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Relax and Rejuvenate

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July-September 15, 2021



Meet the Staff and Support Professionals at

ARGIRES MAROTTI
NEUROSURGICAL ASSOCIATES OF LANCASTER

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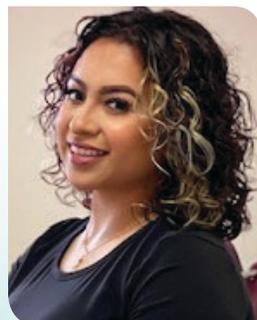
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Please Note: NEW LOCATION...same dates!

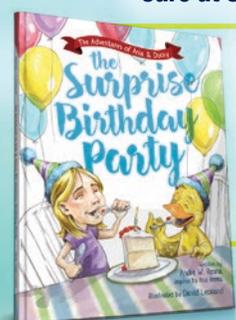
Women's
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William A. Carter, MD

Botox vs. Dysport vs. Xeomin vs. Jeuveau

one from the other? Yes, there is. Three of these products have biologically inert associated or aggregated proteins attached to the 150 kilodalton active botulinum toxin-A molecule. Xeomin has no inert aggregating proteins attached to the naked botulinum toxin-A molecule. Is this important? Probably not.

They all come from different companies that are located within different countries.

Botox comes from Allergan in California, Dysport from Galderma in the UK, Xeomin from Merz Aesthetics in Germany, and Jeuveau from Evolus in South Korea.

They have all successfully gone through the required FDA hoops to be available for sale to licensed physicians and dentists in the U.S. On average they all provide 3–4-month duration of effect for aesthetic and migraine prevention uses and 8–9 months of benefit to lessen the amount

of sweat produced in localized regions of the body where excessive sweating is an issue.

Sometimes one company or another will be having a special that would temporarily give some advantage to the patient to try their product. So, at Medical Cosmetics we try to offer more selection to be able to offer these different discounts as they occur. Also, there are a lot of people who ask for one product by name over the others for their own reasons. If we stock it, then they can have it.

For a given product, is the duration of effect always the same? Absolutely not. And why not? Many reasons. Some of the pertinent ones include number and placement of units of toxin put into each location, the number of times that a person's brain is trying to make a given expression in a certain period of time, and the exact amount of toxin that happens to be in the particular vial used at the time of the

treatment. Understand that the amount of botulinum toxin-A in any vial of each of these products measures less than one billionth of a gram. This extremely small amount is less than can be seen by human eyes and is impossible to measure exactly. If the amount of toxin is a tiny bit higher than intended, the duration of effect will be slightly longer. If it is a bit less than the target amount, the duration will be a bit less. The relationship is not precisely 1:1 (e.g., double the amount of toxin will give perhaps a 20–25% longer duration, but not twice as long).

Is it possible that for a particular individual one of the products will last longer than the other products? This is the most difficult question of all. I believe the answer is yes, but I know of absolutely no logical reason for this to be so. Furthermore, I would estimate that this is true in only about 5% of all people. I suspect that variations in du-

ration of effect for a particular person are more likely to be for any (or several) of the reasons listed in the previous paragraph.

Just to make all of this more confusing, there is probably soon going to be a botulinum toxin-A product from Revance that will last an average of 6 months for aesthetic use instead of the 3–4 months that we have all become accustomed to. Stay tuned!



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.

Vicki provides:

- Nonablative Fractional Laser
- IPL Treatments (Hair Removal, Brown Spots, Rosacea, Spider Veins, Stretch Marks, and Scars)
- SkinPen Microneedling
- Chemical Peels
- Microdermabrasion
- Esthetic Facial Treatments
- Dermaplaning
- Body Sculpting and Skin Tightening

All four of these FDA-approved botulinum toxin-A products are currently available at Medical Cosmetics. Why? What's the difference? Does it really matter which one of these I utilize for my facial wrinkles, facial shaping, migraines, excessive sweating, or TMJ issues? The answers may surprise you.

From strictly pharmaceutical, biological, and physiological aspects, no, it does not matter which one is used for any of these purposes. Is there ANY difference inside the vials of each one of these that separates

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in a *warm and friendly*
atmosphere



Botulinum toxin type A (Botox & Dysport)
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Laser & IPL Treatments for Hair Removal/
Brown Spots/Rosacea/Spider Veins
SkinPen Microneedling
SculpSure™ Noninvasive Lipo
MiraDry®
Ultherapy®
Kybella®
Dermaplaning
Chemical Peels
Microdermabrasion
Esthetic Facial Treatments
Jane Iredale Skin Care Mineral Makeup
Medical-Grade Skin-Care Home-Care Products
Body Sculpting with Vanquish, EmSculpt, Exilis Ultra



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Argires Marotti Neurosurgical Associates: Comprehensive Care

By Susan C. Beam

Long distinguished as one of Lancaster's premier neurosurgical practices specializing in the care of the brain, spine and joints, Argires Marotti Neurosurgical Associates combines innovative methods and advanced technology in order to promote successful recovery and assist in regaining a healthy, active lifestyle. Located at 160 N. Pointe Boulevard, Suite 200, skilled physicians, assisted by experienced and compassionate teams of support staff professionals, create comprehensive and individualized care plans in order to restore quality of life to their patients.

Argires Marotti Neurosurgical Associates specializes in nervous system treatment, which includes the brain, spinal cord and nerves. Nervous system issues can result in experiencing difficulties with both conscious efforts, like thought and movement, and unconscious efforts, such as heartbeat and digestion, interrupting a patient's ability to live daily life. Illness may include migraines and headaches, multiple sclerosis, neuropathy, Parkinson's disease, seizures, stroke, trigeminal neuralgia, and Alzheimer's disease.

According to Argires Marotti Neurosurgical Associates specialists, "We understand the difficult questions and concerns patients may have, and our goal is to create a unique and individualized care plan specific to patient needs while offering assistance and guidance every step of the way."

The neurology team utilizes the latest in advanced diagnostics, including electroencephalography (EEG), electromyography (EMG), nerve conduction studies and cognitive health testing to pinpoint the underlying causes of conditions and form a thorough care plan.

When treating chronic pain, Argires Marotti Neurosurgical Associates offers several options for long-term relief. Spinal cord stimulation involves the delivery of electrical signals to the spinal cord in order to alter pain signals to the brain. With over 100 million Americans suffering from chronic pain, these options offer significant opportunity to enjoy life free or nearly free of chronic pain.

One such treatment is the Intellis™ Implantable Spinal Cord Stimulator, which offers personalized pain relief and advanced activity tracking by employing neurostimulation, which has been proven to provide effective long-term pain relief and improve quality of life.

According to the team, "The Intellis neurostimulator uses Snapshot™ reporting to record and track patient activity 24/7, enabling physicians to address the subjective and personal nature of chronic

pain by monitoring progress and making modifications to better suit their patients' therapy needs. This can help optimize treatment and improve patient-physician communication by tracking and sharing daily activities, body positions and therapy usage, and by giving physicians an objective look at mobility and progress."

Another option is the Nevro HF10, clinically proven to offer substantial pain relief without the tingling or buzzing used to mask pain in traditional spinal cord stimulation. According to clinical studies,

HF10 patients demonstrated an average reduction in use of opioid medications of nearly 70 percent.

Argires Marotti Neurosurgical Associates also offers both surgical and nonsurgical options for the relief of back pain caused by pinched nerves, bulging or herniated disks, vertebrae bone spurs, spinal stenosis or spondylolisthesis.

"Often, nonsurgical procedures such as medication, physical therapy or interventional pain management can provide the

type of relief a patient is looking for. Other times, cervical disk surgery such as cervical fusion, or lumbar surgery such as discectomy, laminectomy or spinal fusion will be recommended," explained the team at Argires Marotti Neurosurgical Associates.

If you or a loved one is experiencing any difficulties with the spine or nerves, Argires Marotti Neurological Associates of Lancaster can help. For more information, visit their website at www.argiresmarotti.com or call (717) 358-0800.

Why are you waiting?

*We have plenty of options
to help your PAIN. Call today.*

ARGIRES MAROTTI NEUROSURGICAL ASSOCIATES OF LANCASTER



160 NORTH POINTE BLVD.,
SUITE 200
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Perry J. Argires, MD, FACS
Brain and Spine Surgery
Voted Among the
Best Surgeons
(2nd Place)

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

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

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

Jack M. Smith, MD
Pain Management

Greystone Manor TRC Honors Top Volunteers



On Saturday, June 5, Greystone Manor Therapeutic Riding Center (GMTRC), a nonprofit organization with a mission to enhance the lives of individuals with special needs through equine-assisted activities, held an event to honor 18 volunteers who gave 150+ hours of service in 2020.

The Carol Henkel Memorial Winners' Circle event was sponsored by Primitives by Kathy. Each honoree was presented with a gift bag donated by Primitives by Kathy.

GMTRC's volunteers, who help with lessons, training, special events, and facilities maintenance, were critical in helping GMTRC through the COVID-19 pandemic.

GMTRC, located in Upper Leacock Township, has 11 therapeutic horses and six certified instructors who serve people with varying cognitive, physical, emotional, and developmental diagnoses. For information on becoming a volunteer, visit www.greystonemanortrc.org.



Smart Ways to Get the Best Value from Your Retirement Community



Tara Marie Ober,
VP of Communications &
Resident Life

Choosing a retirement community is a big commitment. You're not just choosing a new home, you're choosing a new lifestyle as well. To help make sure you are receiving the best value of services and living options, it's important to consider everything your new way of living has to offer. Here are a few ways to find the best value from your retirement community choice.

Think long term

Thinking of the long-term ben-

efits of your decisions is one of those life lessons your parents might have talked to you about when you were young. It was great advice then, and it remains great advice today. Committing to a continuing care retirement community like Brethren Village is one way to wisely think long term. At a CCRC, you're entering a community with a promise of quality care if you need it, but you're also beginning a new way of living independently without having to handle the tasks of owning a property. You can say goodbye to maintenance, like mowing the lawn or cleaning your rain gutters, and hello to peace of mind and discovering new experiences. Many residents tell us they wish they'd made the move sooner!

Be open to your new lifestyle

A simple way to find value in your new senior living community is by taking advantage of everything it has to offer. At Brethren Village, we pro-

vide a huge range of classes, recreational activities, dining options, and entertainment. In our vibrant community, residents thrive while connecting with friendly neighbors and discovering new hobbies. Outdoor activities are also popular, as our scenic campus walking paths allow residents to get exercise safely. If you'd like to explore life off-campus, we provide transportation to get you where you want to go in the larger community. You can live a wonderful life in your senior years, and CCRCs like Brethren Village exist to make that happen.

Understand your current and future needs

One way to plan for the future is to look at the past. Knowing your family's health history and understanding your current and possible future needs will help you choose the best senior living options for you. When you choose to live in a CCRC, you are opening yourself up to the

possibilities of options. Brethren Village, for example, offers a range of housing plans, care services, and lifestyle choices that are available as you need them. A CCRC offers residents the security of being prepared—and feeling secure in

their future is something many seniors find valuable.

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



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

Nationally ranked **women's care** is right here in Central Pa.



UPMC Magee-Womens Hospital is an innovative leader in women's research and nationally ranked in gynecology by *U.S. News & World Report*. Devoted to addressing the unique health needs affecting women and their infants, UPMC Magee also delivers expert specialty care to women of all ages. We're now bringing the renowned care that women expect from Magee right here to Central Pa. This specialized network of care is offered at UPMC Harrisburg, UPMC Community Osteopathic, UPMC West Shore, UPMC Carlisle, UPMC Hanover, UPMC Memorial, and UPMC Lititz, as well as all 17 ob-gyn and women's specialty offices throughout the region.

To learn more about UPMC Magee-Womens' services or to schedule an appointment, visit UPMC.com/MageeCentralPa.

UPMC | MAGEE-WOMENS



Stacey Denlinger, DO

Educate and Vaccinate to Control COVID

we should keep in mind that the general goal is to prevent serious illness and death. You can get sick after reaching full vaccination status, but the illness is likely to be mild and short-lived.

For a quick review, SARS-COV2 is a virus transmitted person to person through droplets we spread from our nose and mouth, mainly. It can cause a disease, "COVID," and is characterized by a range of symptoms from upper respiratory tract (runny nose, sore throat and congestion), lower respiratory tract (cough, shortness of breath) and/or GI (nausea, diarrhea) to systemic (fever, body aches and chills). The disease COVID initially described a serious lower respiratory-tract infection, pneumonia. The symptoms patients experience are signs of our immune system working to fight the virus. Active immunity, acquired by recovering from an infection with the virus, is a natural immunity that prevents another infection, but the virus may have mutated to outsmart that protective adaptation.

Vaccination is another way of achieving active immunity. All of the available SARS-COV2 vaccines are substances synthesized using part of the virus that will NOT make you sick but will trigger an immune response. That is why short-term side effects mimic feeling sick, but you are not actually infected with the virus and because you are not infected, there is no risk of transmitting it. The ideal vaccine causes minimal and short-lived symptoms, but you should expect to feel something after vaccination (a sore arm, headache, body aches, fatigue) because it's a sign that your immune system is responding, which is the goal! We don't actually know if people with more side effects get better immunity. The active immunity achieved through vaccination shows better long-term efficacy against the SARS-COV2 variants so far, but boosters may be needed for the future to cover mutation changes and maintain good immunity against the ever-changing virus. The more people who have active immunity, the less circulating virus, less opportunity for the

virus to mutate and, hopefully we reach that magical goal of "herd immunity."

Herd immunity is an unclear benchmark at this point. Simply put, it's when enough of the population has effective immunity against a disease to protect those who are unable to be vaccinated. It varies from disease to disease what level of vaccination is required to achieve that goal, so we don't know yet where that line should be drawn, but they suspect it has to be significantly more than the majority, likely in the 78% range. After this year, I think

Dr. Denlinger practices Family Medicine at CovenantMD, a Direct Primary Care practice, in Lancaster County and serves on the board of the Lancaster County & City Medical Society. She enjoys working with patients of all ages to develop individual wellness plans and manage their chronic medical conditions.



an Introduction to Immunology course should be part of elementary curriculum, don't you?

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

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lancastermedicalsociety.org

Worry and Women's Health

Worry takes away today's peace and does not change tomorrow's events. Worry contributes to chronic health issues in women more than any other cause. Whether the health issues are fibromyalgia, a heart condition, breathing problems or any number of other health concerns, your level of worry contributes to your disease.

Connie, who is in her 60s, has had chronic back and joint pain for many years. She worries about an endless stream of big and little things that may never happen. One day her adult daughter was taking a walk with a friend. Connie thought her daughter would be back in several hours. When her daughter was not back within minutes of the expected time, Connie was beside herself with worry. She started pacing and wringing her hands. She tried her

daughter's cell phone without success and became even more worried. Within a few minutes, her daughter called to say she was on her way over. Nothing had gone wrong. Her daughter took more time walking than planned.

This episode took its toll on Connie's already-stressed body. Within an instant, the human body can release chemicals to give us the choice to fight or flee a dangerous situation, but it takes minutes to hours to clean up these damaging chemicals that were unnecessary. Repeated episodes of worry lead to chronic health issues due to the damage from the release of these chemicals.

There are better ways to deal with life than worry. Concern is different from worry. It is consciously thinking about the future and making appropri-

ate plans. Another tactic is to think through a situation. I had a friend who would suggest a time that she would come over. I learned to add two hours to her arrival time before I got concerned. She was rarely on time and did not estimate her arrival time well. Keep your level of stress to a minimum by participating in things you enjoy. Listen to music, read a good book, do an art or craft. Call or visit a friend. Volunteer. Take your mind someplace relaxing, like back to your favorite vacation spot. Regular destressing keeps your baseline of stress low, so stressful events do not send your stress level off the charts.

Live in the present.

Enjoy the moment.

Keep your body healthy.

Psychological Services, PC

Life Span

Lynnette G. Ruch, Ph.D.,

earned her doctorate in psychology from the University of Pennsylvania, and her masters in psychology from Millersville University. She has worked at Life Span Psychological Services since it was established in 1994 and is one of its founding members. Among her specialties are postpartum depression, spiritual concerns, relationship issues, gay and lesbian issues, psychological testing, and psychological evaluations.



Lynnette is now helping clients via telephone appointments. Contact her for information.

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

- Depression/Anxiety/Panic Disorder • Grief/Bereavement
- Phobias • ADHD/ADD • Postpartum Depression
- Obsessive Compulsive Disorder • Oppositional Defiant Disorder • Discipline/Behavioral Problems
- Anger and Stress Management • Couples Issues
- Learning Disabilities • Psychological Testing
- Bipolar Disorder • Eating Disorders

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www.lifespanmentalhealth.com

Comprehensive Care at One Convenient Practice: LG Health Physicians Specialty Medicine

Imagine having nearly all of your health-care needs addressed at one convenient practice. That's what patients are discovering at Lancaster General Health Physicians Specialty Medicine—a unique model of care for adults, located in Lititz, Lancaster County, Pa.

“Specialists in various areas of medicine offer high-quality, personalized care to our patients,” said Towahna Rhim, director of operations for the practice. “And, because we are a practice with a team of providers at Penn Medicine Lancaster General Health’s Kissel Hill outpatient location (51 Peters Road, Lititz), we are able to collaborate with each other to assure our patients’ entire health picture is carefully considered.”

Here is a glance at the services the Specialty Medicine team provides.

Behavioral Health

People facing mental- and emotional-health challenges can take advantage of a wide array of services to manage conditions that include anxiety, mood disorders, schizophrenia, bipolar disorder, and severe depression. A team of compassionate experts led by Dr. Whitney Jo Dennison Bakken specializes in geriatric psychiatry, as well as treatment for people with both medical and behavioral-health conditions.

Cardiology

From prevention and diagnosis to heart disease management and cardiac interventions, cardiologists from The Heart Group offer a full continuum of care for patients with conditions that include coronary artery disease, atrial fibrillation, congestive heart failure, peripheral vascular disease, and valve disorders.

Diabetes and Endocrinology

Endocrinologist Dr. Meijuan Yan offers expert diagnosis, treatment, and long-term management of diabetes and other endocrine disorders. This includes patients who have thyroid, adrenal, pituitary, obesity, and metabolism disorders.

Geriatrics

Geriatric specialists offer programs, treatment, and planning geared to

the unique needs of older adults with multiple medical conditions. The team conducts comprehensive geriatric assessments and coordinates care for patients facing changes in their physical, mental, emotional, or residential status.

Holistic Therapies

Designed to help patients achieve a more balanced state of being, holistic therapists treat the whole person—body, mind, and spirit—while addressing specific symptoms associated with a variety of medical conditions. Massage, cupping, and other holistic treatments have proven to reduce pain and stress, which can increase vitality and overall functionality.

Pain Management

Pain management specialist Dr. Madhavi Reddy cares for patients experiencing persistent pain as a result of injury, illness, or surgery. She helps coordinate a comprehensive treatment plan using the latest and most effective pain-management solutions available. The goal is to treat pain without surgery or opioid medications.

Urogynecology

Urogynecologist Dr. John Navas offers women a comprehensive approach to treating bladder and pelvic-floor disorders, including urinary incontinence and pelvic organ prolapse. Patients receive the latest surgical and nonsurgical options such as physical therapy, medications, and minimally invasive procedures.

Many Specialties with a Shared Commitment to Patient Care

“The team at Specialty Medicine shares a commitment to helping patients understand their complete health picture and treatment options, said Rhim. “This allows them to make choices that best support their individual health and wellness goals.”

More information about the Specialty Medicine practice is available at LGHealthPhysicians.org/SpecialtyMedicine or by calling 717-627-8225.



Specialty Medicine, a unique practice designed to meet all of your healthcare needs.

Specialists representing a wide array of medicine practice together at the same location to deliver personalized care in a collaborative, patient-centered setting.



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Diabetes & Endocrinology



Madhavi Reddy, MD
Pain Management



Bailey Ellis, PA-C, M.S.
Pain Management



Jeanette Eddowes, CRNP
Geriatrics



Whitney Jo Bakken, MD
Behavioral Health



Stephen Heffner, CRNP
Behavioral Health



John Navas, MD
Urogynecology



Dana Weinstein, DO, FACC
Cardiology, The Heart Group



Mark Etter, MD
Cardiology, The Heart Group



Joseluis Ibarra, MD
Cardiology, The Heart Group

Accepting new patients

To schedule an appointment call 717-627-8225, or learn more at LGHealthPhysicians.org/SpecialtyMedicine

Specialty Medicine
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Lititz, PA

 **Penn Medicine**
Lancaster General Health Physicians

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72,000**

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EDITOR'S PAGE

“Rest is not idleness, and to lie sometimes on the grass under trees on a summer day, listening to the murmur of the water, Or watching clouds float across the sky, is by no means a waste of time.”

~ John Lubbock, *The Use of Life*



LCW Managing Editor
JoAnn Notargiacomo

Dear Readers:

Happy Summer!

In the rush to get everything done, we forget that summer is the time to kick back, lay on the grass, listen to the sounds of the earth and revel in the warmth of the day.

Take time to count your blessings and thank God for this beautiful season.

Remember our servicemen and women. Freedom is not free.

With blessings,

JoAnn Notargiacomo
Managing Editor



Faulkner Chevrolet Joins PA Caring for K-9s to Host Adoption Event August 14

Furry friends will be waiting to be adopted in the showroom at our Rohrerstown Road location!

Faulkner Chevrolet will be making the tails wag and the fur fly when they team up with PA Caring for K-9s to host an adoption event, featuring dogs of many ages, on Saturday, August 14 from 10:00 a.m. until 2:00 p.m. in the showroom located at 2000 Bennett Avenue in Lancaster. This will be the second event cohosted by these two organizations. The first event drew hundreds of people, and many dogs were adopted.

With the community connection that PA Caring for K-9s offers its rescues, these surrendered dogs and puppies are taken into volunteer homes until they are adopted. If you are considering adding to your

family, visit the organization's website at pack9rescue.org to complete an application. New this year is another community partner, That Fish Place-That Pet Place, located on Centerville Road in Lancaster, with their donation of toys, waste cleanup bags, and toys, which will be donated back to PA Caring for K-9's everyday uses for the foster families.

“We are excited to host PA Caring for K-9s again. We were to host this event in March of 2020 but, with the pandemic, had to postpone. We are excited to welcome the Lancaster community back to our showroom and to host this event to place dogs and puppies of all shapes and sizes in

their forever homes,” Chad Berger, Faulkner Chevrolet's general manager said about the rescheduling of the event.

For inquiries, additional information, or day-of-event media coverage, please contact Eileen Culp at 717-723-5240, eculp@faulknerchevrolet.com.

About Faulkner Chevrolet
Faulkner Chevrolet is part of the Faulkner Organization, one of Pennsylvania's leading automotive groups. Founded in 1932, Faulkner is focused on affordable vehicle prices, complete customer satisfaction, and is an active member of the Central PA community. For more information, please visit FaulknerChevrolet.com.

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 the moment." 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
Join us from
anywhere...on Zoom.
Technical assistance
provided!

Women's Intro:
"Writing Without Fear"
Tuesday evenings, 5-week series:
Oct. 12–Nov. 9 • 6:30–8:30 p.m.

Women's Memoir
Writing Workshop:
"Exploring Our Life Stories"
Monday evenings, 5-week series:
Sept. 20–Oct. 18 • 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:
Sept. 29–Nov. 17 • 6:30–8:30 p.m.
Registration required.
Please call LGH Contact to register:
717-544-4636.



Write from the Heart

Creative Writing Workshops for
Adults, Children & Teens

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

Seeking Resiliency

A Lancaster
Suicide
Prevention
Coalition
Conference

Session 1 (\$65)

*Resiliency through Mental Wellness

Meet our nationally recognized key note speaker

*Resiliency through Hope

Listen to a story of lived experience from a survivor and advocate

*Resiliency through Education

Participate in a discussion with a panel of mental health educators from the Lancaster community

Session 2 (\$30)

Take an evidenced-based QPR Class.

QPR means Question, Persuade, Refer and can help save the life of someone you may know.

It provides you with basic resource skills to assist someone in need if they are struggling with suicidal thoughts.

*4 continuing education hours available through
Temple University for Session 1



LANCASTER COUNTY
SUICIDE
PREVENTION
COALITION

September 8, 2021

8am - 3:30pm
Eden Resort
222 Eden Rd.
Lancaster, PA 17601

MHIA
Mental Health America
of Lancaster County



Shea F. Stevens, DMD, FICOI, and family

Creating confidence...
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General Dentistry

- preventive care
- white fillings
- root canals
- dentures
- extractions
- periodontal disease therapy
- whitening
- sealants
- all-porcelain crowns and bridges (no metal)

Cosmetic Dentistry

- veneers and smile makeovers
- all-porcelain crowns and bridges (no metal)
- BOTOX® and JUVÉDERM® (placed by Dr. Stevens)
- Invisalign

Dental Implants

- bone grafting
- sinus lifts
- surgical placement of dental implants
- restoration of dental implants
- 3D CT scan for computer-guided surgery
- full mouth reconstruction
- oral sedation



Sleep Apnea Devices

- affordable option as opposed to CPAP or invasive surgery
- proven to increase patient compliance because it is a thin and comfortable device
- documented clinical success in mitigating and even preventing disruptive and unhealthy effects of snoring and sleep apnea
- patients see a change in quality of sleep, restfulness, and morning energy immediately
- increased restfulness of sleeping partners (spouses) due to less audible disturbances
- durable and BPA-free appliance
- clear device—discrete to wear but available with vibrant blue, green, or pink S-shaped side links to make it easy to find while outside of the mouth (provides a touch of personalization)



Maximize Benefits Through Comprehensive Care

By Susan C. Beam

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

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

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

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

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

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

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

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

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

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

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

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

Our Safety Measures

This last year has presented many unforeseen challenges for the Lancaster dental community. Fortunately, Smiles by Stevens, has been able to continue to provide necessary treatment for patients. We want to ensure the community that we are up to date on safety measures, office policies, and have implemented several measures to protect patients and staff. We are evaluating every patient to address their concerns and providing treatment as needed in a safe environment.

Here is what we are doing to help keep you safe:

- telephone screening to verify patient health prior to scheduling
- recording patient and staff temperatures upon arrival
- masks being worn by staff and patients
- only patients being treated can be in the office (unless accompanying a minor)
- hand sanitizer upon entrance and exit of the office
- medicated oral rinse prior to treatment
- PPE: masks (N95 and level 3), face shields, gloves, gowns, eye protection
- antiviral and antibacterial solutions and wipes for all surfaces
- Hepa filters with plasma wave technology in every operatory
- staff has reviewed all CDC and OSHA guidelines and recommendations

We are here to support you during these times and if you have any dental issues or concerns, please contact us at (717) 581-0123 or dental@smilesbystevensdmd.com.

101 N. Pointe Blvd., Suite 201, Lancaster, PA 17601
(717) 581-0123
www.smilesbystevensdmd.com

Professional Services

Family-Owned Stump's Upholstery Design: Over 50 Years of Service



By Susan C. Beam

Since 1965, family-owned and -operated Stump's Upholstery Design has been serving Lancaster County and beyond, offering a wide variety of upholstery services and fabric options. With a commitment to excellence in customer service, Stump's Upholstery Design remains Lancaster's go-to choice for commercial and residential services and design options.

"We pride ourselves in provid-

ing the best customer service we can. We treat our clients the way we would like to be treated, with quick responses to emails and phone calls and a dedication to excellence in workmanship," explained current co-owner Kevin Kunkle. "Myself, along with my sister, Robin Moberly, and brother, Lee Kunkle, are the current co-owners after our parents, Bob and Connie Kunkle, who started the company, retired. My children, Nik Kunkle and Olivia Fisher, currently work at

the family business as well. We are in our third generation of our family business, and we look forward to continuing to serve the community."

Located at 215-A West Main St. in Leola, Stump's Upholstery is delighted to assist clients in giving their living and working spaces a fresh, new look—from individual designs to large commercial projects. For residential services, dedicated specialists can revitalize furniture ranging from chairs to couches to antiques. Examples of commercial projects include business waiting rooms, hotel rooms, exam rooms, restaurants, and even stadium and venue seating.

In addition to home and commercial projects, Stump's also specializes in automobile and marine upholstery needs.

"Whatever our clients need, we're happy to guide them through the process. A first step would be to have the client email us a picture of the project or have us come out to look at the project, and then we will work up

a quote. After we get approval, we would put the client on our schedule to start on a certain date," explained Kunkle.

For fabric selection, Kunkle explained that he often guides clients to a selection of fabric websites and encourages them to select fabrics they're interested in. From there, specialists will accommodate clients in reviewing their selections.

"You can tell me what types of fabrics you would like to see, and I will do the research and send you fabric samples in the mail," said Kunkle. "Or, you can come into our showroom and browse through our extensive collection of fabric sample books and take them home. I can also order larger fabric samples of them."

Whether its redoing that antique loveseat or refreshing a 30,000-square-foot venue, Stump's Upholstery Design can create a look that's sure to delight. For a full list of services, or for more information, call 717-656-2567 or visit stumpsdesign.com.

FURNITURE • AUTO • BOAT



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COMMERCIAL - RESIDENTIAL

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- **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.



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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.

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September 29 — 9 a.m. to 2 p.m.

The expos provide lively on-stage entertainment and seminars as well as shopping, inspiration, relaxation and the opportunity to learn about products and services available in the community.

Guests can connect with a wide range of exhibitors in health and wellness, finance, travel, home improvements, nutrition, beauty and more and will be eligible for door prizes.

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For more information, please call **(717) 285-1350** or email **info@onlinepub.com**.

Danielle Rose Presents *See Beauty: Encountering People and Spaces in Oil Painting*

Exhibit Opens at Mulberry Art Studios August 6



Danielle Rose

Danielle Rose will be bringing her collection of art work to Mulberry Art Studios this August. *See Beauty: Encountering People and Spaces in Oil Painting* opens on August 6 with a First Friday Reception from 5 p.m.–9 p.m.

Danielle Rose is a self-taught artist and resident artist at Mulberry Art Studios in Lancaster, PA since 2018. She be-

gan painting in college at St. Francis University where she earned her doctorate in physical therapy. After she moved to Lancaster, Danielle continued to develop her abilities in oil painting, drawing inspiration from local artists and the unique atmosphere Lancaster offers. While she works full-time as a physical therapist, she always makes time to go to her studio and create.

Mulberry Art Studios has reopened to the public, but calling ahead to 717-295-1949 is always recommended as our hours have shifted a bit after this past year. For more info and directions to the gallery, please visit www.mulberryartstudios.com.



Karen Stadden: The Art of Mosaic *Exhibit Opens September 3*

The Art of Mosaic will be featured at Mulberry Art Studios throughout the month of September. The exhibit showcases Karen Stadden's collection of wall hangings and bird baths made from glass, mirror tile, ceramic, and stone. The inspiration behind this body of work was "everything from personal and historic events, to my faith and love of nature, all expressed with an emphasis on symmetry," Karen said.

The Art of Mosaic opens with a First Friday Reception from 5 p.m.–9 p.m., on September 3. Mulberry Art Studios is located in historic downtown Lancaster at 21 North Mulberry Street.

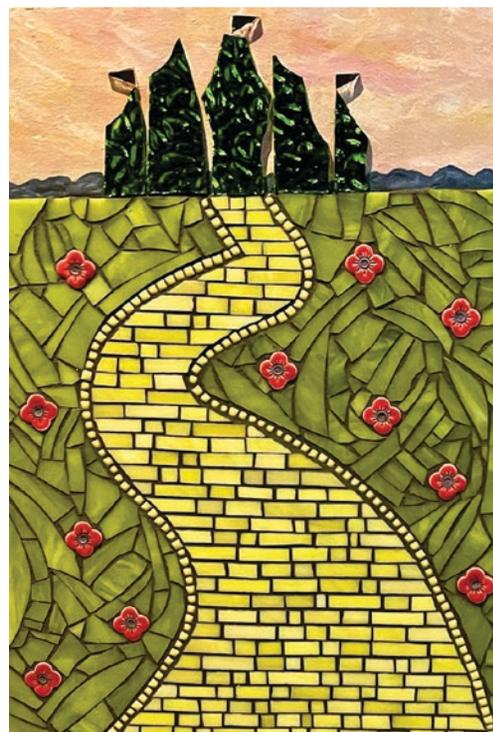
"I think what drew me to the art of mosaic was how it challenges you to fit all the pieces together," explained Karen. "Sometimes you have to cut and nip again; other times the tesserae just fall into place. Persistence is rewarded by a finished piece. I think there's a metaphor here."

Karen Stadden had no formal

art training but has been independently developing her mosaic craft for more than 10 years, and retirement has afforded her lots of time to devote to her art.

Karen was born in Shenandoah, Pa., and considers herself a "coal miner's daughter." She moved to Lancaster in 1969 to attend Millersville State College (now MU) and received a B.S. in education in 1972. After several years of substitute teaching, she taught English at Penn Manor High School for 25 years. Karen is married to the love of her life, Dave, whom she met in college and who tirelessly helps her with all of the technical aspects of creating her pieces: wood finishing, photographing, etc. The couple has two children and three grandchildren.

For more info and directions to the gallery, please visit www.mulberryartstudios.com or call the gallery at 717-295-1949.



Professional Services

“Why Can’t SOMEONE (ANYONE!) Colour and Style My Hair the Way I Want It EVERY SINGLE TIME!”



A. L. Segro

I hear this all the time from the women who come to my salon completely frustrated about the colour and health of their hair. They ask me, “Why doesn’t my hair look the way I know it can, and how can I get perfect colour and still have healthy hair?”

I’ve made it my mission to solve these problems for women once

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.

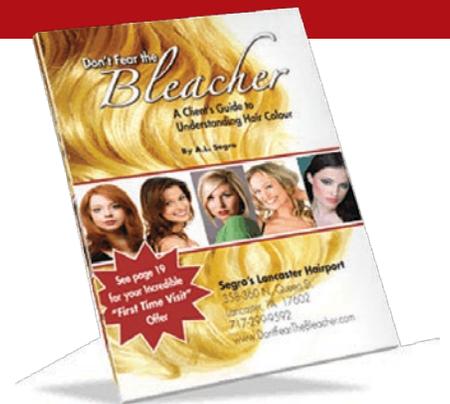
Dedicated to your beautiful hair,

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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Women May Have a Disadvantage When It Comes to Retirement



Joe Edgeworth

“Financial wellness is your ability to manage your money while you also prepare for the future.”
—Joe Edgeworth

Achieving financial fitness by creating and growing wealth is a goal for most of us, but it is especially critical for women in the workplace. Women still working who are nearing retirement report much more fear than their male counterparts when it comes to their ability to pay for medical expenses, their children’s education, or assistance for elderly family members.

While employers have become better at developing programs to help their employees make better financial decisions, participation

in such programs remains low, around 31%, according to benefits experts.

Low participation in employee programs is one reason why women remain more likely than men to feel stressed about money, debt, and retirement issues. Another reason is that, by age 43, the average woman has only around \$119,000 in investable assets compared to \$196,000 for a man the same age.

Women, especially divorced and widowed women, face a series of complex hurdles when it comes to being prepared for retirement. For example, many women in the workforce experience an earnings trajectory in which they earn substantially less than their male counterparts. In addition to earning less money, women generally outlive men and have to plan for more years without income. Because of this pay gap, women tend to contribute significantly less to their retirement accounts and savings. The earnings gap then turns into a shortfall of retirement income that can result in running out of money before they die.

Several factors are influencing the earnings gap, including the role of caregiving. Women frequently assume caregiver roles, first as mothers and later as wives who must care for their elderly parents, in-laws, and spouses. They do this much more frequently than their male counterparts (over 60% of caregivers are women) and often during their prime earning years.

What does this mean for you or the women in your life?

According to experts, 50% of women who choose to stay at home to take care of their families have no plans for retirement. This lack of planning means that they will be even more dependent on Social Security.

Social Security has multiple issues, as we all know. One of them is that the current configuration of Social Security often penalizes dual-income earners.

Policymakers, faced with a crisis, are scrambling to find solutions to this issue, such as adjusting current spousal benefits and crediting people for time spent as caregivers. There is even talk of creating a universal savings vehicle

that would allow more women to save for retirement, whether or not their employers offer 401(k) or other plans or provide more paid family leave for caregivers.

But all these changes take time. The COVID-19 pandemic is forcing Americans to realize just how critical having multiple sources of income is, both in the short and long term.

The pandemic has shone a light on our retirement system’s fragility and the rapidity with which things change. For women, it’s critical to start saving and protecting investable assets as early as possible.

Source: Bank of America Merrill Lynch’s 2018 Workplace Benefits Report (2018WorkplaceBenefitsReport_AR-SRJR96.pdf, baml.com)

Do you have a question or comment for Joe Edgeworth? Please contact him at Edgeworth Insurance Group, 2715 Spring Valley Rd., Lancaster, PA 17601; telephone, 800-824-8609. Register for Joe’s FREE Newsletter at 888-998-3463 or click his newsletter link: annuity.com/joe-edgeworth-newsletter. Joe is a member of Syndicated Columnists, a national organization committed to a fully transparent approach to money management.

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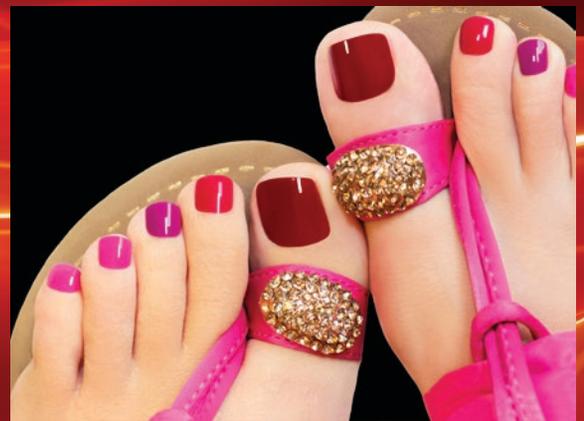
Manicure/
Pedicure

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Gel Manicure

\$8

Spa
Manicure/
Spa Pedicure



Cannot be used with coupons.

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

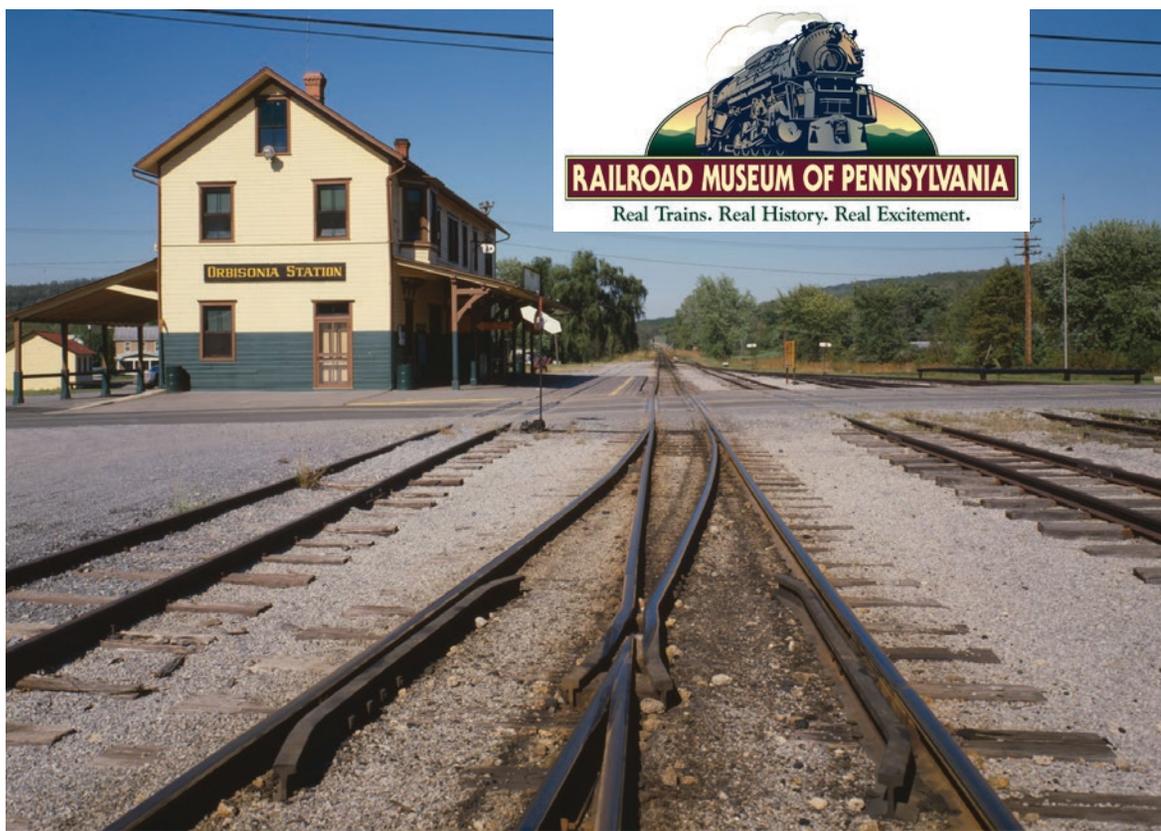


- Unopened Dog & Cat Dry/ Canned Food
- Kitty Litter
- Food & Water Bowls
- Leashes & Collars
- Pet Treats
- Toys
- Dog and Cat Beds
- Volunteers
- Corporate Sponsors
- Monetary Donations
- Gallon Zip Lock Bags (for packaging)
- Fuel Cards (for deliveries)
- Scotch Tape
- Dawn Dish Washing Soap
- 5-Gallon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



Railroad Museum's East Broad Top Railroad Ramble



Join the Friends of the Railroad Museum of Pennsylvania for their East Broad Top Railroad Ramble on Sunday, September 12, 2021.

After arriving in Orbisonia, you'll board a restored, diesel-powered East Broad Top Railroad train for a scenic ride through the Aughwick Valley.

Following a break for lunch at the on-site café, you'll take a tour of the East Broad Top Railroad's restoration shop, where you'll see the stationary steam

engine that powers the shop machinery and work that's underway on two of the railroad's Baldwin steam locomotives and passenger cars.

In the afternoon, you'll enjoy a ride aboard one of the Rockhill Trolley's vintage electric streetcars alongside the picturesque Blacklog Creek. There will also be free time to view the vintage tractors and steam traction engines at the Antique Traction Show, which is the day's special event.

The rate for the East Broad Top Railroad Ramble for current Friends of the Railroad Museum of Pennsylvania members is \$179 per person. The non-member rate is \$189 per person. The deadline for registration is August 20, 2021. Spaces are limited and registration is on a first-come, first-served basis. The Ramble flyer/registration form and Friends of the Railroad Museum of Pennsylvania

membership applications are available on the Museum's website at RRMuseumPA.org.

The Friends' Trains of the Green & White Mountains Ramble, October 10 through 14, 2021, is currently sold out/wait listed.

The Railroad Museum of Pennsylvania is home to a world-class collection of about 100 historic locomotives and railroad cars, a vast research library and archives, a working restoration shop, an immersive education center and programs, a Museum store, events and exhibits.

A Smithsonian Affiliate, the Railroad Museum of Pennsylvania is one of 24 historic sites and museums administered by the Pennsylvania Historical & Museum Commission as part of the Pennsylvania Trails of History®, with the active support of the nonprofit Friends of the Railroad Museum of Pennsylvania.

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
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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.

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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.



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CAPLanc.org/amazon



Domestic Violence Services

Community Action Partnership

caplanc.org/dvs



Scan Me

Professional Services

Chasing Your Passion at Columbia's Pure Passion Hair Lounge

By Susan Cherie Beam

With a passion for innovation and a commitment to excellence, Pure Passion Hair Lounge, located at 3904 Abel Drive in Columbia, is dedicated to delighting clients with a broad menu of self-care options. Now under new management, the Lounge's team of "passionistas" are looking forward to helping your beauty dreams come true!

According to the Pure Passion team, "Pure Passion is a place where talent and creativity collide. From creating a special space for brides to have their own personal, elegant experience to a safe and relaxing space for clients to kick back and get beautiful, we strive to exceed all of our clients' expectations!"

At Pure Passion, your wish is their command. Services in-

clude a range of hairstyling options, including men's services, brow shaping, tinting, sculpting, body waxing services, and makeup services. For those looking to take their special day to the next level, Pure Passion also offers a variety of bridal services.

With the summer season in full swing, it's the perfect time to explore a fresh, new make-up look or hairstyle or color—including a cool summer blonde.

With a lifelong interest in makeup artistry, passionista and this issue's featured artist Tatiana "Tati" Rivera has been in the industry for five years. According to the team at Pure Passion, she is "young, talented, and a force to be reckoned with." Most recently, she's been honing her skill at creating signature blonde locks for her clients.

"Her love for blondes has grown, and her skill to nail the perfect blonde her guest is looking for is commendable," said the Pure Passion team. "Working with top-of-the-line color products definitely helps her achieve the final look for her guests, all the while keeping the integrity of the guests' hair intact!"

Looking for a special blonde? Tatiana is your girl! Book a complimentary consultation today so you can work towards your dream.

Whatever your beauty needs, Pure Passion can meet them. For more information, call 717-990-9976, or for a full menu of services, visit their website at www.be-passionate.net.



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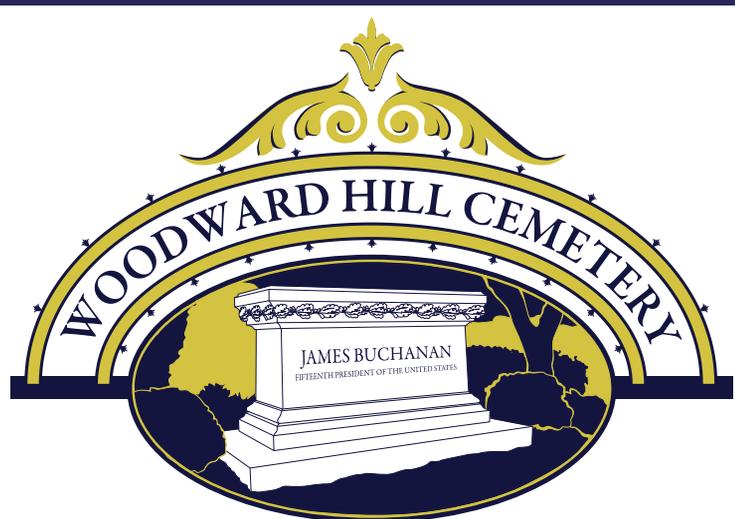
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www.woodwardhillcemetery.com

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

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

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

Historic Ephrata Cloister Wins 2021 AASLH Award of Excellence

The American Association for State and Local History (AASLH) proudly announces that the Historic Ephrata Cloister is the recipient of an Award of Excellence for their 2020 Virtual Holiday Programming. The AASLH Leadership in History Awards, now in its 76th year, is the most prestigious recognition for achievement in the preservation and interpretation of state and local history.

As the COVID-19 pandemic raged, Ephrata Cloister staff reimagined their popular 40-plus-year holiday program tradition as virtual programs. The result was three virtual programs: Candlelight Chat, a Facebook Live first-person conversation with Ephrata householder Michael Miller; a 40-minute recorded version of Christmas at the Cloister with photo collage images of the Cloister and previously recorded music by the Ephrata Cloister Chorus that was shown via Zoom and

YouTube; and "Witness to History," a 40-minute film featuring Ephrata's Student Historians and Ephrata Cloister's role as a hospital in 1777/1778, which was also shown via Zoom and YouTube.

This year, AASLH is proud to confer 38 national awards honoring people, projects, exhibits, and publications. The winners represent the best in the field and provide leadership for the future of state and local history.

The AASLH awards program was initiated in 1945 to establish and encourage standards of excellence in the collection, preservation, and interpretation of state and local history throughout the United States. The AASLH Leadership in History Awards not only honor significant achievement in the field of state and local history, but also bring public recognition of the opportunities for small and large organizations, institutions, and programs to make contri-

butions in this arena. For more information about the Leadership in History Awards, contact AASLH at **615-320-3203**, or go to www.aaslh.org.

Historic Ephrata Cloister, in Lancaster County, Pennsylvania, was founded in 1732 by German immigrant Conrad Beissel and stands today as an example of William Penn's vision of religious toleration. This unique spiritual community inspired members to compose over 1,000 hymns, create a body of unique calligraphy, operate a printing business, and build a home for those seeking religious freedom. In 1941 the Commonwealth of Pennsylvania purchased the property, and after restoration, the remaining original architecture and collection offers a glimpse into the Ephrata community's contributions to the American story. Ephrata Cloister is administered by the Pennsylvania Historical and Museum Commission with



support from the Ephrata Cloister Associates. For more information and tour times, please visit www.ephratacloister.org.

The American Association for State and Local History is a not-for-profit professional organization of individuals and institutions working to preserve and promote history. From its headquarters in Nashville, Tennessee, AASLH provides leadership, service, and support for its members who preserve and

interpret state and local history in order to make the past more meaningful to all people. AASLH publishes books, technical publications, a quarterly magazine, and maintains numerous affinity communities and committees serving a broad range of constituents across the historical community. The association also sponsors an annual meeting, regional and national training, in-person workshops, and online training.

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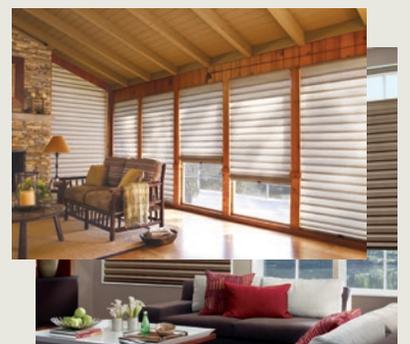
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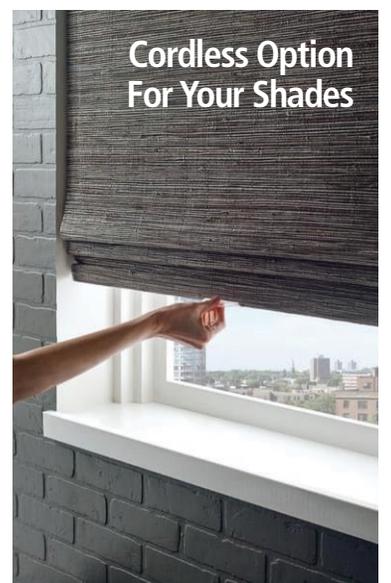
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First-Time Children's Author Andre Renna



Andre Renna with granddaughter Aria and illustrator David Leonard

After retiring from a career in healthcare administration in 2017, Andre Renna continues doing some consulting work, teaching, and volunteering. But his main retirement passion is spending time with his grandchildren.

His 6-year-old granddaughter, Aria, inspired him in an unanticipated way: He's become a children's author. Aria is creative, expressive, and a storyteller. In one of her many chats with "Papa," she told him she was throwing a surprise birthday party for Ducky, a stuffed animal

she won at a beach boardwalk game when she was 1 year old. She was brimming with specifics and told Andre there would be a "big surprise."

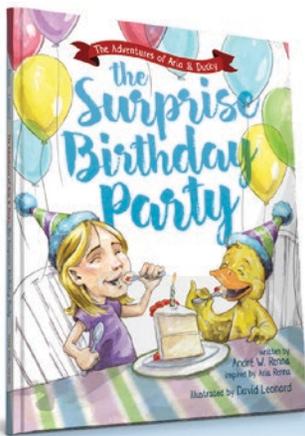
Andre heard a story that needed to be told. His son told him about a talented illustrator, David Leonard, who had grown up in Lancaster. Andre later found out he had coached him in soccer! Small world.

After a collaborative process with David that was enlightening in its own right, the essence of Aria was captured beautifully in Andre's

first children's book: *The Adventures of Aria and Ducky: The Surprise Birthday Party*.

The book is the first of a series. Each story will feature a moral that Andre believes children, parents, and grandparents will appreciate. And they're fun to read!

Andre never imagined traveling down such a rewarding road, thanks to his granddaughter. Visit ariaandducky.com or amazon.com to purchase the book. Find out what Ducky's big surprise turned out to be!



Lancaster Christian Women's Club

Cordially Invites All Ladies to Lunch
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620 Bent Creek Drive, Lititz, PA

Wednesday, August 4
12 Noon (doors open 11:30 AM)

Our Special FEATURE:
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Our SPEAKER, Marge Monahan
Shares on "From a Broken to Overflowing Heart"



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Lancaster Christian Women's Club RETRO FASHION SHOW

Cordially Invites All Ladies to Lunch
BENT CREEK COUNTRY CLUB
620 Bent Creek Drive, Lititz, PA

Wednesday, September 1
12 Noon (doors open 11:30 AM)

Our SPEAKER: Patricia Wood, "Free of Unforgiveness"
A powerful story of facing the effects of childhood abus

Our Special FEATURE:
Musical Presentation by Andrew Bambridge



Advance Reservation Required; Send \$21
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Payment must be received Friday before the event.
Invite a Friend and "Do Lunch" with us!

Coping With A Loved One With Alzheimers or Dementia? This Book Can Help!

Did you know that 1 in 3 seniors die each year as a result of Alzheimer's disease or another dementia related illness? According to the Alzheimer's Association, it's estimated that more than 6 million Americans are living with Alzheimer's in 2021.

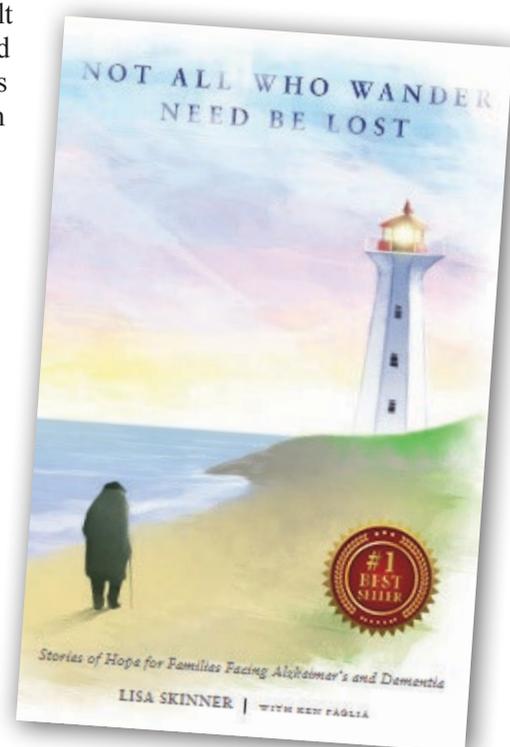
While this disease continues to increase in prevalence and severity in our society, it is still quite a misunderstood disease. For both those struggling with the disease and loved ones looking for answers and guidance, being able to identify key symptoms, behaviors, and solutions is crucial for their overall health and wellbeing.

Lisa Skinner, behavioral expert in the field of Alzheimer's disease and related dementias, navigates the heartbreaking challenges of having a loved one diagnosed with Alzheimer's disease or other dementias in her recently revised book, *Not All Who Wander Need Be Lost*.

Through a rich trove of stories culled from her years in the eldercare industry, Lisa Skinner offers insight into the difficult questions families face, including:

- How do I respond to a loved one's false belief?
- Am I abandoning my parent if I place them in the care of professionals?
- How do we make the best of our time left together?

Skinner's original thinking and counter-intuitive solutions provide family members, spouses, children, caregivers, and others with the tools they need to effectively manage the symptoms of brain disease. Readers of her book will feel empowered to work through the difficulties of the disease, and return to what matters—enjoying their remaining time with their loved one. The book is available on Amazon.





In Loving Memory of My Mom

Patricia Claffey-Niemiec

A Tribute from her daughter
Kelly Claffey Forbes

JUNE 20, 1942 – JULY 11, 2021

Most people knew her in younger years as Pat or Patty, but she became fond of being called Trish.

Trish was my lovely mom. There was never a dull moment growing up with her. She loved life.

I am a quiet, introverted kid. She was always trying to coax me to be more outwardly expressive and adventurous. She wanted me to be as exuberant as she was—about everything. I thought she was asking me to be someone I am not, but really it was just her way of trying to make sure I experienced joy in my life.

**I HAD TOO MUCH FUN
WAS NO ONE'S LAST
REGRET EVER**

Outgoing and resilient, she had a child-like sense of wonder for the world. Through her rose-colored glasses, sometimes she just plain refused to acknowledge that there even was any adversity. She had an idealistic perspective, but it taught me the value of tenacity.

She loved having kids because she was such a kid herself. She had a fairy garden. She loved the zoo. She could not wait to take me on the Comet rollercoaster at Hersheypark...at barely age 4... (no height restrictions back then). She went on cruises with her husband John. She went to the casinos and arcades with her brother Mark. She loved winning at slot machines and hearing all the coins drop. She had a mean bank shot in skeeball. Watching her play Whack-A-Mole was an event... because she meant business.

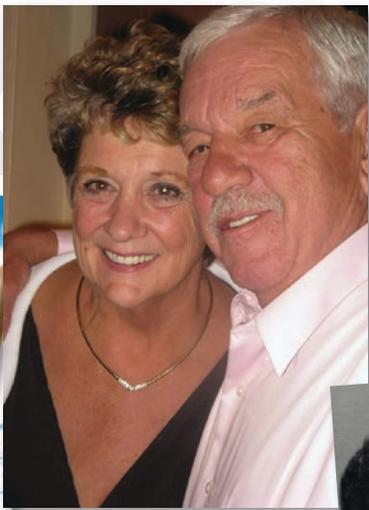
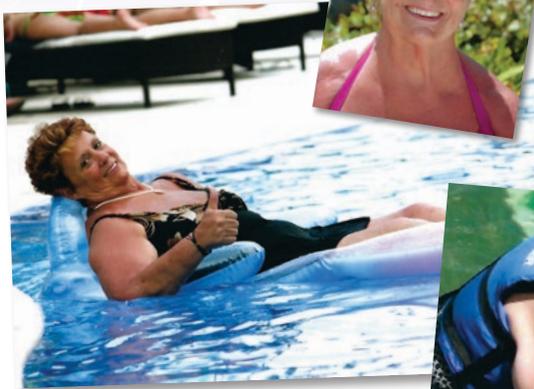
She taught my sister and me to make our own fun and entertain ourselves no matter where we were, or how little resources we had. Sandcastles and snowmen. Chalk drawings on the sidewalk. A fort from the couch cushions and a sheet. Blowing bubbles in the backyard. She really, really loved bubbles.

When my sister Shannon came along, there was finally a little person in her life that was as expressive as her. It was delightful for me to see them together. From them I learned not to be so cautious or take myself so seriously.

I think secretly mom always wanted to be a princess. Sequins and sparkles on her clothes. Elegant ball gowns. Dinner parties with all the fine china and five-course gourmet meals that took her hours to prepare. Presentation and manners mattered to her. She took me to dinner with my father in the naval officers' quarters on the USS Essex. At 3 years old, I sat there lady-like in my little white gloves and updo, as she beamed with pride that I knew which silverware to use—because she taught me all the fancy etiquette.

Even though her house was formal, it was always welcoming. Any time one of our friends needed a place to find comfort she treated them like they were part of our family. At meals, there was always room for one more. My high school classmate commented that she felt "safe refuge" in my mom's house. As teenagers, we were not afraid to confide in her. A friend who worked at our Carvel ice cream store said this about her: "Mrs. Claffey was my first boss. I have great memories of hormone-fueled adolescent hijinks back when our whole lives were still ahead of us. Mrs. C must surely have been aware, yet she was always supportive and kind."

Mom was defiantly cheerful. She took it as a challenge to rid people of their grumpiness. Smiling came as easy a breathing for her and she had absolute certitude that it was infectious. On the few occasions we went to New York City she took great delight in making eye-contact and smiling at strangers on the street. She found it really funny



to watch people react. How silly that people would not smile at each other, and it should be a such a rarity that it caught them off guard!

Her love language was definitely gift-giving. Gift cards never worked for her because they deprived her of the joy of creating her ornately-wrapped packages and having a big pile of them waiting on Christmas morning.

One of her favorite ways to give of herself was to use her creative talents to make things for people. Floral arrangements, or crafts, or some of her amazing cooking. She made dozens and dozens of at least 10 different kinds of Christmas cookies every year, and hand-dipped candies at Valentine's Day and Easter.

The last two years I was slowly losing my mom to dementia. Already suffering from hearing loss, the combination made it difficult to communicate with her. She didn't understand, or would forget two minutes after you told her something. She could no longer do simple tasks that used to be second nature for her. She was aware of these changes and that she was losing control. She was scared and confused. It was frustrating for her and those who cared for her. My stepfather John deserves credit for taking care of her. It could not have been easy.

She passed away from complications after what was supposed to be a simple surgery. It was quite

a shock to lose her this way, but I am so very grateful I never had to stand in a room with her when she no longer knew who I was. My heart just aches for anyone who is going through that with a loved one.

Thank you mom for teaching us to love life and live it with constant curiosity and a sense of adventure. It helped us be brave to try new things and to have confidence in ourselves that we would eventually find our way.

No matter how imperfectly, she loved us with her whole heart. She told us how proud she was of us and what great mothers we were. Despite our different personalities, I did know that all she really wanted for my sister and me was for us to be ok in our lives, and for us to be happy. I know that deep in my soul because that is what I feel for my own son.

I wore my party dress to her memorial service because she wouldn't want us to be sad. Mom's wish for everyone would be to remember to "Celebrate your life...every day."



To honor Trish's memory contributions may be offered to leoshelpingpaws.org or dementiasociety.org. To view obituary or online condolences visit SnyderFuneralHome.com.



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