationships. We offer professional trainings and community programs on a variety of topics related to domestic violence.
- **Volunteer/Internship Program**
DVS services are provided with the support of committed volunteers. We accept interns from colleges and universities. Core domestic violence training is required. Contact us for details and training dates.



Support DVS!

CAPLanc.org/donate is a convenient way to support DVS.

We're on Amazon!

DVS has a wishlist where you can make your purchase online and it will ship to our SAFE House! For more information, visit:
CAPLanc.org/amazon



Domestic Violence Services

Community Action Partnership

caplanc.org/dvs



Scan Me

Professional Services

Write From The Heart Creates Wonder, Courage and Hope

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, taking a breath, and getting back in touch with themoment." She smiles. "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 PennMedicine/LancasterGeneralHealth Ann B. Barshinger Cancer Institute.

"Writing from the heart isn't about grammar, spelling or punctuation, but what each of us longs to express... happy or sad. It brings us closer to the world, to ourselves. We delight in the present. The very act of putting our pen to the page illuminates wonder, courage, and hope.

Upcoming Classes All Classes Held on Zoom. Technical assistance provided!

**Women's Intro:
"Writing Without Fear"**
Tuesday evenings, 5-week series:
May 4–June 1, July 6–Aug. 17
(no class July 20 and Aug. 3)
6:30–8:30 p.m.

**Women's Memoir
Writing Workshop:
"Exploring Our Life Stories"**
Monday evenings, 5-week series:
Apr. 26–May 24, July 12–Aug. 16
(no class Aug. 2) • 6:30–8:30 p.m.

**Women's Fiction:
"Bringing Our Characters
to Life"**
Thursday evenings, 5-week series:
July 15–Aug. 19 (no class Aug. 22)
6:30–8:30 p.m.

**Free Zoom Workshops
for Cancer Patients
and Caregivers**
The Penn Medicine/Lancaster
General Health Ann B. Barshinger
Cancer Institute, Lancaster, PA
Wednesday evenings, 8-week series:
Mar. 24–May 12 • 6:30–8:30 p.m.
Registration required. Please call
LGH Contact to register: 717-544-4636.

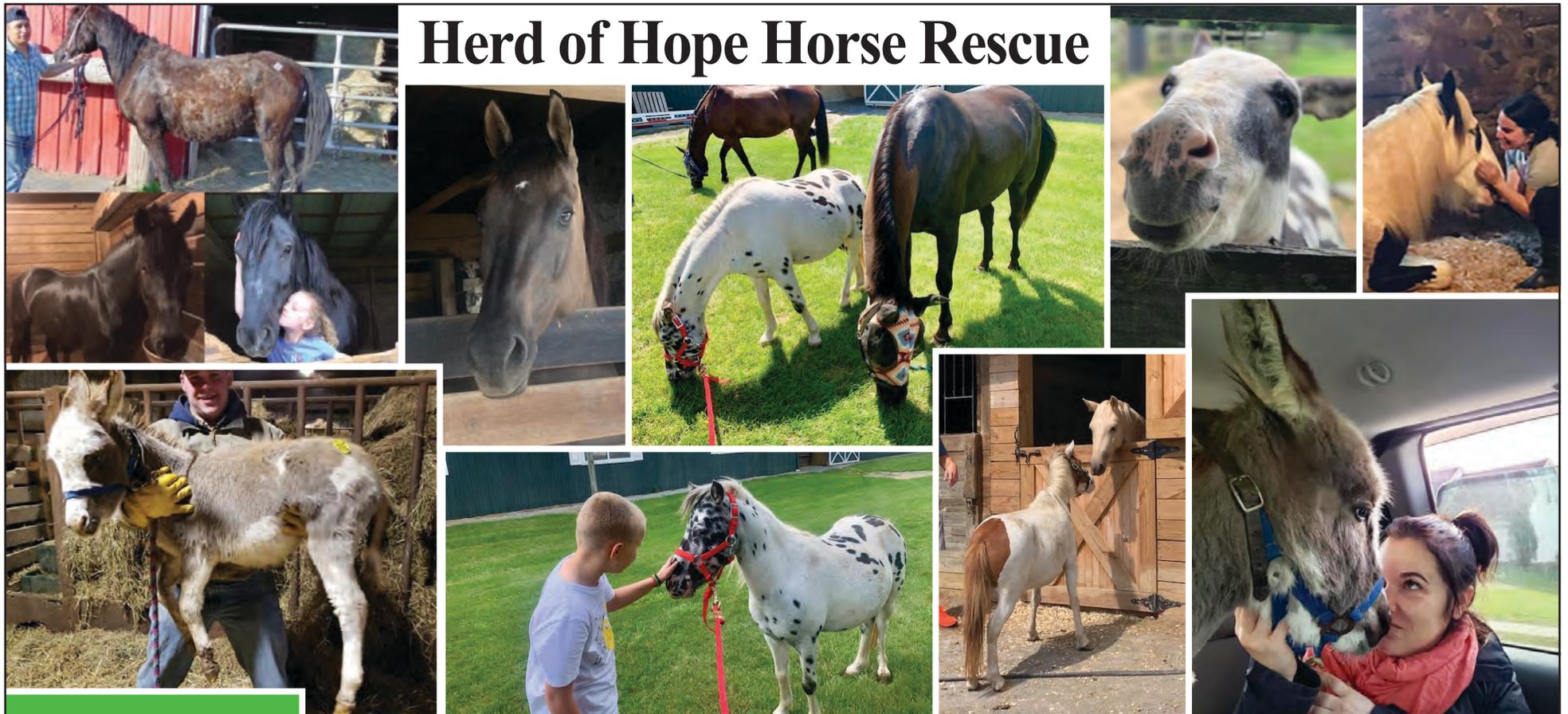


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Gentle, fun, nonintimidating workshops held in an atmosphere of warmth and trust. Sharing optional. Mischief a must! No grades, grammar, spelling or red pen. A safe haven for the soul.

Contact Melissa Greene:
Poet, teacher and believer in art for a kinder world.
717-393-4713 or visit
www.writefromtheheart.us



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Mary Duffy Sheaffer Burton Memorial

Mary Duffy Sheaffer Burton, 81, passed peacefully in her home on Saturday, January 9, 2021, and went home to God's glorious Kingdom. She was preceded in death by her loving husband of 20 years, Laurent (Larry) N. Horne, in July 2019. Born in Lancaster, Mary was the beloved daughter of H. Harold and Katharine (Kitty) Sheaffer.

Mary was a true pioneer, having started H.D.J. Company at an incredibly young age in 1960. The company designed and manufactured precision machine parts. Mary expanded and developed the company through the years, eventually focusing operations on manufacturing highly specialized medical devices and implants. Mary worked extremely hard, continually innovating, improving, and growing a world-class business. H.D.J. over time transformed into Specialized Medical Devices and Implants. Mary sold her successful business to an international corporation and

formed her most recent company, M.D.I., in 2012 with her son, Edward. Mary continued to be actively involved in the company through 2018. She was a devoted and admired employer to many, respected and loved by many longtime trusted employees and considered a leader and guru in the industry by her colleagues. In the 1990s, Mary was recognized as one of the 50 most influential people of the Medical Device and Diagnostic Industry. Mary was awarded the Golden Micrometer Award in 2008, the highest lifetime achievement award from the Precision Machined Products Association of America.

As enterprising as Mary was in her business endeavors, she was equally active and energetic with her community and social pursuits. Mary was known as a fabulous hostess for her many events for charities and friends at her beloved home, Buttonwood. She brought amazing style, glamour, and excitement

to all her efforts. She had a great appreciation for flowers and created beautiful grounds she loved to share with others. Her patio parties surrounded by her stunning gardens, topped off with Larry's magnificent fireworks, made for many special memories with friends and family, near and far. People loved basking in Mary's generous and warm spirit, and Mary was a true and loving friend to many.

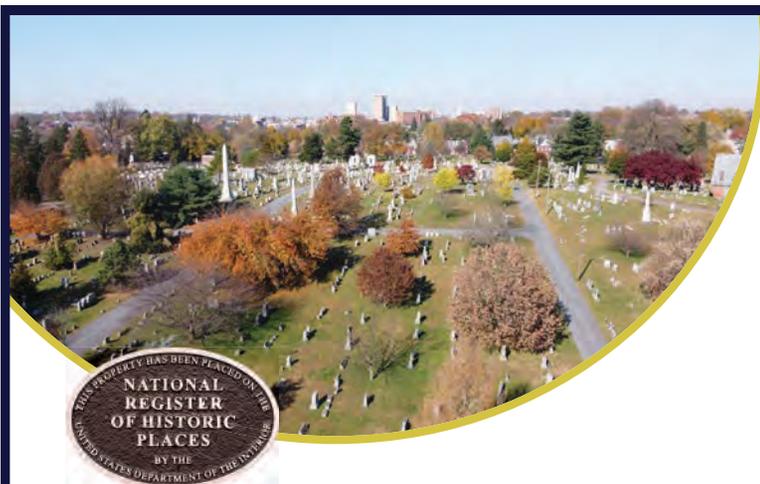
Mary was passionate about music and the arts, and the Lancaster community, of which she was a lifelong resident. Mary led and served on many boards and committees for organizations, including the Demuth Foundation/Lancaster Museum of Art, the Fulton Theatre, the Lancaster Symphony Orchestra, Woodward Hill Cemetery, Historic Rock Ford, The Long Home, the North Museum, Milagro House, the Lancaster General Health Foundation, Lancaster General Healing Arts Commission, YMCA, Boys and Girls

Club of Lancaster, Lancaster Farmland Trust, Lancaster History, Lancaster Summer Arts Festival, Hourglass Foundation, Opera Lancaster, Lancaster International Piano Festival, Pennsylvania Academy of Music, and many music-in-the-home events, which she and the "Salon Gang" so enjoyed. Mary made generous contributions in time, energy, and hard work to the organizations that meant so much to her, and all were the better for it.

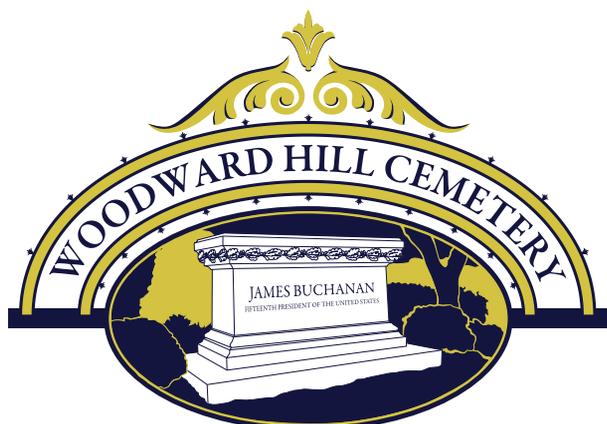
Mary loved to travel with her family to Sea Island, Ga.; Bethany Beach, Del.; and Los Angeles, Calif. Mary was a member of Historic Saint Mary's Church, the Hamilton Club, Lancaster Country Club, Bent Creek Country Club, Daughters of the American Revolution, Colonial Dames, and the Junior League of Lancaster. Mary attended Sacred Heart School, Lancaster Country Day School, and Franklin & Marshall College.

Mary is survived by her children, Elizabeth Duffy Johnson, Lititz; Mary Burton (James) Mays of Los Angeles, Calif.; and Edward (Heidi) Burton, Lancaster; her cherished grandchildren, James, Michael, and Dr. Katharine (Katie) Burton, Christi and Taylor Johnson (son-in-law Don), Dr. Amanda Mays, Savannah (Austin) Smucker, Bethany and Tyler Burton, and her adored great-grandchildren, Addison and Easton Smucker. In addition to Larry, Mary was preceded in death by her prior husband, Edward L. Burton her sons, Harold S. (Cindy) Burton and John S. Burton, and her sister, Barbara D. Sheaffer Atlee.

Memorial contributions in Mary's name can be sent to the Fulton Theatre, 12 N. Prince Street, Lancaster, PA 17602, Demuth Foundation/Lancaster Museum of Art, 116 E. King Street, Lancaster, PA 17602, or Woodward Hill Cemetery, P. O. Box 7989, Lancaster, PA 17604.



Mary served as the Woodward Hill Board president for over thirty years, she Co-Chaired the successful capital campaign to fund the Presidential Memorial Garden along with her daughter Elizabeth Duffy Johnson, and opened up her home for several Woodward Hill fundraising events included the Gravediggers' Balls. We miss Mary's leadership, her wise counsel, her joyous spirit, her generous support and her friendship. We cherish the memories of our time together.



Mary Duffy Sheaffer Burton
2021
Thank You

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Professional Services



Anita C. Yoder
Interior Designer & President
Heritage Design Interiors Inc.

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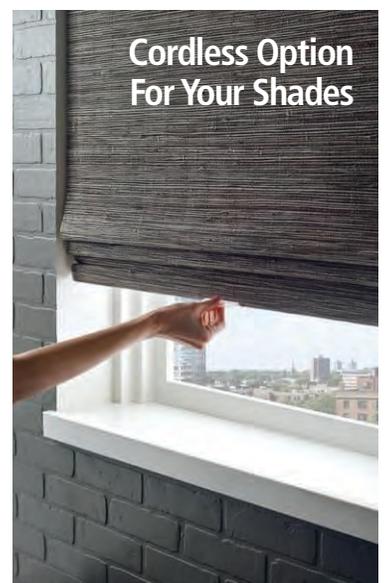
We take care of all of the details, measuring, ordering and installing your window treatments. Our workroom also makes bedding,

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Professional Services

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A. L. Segro

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and for all, and it’s turned my salon in Lancaster into a haven for women who are done with being frustrated with the colour and health of their hair.

You can have the colour you want and your hair CAN be healthy.

The basics of getting exactly the hair colour you want are easy to understand. The hard part is using the tools correctly so that the colour is beautiful, just right, and your hair is healthy. It takes a lot of skill and knowledge to do it correctly. I encourage any woman in Southeast Pa. to call my salon and make an appointment. My team and I will solve this problem for you.

If you have knowledge, you become empowered.

I want every woman to have all the information she needs to understand and solve this problem for good. That’s why I

wrote “Don’t Fear the Bleacher,” which is an easy-to-read book that empowers every woman to take control of her hair colour and health. I wrote this book so any woman can understand how to communicate much more effectively with their stylist and stop suffering needlessly.

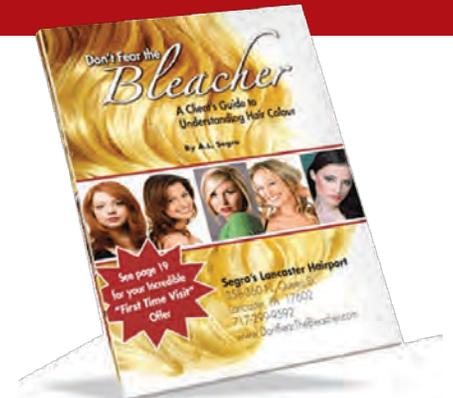
Anyone who would like a copy of this book at no cost to them at all should just call **877-702-3081** 24 hours a day, or go to **www.DontFearTheBleacher.com** to request a copy.

Dedicated to your beautiful hair,
A. L. Segro

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**.

No One Should Ever Be Frustrated With the Colour of Their Hair.

Get the answers now in a Free Book!



“I wrote this book because women can’t find the right shade or they just don’t know what colour to go with and no one seems to be able to tell them.”
- A.L. Segro

Red, Brown, or Blonde most women are frustrated with the colour of their hair. No matter what they or their stylist try, they just can’t get the look they really want. A.L. Segro, a Lancaster-based stylist and fashion expert has written a new book that answers all the questions that women have about hair colour and why the best efforts of their stylist continue to produce lackluster results. And he is offering it to the community for free.

Just call toll-free **1-877-702-3081** or go to **www.DontFearTheBleacher.com** and request your Free Copy of “Don’t Fear the Bleacher” 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 AL and his team touch my hair again.” – Tracy Flynn, Lancaster, PA

If you need an emergency colour consult, call Segro’s Lancaster Hairport at **717-299-9592** to make an appointment. We are located at 358-360 N. Queen St. in Lancaster.

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What Our Customers Say about Advertising with

Lancaster County

WOMAN™

The Woman's Journal



UPMC Pinnacle

"UPMC Pinnacle Lancaster and Lititz have been using Lancaster County Woman (LCW) for over ten years to promote our comprehensive healthcare services. I have personally enjoyed a great working relationship with the LCW team the entire time. JoAnn is one of the most generous and caring people I know, both personally and professionally! LCW is a perfect balance of both promotion and education. Advertising rates are reasonable and I believe it is one of the most widely distributed and read publications in Lancaster County. I can't tell you how many times I have heard "Hey, I saw your hospitals in LCW again—nice article!" So I would highly recommend LCW to anyone looking for a cost-effective way to spread the word about their organization."

– Danielle Gilmore, MBA



Martin Foot and Ankle

"Martin Foot and Ankle has been using Lancaster County Woman for several years. Every issue has educational articles as well as informational bits regarding Lancaster County. Working with JoAnn has been a delight! I would highly encourage any business to meet with her and discuss future opportunities."

– Aimee Miller



Smiles by Stevens

"We have been advertising with Lancaster County Woman newspaper since we started our business. The staff and quality of work they provide is wonderful. We receive a lot of positive feedback from our patients and will continue our relationship with LCW for years to come."

– Shea Stevens, DMD, FICOI



Write From The Heart

"I've been advertising in Lancaster County Woman for 11 years, and the majority of my new clients still tell me that they found me—here—in these pages. I have LCW to thank for a successful business in Lancaster County!"

– Melissa Greene



Segro's Hairport

"LCW hands down has been the best vehicle to support my ongoing information marketing campaign. For the last five years, 95% of my premium conversions have come from advertising my books in LCW. The affordable price point has made a very effective return on investment."

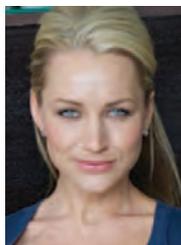
– Al Segro



LUXE Salon & Spa

"Luxe has been advertising in Lancaster County Woman Magazine since we opened in 2008. Working with JoAnn and her wonderful staff has continuously brought great results and has helped our business grow tremendously over the years. I would recommend LCW to any business owners looking to increase exposure and brand identity."

– Ana Kitova



BeBalanced

"I have been advertising in LCW for the past six years that I have had my own business, and for a few years prior when I ran a small business for a larger company. I have always been pleased with the feedback and the results from using this informative publication. I feel it gives me a platform to not only advertise, but also to educate women on different aspects of their health. New clients always tell me they saw it in a doctor's office or paraprofessional office, which only adds to the credibility. I cannot thank JoAnn and her staff enough for this wonderful educational vehicle in which to advertise women's health issues!"

– Dawn Cutillo



A Loyal Reader

"I have been reading Lancaster County Woman for the past two years each time I go to a doctor's office. I have to say that I really look forward to seeing each new issue. I really like that there are articles to read, as I find them very informative."

– Richard Gross, Lititz, PA

Life Span Psychological Services

"Life Span would like to thank JoAnn for a pleasant and cooperative relationship for many years. Life Span was pleased when JoAnn approached us to be one of the original contributors to this newly created magazine. Life Span's advertising through LCW has produced many referrals. The articles published have provided an opportunity for Life Span to educate the public about mental-health issues. Best wishes to JoAnn and her staff for many years to come."

– Lori L. Lewis

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