THE SUSSEX COUNTY

Women's Journal Market Market

A Quarterly Educational Resource for the Women of Sussex, Wicomico and Worcester Counties.



R. Alberto Rosa, M.D., FACC

"Broken Heart Syndrome"

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FDA Approves
First Drug for
Treatment of Peanut
Allergy for Children

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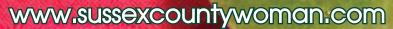
Michelle Parsons, MD

Aesthetic and Integrative Services at ReNove Med Spa

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THE SUSSEX COUNTY WOMAN'S NEWSPAPER

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Thank you, our loyal readers, for your support and total enthusiasm as we publish another issue of the our Women's Journal Newspaper. I especially appreciate those who take the time to call, or write us with comments, concerns and praise. We love to hear from you, so please continue your support.

I was truly excited to hear from a reader turned advertiser. She told me when she moved into the area, she used Woman's Journal Newspapers as her complete guide to choose her new doctor, dentist, lawyer and so on; even where she want out to dine. Now she has established her own business and said, "what better place for me to advertise, but in the newspaper I used most to find my own personal references." What a wonderful compliment! I have always believed in "An Educated Consumer is everyone's best patient, client or customer".

The Women's Journal has always taken great pride in being an "Objective, Informative and Educational Newspaper" - this will be always be our philosophy. We thank you contributors: the doctors, lawyers, and professionals who contribute their expertise in their field, so our readers can benefit from their educational articles and knowledge.

Our 40 years of overwhelming success is dependent upon your continuous support. The Women's Journal knows by satisfying our loyal readers we will satisfy our most appreciated advertisers. Please mention to our contributors and advertisers that you read abut them in the Women's Journal. Enjoy the Winter! Call us any time with your thoughts and comments at 302-344-1006.

The Publisher

Our concern must be to live while we're alive... to release our inner selves from the spiritual death that comes with living behind a facade designed to conform to external definitions of who and what we are.

- Elisabeth Kubler-Ross

On the Cover



We are Proud Members of the Following Chambers: DEBCC, DSBC, Western Sussex, Georgetown, Lewes, Milford, Milton, Rehoboth Dewey



Bellafill Restore Youthful Facial Volume



Michelle Parsons, MD

is a graduate of Jefferson
Medical College, Philadelphia
and received her residency
training from the State
University of New York in
General Surgery, and Christiana
Medical Center in Emergency
Medicine. She also served as a
Flight Surgeon in the Air Force.
Dr. Parsons specializes in BioIdentical Hormone Therapy and
treatment of Thyroid disorders
as well as Aesthetic Medicine
and Laser Medicine.

With time, age, and gravity, our facial structures tend to lose some of the youthful volume it once had. The cherubic apples in our cheeks fall, leaving us with a drooping jaw line that becomes jowls, and deep lines form around the nose and mouth areas, known as the nasolabial folds. Fortunately there is a solution for these pesky issues of aging. Physicians can now treat their patients with an in-office procedure known as dermal filler injections.

What are Dermal Fillers?

Dermal fillers are medical products that are injected by a trained physician to fill in facial areas where volume has been lost. It is possible to lift those cheeks back up and fill in the deep lines around the nose or nasolabial folds, and the depressions around the lower mouth and chin areas known as the marionette lines. Treatments with dermal fillers are a wonderful way to restore a more youthful appearance. However, what has not been so wonderful is how long they lasted, which has been temporary, on average from 6 to 18 months, as the products are slowly reabsorbed and eliminated by the body. This has been a disappointing aspect of dermal fillers. But this is

where the story in non-surgical facial rejuvenation takes an upswing. Now there is a dermal filler that can fill in lines and sagging with much longer lasting results that can last five to ten years, if not longer. This product is Bellafill.

What is Bellafill?

Bellafill® is a smooth, collagen-based dermal filler with polymethyl methacrylate microspheres, or PMMA. It is injected by a physician to stimulate your own natural collagen to fill in areas in the face that have lost volume over time, due to aging and gravity. The collagen gel in Bellafill® provides immediate volume and lift so that results are seen right away. Once injected, the PMMA microspheres stay in place and create a base that provides structural support and stimulate formation of your own naturally produced collagen for long lasting results. PMMA is a biocompatible material that has been safely used in medical implants, such as lens implants after cataract surgery, and other devices for more than 65 years.

How long does Bellafill Last?

Since Bellafill stimulates the body to produce it's own

collagen, the results of Bellafill can by quite long lasting. When the skin creates new collagen for structural support, this natural collagen in our skin lasts anywhere from 5 to 10 years. The effectiveness and patient satisfaction rates of Bellafill® have been studied and established through 5 years when used to correct nasolabial folds, and 12 months when used to correct acne scars. Since Bellafill stimulates your skin to make more of it's own collagen, the look and feel of Bellafill is very natural.

among the top one percent of Bellafill injectors in the United States. BellaDiamond physicians perform the highest volume of Bellafill treatments in the country so they have the most experience with Bellafill.

If you are interested in learning more about Bellafill dermal filler treatments and would like to see if you are a good candidate for this very effective and long lasting non-surgical office treatment to restore youthful volume and fill deep facial lines, please call the office of







Baseline

At 3 Months

At 5 Years

Where is Bellafill available?

Bellafill® is only available through physicians and is offered by Dr. Michelle Parsons, at ReNove Medical Spa in Rehoboth Beach Delaware. Dr. Parsons is a physician who has achieved BellaDiamond status. BellaDiamond physicians are Dr. Michelle Parsons, MD in Rehoboth Beach, Delaware at 302-227-1079 for a free consultation. Mention this article and receive an Introductory Special on Bellafill.

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Michelle Parsons, MD ReNove Med Spa

416 Rehoboth Avenue • Rehoboth, Delaware

For appointments please call

302.227.1079

www.RenoveMedSpa.org
Info@Renovemedspa.org





Dr. Gerardo Martinez

Dr. Martinez's training, life and work experience has prepared him to confidently care for the dental health needs of children of all ages, as well as actively engaging and educating parents about children's dental health. Dr. Martinez seeks to improve the health of his patients by focusing on education and prevention.

My Tongue Tie Journey

By Dr. Gerardo Martinez

Many of us have heard of the term 'tongue tie' or the medical term, Ankyloglossia, which literally translates to: anker of the tongue. It is a condition that has existed in newborns for thousands of years. In the middle ages, Midwives used to cut the tissue restricting the tongue with a sharp fingernail. Over the centuries, the procedure has been performed to facilitate nursing which is usually the first sign of an issue. The term 'tongue tie' has become a controversial and oftentimes divisive topic among many healthcare professionals. Even among fellow pediatric dentist colleagues, the procedure can spark heated debates with others having strong opinions for and against it. The issue is so controversial that most of my dental training, including residency in pediatric dentistry, the topic was barely discussed let alone doing a full dive into proper evaluation and treatment.

I practiced as a Board Certified Pediatric Dentist for nearly a decade before the issue of tongue ties came knocking at my own door. My own two children were afflicted with the condition. I was not able to recognize all of the signs and symptoms until years after they were born. My son was born in 2015 and we couldn't have been happier as a family. The whole experience was incredible until it came time to nurse our baby. He would not latch on and would cry hysterically in hunger and desperation. The hospital staff recommended we use formula to help calm him down. My wife wanted to breastfeed our son, and having a bottle of formula within the first hours of life was not part of the plan. After the first couple of sleepless nights, we gave in and started to use formula before we had even left the hospital. We did not have a lactation consultant meeting with us until we were walking out of the room with our bags and a fussy newborn. It was a quick conversation that did not involve actually nursing our newborn. More theory than practice. On our follow up visits, my son was labeled as a "lazy baby" and my wife as a "new mom". After many continued attempts, my wife gave up on nursing. It became too difficult both physically and emotionally. She pumped for 1 year, 2 days, and 6 hours!

In 2016, we welcomed our 2nd child into the world. Our daughter looked more tongue and lip tied than our son yet she nursed without any issues. I vividly remember telling my wife.. Maybe the lazy baby/new mom diagnosis was right! But that was not the case. Difficulty with nursing is just one of the first signs of a problem, but it is not the only one. Many children like my daughter may nurse well but other issues will soon start to appear. Tongue ties can interfere with normal nasal breathing by narrowing the space available in the airway. This often results in tongue tied children developing into mouth breathers. Mouth breathing is associated with a host of negative outcomes such as a higher chance to develop frequent nasal congestion, asthma, eczema, and sleep disorder breathing. Our daughter



developed all of the above. Both of my children have been released and are doing better. Although, tongue tie problems are not solved but just cutting it. It is about a collaborative approach between primary healthcare providers, lactation consultants, speech therapists, and other medical specialists to help improve the quality of life of the children we serve. Their journey to a full recovery is still on it's way.

"... The issue is so controversial that most of my dental training, including residency in pediatric dentistry, the topic was barely discussed let alone doing a full dive into proper evaluation and treatment ..."

The assessment questionnaire included was recently published by Dr. Richard Baxter, author of the best seller 'Tongue Tied', to help identify patients who may need a thorough evaluation by a trained provider. You can find the link to the full article on our website at www.DelPD.com.

By far, one of the most professional and kind pediatric dentists I have ever encountered. The entire staff went above and beyond to make sure my children were taken care of, and most of all, went out of their way to make my babies feel comfortable. Highly recommend Delaware Pediatric Dentistry. They are the absolute best!



- Gina R











Please check any issues that apply to help us determine if a tongue restriction may be present.

Baby Issues (Past or Present)

☐ Painful	nursing	or	shallow	latch
	marsing	OI	SHAHOW	rateri

- ☐ Difficulty bottle-feeding
- ☐ Slow or poor weight gain
- ☐ Reflux or spitting up often
- ☐ Excessive gassiness or fussiness as a baby
- ☐ Prolonged feeding time at the breast or on the bottle
- ☐ Milk dribbling out of the mouth when eating
- ☐ Clicking or smacking noise when eating

Child to Adult Issues

- ☐ Frustration with communication
- ☐ Trouble with speech sounds, hard to understand, or mumbling
- ☐ Speech delay
- ☐ Slow eater or trouble finishing a meal
- ☐ Picky eater, especially with textures (e.g. meat, mashed potatoes)
- ☐ Choking or gagging on liquids or foods
- ☐ Spitting out food or packing food in cheeks
- ☐ Crooked, crowded teeth, or high arched palate
- ☐ Thumb or finger sucking or prolonged pacifier use
- ☐ Restless sleep (kicking or moving while asleep)
- ☐ Grinds teeth at night
- ☐ Sleeps with mouth open
- ☐ Snores (quiet or loud)
- ☐ Jaw joint (TMJ) issues (popping, clicking, or pain)
- ☐ Frequent headaches or neck pain
- ☐ Mouth breathing during the day
- ☐ Enlarged tonsils and/or adenoids
- ☐ Recurrent ear infections
- ☐ Frequent sinus issues/upper respiratory infections
- ☐ Hyperactivity or inattention

"my 14 year old daughter had been dealing with constant pain and irritation from her tongue pulling on her gums. Since the release the pain is gone and it has improved her speech, posture and over all well being" Naj



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WHO WE ARE

Led by Board Certified Pediatric Dentist Dr. Gerardo Martinez, Delaware Pediatric Dentistry (DPD) is the first and only Milford full service dental practice devoted to the health of your child's smile, and to ensuring a happy, positive dental experience for both patients and parents.

WHY WE ARE DIFFERENT

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Six Essential Terms Every Alzheimer's and Dementia Caregiver Needs to Know

- 1. Person-centered care Most often associated with professional caregivers in long-term care settings, person-centered care offers important guidance for family caregivers as well. It requires understanding the world from the perspective of the individual living with dementia. It encourages caregivers to take into account a person's interests, abilities, history and personality to inform interactions and care decisions.
- **2. Dementia-related behaviors** The term is used to describe wide-ranging behavioral symptoms associated with Alzheimer's and other dementia. While most people associate Alzheimer's and dementia with memory loss due to changes in the brain, there are several other challenging behaviors that can accompany an Alzheimer's or dementia diagnosis, including:
- Aggression and anger
- Anxiety and agitation
- Depression
- · Sleep disturbances and sundowning
- Wandering
- Suspicions and delusions

Underlying medical conditions, environmental influences and some medications can impact these behaviors or make them worse. The Alzheimer's Association offers tips and strategies to help caregivers address these and other disease-related behaviors.

- **3. Caregiver Burnout** Caring for someone living with Alzheimer's or another dementia can be exhausting—mentally, physically and emotionally. In fact, according the Alzheimer's Association 2022 Alzheimer's Disease Facts and Figures report, Alzheimer's caregivers report experiencing higher levels of stress than non-dementia caregivers, including:
- 59% of Alzheimer's caregivers report their emotional stress as high or very high (non-Alzheimer's caregivers – 41%)
- 35% report declining health because of caregiving (non-Alzheimer's caregivers 19%)
- A recent national poll found 27% of caregivers for people with dementia delayed or did not do things they should for their own health.

The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

4. Respite Care – Respite care provides caregivers a temporary rest from caregiving, while the person living with Alzheimer's continues to receive care in a safe environment. It can be provided at home—by a friend, other family member, volunteer or paid service—or in a care setting, such as adult day care or long-term care community. Kallmyer said using respite services can support and strengthen family members' abilities to be a caregiver.

5. Care Consultations – A care consultation can help family members work through tough decisions, anticipate future challenges, develop an effective care plan. The Alzheimer's Association offers free care consultations through its 24/7 Helpline (800.272.3900). During these consultations, master-level clinicians work with families to discuss wide-ranging, disease-related issues, including disease progression, care and living options and referrals to local support services

In addition, Medicare covers care planning for individuals with cognitive impairment. Many family caregivers overlook or are not aware of this valuable benefit, which reimburses health professionals to provide affected individuals and their caregivers with information about medical and non-medical treatments, clinical trials and support services available in the community—all of which can contribute to a higher quality of life. The Alzheimer's Association encourages caregivers caring for someone covered by Medicare to ask their health provider about this important benefit.

6. Treatment Pipeline – Currently, there are more than 100 disease-modifying Alzheimer's treatments in clinical trials—researchers often refer to this as the treatment pipeline. Earlier this fall, positive topline results from phase 3 clinical trials for the treatment of early-stage Alzheimer's disease were announced. These are the most encouraging results in clinical trials treating the underlying cause of Alzheimer's to date.

While these new treatments will not provide a cure to Alzheimer's and other dementia, the Alzheimer's Association is hopeful these new treatments will address the underlying biology of the disease in new ways to help slow the progression of Alzheimer's disease. This could mean more time for individuals to actively participate in daily life, have sustained independence and hold on to memories longer. Alzheimer's Association recent statement on latest treatment.

Caregivers are encouraged to stay abreast of these and other potential treatments as they move forward. In addition, caregivers and individuals living with Alzheimer or another dementia can play an active role in helping advance potential new treatments by enrolling in a clinical trial.

"Education is key when it comes to understanding Alzheimer's and dementia," continued Macklin. These six essential terms can empower our 47,000 family caregivers with the knowledge and resources to support them through their journey caring for a loved one living with the disease."

To support local caregivers, the Alzheimer's Association offers virtual and in-person support groups and education programs. To find out about these offerings, visit alz.org/crf or call the Alzheimer's Association 24/7 Helpline at 800.272.3900.

About the Alzheimer's Association

The Alzheimer's Association is a worldwide voluntary health organization dedicated to Alzheimer's care, support and research. Our mission is to lead the way to end Alzheimer's and all other dementia—by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia®. Visit alz.org or call 800.272.3900.

40 Years of Leadership and Innovation



"... To all our many supporters and believers these 40 years, we say thank you ..."

On November 2, 1982, Delaware Hospice—the First State's *FIRST* hospice—admitted its very *first* patient. To this day, Delaware Hospice continues to be the largest, licensed, nonprofit community-based hospice serving both Delaware and southeast Pennsylvania.

Leading Then

Over the years, our programs have grown into a continuum of care, including Delaware Palliative, a community-based program for patients receiving treatment for a serious illness, and Delaware Transitions, a resource that provides nonmedical support to members of the community with serious or chronic conditions.

In 1991, we launched our nationally recognized New Hope program to address the unique, unmet grief needs of children and youth in our community—even capturing the attention of *Dateline*. Nine years later, we had a founding role in the creation of the Delaware Quality of Life Coalition. In 2003, we established our Katybug pediatric program, which provides specialized hospice and palliative care for our youngest patients and their families. With Certified Hospice and Palliative Pediatric Nurses on staff, the program is the *only* one of its kind in Delaware. In 2008, we opened a free-standing hospice center in Milford, Delaware to provide patients who temporarily needed a higher level of care with a state-of-the-art, home-like setting.

In addition to earning the trust of the community, we've been recognized as a leader in the field by outside organizations, including The Joint Commission's Gold Seal of Approval® for Home Care Accreditation. We're proud that Medicare selected us as the *only* hospice provider in Delaware to pilot the Medicare Care Choices Model (MCCM) in 2016. And just this year, we earned all 4 rings in the National Hospice and Palliative Care Organization (NHPCO) Quality Connections program—one of only 12 hospices in the nation to earn this distinction and the *only* healthcare organization in Delaware to do so.

Leading Now

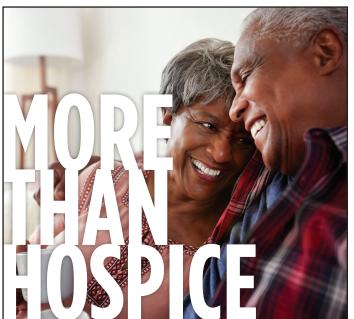
As we look to the future, we continue to explore national and regional opportunities that will benefit our community. In 2021, we formed a new partnership with Saint Francis Healthcare, Trinity Health Mid-Atlantic, to provide palliative consultative services to Saint Francis Healthcare's patients.

We recently expanded this partnership to include an 8-bed inpatient hospice unit at Saint Francis Hospital, located in Wilmington. The addition of the hospice unit will help meet the growing need for hospice and palliative care services in Delaware as its population ages.

We're also excited to be participating in Saint Francis Hospital's new Healthy Village initiative, which aims to better meet the needs of the surrounding community by inviting organizations that provide community services to maintain a presence inside the hospital.

Leading Roles

From the beginning, caring volunteers and donors have been the bedrock of Delaware Hospice's very existence. As our programs have grown, so has our support network. Our many volunteers visit and call patients, help with Camp New Hope, sit on committees, sew Memory Bears, manage administrative tasks, bring us honored traditions like the Festival of Trees fundraiser, and more. It's only because of these committed individuals who give of their time and resources that we're able to offer the community so many *free* programs and resources.



Delaware Hospice provides more than in-home hospice services.

Whether it's palliative care, children's care or bereavement services you are looking for, we have you covered.



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Women Age Differently Than Men





Women's health needs are different than a man's, especially as they grow older. CHEER's Personal Assistance Service Agency can help women stay independent, healthy and safe in their homes. For more information, call 302-854-9555.

By Carolyn O'Neal Community Relations

It is true – men are from Mars, and women are from Venus, and that does not change as they advance in years. Women outnumber men in each age category over the age of 55. Therefore, health care for the older woman is and will be an increasing concern. Women are survivors, and many of their health concerns relate to that fact. While older women die of the same disorders as men – heart disease, cancer, cardiovascular disease, and accidental injuries - older women are more likely to be afflicted with one or more chronic conditions that can often cause limitations in their lifestyles.

Incontinence is one of the most common reasons that older women are institutionalized in long-term health facilities. Osteoporosis is another serious concern that primarily affects women as they age and can have serious consequences by increasing their chances for debilitating injuries such as hip fractures. Drug interactions and misuse involving multiple

medications can cause physical or mental disorders and can aggravate preexisting conditions. Finally, distinguishing between depression and dementia requires testing and careful diagnosis. Depression is the most common form of mental disorder in older women. Dementia, notably Alzheimer's disease, is a less treatable mental disorder.

When developing a home health care program for an elderly woman, it is imperative to carefully consider the individual's needs and lifestyle requirements. For women, the emotional and psychological changes that accompany aging can make it difficult to cope. Some women may completely shut themselves away from the world as a result of poor health or some other reason. **CHEER Personal Assistance** Services can help those who need a little assistance in managing their needs or can provide assistance with daily living activities 24 hours a day, 7 days a week.

Mobility is important to the elderly, even if it is just within

their own surroundings. Elderly people need familiar surroundings and people around them to maintain a comfort level. They prefer to stay in their homes in old age. If an elderly person's mobility has become limited due to aging, they may require a certain amount of assistance in their daily routine. Without such assistance, all too often elderly people become isolated within their own homes and ultimately fall victims to situations which could have been avoided. Personal Assistance given by CHEER direct care workers can include assistance with bathing, grooming, dressing, and errands. CHEER Housekeeping Services include dusting, vacuuming, and other necessary household tasks from laundry to shopping and meal preparation.

An elderly person needs proper nutrition to stay healthy and enjoy a comfortable life. Many older women live alone. Because of this, they think it is either unnecessary to fix a nutritious meal for just one

person or believe it is a waste of money to do so. They also may not feel physically able to do the job. CHEER direct care workers can do nutritious meal preparation and assist the elderly with their eating capabilities.

An elderly woman's psychological need is also very important. Just because they are old and slow, does not mean that they should be ignored or confined to themselves. CHEER Companion Care provides aides who can spend time with the elderly, read to them, and chat with them, play games with them, and make them feel wanted, cared for, and loved.

Satisfying all of these needs contributes to a healthy lifestyle for elderly persons. Advancing age slows down the body. This is a normal aspect of life and cannot be helped. Regular visits by CHEER direct care workers can keep check on the senior citizen's health issues and prevent them from causing any serious harm. Regular

check-ups by CHEER's outreach workers can help identify serious health problems at the initial stage during which treatment is possible.

Aging is not a disease. CHEER can help your loved one - male or female - fulfill their basic everyday needs and remain independent in their homes. It is CHEER's mission to promote and maintain the highest quality of life and independence by developing and providing services that meet the continuing needs of people 50 and over. CHEER is a licensed and insured personal assistance agency. For more information call either 302-854-9555 or 302-515-3040, or go to our website at www. cheerde.com.

A non-profit agency, CHEER is funded in part by the Division of Services for Aging and Adults with Physical Disabilities and United Way of Delaware along with community support.



Always Best Care Senior Services is Marking and Celebrating 12 Years of Overall Company Success With Providing Excellent in Home Care and Free Assisted Living Placement Services

Always Best Care Senior Services of Philly and Delaware is marking and celebrating 12 years of overall company success with providing excellent in home care and free assisted living placement services.

Congratulations and hats off to Bryant M. Greene, founder, owner/ administrator of Always Best Care Senior Services of Philadelphia and Delaware on the achievement of this major milestone in business. Greene is president of the BG and BMG Circle of Life, LLC which owns the multi-franchise unit of Always Best Care Senior Services. He was previously honored as the Franchise of the Year in 2015 and 2019 by the Always Best Care Senior Services national franchisor in Roseville, CA.

He has more than 20 years of experience in customer services, business operations and finance. Prior to operating Always Best Care Senior Services, he utilized his leadership and business management skills in various industries including healthcare and multimedia technology. He previously held leadership positions with Chrysler Financial Corporation, the University of Pennsylvania Health System and Comcast Corporation. He has received numerous awards and honors from business, professional, non-profit, educational organizations, and publications.

Meanwhile, Always Best Care Delaware continues to thrive by providing clients with in home care and free assisted living placement services in Sussex and Kent Counties for a fifth consecutive year since opening its offices at 624 Mulberry Street in Milton, Delaware. "We are just telephone call away and can offer all the assistance people are urgently seeking to allow their loved one to continue to live independently in the comfort and familiar surroundings of the own home," says Michelle Serrano, agency director for Southern Delaware. "We are currently providing in home care to numerous clients with an outstanding and compassionate office and field staff of employees," she relates. "However, we are always looking to hire more direct care workers and have immediate full and parttime positions available with competitive wages and benefits, paid time off and much more.

Always Best Care offers a full range of services, both companion and personal in nature. They offer care for Alzheimer's, dementia and cancer patients and are available weekdays, nights, weekends and holidays. "We are truly a company that never sleeps," relates Serrano. In addition to comfort and companionship, their range of services includes dressing, escort/transportation, errands, bathing and grooming, incontinence care, light housekeeping, grocery shopping, meal preparation, laundry and medication reminders. The company additionally provides in home skilled care with a full range of professional services, including physical therapy, occupational therapy and speech therapy.

Always Best Care Can be reached at 302-409-3710 or on the web at www.alwaysbestcaredelaware.com. You can also follow them on Twitter and Instagram at abc delaware. A second office in the first state is located at 1905 N. Market Street in Wilmington, Delaware.







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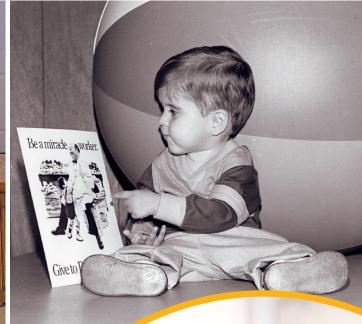
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Easterseals – Celebrating 75 Years of Innovative Services

By Natalie Scott

For 75 years, Easterseals Delaware & Maryland's Eastern Shore has served as an indispensable resource for exceptional services for children and adults with disabilities, including seniors! It's very likely that you or someone you know has been touched by the myriad of services and supports offered by Easterseals.

Founded in 1948, Easterseals Delaware & Maryland's Eastern Shore is a local affiliate of National Easterseals and is one of the oldest nonprofits in Delaware and Maryland helping people with disabilities. Easterseals offers a wide range of services and although still recovering from the impact of the pandemic, last year the organization served more than 6,500 people with direct services and 23,000 in indirect services like education and training.

From children's therapies to adult day services, to employment training, to services for caregivers, Easterseals is there to help people with disabilities and seniors find and live out their full potential.

As the number one provider of early intervention services in Delaware, Easterseals helps children meet key developmental milestones. Under the care and guidance of Easterseals skilled speech, occupational and physical therapists, children and their families are encouraged to play an active role in their child's development.

Adults with intellectual disabilities are served in a day program where they are engaged in their community through the Life-Skills program or Pre-vocational Services. Or, they can choose Supported Employment Services, which helps them find a meaningful job with competitive wages.

Adults with physical disabilities, including veterans and seniors, can enjoy their days in Easterseals adult day program, where lifelong friendships are formed. Participants can choose to take part in a multitude of activities. Specialized services are available for those individuals living with dementia or Alzheimer's, as well as Personal Attendant Services.

Caregivers are not forgotten at Easterseals! The Community Outreach Program offers valuable resources for caregivers as well as access to assistive technology, information and case management. Small respite grants are available for caregivers.

Easterseals Camp Fairlee outside of Chestertown, Maryland, provides adventure and the opportunity to become more independent to children and adults with disabilities. While their loved one is away at camp, families and caregivers can relax knowing their child is in capable hands enjoying themselves.

In other words, there's something for just about everyone at Easterseals Delaware & Maryland's Eastern Shore for people with disabilities and those who care for them!

Easterseals Tunnell Center is located at 22317 DuPont Highway, Georgetown, DE 19947. Our Salisbury location can be found at 1336 Belmont Ave., Suite 502, Salisbury, MD 21804. Please visit the website and see all of their services for people of all ages and abilities: www.de.easterseals.com.







Michelle Parsons, MD is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery, and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons specializes in Bio-Identical Hormone Therapy and treatment of Thyroid disorders as well as Aesthetic Medicine and Laser Medicine.

Here at ReNove Medical, Dr. Parsons offers Ultherapy, a state of the art medical procedure utilizing focused ultrasound energy to lift and tighten sagging skin. No scalpel or anesthesia is needed. Ultherapy is great for people who would like tightening and lifting of facial skin without have a surigcal facelift. The Ulthera sound energy passes right through the skin and targets the areas you want lifted. During a typical 30-60 minute Ultherapy treatment session, an ultrasound applicator is passed over each region of the face. The sound waves emitted deliver small, controlled amounts of energy into the deep layers of skin and soft tissue. The beauty of Ultherapy 'uplifting ultrasound' is that

What is Witherapy?

it is a face and neck treatment that improves skin laxity in a meaningful way but completelynon–surgically.

Jowle

Ultherapy works great for sagging jowls, where the skin is fatty, heavy and drooping. Ultherapy is able to reduce this fatty heaviness, tapering the jaw line, for a more youthful look. Ultherapy can restore a more youthful shape to the face from a square to the inverted triangle.

Nasolabial Folds

Ultherapy also works well to minimize the drooping of excess skin that we get along each side of the nose, or lower cheeks. You may think that you need to fill in these areas with a filler, but the real problem may be that fat and loose skin is just falling down due to the effects of gravity. With ultherapy we can target this area and minimize the fattiness and tighten up that skin. Again this will restore the more youthful balance of the face with the center of gravity higher in the cheek areas.

Neck

Ultherapy can tighten up that loose skin underneath our necks as well. The area that Ultherapy works the best is that area just underneath the chin and extending into that curve of the neck. Ultherapy won't duplicate the results of a surgical neck lift. But if you have somewhat loose and fatty skin in your upper neck, hanging just beneath your chin, Ultherapy can improve this area, and improve your profile.

Eyelids and Brow Lift

Perhaps one the most dramatic areas

that Ultherapy can improve on without surgery is the eye area and creating a brow lift, helping to lift heavy drooping eyelids. Ultherapy can make the eyes appear more open, more awake, rested and more youthful. This may be subtle change but this small difference can have a significant effect! Our clients really love this part of the Ultherapy results.

Overall Ultherapy works wonders to taper, redefine your facial contours, while eliminating fatty, droopy areas, and lift and tightening skin around the eyes and underneath the chin, for a more youthful sculpted look. The stars in Hollywood do this treatment, and now you have access to this age defying procedure right here in Delaware at the beach. Dr. Parsons is pleased to bring this cutting edge highly sought after technology to you to help you look your best. If you think you may be candidate for Ultherapy, please give us a call to set up a complimentary consultation with Dr. Michelle Parsons. 302-227-1079.

What Kind of Results Can I Expect from Ultherapy?

After just one treatment with no downtime, your skin will gradually shift back into a more youthful position. Improvements include a sleeker, more defined jawline and tighter skin on the neck under the chin. Sagging skin on the cheeks can



be tightened and lifted, which in turn can improve folds from the nose to mouth, folds from the mouth to jaw, and drooping corners of the mouth. Tightening of skin on the forehead can reduce the sagging skin on the eyelids and promote a more open, refreshed look in general. The results of Ultherapy are permanent, just as the results of a face-lift are permanent, Of course, your skin will continue its natural aging process. While Ultherapy is not a replacement for surgery, it is an inviting alternative for those who are not ready for surgery but looking for meaningful results.

Michelle Parsons, MD ReNove Med Spa

416 Rehoboth Avenue • Rehoboth, Delaware

For appointments please call

302.227.1079

www.RenoveMedSpa.org
Info@Renovemedspa.org

TESTIMONIAL

One week after my Ultherapy Treatment, my husband, after being out of town for a couple of days asked me "what's different about you," he was staring at my face! Not having told him about my treatment I innocently said "what do you mean?" His response was "I am not sure but your face looks different." I asked "different good or different bad?" He replied "different good, looks stretched." I was surprised that the results were noticed that quickly. I found the treatment to be bearable, certainly wasn't pain free, but tolerable. I was very happy when it was over! For the past 2 weeks following the treatment my face has been tender which is a reminder that the treatment is continuing to work! I would highly recommend it to all!

K.M. – Ocean City, MD.





Exceptional care and remarkable experiences, close to home.

Check out what our patients are saying about their care with us!



It has been a pleasant experience for me here at Benchmark. The staff is very professional, helpful, and kind. They have great personalities and make you feel like you are part of a family. — **Sylvia W**



I have had such a wonderful experience at Benchmark PT. The friendly environment and knowledgeable staff makes Benchmark a top-notch facility. I always feel welcome and comfortable during my treatment. I really do appreciate all that Tom and Jeanne do to help with my success. – Dawn T



When I first started the clinic had just opened and there was one on one with Tom. However even as the clinic grew he continued to give all patients the appropriate time and attention, even if there were multiple patients. Jeanne is always smiling and the two of them bring a great and happy atmosphere. I am so happy I came here. - Ashley T



I would highly recommend Benchmark Physical Therapy. Tom and his staff have been wonderful. I had a complex case and am grateful that Tom took the time to explain and educate me so I could be successful in my outcomes. I will be telling my family and friends what great service I received from Benchmark PT. – **Grant B**

Our clinics are CLEAN, our environment SAFE, and we are READY to provide you with a remarkable experience.

To request an appointment, visit benchmarkpt.com

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Avoid the Slowdown *from Overuse Injuries*

Ryan Tezak, PT, DPT Clinic Director, Millsboro & Milford, DE

This is a time of many changes-seasons, leaves turning colors, temperatures dropping, and tendency to spend more time in the warmth of your house. While the change is imminent, it is important that one thing does not change- your physical activity. Overuse injuries are very common this time of year it is important to know how to avoid or reduce the affects.

Overuse injuries result in damage to your bones, muscles, ligaments, tendons, and other soft tissues from repetitive stress without proper recovery. These occur with a period of rest/inactivity and sudden increase in activity that often starts as a minor ache or pain that does not resolve on its own. These injuries can affect any body part. Common activities to cause overuse injury include:

- Garage cleanup/organization
- Washing cars
- Raking leaves
- Yard waste cleanup
- Shoveling snow

Best ways to reduce/avoid injury:

- 1) **Create a daily stretching routine:** your muscles perform better when warmed up. Stretching increases blood flow and elasticity, which helps your muscles perform better
- 2) Make sure your work area is well lit: injuries often happen from accidental falls that can be avoided by being more aware of your surrounding
- 3) **Rest breaks are okay:** learn to pace yourself and give yourself necessary rest. Injuries will happen when your muscles are tired. It is also important to rest between days of more intense activities
- 4) **Be realistic with your abilities:** err on the side of safety- use help when appropriate. Rake leaves into smaller piles, cut yard debris into smaller pieces, or shovel smaller amounts of snow at a time.
- 5) **Ice or Heat?:** the most common question is "should I use ice or heat or both?" The rule of thumb is if the injury is less than 2-3 weeks old, ice is best to reduce the inflammation. Heat increases blood flow to the area, thus leading to increased inflammation. Heat might be better to loosen tissues to an injury that happened over 3 weeks ago. Even as the injury improves, continue to ice/heat to avoid flare ups.

If an injury occurs, consult with a physical therapist as soon as possible. Most insurances allow 'Direct Access' meaning you can see a physical therapist without a prescription. Call the clinic today to help clear up any nagging injury that is slowing you down.



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Request an appointment at benchmarkpt.com

Your Life, Your Home, Your Way







Every day, women serve as caregivers to parents, spouses, friends and neighbors who are elderly or have disabilities. They do housework, provide personal care, shop and prepare food, schedule and drive to appointments, give medication, plan activities and offer emotional support. Many do this while working full time and raising children.

Caregiving is a 24/7 responsibility and caregiver stress is very real. It impacts professional lives, family and personal relationships, health and can have negative financial consequences.

PACE Your LIFE, a part of the Milford Wellness Village, is honored to provide seniors and their caregivers with a team approach to healthcare that focuses on keeping people at home when they choose to age in place.

PACE stands for Program of All-Inclusive Care for the Elderly. It was founded in San Francisco in the 1970s. Today there are 272 PACE Centers across 30 states, serving approximately 62,000 people. One of the newest PACE sites is right here in Milford, DE.

PACE Your LIFE is a new center with a service area that covers southern Kent and Northern Sussex Counties. We are a comprehensive medical and social service program designed for people residing in their homes, or the home of a caregiver. PACE Your LIFE supports people who need assistance with at least one activity of daily living and one independent activity of daily living.

PACE Your LIFE gives participants the ability to stay in their home while receiving essential services and maintaining independence and physical and emotional well-being. PACE Your

LIFE works with caregivers to set goals, make decisions and share the responsibilities of caregiving.

Participants will have access to the state-ofthe-art PACE Day Center. Services they will receive at the Day Center include but are not limited to:

- Medical care
- Specialty care
- Personal care
- Rehabilitation
- Social & recreational services
- Meals & nutrition

Transportation is also provided to allow individuals to get to-and-from the Day Center

and other medical appointments. All care is managed by the PACE Your LIFE team and network of contracted healthcare providers.

PACE Your LIFE's goal is to maintain people in the community, manage their chronic health conditions, support caregivers, reduce hospitalizations and nursing home visits. Many people are overwhelmed and struggling to coordinate their care, juggle medical appointments, manage prescriptions and maintain the household. The team at PACE Your LIFE can help!

Service area: 19933, 19934, 19941, 19943, 19946, 19950, 19952, 19954, 19958, 19960, 19962, 19963, 19968, 19979.

To learn more, visit our website PACEYOURLIFEMWV.COM or call 302-865-3565.



PACE Your LIFE is designed for adults 55+ who require assistance with activities of daily living but want to remain in their homes for as long as possible.

- ▼ Coordinated health care
- Social activities
- Medication management
- Transportation and more



302-865-3565

www.paceyourlifemwv.com



Missy Burbage

I grew up in Frankford and went to the University of Delaware. I moved to Ocean View, married a local guy, and had two beautiful boys. I taught high school for eight years, six of those being at Indian River where I graduated. I have since had a career in pharmaceutical sales and a couple of small businesses along the way. I am very excited to be in the beauty industry and hope that I can help women get some of their confidence back.

I Love My Cellulite! ... said no one ever!

I would like women to understand that it is not their fault and even super models have cellulite. In fact, cellulite affects up to 80-90% % of women regardless of weight, diet, or exercise plan. If you are like me, you thought you would eat healthier and work out more and the cellulite would go away. Unfortunately, that did not happen. In the past, there were no procedures to get rid of cellulite that did not require downtime and quite a bit of pain. As much as I did not like to look at my cellulite, I was not willing to go through any of those procedures that I researched because I did not have the time to rest and do nothing while I healed. So, like most women, I just thought I would live with it forever. One evening while watching a Netflix series called "Skin Decision", I watched the Nurse give treatments for cellulite that involved no pain and no downtime. She was using a machine called Emtone. Then I saw it again on The Housewives of Dubai. Excited at the prospect of finally being free of cellulite, I began searching for "Emtone near me". What I found was that the closest places to get the procedure done was Alexandria, VA. Or Cape May, NJ. Even though it would be a 3 hour drive each way, I booked a consult with an office in Alexandria. It was actually in a Pilates studio, not a doctor's office. I went for the recommended six sessions and was so pleased with the results that I purchased the machine, did the training and now it is available in Bethany Beach at Beautiful You and Ocean City, MD. at Institute of Aesthetic Medicine.

Women who have received Emtone had a

- 59% increase in collagen, a 64% increase in elastin
- 44% increase in skin thickness.
- Based on many clinical studies More than 90% patient satisfaction.
- Visible reduction of cellulite in 93% of patients.
- 2.2 cm reduction in thigh circumference.
- Measurable improvement in viscoelasticity in nearly 91% of patients

Beautiful You is also offering fat reduction and muscle sculpting. This is an amazingly effective device and also requires zero downtime. Stars like Megan Fox and Rob Gronkowski use this technology. All of what you see was not from working out or being genetically blessed. I learned a lot about why women have cellulite and men do not. The reason women get cellulite is because of the way our muscle fibers are positioned under the skin. Men's fibers are woven and do not allow the fat to push up to the surface. Women are not so lucky. There are levels of cellulite, rated 1 through 4. Naturally, people with grade 1 or 2 cellulite will get the best results, but everyone will get smoother skin and an improvement in their cellulite. Some may require extra treatments.

Both men and women saw up to:

- 30% less fat
- 25% more muscle
- 4 treatments recommended with quarterly maintenance (1 treatment if needed).

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BEAUTIFUL YOU

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Answering Your Questions About Over-the-Counter Hearing Aids

Dr. Shekinah Mast and the staff at Mast Audiology Services provides comprehensive diagnostic hearing testing, ear wax removal, hearing aid consultations, fittings, and maintenance. The first step for anyone who may have hearing loss is to schedule a hearing test. Our staff will go over the results and recommendations the same day, ensuring the best care possible. We strive to improve the lives of every patient that comes through our door.

For example, Mr. Pat Cavanaugh said the following when asked about his experience: "The extent to which Dr. Mast strives to provide her patients with perfect hearing is quite extraordinary. Those under her care are indeed fortunate.'

With the recent release of over-thecounter (OTC) hearing aids, a lot of people have questions regarding what this means for their hearing health options. With approximately 48 million Americans aged 12 and up reporting some degree of hearing loss, knowing what is available and who to call is important The answers to some of the most common questions can be found below:

Who are OTC hearing aids for?

OTC hearing aids are designed for mild to moderate hearing losses.

Do you need a hearing test?

No. This can be problematic as it is impossible to know how much hearing loss you have if you haven't had a hearing test. Although you are allowed to get an OTC hearing aid without a hearing test, you should not.

Are OTC hearing aids the same as prescription hearing aids?

Not at all. OTC hearing aids are designed to be a low cost, very basic option for those that don't need as

much help because their hearing loss is minimal. If you struggle to hear in background noise, OTC hearing aids are likely not going to be very helpful.

A prescription hearing aid is programmed specifically based on a hearing test. They have advanced technology to accommodate nearly any degree of hearing loss and a wide range of environments.

Are OTC hearing aids for any age?

No. OTC hearing aids are only available to adults. It is imperative that minors be evaluated by a licensed professional as hearing loss affects language development.

If I experience more symptoms than just a perceived mild to moderate hearing loss, should I get OTC hearing aids?

No. Anyone who experiences sudden hearing loss, ear pain, tinnitus, dizziness, or other ear symptoms should not use an OTC hearing aid without first being evaluated by a licensed professional.



If OTC hearing aids don't help, does that mean prescription hearing aids won't help either?

No. In fact, under-amplification can have serious consequences for people with hearing loss. In addition to not having their amplification and communication needs met, these patients may also experience

frustration and disappointment and give up on hearing aids altogether.

What is the most common reason people stop wearing hearing aids?

Lack of proper follow-up care and support is one of the most common reasons people return. It is why our office creates a follow-up plan for every patient.

Testimonials

I highly recommend Dr Mast. I was feeling old and was not happy to be in need of hearing aids. Hearing aid technology has come a long way!

- Linda Hildebrandt

Dr. Mast is very knowledgeable about the most recent trends in audiology and provides customer service like no other! - Tracy Niles

She is amazing! She has always been so professional and kind to us. Would highly recommend her to anyone in need of hearing care.

- Rebecca Martin



New location, same trusted Audiologist.

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Locally owned and operated



coolsculpting Non-Surgical Fat Removal



Michelle Parsons, MD is a graduate of Jefferson Medical College, Philadelphia and received her residency training from the State University of New York in General Surgery and Christiana Medical Center in Emergency Medicine. She also served as a Flight Surgeon in the Air Force. Dr. Parsons is the owner of Renove Medical Spa in Rehoboth Beach.

CoolSculpting Non-Surgical Fat Removal

The biggest trend in cosmetic surgery is the expansion of non-invasive body contouring technology, one of the best of which is CoolSculpting, which is available at Renove Medical Spa. the aesthetic medicine practice of Dr. Michelle Parsons, located in Rehoboth Beach. CoolSculpting is an FDA Cleared, non-surgical device that uses precisely controlled cooling to destroy fat cells, thereby eliminating unwanted love handles, bra rolls, and stomach fat. Arms and legs can be treated as well. Unlike some other non-surgical technologies that release fat from fat cells, CoolSculpting destroys the fat cells thereby eliminating treated fat cells. CoolSculpting is a unique non-surgical treatment for the removal of fat from localized areas of excess unwanted fat that is an alternative to surgical liposuction.

How Does CoolSculpting Work?

The technology behind CoolSculpting was developed by Harvard scientists who noted that fat was destroyed by cold under certain conditions. CoolSculpting is a result of their efforts to harness and refine this application of cold to selectively remove unwanted fat deposits in a safe manner. During the treatment,

your unwanted fatty area will be pressed and chilled to -11C while keeping your skin protected. At this temperature the fat within the fat cells crystallizes which damages and kills the fat cells. Your skin and other tissues are protected and not damaged during this process. Your body will then eliminate the killed fat cells over time. "The best news is that we do not make many new fat cells as an adult. Fat cells may get bigger or smaller as they store more fat or lose fat, but typically, as adults we do not make new fat cells. This helps the results of CoolSculpting be long lasting if there is no subsequent weight gain. Of those patients who do gain weight after a treatment, the weight may not return to the treated areas".

What are the most common areas treated?

Many people on a weight loss program continue to have stubborn hard to lose areas, no matter how much dieting, sit ups or weight they lose. Such stubborn areas as typical around the abdomen, the love handles and inner thigh areas. Once you are over forty, losing fat in these areas is extremely difficult. These are the areas that CoolSculpt can address. "Most of our patients are interested in losing fatty areas in the upper and lower abdomen, the muffin top, waist, bra fat, back fat, love handles and the "mommy

pooches". We can also treat under the chin fat, the jowls, arms, thighs and the thigh saddle bags."

Are there any side effects from CoolSculpting?

The side effects from a CoolSculpting treatment are minimal. It is possible to have bruising after a treatment, which would resolve in several days. It is not uncommon to have a mild decrease in sensitivity in the treated area lasting 1 to 2 weeks. In some instances patients will develop a burning tingling sensation 5 days after the treatment which can be controlled with an over the counter lidocaine patch.

What does CoolSculpting feel like?

The treatment room is very comfortable where you will relax on a padded recliner. When CoolSculpting is applied to the fatty area to be treated there is a cooling sensation for the first 5 to 10 minutes. Gradually this sensation lessens to the point there really is no discomfort during the treatment. A typical treatment session lasts from 35 minutes to several hours, depending on how many body areas are treated. During the actual treatment, patients have access to Netflix



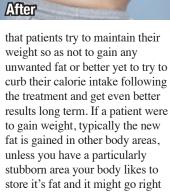
and Wifi. "Busy moms find this time to themselves a real treat!" Patients only require 1 treatment to see results and treatment can be repeated for even better results.

How quickly do people see results?

After a CoolSculpting treatment, the fat cells do not survive the freezing process and die and will be eliminated naturally by the body over time. Many report seeing changes in as little as 2 weeks. The full benefit will take as long as 90 to even 120 days. Patients are seen back at the office in 8 weeks to evaluate their results. Dr. Parsons may also enroll patients on a weight loss program for several weeks following the CoolSculpting treatment to maximize results.

How long do results last?

Once the fat cells are frozen, killed and naturally eliminated by your body, the results are long lasting. It is recommended



back there. But if patients stay

solution to unwanted body fat.

fit, CoolSculpting is a long term

If you are interested in learning more about CoolSculpting and would like to see if you are a good candidate for this effective treatment to lose unwanted fat. please call 302-227-1079 to set up an appointment with Dr. Michelle Parsons at ReNove Medical Spa in Rehoboth Beach. Please mention the Sussex County Woman's Journal to receive a discount on your first CoolSculpting treatment.





Freeze Your Fat Away.

One session. One hour. No surgery. Little to no downtime.

FDA Cleared

Michelle Parsons, MD I ReNove Med Spa

For appointments please call 302.227.1079

416 Rehoboth Avenue, Rehoboth, Delaware I www.RenoveMedSpa.org I Info@Renovemedspa.org

FDA Approves First Drug for Treatment of Peanut Allergy for Children



Presented by Alexandra Gallagher

Today the U. S. Food and Drug Administration approved Palforzia [Peanut (Arachis hypogaea) Allergen Powder-dnfp] to mitigate allergic reactions, including anaphylaxis, that may occur with accidental exposure to peanuts. Treatment with Palforzia may be initiated in individuals ages 4 through 17 years with a confirmed

diagnosis of peanut allergy and may be continued in individuals 4 years of age and older. Those who take Palforzia must continue to avoid peanuts in their diets.

"Peanut allergy affects approximately 1 million children in the U. S. and only 1 out of 5 of these children will outgrow their allergy. Because there is no cure, allergic individuals must strictly avoid exposure to prevent severe and potentially life-threatening reactions," said Peter Marks, M. D., Ph.D., director of the FDA's Center for Biologics Evaluation and Research. "Even with strict avoidance, inadvertent exposures can and do occur. When used in conjunction with peanut avoidance, Palforzia provides an FDA-approved treatment option to help reduce the risk of these allergic reactions in children with peanut allergy."

Peanut allergy is a condition in which the body's immune system mistakenly identifies even small amounts of peanut as harmful. Allergic reactions to peanut are unpredictable in occurrence and in how they present, with some individuals experiencing severe reactions from even trace amounts. Physical symptoms can develop within seconds of exposure and may include skin reactions (e.g., hives, redness or swelling), digestive discomfort, or more dangerous reactions, such as constriction of the throat and airways, and loss of adequate blood flow to vital organs of the body. Antihistamines and epinephrine can be used to treat allergic reactions, but severe reactions can be fatal even with appropriate, prompt treatment. Palforzia cannot be used for the emergency treatment of allergic reactions, including anaphylaxis.

Treatment with Palforzia consists of three phases: Initial Dose Escalation, Up-Dosing, and Maintenance. The Initial Dose Escalation phase is given on a single day. The Up-Dosing phase consists of 11 increasing dose levels and occurs over several months. Initial Dose Escalation, and the first dose of each Up-Dosing level, are administered under supervision of a healthcare professional in a healthcare setting with the ability to manage potentially severe allergic reactions, including anaphylaxis. While anaphylaxis can occur at any time during Palforzia therapy, patients are at highest risk during and after the Initial Dose Escalation and the first dose of each Up-Dosing level. During Up-Dosing, if the patient tolerates the first dose of an increased dose level, the patient may continue that dose level daily at home. After a patient completes all Up-Dosing levels, they may begin the daily maintenance dose. Patients who experience certain allergic reactions due to Palforzia may need to discontinue treatment or have their dosing schedule modified.

Palforzia is a powder that is manufactured from peanuts and packaged in pull-apart color-coded capsules for Dose Escalation and Up-Dosing, and in a sachet for maintenance treatment. The powder is emptied from the capsules or sachet and mixed with a small amount of semisolid food - such as applesauce, yogurt, or pudding - that the patient then consumes.

The effectiveness of Palforzia is supported by a randomized, double-blind, placebo-controlled study conducted in the U. S., Canada and Europe in approximately 500 peanut-allergic individuals. Effectiveness was assessed by evaluating the percentage of study participants tolerating an oral challenge with a single 600 mg dose of peanut protein (twice the daily maintenance dose of Palforzia) with no more than mild allergic symptoms after 6 months of maintenance treatment. The results showed that 67.2% of Palforzia recipients tolerated a 600 mg dose of peanut protein in the challenge, compared to 4.0% of placebo recipients.

The safety of Palforzia was assessed in two double-blind, placebo-controlled studies in approximately 700 peanut-allergic individuals. The most commonly reported side effects of Palforzia were abdominal pain, vomiting, nausea, tingling in the mouth, itching (including in the mouth and ears), cough, runny nose, throat irritation and tightness, hives, wheezing and shortness of breath and anaphylaxis. Palforzia should not be administered to those with uncontrolled asthma.

To mitigate the risk of anaphylaxis associated with Palforzia, the FDA is requiring a Risk Evaluation and Mitigation Strategy (REMS) with this approval, which includes elements to assure safe use. Palforzia will only be available through specially certified healthcare providers, health care settings, and pharmacies to patients who are enrolled in the REMS program. The FDA is requiring that healthcare providers who prescribe Palforzia - and healthcare settings that dispense and administer Palforzia - are educated on the risk of anaphylaxis associated with its use. In addition, the Initial Dose Escalation phase and first dose of each Up-Dosing level must only be administered to patients in a certified healthcare setting equipped to monitor patients and to identify and manage anaphylaxis. Patients or their parents or caregivers must also be counseled on the need for the patients to have injectable epinephrine available for immediate use at all times, the need for continued dietary peanut avoidance, and how to recognize the signs and symptoms of anaphylaxis.

The FDA granted approval of Palforzia to A immune Therapeutics.

The FDA, an agency within the U.S. Department of Health and Human Services, protects the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines and other biological products for human use, and medical devices. The agency also is responsible for the safety and security of our nation's food supply, cosmetics, dietary supplements, products that give off electronic radiation, and for regulating tobacco products.

An advanced honors student, Alexandra has been a straight A student since kindergarten. Alexandra is a member of the National Honor Society, a Duke TIP Scholar, received honorable mention two years in a row at Canterbury School's Science Fair, Regional First Place at HOSA for Nutrition and a Science Olympian member. Alexandra is a student for PreMed/Biology at the University of Miami.

Alexandra aspires to be a surgeon specializing in female cancer research and helping children with Treacher Collins Syndrome, a condition that affects the development of bones and other tissues of the face.

Alexandra was diagnosed by Dr. Robert Wood, of the John Hopkins, at the age of 4 with a most severe peanut allergy after she went anaphylaxis after eating a peanut product.

Alexandra feels the best way to prevent a severe reaction is education on food labeling, and fellow student education on this deadly condition. You or your child can correspond with Alexandra by email alexandragallagher22@gmail.com, and she will help with any suggestions and experiences.



We Do Brain Brightening!

Lauren Haggerty, MSPT, BCN is a Board Certified Neurotherapist and an Associate Fellow of the Biofeedback Certification International Alliance.

Come get a checkup from the neck up!



At Brain Love Neurotherapy we have an extensive, state-of-the-art toolkit to help clients achieve a more regulated brain. Clients come in with a multitude of symptoms and diagnoses, one of which is brain injury/ concussion.

- Symptoms of concussion can range from being hard-to-see to obvious
- The effects of a brain injury are complex and vary greatly from person to person, depending on factors such as cause, location, and severity.
- A concussion can impact physical well-being, thinking (cognitive) skills, behaviors and emotions, and even sleep patterns.

Myths about Concussion (adapted from the brain injury of America website)

Myth: You can always see brain injury on CT and MRI scans.'

• CT and MRI scans are looking for brain bleeds, skull fractures, and other acute trauma. Not all brain injuries, and especially not concussions, will appear on these scans. A clear CT or MRI does not eliminate the possibility that you have a brain injury.

Myth: Two years after brain injury, no further recovery can be made.

• Time is no longer an indicator of recovery. What

matters after this point is finding the proper therapies for your symptoms. Doing the right activities 50 years post-injury has the same chance of recovery as receiving proper treatment nine months out. Improvements in your recovery are always possible.

Myth: Concussions are not serious.

• Concussion is a form of mild traumatic brain injury (mTBI). Concussions are described as "mild" brain injury because they are not usually life-threatening, but this does not mean they are not serious, often with lasting symptoms. While many people will fully recover after two weeks, a percentage of patients can have lifelong symptoms following a concussion.

Myth: Only athletes get concussions.

• Concussions can happen anywhere, at any time, and to anyone. TBI is a common result of motor vehicle accidents, falls (particularly in elderly and child populations), military action or blast exposure, intimate partner violence, abuse, gunshot wounds, and other physical trauma.

Myth: If someone has sustained a concussion, you should wake them up every hour for the next day.

• There is no need to keep

someone awake for 24 hours after a concussion. Sleep is critical for brain injury recovery. If the person has been cleared by a professional for brain bleeds and acute trauma, restful sleep is safe and is crucial for recovery.

Myth: You should not be exposed to any stimulation that may trigger symptoms until you are completely recovered.

• It used to be common practice to protect patients with brain injury by placing them in silent, dark rooms for weeks or months until symptoms subsided. However, the approach is no longer an appropriate

recovery plan and can worsen symptoms. Many experts even suggest light, controlled exercise within 72 hours of sustaining a concussion. As always, consult your doctor before making any changes to your recovery plan. Your brain should tell you when you need to rest. Learning to honor these signals is important.

Will your brain health span match your life span?

• At Brain Love, we treat everyone who comes in the door in the same way- we take a QEEG brain map, we design CUSTOM protocols, run 10 treatment sessions, then take another map to compare the brain before and after treatment. We treat both children and adults.

- We are a vender for the State TBI fund of Delaware.
- The current standard of care is failing many people who have symptoms beyond the few weeks it can take to recover in some mild cases.

Come get a checkup from the neck up!

• We can give you so much information about your individual brain and educate you on how to care for this important organ. Schedule a free consult today at 302-278-7828.



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Women & Vein Health

Sean Ryan, MD, is a board certified vascular surgeon. He is fellowship trained in vascular and endovascular surgery. He practices at Beebe Vascular and sees patients in Lewes, Georgetown, Millsboro, and Millville. Learn more: www.beebehealthcare.org/vascular.

Shown are Dr. Kevin Caldwell, Dr. Sean Ryan, and Dr. Carlos Neves of Beebe Vascular.

By Sean Ryan, MD, Beebe Vascular

Do you try to hide your legs in the warmer months because of bulging or unsightly veins?

Varicose veins bulge in some areas or can be red and spidery in other areas. This condition is very common; it can be painful or hard to deal with, and in some cases, it may indicate a larger health issue.

Spider veins and varicose veins often start when we are younger. They frequently appear at the time of pregnancy, but may appear spontaneously at any time throughout our lives.

Varicose veins may occur in many parts of the body, however, the leg veins are most often affected because these veins must work against gravity. The valves within your veins may weaken or break over time, causing some of the blood to pool in the legs instead of going to the heart. This back-up of blood results in bulging veins.

Chances are if you have varicose veins, then your mother or grandmother did as well. Women are at an increased risk for varicose veins compared to men. Other risk factors include being overweight, advanced age, and occupations that

require prolonged periods of standing or sitting.

Often, it is too late to try to prevent bulging veins, however, walking regularly, drinking plenty of water, and not crossing your legs can help improve the health of your veins.

When is it time to talk to your doctor or care provider about your veins?

- If the vein is swollen, red, tender to the touch, or warm, it can be a sign of a blood clot
- If you have sores or a rash on your leg near your ankle
- If the skin on your ankle or calf changes color
- If one of your varicose veins begins to bleed
- If your pain or symptoms keep you from doing daily activities.

Varicose veins can be more than just a cosmetic issue. Ongoing vein issues can lead to non-healing ulcers or wounds and even blood clots.

Beebe Vein Center is the only nationally accredited vein center in Delaware. The team offers free monthly vein screenings with physicians and care providers. The sessions provide information on vein health and can help you understand available treatments.

Beebe Vascular and Beebe Vein Center have a team of medical professionals who perform many vascular and vein procedures, including:

• Carotid endarterectomy surgery: This is a common surgery performed at the Margaret H. Rollins Lewes Campus and an extremely important one for the health and wellbeing of patients. It is performed when the patient has received a diagnosis of a blockage in one or both of the

carotid arteries, which are the main vessels carrying blood to the brain. Without correction a blockage may lead to a life-threatening stroke.

• Abdominal aortic aneurysm endovascular repair: This procedure repairs an abdominal aortic artery that has an aneurysm, which is a bulge in the side of the artery wall. This artery is large and carries blood from the heart to the rest of the body. An aneurysm has the

potential to rupture, thus becoming life-threatening. This repair is performed through the arteries, thus avoiding major surgery, in most cases.

Lower extremity bypass:
 This surgical procedure improves circulation in the legs through the creation of a new path for blood to flow around a blockage.

Schedule a free vein screening to learn more about your vein health by calling (302) 644-4954.



GENERATION CARE

BEEBEHEALTHCARE.ORG (302) 645-3300



Dr. Ashley Adams retired after 18 years of military service. Her military career was cut short by an auto accident which required an immense amount of rehabilitation. Her life was transformed when she was treated with acupuncture! Ashley's goal is to support you to achieve life-transforming health outcomes. She earned a Doctorate of Acupuncture and Chinese Herbal Medicine from Maryland University of Integrative Health.

Fibromyalgia Solutions

Fibromyalgia, also known as FMS, is a common disorder that has no exact cause, but a variety of factors could be working together that may cause the body's pain signals to go awry. These various factors include:

Genetics: There may be certain genetic mutations that may make you more susceptible to developing the disorder.

Infections: Some illnesses appear to trigger or aggravate Fibromyalgia.

Physical or emotional trauma:

Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident. Psychological stress may also trigger the condition.

This condition is often characterized by widespread pain, soreness, fatigue, and difficulty sleeping

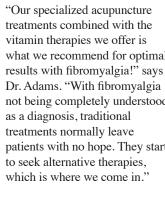


Common Experiences

- Pain that is difficult to identify or pinpoint.
- The feeling that others expect so much from you because they can't see that you're sick.
- The feeling that everything hurts.
- · Feeling of brain fog.
- Overwhelming pain and fatigue that causes you to avoid social or family activities.

Maybe you've tried physical therapy, pain pills, injections, burning off the nerve, back cracking, or massage, which provided some relief at first but is no longer working.

Are you afraid your pain is getting worse? Are you tired of not getting any answers? Does your doctor tell you the pain is "all in your head" and to "just live with it"?



when treating fibromyalgia!



DelMarVa Acupuncture & **Wellness Center is providing** the solution!

Dr. Ashley Adams with DelMarVa Acupuncture & Wellness Center customizes treatment plans to each patient specifically around their symptoms to help them reach their goals as best as we can!

what we recommend for optimal not being completely understood patients with no hope. They start

Vitamin Therapy is very helpful

With fibromyalgia patients typically suffering from muscle or nerve pain, our Myers Cocktail IV is perfect for addressing those concerns when combined with a specialized treatment plan from Dr. Adams. Nutrients like magnesium, vitamin C, and vitamin B are included in our Myers Cocktail and provide a helpful hand when treating fibromyalgia. They directly affect the proper functioning of the muscle and nerve cells while reducing inflammatory processes.

Why an IV when you can just take these nutrients with over the counter capsules?

When taking capsules of vitamins and nutrients, your body only absorbs at the most 20-25% of what you are ingesting. When receiving an IV at DelMarVa Acupuncture's IV

Therapy Suite, we administer these nutrients directly into the bloodstream, providing 100% of bioavailability to the body!

Leaving your body to absorb as much of the nutrients as it needs!

When you combine the treatments of acupuncture and IV vitamin therapy at DelMarVa Acupuncture & Wellness Center, your goals become much more achievable!

Dr. Adams and the staff of DelMarVa Acupuncture & Wellness Center is here to help!

If you or a loved one is dealing with the difficult diagnosis and symptoms of fibromyalgia, call our patient care coordinators today to schedule a consultation for just \$40.

(302) 265-2751 • dmvacu.com 1005 Mattlind Way Milford **DE 19963**



Counseling and Coaching of All Ages

Specializing in Child, Pre Adolescence, and Adolescence Cognitive Behavior Therapy For Anxiety, Depression, PTSD, OCD, and ADHD



Denise is a 1992 and 1994 graduate of Salve Regina University in Newport, Rhode Island earning a BS in Psychology and an MA in Human Development, Holistic Counseling and Psychology. Denise worked as a School, Clinic and Home Based therapist at the Center for Human Services in New Bedford, MA, specializing in Individual, Couple, Family and Group therapy and as a Behavioral Consultant at the Carver Public School in Carver, MA. Denise has over 30 years of clinical experience across a variety of settings and a broad range of clinical experience working with individuals, couples, and groups during her professional career in the following areas: Depression, Anxiety, Eating Disorders, Self-Harm Behaviors, Trauma, Physical, Sexual and Emotional abuse, Grief, Anger and Stress Management, Couples Conflict, Self-Image and Self-Esteem Issues, School/Home Behavioral Issues, Implementation of Academic Success, Chronic Mental Health Illness, Family Issues, Behavioral and Discipline challenges,



Addiction, Individuals with Special Needs, PTSD,OCD,ADHD, Child development issues or concerns. Denise is invested in an approach emphasizing a more integrative, dynamic, whole body holistic approach to mental health while healing the mind, body and spirit, in the comfort of your home allowing for discrete, private, safe therapy at your own convenience. Denise is now accepting new patients for counseling and coaching of all ages in the privacy of your home through 50 minute confidential zoom sessions, specializing in child, pre adolescence, adolescence Cognitive Behavior Therapy for Anxiety, Depression, PTSD, OCD, and ADHD.

> Please text or call Denise Gallagher, MA at 302-841-3467 to begin you and your loved ones path to healing.



R. Alberto Rosa, M.D., FACC

Dr. Ramon Alberto Rosa is a graduate of the University of Santo Domingo in his native Dominican Republic. He completed his post-graduate medical education at the University of Pennsylvania Graduate Hospital in Philadelphia with a residency in internal medicine (1991-1994), Chief Medical Resident (1994-1995), and cardiology fellowship (1995-1998).

Dr. Rosa has practiced cardiology in Sussex County since July 1998. He has served as Medical Director of the Cardiac Catheterization Laboratory and as Chief of the Department of Cardiology at Beebe Medical Center in Lewes, DE. Dr. Rosa is trained in non-invasive cardiology, Nuclear Transesopageal Echocardiograms, as well as invasive diagnostic procedures and pacemaker implantations. Dr. Rosa is board certified by the American Boards of Internal Medicine and Cardiology. He is also a Certified Aviation Medical Examiner and is Board Certified in Nuclear Medicine.

"Broken Heart Syndrome"

Is a "broken heart" a true medical condition or is it just a figure of speech to describe someone's emotional state after some great personal loss or stressful situation? It may come as a surprise to many people but the answer is both.

This condition is also known as "stress-induced cardiomyopathy", a rapid and severe heart muscle weakness, typically as a consequence of sudden emotional or physical stress: unexpected illness, injury or loss of a loved one. It can also be from a severe medical condition, surgery, an accident, intense fear, domestic violence, severe pain, financial loss, even public speaking or a surprise party.

The exact cause is unknown, but it is clear that most of the affected individuals are postmenopausal women between the ages of 58 and 75 years, in about 90 percent of cases. The symptoms are very similar to those of a heart attack, with chest pain or pressure and shortness of breath being the most frequent ones. It is not completely understood why this condition affects mainly women, but most investigators believe that after menopause the decline in estrogen levels renders patients more susceptible.

It was first observed in Japanese women in the early 1990's and the name of takotsubo cardiomyopathy was used originally. This name describes the characteristic appearance of the left ventricle (heart's main pumping chamber) as seen in cardiac studies that resembles the traditional Japanese octopus trap. There is ample evidence to suggest that the massive release of certain hormones in the bloodstream, such as adrenaline and noradrenaline, as a natural response to stress, under certain conditions causes the heart muscle cells to stop working properly, especially in the lower part and the "tip" of the left ventricle.

Stress-induced cardiomyopathy can be serious medical condition because it involves the sudden onset of congestive heart failure due to the heart muscle weakness, low blood pressure and potential shock or life threatening heart rhythm problems; it is, however, rarely a fatal illness. Furthermore, it is almost always reversible with most patients recovering completely within 2 to 4 weeks.

The main differences between a heart attack and "broken heart syndrome" is

that heart attacks occur as a consequence of blockages or blood clots in the coronary vessels (heart vessels that supply blood flow and oxygen/ nutrients) to the heart muscle cells that cause those cells to die or to suffer permanent damage. In the stress cardiomyopathy patients, the coronary vessels are open and the blood flow is usually normal. It is the "stunning" of the heart muscle cells by adrenaline and other hormones that creates the muscle weakness and this process is, for the most part reversible.

Another interesting finding in this broken heart syndrome

is that it does not tend to recur in the same patient. In other words, once somebody experiences this syndrome, even if other stressful events come along in their lives, the same phenomenon doesn't tend to happen again. Learning to cope better with life stresses can prevent it in the first place.

The management of this medical condition is similar to the treatment of congestive heart failure with medications such as diuretics, betablockers and ace-inhibitors as well as aspirin and in some cases blood thinners on a temporary basis.

So yes, it is quite possible

to have a "broken heart" literally, as a true medical illness that is brought about by a heightened physiological response to stress, especially in women. The good news is that in almost every case it is a temporary condition and full recovery is the expected outcome. There is no way to differentiate this situation from a heart attack, before hand. Therefore, it is very important to seek immediate medical attention for symptoms of sudden chest pain or pressure and shortness of breath. It might be the case that your heart doctor could tell you, in the end: "Just a broken heart, already on the mend".

Cardiovascular Consultants



of Southern Delaware

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Marketing Director for PACE Your LIFE

I believe every day is a gift and a new adventure, and I do my best to embrace each day! As I get older and continue to work with older adults, I realize how precious time is. I realize what really matters – genuine connections, helping people by building bridges and being a resource when I can to my friends and family. I also love meeting new people and making new friends. By branching out and becoming vulnerable to people, I have come to realize that there are many people out there that share my same goals and values.

Overseeing the enrollment and marketing process at PACE Your LIFE is extremely rewarding and is a perfect fit for me as it encompasses all of my favorite roles from my past experiences, both personal and professional. For me, seeing our participants flourish & thrive after enrolling in our program is so rewarding! It is so gratifying to know that we are changing peoples lives for the better and it makes this job so fulfilling. I find great peace in helping others. Our participants need us and that is what is important to me at the end of the day. We are filling the gaps by meeting the community's medical and social needs. Many of our participants do not have family or do not have family living close to them – they really need us and we step in as their support system.

I was born and raised in central Pennsylvania and graduated from Shippensburg University in Shippensburg, PA. After graduating from college, I moved to Delaware and have been working in the senior service industry in marketing and sales as well as serving the Sussex County community for over 20 years. My passion is working with the mature population and always has been. Growing up, I was very close to my grandmother and she played a crucial role in my desire to help older adults make informed decisions about their future care needs. I now reside in Lewes with my fur babies. I love the beach, dining out, exercising, walking, biking, sports, reading and spending time with my friends and family (especially the furry family).



Lisa Bond

Program Director, PACE Your LIFE, Milford Wellness Village

Lisa (Zebley) Bond is a graduate of St. Mark's High School and the University of Delaware. She has spent 28 years leading programs that serve Delaware's seniors and people with disabilities. Lisa was twice appointed by Delaware Governors to leadership positions in the Department of Health and Social Services.

During her time as Director at the Division of Services for Aging and Adults with Physical Disabilities, Lisa learned about Programs of All- Inclusive Care for the Elderly (PACE). The mission of PACE is to simplify access to complex health and social services under one roof thereby reducing emergency room visits, hospital stays, and nursing home placement for seniors.

Serving as the Program Director for PACE Your LIFE in the Milford Wellness Village is "icing on the cake" for Lisa's career. It is an opportunity for her to work in a service system that is truly all -inclusive and for a company that values creative problem solving.

As Program Director, Lisa has the overall responsibility for the planning, implementation, and operation of PACE Your LIFE, which includes the management of clinical, financial, and other supportive aspects of the organization to ensure safe, effective and efficient programs that support and respect the independence of its participants.

Lisa resides in Middletown with her husband, Bill, and sons, Ryan and Evan. Together they love spending time outdoors and have enjoyed many hours together boating along the Eastern Shore. The family is looking forward to spring when the boys will graduate from the University of Delaware and Paul M. Hodgson Vo-tech respectively.



Beautiful You

I grew up in Frankford and went to the University of Delaware and then Salisbury University where I earned my post-graduate degree. I moved to Ocean View, married a local guy who I have been married to for 24 years. We have two beautiful boys who attended Worcester Prep from pre-school to graduation and now both are in college in Florida. My first job after college was teaching high school, which I did for eight years, six of those being at Indian River where I graduated. I have since had a career in pharmaceutical sales and a couple of small businesses along the way. I have always been into health and fitness, but noticed as I aged and had children, it did not matter how well I ate or how much I exercised, I was not going to reach my goals. Coming across these new machines that can give anyone an edge, without surgery, was very exciting. I am thrilled to be in the beauty industry and hope that I can help women get some of their confidence back.



Jimmy Graziano, PT, DPT

Clinic Director of Benchmark Physical Therapy

Jimmy Graziano, PT, DPT grew up in Western New York where he graduated from Lockport High School in 2010. Jimmy was a football and lacrosse player in high school which peaked his interest in the fields of exercise and athletics. After high school, Jimmy attended Brockport, State University of New York where he played football and received his Bachelor of Science in Exercise Physiology. He then went on to complete his Doctor of Physical Therapy at Clarkson University in 2019.

Jimmy is the Clinic Director of Benchmark Physical Therapy in Milford, DE and is set to open Benchmark's 5th Delaware location in Lewes in Spring 2023. He has special interest in treating sports injuries, post-operative, and other orthopedic related conditions. He has additional certifications including Orthopedic Clinical Specialist (OSC), Certified Strength and Conditioning Specialist (CSCS), Selective Functional Movement Assessment (cert. SFMA), blood flow restriction training, and soon to be dry needling (cert. DN).

Jimmy relocated to Delaware in September 2021 and married his wife Alicia, who is also a physical therapist with Benchmark, in May 2022. Outside of work, Jimmy enjoys spending time with his friends and family, Alicia, and their French Bulldog, Stark. He enjoys living an active lifestyle and rooting for all Buffalo sports teams.





Ten years ago, my husband and I visited Sussex County on vacation and never left. We fell in love with its natural beauty, community minded people, and the charm of its small businesses.

Spending time at Cape Henlopen State Park, kayaking on the Delaware Bay, and enjoying the wide array of top-notch cuisine, brings me great joy. I am proud to call myself a local and feel inspired to give back to the place that has given so much to me.

My career training began at web.com. From server-level domain and email management to website design and marketing, I've utilized advanced technical communication and implementation to achieve top performance in every department.

With over 25 years of Digital Marketing experience between us, my husband and I started CAN Web Management with the goal of helping small businesses leverage the digital marketplace. We identified a major need for simple, one-stop-shop solutions and modeled our business with this in mind. Today, we create custom online success strategies that combine Website Design, Digital Marketing, and Reputation Management, to enhance the digital footprint of small businesses. We have even helped one local business gross over 6 million in yearly sales! There has always been a special place in our hearts for Delaware businesses as we seek to strengthen the small business community and enhance our local economy.

Charles *CAN Web Management*

Charles is the co-founder of C.A.N. Web Management. His experience in the industry began nearly 30 years ago at age 11 when he taught himself to design and develop websites.

Fascinated by the convenience and evolving power of the web industry, Charles later graduated from West Virginia University with a degree in Management Information Systems, which combined business consulting with web technologies. Afterwards, he moved on to work as a leader in high level technical service roles for Network Solutions, the company contracted by the Government to create the original Domain Name System.

Years later, Charles and his wife Nicole made the decision to launch their company C.A.N. Web Management with the intention of leveraging their mutual experience in the industry to help small business owners achieve their goals, using emerging internet technologies as a powerful marketing resource. The company's deep understanding and continual adoption of the most current web technologies, design trends and marketing algorithms allows Charles and Nicole's C.A.N Web Management to actively helping business owners multiply their success.



PATHWAYS TO SUCCESS!

Nakiema Wilson is Executive Assistant to Fay Blake, Executive Director of Pathways To Success Inc. She also serves as the advisor to Pathways To Success College, on the Delaware State University campus. Nakiema's extensive background in business administration coupled with over nine years of experience in financial aid is invaluable to the Pathways' organization. Nakiema graduated from Delaware State University with a Bachelor's Degree in Clothing, Textiles and Fashion Merchandising and Wilmington University with a Master's Degree in Business Administration. Nakiema's passion for art, music, and fashion was the catalyst for she and her sister to start Kiandkee Clothing Consignment, which offers high-end fashion clothing at an affordable price for all. Her skills, talents, and expert knowledge in business and financial aid help to ensure that the students Pathways serves will have brighter futures as they pursue their academic and career opportunities.

Nakiema is a mother to one son, Seven Wilson who is majoring in Criminal Justice at Delaware State University and will graduate in May of 2024.

Presented By Nakiema Wilson

Pathways To Success' mission is to prepare youth, adults, and their families for successful lives. They utilize innovative and creative approaches in mentoring and education to help individuals develop to be healthy, productive, contributing and responsible citizens. Working in service to the at-risk communities in a spirit of offering hope through education and information, creating positive systemic change through empowerment.

Pathways To Success' Seaford High School Alum, Shamaya Young, started the chartered club at DSU three years ago and many of the Pathways To Success' alum have joined the club. It is a good segue from high school to college for students with support from their peers.

Since 2008, they have lived out their vision:

- They create positive change in the lives of youth and their families in Delaware.
- They close the education gap, decrease the dropout rate, and help youth plan for a successful future.
- They amplify the voice of underserved communities and advocate for community revitalization and transformation.
- They give hope to at-risk youth through coaching, mentoring, and raising community awareness.
- They connect the business

community with the potential and talents of our youth.

Their youth program has a 98% graduation rate. And a 96% rate of placement in college, military, or full-time employment.

Nakiema Wilson advises a group at Pathways To Success at The College At Delaware State University!

For more information visit www. pathways-2-success.org or call 302-858-4861.





Pathways to Success students are identified as being at risk of not graduating high school...

Students enroll in our program in 9th grade & remain under our C.A.R.E. until 1 year after graduation & placement into college, military, or full-time employment.



Preparing youth, adults, and their families for successful lives.

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We Provide

In-School & After-School Programs that offer: Mentoring & Coaching

Academic Support & Tutoring

Leadership & Service Opportunities

Workforce Preparation & Job Placement

Field Trips & Cultural Events



We C.A.R.E.

We give CONSISTENT, AUTHENTIC, RESPECTFUL, EMPOWERMENT.













Additional Community Support Services

Mental Health Counselling for youth, adults & families

Fair Housing Training, Presentations & Support

Adult Microsoft Office Training Courses & Certification

For more info or to get involved: info@pathways-2-success.org www.pathways-2-success.org





Peninsula Veterinary Services

Testimonials

Great veterinary practice. Appreciate the great relationship between Dr. Reid and staff. Dr. Reid takes all my concerns seriously and is always available to talk to in person and via text. - *Julie S*

I really love how Dr. Reid, her staff and even other clients are so caring and personable when we visit. The atmosphere gives us a feeling of comfort. Dr. Reid is a wonderful person and very responsive to my questions, email and even small talk. - *Marty V*

I have been overly pleased with services, we are new to the area. Not only is the office clean and pleasant, I appreciate the way the practice is run. Doctor is efficient and thorough and does not over test or treat. If anyone asks, I tell people they are the best! - *Ann R*

We love Dr. Reid and the staff is friendly, helpful and professional. Beautiful offices and really appreciate the calm and kind care for our unruly critter. - *Alexandra B*

Love Dr. Reid and staff. They truly care about my dog. - Katherine B

Dr. Reid and staff are kind and delightful people. Dr. Reid makes sure to educate us about the services and medical options for our animals so we are making the best informed decisions possible. And...she uses an inclusive approach to our animals care so we make a team. Slam dunk for animal care! - *Valerie M*

Love, love love this veterinary office! The staff and vet are outstanding! - $Deb\ S$

The staff and Dr. Reid are so kind and caring. They have gone out of their way to help us out with our rescue dog who came with so many health issues. I would recommend this service to anyone with dogs and cats. - *Adrienne M*

Always enjoy bringing Jenny in to get her what she needs. Dr. Reid and the staff is always so nice.

- Nancy M

I have been very impressed with the care Beth has received . I would highly recommend the practice.

- Debbie Z

Very personable staff. The wait time was short, cost reasonable and friendly atomosphere. - *Sandra H*

I was very pleased with the staff and Dr. Reid. All were very friendly and professional. The facility was very neat and clean. I explored other options but they came highly recommended. I would refer others here without any reservations. - *Robin B*

Everyone was great from the second we walked in. Very helpful and attentive. Won't go anywhere else, so much better than any other place also not over-priced. - *William S*

The office was friendly and thorough. I appreciated the fact they are not pushy salespeople-they want to take care of your pet, not perform unnecessary tests and sell you one of everything. Those things are available if needed, but it was a good, laid-back experience. - *Ellen S*

I love Peninsula Veterinary Services. The vet is so knowledgeable and they are so friendly and caring. I would strongly recommend them to anyone with an animal who needs veterinary care.

- Cindy D





Peninsula Veterinary Services is a full-service, AAHA-accredited hospital located in Millsboro, Delaware. Owner Dr. April Reid moved from Brooklyn, New York in 2015 to start a practice in this area after spending summers in Rehoboth as a child. Dr. Reid is a graduate of Ross University School of Veterinary Medicine. She previously owned a thoroughbred racetrack practice for 14 years before changing her focus to small animal practice. Dr. Reid works closely with several local rescue organizations and is past president of the Delaware Veterinary Medical Association. In her spare time, Dr. Reid enjoys spending time with her two Great Danes, Ambrose and Amelia, and her two cats.



Pets and Dental Disease

February is National Pet Dental Health month. Dental disease is by far the most common health problem that dogs and cats develop. By the age of three, 80% of dogs and 70% of cats have some degree of active dental disease. It is also the most under diagnosed disease of companion animals because our pets are unable to communicate their discomfort to us and because pets continue to eat no matter how much disease and pain they are experiencing due to their survival instinct.

The number one thing pet owners can do at home to prevent dental disease is brushing their pet's teeth to remove the plaque. Plaque is a colorless film that is constantly forming on both human and animal teeth. If it is not removed by brushing within 24 hours, it becomes tartar/calculus that cannot be removed by brushing. In pets, the tartar builds up and begins to accumulate at the gum line. This is how periodontal disease begins. Periodontal disease is inflammation/infection that develops around the tissues of teeth. As periodontal disease progresses, pet owners usually become aware that there is a problem in the mouth because the breath begins to smell badly and an oral examination by a veterinarian will

likely result in recommendation of a professional cleaning.

Daily brushing is recommended with three times weekly being the minimum amount recommended. Brushing should be started as soon as possible in the pet's life. Even though the baby teeth are going to be replaced by adult teeth, daily brushing helps acclimate the pet to the experience. There are two kinds of brushes-finger brushes and the longer brush which resembles a human toothbrush. The finger brush is good in the beginning, but transitioning to the longer brush will most likely be necessary as the pet grows. DO NOT use human toothpaste as they may contain fluoride in toxic doses, xylitol or a chemical called Sodium Lauryl Sulfate (SLS), which is what makes human toothpaste foam. Even small doses can cause gastrointestinal issues for your pet. There are special toothpastes made for pets that are safe and also tastes like chicken and other flavors pets prefer.

If owners are unable to brush their pet's teeth, there are a variety of other products that can be helpful. The Veterinary Oral Health Council (VOHC) evaluates products and their

seal can be found on products that have been tested and proven to effective. Chew toys, treats, bones, water additives and even food are available to help keep pet's teeth healthy.

Besides better breath, proper oral hygiene in pets helps increase their lifespans. The mouth is a constant source of bacteria that can damage organs such as the heart and kidneys. Research has shown that professional dental cleaning can actually improve kidney function in cats that have been diagnosed with kidney disease/failure.

During a professional dental cleaning, pets are sedated, IV catheters placed and the pet is intubated with an endotracheal tube. In addition to providing gas anesthesia to the pet, the tube protects the trachea from any debris that would otherwise go into the lungs during a dental cleaning. From this point, a veterinary cleaning is much like a human dental cleaning. The teeth are first examined and charted to determine the degree of mobility, gum recession and loss of bone around the teeth. Full mouth dental radiographs are taken to assess the health of the gums and bone beneath the gum line, which is where the majority of

dental disease takes place. If there are any teeth that need to be extracted, local blocks are administered and the affected teeth are removed. Finally the teeth are cleaned and polished and the pet wakes up from anesthesia with a healthy mouth free from periodontal disease!







Peninsula Veterinary Services

32038 Long Neck Road • Millsboro Delaware 19966

302-947-0719 phone 302-947-0707 fax

www.peninsulaveterinaryservices.com



Andrea E. Goldstein, M.D.

Dr. Goldstein is a board-certified gastroenterologist who graduated from Georgetown University for her medical degree and then went on to complete her Internal Medicine residency at North Shore University Hospital and did her Gastroenterology fellowship training at the University of Buffalo. Dr. Goldstein is at the forefront of the pelvic floor field, performing Interstim Peripheral Nerve Evaluation (PNE) for fecal incontinence. "Gastroenterology allows me to stay on the leading edge of medicine, bringing the newest, most effective treatments to patients with serious conditions. As your doctor, I strive to give you the best possible medical care you can receive and also an environment where you can feel comfortable. This starts with talking and listening closely to ensure that I get a complete picture of your medical history and symptoms, and also that you understand what you need to know to follow your treatment plan and return for the follow-up testing you need to protect your health. Giving you my time, compassion and full attention is as important as any test or procedure I perform."

HEMORRHOIDAL TREATMENT

Over half the population will experience some type of hemorrhoidal problem in their lifetime. You may be suffering in silence because you are too embarrassed to discuss the problem, or worry that the cure will be more painful than the problem itself. Now, advances in medicine have made hemorrhoid treatment fast and virtually painless. Your only challenge is finding a doctor who offers the right treatment and makes you feel comfortable receiving it.

How do hemorrhoids develop?

Hemorrhoids are simply swollen and engorged veins in the anal and rectal region. They are most commonly caused by changes in frequency of bowel movements, pressure of straining and hormonal changes or pressure during pregnancy. The veins swell and stretch and gradually lose the support of surrounding connective tissue.

Hemorrhoids can cause the following symptoms:

Itching/Burning
Bleeding
Protrusion during Bowel
Movements
Pain
Hygiene Concerns

Are all hemorrhoids the same?

Hemorrhoids are actually classified into four stages

based upon severity. This helps determine which treatment is most appropriate for you.

- 1) Stage I: The hemorrhoids remain inside at all times. They do not protrude from the anus.
- 2) Stage II: The hemorrhoids protrude with a bowel movement, but reduce spontaneously.
- 3) Stage III: The hemorrhoids protrude with a bowel movement, but require manual insertion.
- 4) Stage IV: Fourth degree hemorrhoids: The most severe hemorrhoids always protrude and cannot be pushed back inside.

What are the treatment options for removing hemorrhoids?

Effective hemorrhoid treatment depends on your specific medical condition. No doctor should recommend a solution without first doing an exam to rule out other potential causes of rectal pain or bleeding.

Once you have been diagnosed with hemorrhoids, you will have different options to choose from, depending on the severity of your case. You may get adequate relief from increasing fiber in your diet, taking warm sitz baths and using topical creams. Treatment options include

a variety of minimally invasive procedures that cut off blood flow to the hemorrhoid and cause it to shrink. In some cases your doctor may recommend a surgical procedure to remove excess tissue.

What is the most painless method for treatment?

An even less invasive and pain-free solution has recently been approved for internal hemorrhoids. This new banding option, the CRH O'Regan System ™ is considered the "gold standard" in treatment and almost eliminates the discomfort and recovery time associated with other hemorrhoid removal options.

During the 60 SECOND procedure, the physician uses a gentle suction device to place a small rubber band around the tissue, just above the hemorrhoid. There are very few nerve endings in this area to cause any pain. The hemorrhoid shrinks and falls off within a day or two. Research has shown that 99.8% of patients treated with the CRH O'Regan System ™ have no post-procedure pain and require no pain medication before, during, or after the procedure. There is no bowel prep, and you can drive yourself home afterwards. Another advantage, external hemorrhoids may also improve with this option.

Make an appointment with a specialist

If you or a family member is ready to get permanent relief from hemorrhoids, you should make an appointment with a digest specialist for an accurate diagnosis and the most appropriate treatments available. Only doctors who have been specially trained by CRH O'Regan System TM trainers/doctors are licensed to provide this state-of-the-art banding treatment. Locally, it is performed at Hunterdon Gastroenterology Associates (HGA).

Please call 908-483-2047 to make an appointment.



We don't want you to suffer in silence.

At Hunterdon Gastroenterology Associates, you'll find a physician who is easy to talk to without embarrassment. You'll have an exam to check for hemorrhoids and rule out other potential causes of rectal pain or bleeding. If we do detect hemorrhoids, you'll get all the information you need to understand your condition and treatment options.

HGA offers the most effective hemorrhoid treatments available for immediate and long lasting relief.

- The newest non-surgical and painless band ligation procedure that lasts under 60 seconds, called the CRH O'Regan System. HGA doctors have been specially trained to offer this virtually pain-free, drug-free solution for internal hemorrhoids.
- Infrared coagulation
- HET bipolar coagulation

Your HGA specialist will provide the treatment that's right for your individual needs so you can enjoy life free from the pain and irritation of hemorrhoids.

Call today for an appointment. 908-483-2047



www.HunterdonGastro.com

Flemington Office Hunterdon Doctors Office Building 1100 Wescott Drive

1100 Wescott Drive Suite 206 / 207 Flemington, NJ 08822

Somerville Office 135 West End Avenue Somerville, NJ 08876

Name & photo have been changed to protect the privacy of the patient

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Santa's Little Secret: HEMORRHOIDS

Hunterdon Gastroenterology Associates got Santa the help he needed without surgery or time away from his workshop. (We can do the same for you.)

HGA's non-surgical, virtually painless procedure removes hemorrhoids in less than a minute... with no pre-treatment, pain medication or recovery time required. It's the most comfortable and effective hemorrhoid removal option available- and it takes 60 seconds!

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- 99% success rate
- Virtually Painless
- Requires no drugs before, during, or after the procedure
- Performed by board certified medical doctors
- Minimally invasive
- Most insurances accepted



Procedure	Average Procedure Time	Average Time Off Work	Pain Medication Required Pre/Post	Your Happiness & Pain Level
CRH O'Regan System	30 Seconds-1 Minute	0-1 Day	None	\bigcirc
Stapled Hermorrhoidectomy	15-90 Minutes	1-10 Days	Yes, Required	
Conventional Hermorrhoidectomy	45-90 Minutes	1-14 Days	Yes, Required	

Make an appointment today! 908-483-4000

We offer evening and weekend appointments.

Gilbert Cardoso, DO · Jason Matthews, MD · Andrea Goldstein, MD · Maria Georgsson, MD Cherag Daruwala, MD · Anik Patel, MD · Richard Arrigo, DO · Devi Patel, MD



Flemington Office

Hunterdon Doctors Office Building 1100 Wescott Drive, Suite 206/207 Flemington, NJ 08822 Somerville Office 135 West End Avenue Somerville, NJ 08876

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Our local medical experts have committed themselves to <u>Bridging The Gaps</u> in care that have been created as a result of the systemic inadequacies in our present healthcare system. We are dedicated to providing you with the support you need to achieve the best possible degree of health and medical autonomy. Our sole responsibility is to meet your needs; as such, we are not affiliated with any hospitals, clinics, insurance companies, or other healthcare organizations and answer only to you.

Services Offered:



AGING IN PLACE:

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place someone can spend their golden years is in their own home, surrounded by loved ones. We're here to help make that happen.



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TRANSITIONS OF CARE:

A smooth transition from one level of m well-being. Delmarva Patient Advocates will assist you in ensuring your safety and well-being during this



AND MEDICAL BILL

We will take the Time, Energy, and Effort to take on the insurance companies on your providers to lower medical bills.



END OF LIFE PLANNING:

Having a plan in place provides peace of mind for you and your loved ones. If your loved ones will be aware of your wishes and will be encouraged to carru them out for you.

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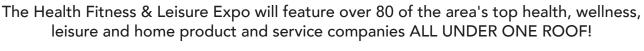


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By Julie Gritton, CRS®, ABR®, SRS® Broker / REALTOR®

When you think LOCAL, think Julie Gritton. For over the past 18 years Julie has been actively selling real estate in the Sussex County Community and her real estate team has

over 50 years combined real estate experience. 2021 Sussex County Association of REALTORS Good Neighbor Award and ranked in the top 1% for all Coldwell Banker Agents Internationally. Julie is a local Cape Henlopen High School Graduate and has her Bachelor's Degree in Business and Associates in Marketing. She has extensive real estate experience of Southern Delaware focusing on

- First Time Home Buyers
- New Construction
- Investment Properties & 2nd Homes
- Luxury Homes
- Land & Acreage
- Commercial
- Relocation

I understand that buying or selling a home is more than just a transaction: "it's a life-changing experience and a chance to support our local community. That's why I am highly dedicated to providing exceptional, personalized service for all my clients and I focus on giving back to local charities like St Jude's Children's Research, Food

Bank of Delaware, and Brandywine SPCA with every sale." Today's buyers and sellers need a trusted resource that can guide them through the complex world of real estate. With my extensive knowledge and commitment to providing only the best and most timely information to my clients, I strive to be their go-to source for real estate industry insight and advice. "My philosophy is simple: Clients Satisfaction is top priority, give back and support your local community. I don't measure success through awards, but through the satisfaction of my clients and the support I can provide to my community. The best compliment I can receive is a client or community referral to a friend, relative or neighbor."

Buy with Confidence, Sell with Success.



Did you know ...

Sarah Russ loves the Holiday Season! This time of year is her favorite with the beautiful fall weather, plans to entertain for Thanksgiving and, her favorite holiday, Christmas! Sarah loves when her home

represents this festive time of year. If you walk into her home between November 1st and January 30th, you will be surrounded by Christmas Joy, Love and lots of Laughter. If she could have her Christmas Tree up all year long, she probably would do that. There is just something about this time of year that makes her heart feel whole.



The Julie Gritton Team services clients with all of their real estate needs including Commercial Sales & Leasing. If you are looking to start your own business, relocate your business, or purchase properties for investment opportunities the Julie Gritton Team is here and ready to assist you in your commercial real estate endeavors.

Commercial Sales:

The Julie Gritton Team and Coldwell Banker Commercial® know what it takes to guide clients to satisfying outcomes with their commercial real estate needs. With representation in primary, secondary, and tertiary markets, Coldwell Banker Commercial® professionals can support you to identify industrial, retail, office, agriculture or other types of properties or to market your property for sale. Let the power of a global brand help you find what you're looking for. Our team agents are local specialists and will guide you through our market to make the best decisions needed for acquiring the perfect property or business for your portfolio.

Commercial Lease:

Have you looked for a commercial leasing opportunity in our area to find it is difficult to locate this information? That is because most commercial leasing opportunities are placed on multiple different sites and unless you have experienced agents who know the area and are networking with others you may never know about the opportunities. Our network of Coldwell Banker Commercial affiliated professionals and local agents can help you lease commercial real estate all over the United States and around the globe. Our local professionals know each area we serve because we are active members of the community where we conduct our business. Our referral partners gives us the advantage and means we can help you find a place with ease for your business no matter where you want to put down roots for your business. The Julie Gritton Team understands market dynamics and provide you the advice to make an informed real estate decision. Achieving a satisfying outcome is our goal and our local agents will guide you through the process.

To work with one of our Commercial Specialists please call 302-645-1111 and ask for Julie Gritton, Sarah Russ or Melissa Logue.





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If you would like a price quote to "foreverize" your memories, email us at: the digitizeguy@gmail.com or give me a call at 302-364-0800.





Laura & Matt

5-23-2022

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CMBaker Photography help you create memories at your next event.

The Shasta was also present on Saturday and Sunday

Dover Motor Speedway in the Fan Zone. Most everything was free to the public. There was even a free concert with the Amish Outlaws. Great show. Also entertaining on the stage was Delaware's own Jimmy Allen. Another great concert!!

June 3rd Weekend will be Alumni Weekend at University of Delaware. The "Shasta" will be there on Friday evening. We will also be there at a few events on Saturday.

the SHASTA

Bride and Groom Allison & Brandon Blades. Photo was taken in Dagsboro, DE on June 5, 2021.

Shutterbug is attending (at additional cost) and offering prints onsite for guests at the wedding. Please make sure it is agreeable with your wedding photographer. We are licensed, certified by FAA Part 107, and insured

I have included various photo strips from some of our functions in this article to give you any ideas for your event. If you need promo or headshots, we can accommodate you and normally takes about 15-20 minutes to come set up. We have done these for many years for big or small companies. Since the start of digital photography, we have always been able to produce prints onsite. With all the up-to-date equipment, 5x7 prints take about two minutes to be printed and in a folder. We have done many large and small gala events over the years – Inaugural Balls, Military Balls, or Charity Balls along with any holiday events. We are on Facebook and website, cmbaker.com and would love



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Pineapple Princess Testimonials

"My sister took me to this wonderful shop on 6/21. If you can't find a bathing suit in there then there's something wrong. What a great bathing suit shopping experience. Everyone was so friendly and helpful and we laughed about the Southern Charm TV show. I could have easily bought more than one suit, there were so many to choose from. My sister and I ended up buying the same pattern but in different styles. Can't wait to wear mine to the water park here at home. I will make sure I stop in the next time I'm down there. Thanks for all of your help!!!"

"The owner and her daughter worked with me to find the perfect suit! They were so helpful and friendly.... There is so much to choose from I definitely needed help!! I will definitely to go back and shop there again!"

"My daughter and I stopped in Pineapple Princess to shop for a bathing suit. The owner was so friendly, knowledgeable & helpful. She took the time to show us many different styles and colors of different bathing suits until we found the perfect one. I would highly suggest you stop in sometime soon." *Kim Lytle Hastings*

"Service was amazing- I walked out with THREE swimsuits I love and coverup! I spent hours and hours in malls and other shops last week without success... I'll be back!" - Kim, Bethany Beach

"The owner and daughter worked with me to find the perfect suit! They were so helpful and friendly!"

- Stephanie, Maryland

"I will never buy another swimsuit from anywhere else but the Pineapple Princess."

- Angelica, upstate New York

"I found my bathing suit mecca!!" - Nancy, Towson, MD

"The ladies in Pineapple Princess are very knowledgeable and take their time working with your body type. I highly recommend using this business." - *Jen, Lancaster, PA*

"Awesome customer service and the best selection of suits around. Fell in love With this shop!"

- Mary, Fenwick Ian's, DE

"Amazing selection and first class service!" - Lauri, Maryland











Winter at Pineapple Princess

A beachy boutique specializing in swim and resort wear for women of all shapes and sizes

Another summer season has come and gone for Pineapple Princess Swimwear and this was one for the record books we will never forgot.

Covid-19 threw a big wrench in alot of peoples summer plans and holidays yet the show must go on! With winter approaching now, this time of year is usually full of holiday planning and winter get away trips for families and friends. This winter, however, may look a bit different. Some people are still traveling and some are opting to stay home or local as long as its safe and healthy.

Pineapple Princess Swimwear is a local boutique in downtown Rehoboth Beach ,De specializing in swim and summer apparel for girls and women of all shapes and sizes. We carry an extremely large selection of one pieces, tankinis and bikinis selling all pieces separately in order to mix and match. Our sizes range from XS (2) to 3X (24) and bra sizes A cup to I cup. Our staff takes pride in helping gals find the best fit and look for their body and to feel beautiful inside as well as out because lets be real, swimwear shopping can be a daunting task so we strive to make it fun and easy! Just a sample of some brands we carry are Tommy Bahama, Sunsets, Swim Systems, Bswim, SeaFolly,Gottex, Azura, Hobie, Leilani, Jvaldi, Alison Sheri, Parsley and Sage,Dream Dance, Anita, Rosa Fia, Anne Cole, Miraclesuit, Penbrooke, Sea Waves and more! The choices are endless and the owner is a skilled swimwear maker in her past so she offers in store alterations to achieve that perfect

Offseason at the beach is amazing and a great time to shop local stores. We are 50%-75% off all 2020 collections and run the sale til April. Its perfect to stock up for next summer and get great deals or buy swim for a vacation coming up or water aerobic therapy classes. Store hours are 10am-5pm monday-saturday and 10am-4pm sunday throughout the off season. If we ever needed to close we post on social media so go

check us out on Instagram and Facebook at Pineapple Princess Swimwear or check out our website http://www. pineappleprincessswimwear.

Summer 2020 was a tough year for this country and we wish everyone the best and hope everyone stays healthy, safe and has a happy holiday season. We are taking every precaution in store to provide a clean and safe shopping environment by sanitizing and cleaning dressing rooms and surfaces after shoppers. Thank you to our community, our town and most importantly our customers for their on-going support at the Pineapple Princess!! Sea ya at the beach!



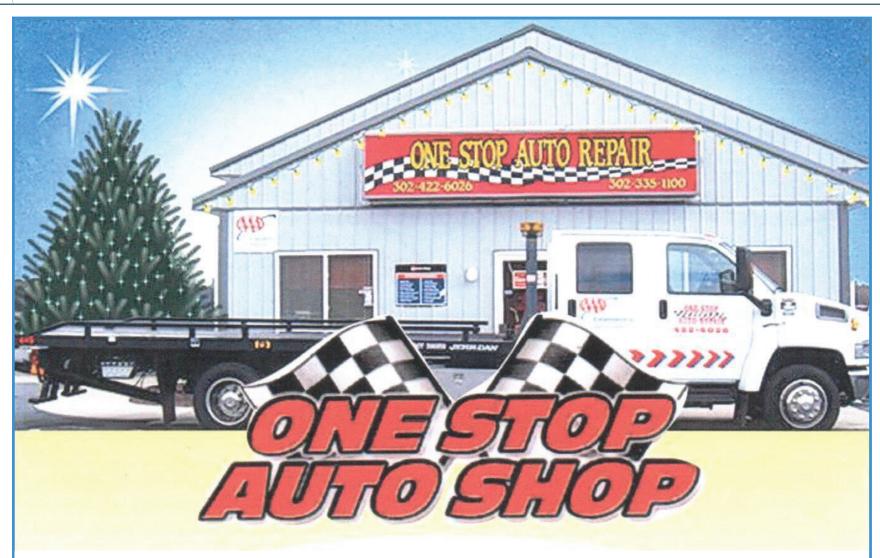












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What does it really mean to be happy? One could attribute the term to mean "Pleased."When we are pleased, we feel joy.

We know that being happy at work boosts production and enhances overall performance, so what steps do we take to achieve this goal? In other words, how can we experience joy in our work?

Many would say that rising above challenges, overcoming obstacles, or earning a promotion would invoke happiness, but these rewards tend to be fleeting. Real pleasure isn't necessarily found in what you do, but rather, *how* you do it.

"The only true measure of success is the amount of joy we are feeling." -Esther Hicks

At CAN Web Management, our creative process involves activities that help us step outside ourselves and dive deep into the minds of our clients. In this way, we can get a better feel for who we are serving so that we can represent them more accurately.

It's a mental adventure, and it helps our creative juices flow so that we can bring your company's unique culture to life online.

Interacting with the community we serve on a personal level is also incredibly enjoyable, and it fuels our passion for what we do. In fact, collaborating in creative ways to achieve mutual success is a rewarding experience for all involved. We are so inspired by the professionals we meet and continuously reminded of the importance of our company mission: Help small businesses succeed online!

Our enthusiasm for this mission is demonstrated not only in our process, but also in our results.

It's why all of our Website Designs and Marketing Campaigns are uniquely constructed with passion and purpose. It's one of the many qualities that set us apart from other agencies who offer similar services. After all, having extensive knowledge about what you do is just as important as being enthusiastic about it and enjoying the process along the way.

So, is it possible to mix business with pleasure? The obvious answer is yes, because when we truly enjoy the process, we will inevitably create a bigger result.

At CAN Web Management, we understand that learning a business is about identifying with the individual(s) behind it. Through our brand discovery process, we bring our clients organizational values and creative spirit to life online, and we have a lot of fun doing it! Our clients can rest assured that their online presence is created and maintained with the same passion and pleasure that their business is executed.

CLIENT TESTIMONIAL

""...We are delighted with our website and the exposure the site has provided... C.A.N. has remained a partner in our progress by following up on how things are going and offering tips to improving our website exposure.

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-Robert Muncy Ionastablesinn.com

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Client Review:

So here's the deal... I'm a do-it-yourself kind of person. I loathe calling someone to do what I can do myself. That being said, a busy schedule sometimes precludes me from doing what I should do. My mother had a surprise visitor nibble through her kitchen ceiling. I got a frantic phone call from her, took a quick look and decided that she needed someone to come take a look at her pest situation, so I gave her Wilkins' number. They came out promptly and took a look at the entire envelope of the house; not just the damage done by the one uninvited guest. The owner, Jay, found tracks from a couple of other varmints leading into the crawlspace as well. He was prompt, courteous, professional, and did things the right way... the way I would. He not only remedied the current situation, he took preventative measures to help keep the multitude of critters that inhabit the areas near farm fields and woods out of my mother's home. He followed up a couple of weeks later to make sure all was secure, and the job was done right, the first time. While price is not a huge concern when it comes to taking care of my parents, I must say I was very pleased with the cost of ridding her home of these tenants. It's good to know that honesty and integrity exist, and that Wilkins practices those qualities. I value good service, honesty, and professionalism. Jay, and the entire team at Wilkins Wildlife & BedBug 911, demonstrate those qualities. I wouldn't call anyone else for my home or my parents' home... and I suggest you make them your first and only call as well.

-Brian Pettyjohn















Services

- Wildlife Prevention Services
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- · Wildlife Remediation
- **Dead Animal Removal**
- Certified Bat Removal Specialists
- Bedbug Heat Treatments
- Wildlife Exclusion & Prevention
- Ridge Protection Installation
- Gable Guard Installation
- Bird Exclusion & Prevention
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like to show my appreciation where appreciation is due. Having opened on November 3, 2020, I am filled with an overwhelming sense of joy when I think about Love is in the Hair is reaching its third year of operation, and how each year has been blessed with the continued support of clients old and new and the addition of two very talented stylists. The salon has been overwhelmingly successful in bringing together members of this community and I feel so humbled and grateful for the opportunity to share my blessings with those that I love.

I must also take this opportunity to thank my two stylists, Carol and Kathy, for working so hard and pouring the utmost love and care into all of their clients. They go out of their way to make Love is in the Hair the best it can be and our team would not

LOVE IS IN the hair

be what it is without them both. Additionally, I would like to send my gratitude to Shirley for her unwavering support and encouragement since the very beginning. You all are valuable members of this team and I hope that you know how important you are to me, the salon, and our community.

In the spirit of continued community outreach, Love is in the Hair will be collecting food for donation to local food pantries throughout the month of December. These items include but are not limited to nonperishables such as pasta, sauce, rice, beans, peanut butter, jelly, canned vegetables, and cereal. If unable to donate items, monetary donations will also be accepted at the salon desk.

Again, thank you to all of my wonderful clients, team members, friends, and family. We are so fortunate to have each other and together can accomplish anything. I wish a beautiful holiday season to all and look forward to sharing in one another's blessings for the remainder of the year and beyond.

A message from Janet Charlsen, Owner & Master Stylist











getting to know the wonderful clients and people of the community! This has probably been one of the most fun years of doing hair I have had in my career, and working with Janet has been not only a great success but also great laughs daily. The salon has provided the opportunity to connect with wonderful clients and has supported my love for making people feel beautiful in their hair coloring and styling. I love my job and love the salon. The love truly is in the hair! - Carol Gruden

Working with Janet and Carol have been a fantastic experience during my transition to full-time Sussex County living. Getting to know the clients and learning the local spots has been so much fun. I made Love is in the Hair my permanent home in October of this year (2022). I will now be working full-time, 4 days a week. I am looking forward to focusing on fall and winter color shades and techniques and giving my clients what they want to help them feel beautiful! - Kathy

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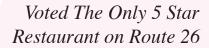




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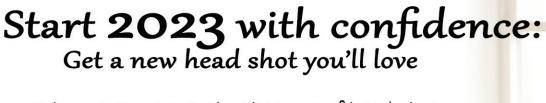
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John gave me exactly the type of head shot I was looking for and I have received amazing feedback from it." - Jessí D.

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A special note for a seamless surgery

Milford resident Lucille Mehl was so pleased with her positive surgical experience at Bayhealth Hospital, Sussex Campus that she went home after the procedure and a one-night hospital stay to handwrite a letter to Bayhealth President & CEO Terry M. Murphy, FACHE.

Those who know Mehl aren't surprised that she took the time to express her gratitude for the quality of care she received; she's developed a reputation in the community for positivity. "Everything went well, and I think it's important to write letters when things are good," she said.

for positivity. "Everything went well, and I think it's important to write letters when things are good," she said.

A retired speech pathologist and principal, Mehl relocated to Delaware from upstate New York in 2003 with her husband Tom. They chose Milford as their retirement

home and are active volunteers in the area.

In 2013, Mehl received a Governor's

Outstanding Volunteer Award for

donating time and talent to the

Prime Hook National Wildlife Refuge's Nature Center, the Milford Lions Club, Delaware Hospice, the Milford Senior Center, Seaside Jewish Community, First Presbyterian Church in Milford, and Meals on Wheels.

Looking back on her hysterectomy, Mehl admits to having a case of jitters before undergoing the procedure. "I was very nervous. It was my first experience with something like this. I had never had any big surgery," she said.

In the end, her concerns were unwarranted. Her experience, according to her letter to Murphy, exceeded her expectations from start to finish. "From the moment I had my pre-admission testing, the surgery and post-operative procedures were

excellent," she wrote.

"Everyone that I had dealings with was knowledgeable, caring and dedicated to the service they gave to me personally."

In addition to individually recognizing the staff with positive comments on the Bayhealth Honors Card, Mehl said she enjoyed having her own room, a room with a view. "My breakfast [the next day] was delicious, especially

The added touch of the Delaware State News on my breakfast tray was over the top," she wrote.

Mehl also praised her surgeon, OB-GYN Noel M. Anupol, MD, as "walking on water. He listened to my complaints." Meanwhile, he credits her for being a well-informed patient. "She is a good person and a great patient, and she asked appropriate questions," he said.

He described the procedure for this patient, a minimally invasive, gynecologic laparoscopic surgery. "Every case is different, and her procedure was appropriate for her medical problem at the time," he said.

Dr. Anupol explained that robotically assisted gynecological surgeries, including hysterectomies, are now available at Bayhealth Hospital, Sussex Campus. "The robotic arms do not replace the surgeon, and the system cannot perform the surgery by itself. It is a technologically advanced tool to help the surgeons perform minimally invasive surgery with enhanced visualization, dexterity and precision. The patient will have shorter hospitalization, reduced pain and discomfort, a faster recovery time, a quicker return to normal activities, a cosmetically smaller incision resulting in reduced risk of infection, as well as reduced blood loss and transfusions," he said. "Our philosophy is to serve all patients well and give them appropriate care," he added.

Since her surgery and recovery went well, Mehl says she has happily resumed an active lifestyle. "I am a nine-hole golfer, I dance, and I do yoga and tai chi," she said.

And to Murphy she wrote, "Thank you all again for my great care and stay. I'm just so thrilled that the new hospital is here in our community."



LEARN MORE ABOUT BAYHEALTH ROBOTICS

the coffee.

Visit **Bayhealth.org/Robotic-Surgery** to learn more about Dr. Anupol and all of our other surgeons specially-trained in robotic surgery.





Richard J. Arrigo, D.O.

Dr. Richard Arrigo is also a board-certified gastroenterologist who graduated from New York College of Osteopathic Medicine of New York Institute of Technology and then proceeded to complete his Residency at the University of Medicine and Dentistry of New Jersey- New Jersey Medical School and then his fellowship at Rutgers New Jersey Medical School. Prior to his fellowship, Dr. Arrigo was in practice with the Liver Transplant program in Newark, NJ where he managed patients with severe liver disease. Dr. Arrigo is trained to perform Endoscopic Ultrasound (EUS), a procedure that uses sound waves to create visual images of the digestive tract, and Endoscopic Retrograde Cholangiopancreatography (ERCP), a procedure that is used to diagnose diseases of the gallbladder, biliary system, pancreas, and liver. Dr. Arrigo is one of three physicians in Hunterdon County to be trained and certified to perform the Orbera Weight Loss Balloon procedure. "I hope to give my patients an answer to their problem and perhaps a cure or a way to control their chronic medical condition so they can live a better quality of life. I hope to give my patients confidence that they are in good hands."

Esophageal Cancer - Are You at Risk?

Although esophageal cancer is still relatively rare compared to other cancers, there has been a staggering 600% increase in the disease over the last three decades. The number of people diagnosed with esophageal cancer, and the number of deaths from the disease, have increased more rapidly than any other gastrointestinal tumor. Esophageal cancer is one of the most deadly cancers. Only 18% of patients diagnosed live 5 years, as many cases are diagnosed after the disease has spread. The dramatic increase in esophageal cancer has been linked to the increased incidence of GERD (gastroesophageal reflux disease). If you have been diagnosed with GERD, keep reading...

The esophagus is a tube that connects the throat to the stomach. There are two types of esophageal cancer squamous cell and adenocarcinoma. Squamous cell is normally seen in the middle of the esophagus, and is associated with smoking and alcohol use. Adenocarcinoma typically occurs in the lower esophagus, closer to the stomach, is associated with GERD, and is the more common of the two types of esophageal cancer in the U.S. When individuals have reflux, acid from the stomach enters the esophagus. Over time, the stomach acid changes cells in the lining of the esophagus. This condition is called Barrett's esophagus. When Barrett's esophagus is left untreated, the risk of developing esophageal cancer is increased 40-50x. However, if detected early, Barrett's esophagus can be treated.

Gastroenterologists periodically monitor patients with GERD to watch for the cellular changes of Barrett's esophagus. Monitoring is done by performing an endoscopy. An endoscopy is a quick, 20 minute procedure. During an endoscopy the physician passes a flexible tube into the patient's esophagus. He or she takes samples of cells that are studied in the laboratory to determine if there are any abnormalities in the cells. If Barrett's esophagus is diagnosed, the physician will implement a patient-specific surveillance plan to watch for other cellular changes that could indicate a progression to esophageal cancer.

This formal surveillance is critically important, even if the patient has no symptoms. A lack of symptoms doesn't mean no damage is occurring. The esophagus may get used to the reflux, and, as a result, discomfort lessens or disappears entirely.

What can you do to limit your risk of developing esophageal cancer?

- First, watch your weight. GERD occurs 50% more often in overweight patients.
- Second, don't ignore symptoms of heartburn or reflux. It is important to both treat these symptoms, as well as ensure routine surveillance, to identify damage to your esophagus early.
- Third, take medication prescribed by your physician as he or she directs. Do not change the dose, decrease frequency of taking the medication, or stop the medication without consulting your physician. Although you may no longer feel the heartburn or reflux, there may still be a negative effect of stomach acid impacting the cells of your esophagus.
- Fourth, watch for symptoms that may indicate a change in your condition. If you experience difficulty swallowing, feel food stuck in your

throat or chest, choke on food, have unintentional weight loss, worsening heartburn, coughing, hoarseness, or loss of appetite schedule a visit with your physician.

The bottom line:

- Increased weight may result in **GERD**
- Reflux from GERD may result in Barrett's esophagus
- Although rare, Barrett's esophagus may lead to esophageal cancer
- Esophageal cancer diagnosed at later stages has a high rate of death

medication, and both Barrett's esophagus and esophageal cancer can be detected early with routine monitoring.

If you are interested in learning more about your risk, our physicians at Hunterdon Gastroenterology Associates have many years of combined experience diagnosing and treating GERD and Barrett's esophagus. We are available to answer questions about your particular situation.

But, GERD can be controlled with

"I lived on antacids for years and then learned it was the worst thing I could have done for my condition." - Carol C.

HEARTBURN

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Now you can enjoy permanent relief from the pain of acid reflux, gas, or bloating. The first step is discovering

1) Do I have GERD? Gastroesophageal reflux disease (GERD) is chronic acid reflux, the result of stomach acids flowing back up into your esophagus. A medical exam is required to determine if your heartburn is the result of GERD.

- 2) What are the symptoms of GERD?
- Chronic heartburn
- Heartburn that disturbs your sleep A sour taste in your mouth
- A burning sensation in your esophagus - Excessive belching
- Hoarseness, voice changes or dry cough Chest Pain

3) How do you diagnose the cause of my heartburn? Our board certified gastroenterologists offer the most advanced tests to assess gastrointestinal conditions and determine the cause of your heartburn.

4) If I self-medicate with antacids, will my acid reflux go away? If left undiagnosed, GERD can lead to the precancerous condition known as Barrett's Esophagus – or worse, to esophageal cancer. We also look for esophageal ulcers and the narrowing of the esophagus

5) How can I learn more? HGA offers a complete overview of digestive health disorders and the tests and treatments for all disorders of the gastrointestinal tract. Visit HunterdonGastro.com to learn more.

Call to schedule an appointment (908) 483-4000

We have extended hours for your convenience

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www.HunterdonGastro.com

Slide on into 2023 with these fresh ideas for those hard to cover Sliding Doors!



Often while on an in-home consultation, the topic of handling the sliding door comes up. It's always accompanied with some sort of joke, or look of bewilderment. I usually look forward to figuring out my customer's way of articulating their concern. To paraphrase, it generally goes like this. "I need to cover this—I HATE VERTICAL BLINDS." Of course, I need only remember back to my first apartment to understand why. Cheap vertical blinds are everywhere. Their top treatments are either bent up and trying to fall, or already placed in that closet, behind the water heater. The vertical louvers are seldom part of a complete set. They like to break and fall, and usually there is tape or unmatched colors mixed in for good measure. The good news- the custom blinds industry has you covered with more modern and beautiful options!

Vertical Honeycomb Shades-

Honeycomb shades are quite popular these days, so why not for sliders? Several manufacturers make honeycombs that are rotated on their side, and anchored to the stack side, and make a solid option for this application. Not only are these available in many colors and textures, but they are some of the most insulative coverings available. When you want to use the door, simply slide the shade into the closed position. You want it half open- no problem. Generally, magnets are used to help in the fully closed position.

Shutters-

Shutters are one of the hottest products in the window covering industry, thanks in part to myriad of home improvement shows that seem to always drop in shutters as one of the final touches. Shutters are also a great insulator and are extremely easy to use. If you have kids or pets that are prone to a little rough housing, these are a nice hearty choice.









Sheer Shades-

Another trendy approach comprises multiple layers of sheer fabric, arrayed in a varying degree of light blocking and privacy choices. Essentially, when the vanes are opened, you can see right through the sheer backing. When you want that privacy, close the vanes and you're all set.

Natural Woven Wood Drapes-

If you are a big fan of a natural look, several manufacturers market woven shades that are turned for use in vertical applications. Generally cordless and extremely light, these can be optioned with base bamboo materials that are cost competitive to custom vertical blinds. If you want to add darkening or higher levels of privacy, linings can be applied to the back.

"Old school" Vertical Blinds-

Yes, you're reading this correctly. These are still made! As a provider of many different window treatments, I want to go on the record to say that vertical blinds are a great product. If you skip the dollar store version, you will find a smooth, effective, and long-lasting covering for a large glass door. No other treatment combines versatility, ease of use, and affordability quite like this venerable leader. Modern vertical blinds are available in high end vinyls and fabrics. For a contemporary look, we recommend outfitting your vertical blind with a stained wood valance, which can easily be matched to flooring, cabinetry, etc.

As always, we recommend consulting with professionals to ensure your product is right for your application. This will also help improve the finished look and long-term reliability of your new treatment. Also- do make sure your seller offers you some sort of warranty for this or any window covering. Not only is this good insurance in case of damage or faulty components, but custom blinds retailers are not looking to warranty something that will fall apart.



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if You Need New Windows?

How recently have you inspected the state of your windows and doors? Even the highest-quality windows have a limited lifespan. According to Real Homes, a well-maintained window frame can last 20 to 50 years depending on the material. While well-maintained items can live longer, once your windows near the end of their expected lifespan, it's time to consider replacing them. Here are some more indicators that you need new windows.

Worn-out Windows

You should replace windows if you notice signs of warping or double-glazing deterioration. However, it might be challenging to keep wooden window frames in good shape. Once the rot begins to develop in the wood, it may be quite challenging to stop it and stay on top of it. Adjusting the window so that it still appears attractive and performs its function effectively when it starts to rain will prove an arduous task. Of course, if you just leave it, the rot will only worsen, making it more difficult to open and close the window.

High Energy Bills

High energy costs and poor

insulation in your home can be caused by inefficient windows. The more heat exits your home, the more you'll need to use your central heating and air conditioning to make up for it. Stand near the window and assess whether it's cooler than elsewhere in the room. If the glass feels cold to the touch, it's an indication that you're wasting energy.

Excessive Outside Noise

If you live next to a busy road,

noise from outside can be irritating. Luckily, modern windows have a reduced sound transfer feature that can significantly improve your quality of life. However, if you can still hear noises outside when the window is closed, your window is likely fairly old and requires replacement. Therefore, buying a new one is the way to go if you want to enjoy peace and quiet.

Windows are an investment that'll increase the value of your house and

greatly enhance its exterior appeal. Additionally, they enhance insulation and energy efficiency inside your house. Proper window installation ensures you receive a suitable amount of natural light too. Window renovation is a fantastic project guaranteed to pay off, whether you're just looking to improve the beauty of your home or save money on your energy bills. Call us to get a reasonable window replacement quote from experts.



Martin's Will Treat Your Water Right!



OUR STORY

Here at Martin's Water Treatment, we are committed to serving our customers and community at the highest level. Our small family business was established 16 years ago in 2006 by owner/operator Allen Martin. After 10 years of water treatment business experience under his belt already, Allen took his knowledge, experience, and passion for helping others and opened the doors to Martin's Water Treatment. His mission was to provide top quality, USA made products built by Clack, at an affordable price to as many people as possible throughout the state of Delaware and Eastern Shore Maryland. Since that time, Martin's Water Treatment has grown and flourished, giving us the privilege to help countless individuals and businesses solve the often complicated issues that problematic water can present.

OUR SERVICES & GOALS

We offer treatment solutions for a wide range of common and not so common water problems such as iron, bacteria, hardness, odor, low pH, nitrates, arsenic, lead, tannins, copper, and chemicals, just to name a few! It is important to remember that there is no "one size fits all" answer for water treatment. Different problems require different solutions, and each house, each business, each well, and even each municipal area is different. We provide our customers with free, in home, lab grade testing which we perform right there on the spot with you. Once we have your readings, we will be able to provide you with a custom treatment plan unique to your home or business, sized proportionately to your individual water readings, and prioritized correctly based off your personal concerns. Our goal with each customer is to provide an accurate, easy to understand breakdown of the issues being presented, along with a comprehensive treatment plan to get the job done right the first time. We want to provide you

with long term solutions, not quick fixes! Most importantly we want to help you give the gift of good health to yourself, and the people you care about. That means making sure the water in your home is pure, clean, and contaminant free – water is the basis of life as we know it, so nothing could be more important than making sure the water you and your family use every single day is of the highest caliber.

COMMON ISSUES & SOLUTIONS

Here are 3 examples of common issues we see every day, along with their solutions.

If you are experiencing unsightly brown staining, metallic odor, or a white, cement like residue in your showers and sinks, your water has iron and/or hardness present. We use a conditioner/softener, sized proportionately to your readings, to treat both issues at the same time.

If you are suffering from a low pH, or acidity in the water, you may have had to purchase a new hot water heater or 2 in recent years due to the acid eating up the old one. Acid water

will corrode any metal it encounters, ruining your home, and depositing heavy metals into your water which then make their way into your body! Acid water is "neutralized" by installing a neutralizer, which distributes a natural mineral called calcite into the water, removing the acid, and raising the pH up to a neutral 7.

Bacteria is another common issue we see regularly. People selling their homes will often find they have a bacteria contamination in their well and must get it fixed in order to have the sale go through. We work with many realtors, sellers, and buyers daily to provide not only lab testing and sample pulls, but also well shocks, and UV light system installs to fix the issue of bacteria. Our UV lights are a guaranteed and permanent fix for bacteria, and we include a guaranteed passing bacteria test in the price of installation. If you're a realtor, or buying/selling a home, we can help you work through whatever water issues might arise during the sales process.

OUR PHILOSOPHYWe believe what truly

makes us unique in this business is our desire to genuinely help others. Being a small family business, we believe in treating YOU, the customer, like you are a member of our family as well, treating your home like it's our home, and going above and beyond to provide you

with an experience without comparison. It would be our distinct privilege to have the opportunity to earn your business and trust, so call us today to find out what everyone already knows – at Martin's Water Treatment, we treat your water RIGHT!!

"Couldn't be more thankful to have found the wonderful people at Martin's Water Treatment. The acidity problem I had with my water was ruining all my pipes and appliances and staining my clothes. I called Martin's Water Treatment and they came out and were able to correct my issues in less that 48 hours, completely installed and done. Total pros!!" - Carla K.





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What Our Customers Say!



Although we use Bennett Termite & Pest Control for routine pest control and inspections, we had an emergency issue arise. Bennett handled our call promptly and came out to determine the extent of the problem. They performed the heat-treatments required and arranged for a special certification. The problem was solved quickly and perfectly. We would highly recommend Bennett Termite and Pest Control services to anyone.

We use Bennett Termite and Pest Control for our routine pest control and for inspections. However, we had an emergency this past week. Bennett arrived quickly and evaluated my problem. They provided a Heat Treatment and arranged for a special certification. As always Dean and his staff were courteous, explained things well, and provided great service. We highly recommend Bennett Termite and Pest Control for all your pest control problems.

Bennett is known for their termite & pest control but their crawl space encapsulation programs are the top of the line. You can not get better prices. Very professional and timely. Local guy Dean Bennett and Bruce very easy to talk with no pressure!

Our neighborhood has had a termite scare, with several infestations. After reading all the great reviews for Bennett, we chose them to inspect for peace of mind. Robert came out within two days, was very nice and very professional, and inspected for free (!!!). Luckily we don't have any termites, but Robert showed me exactly what to look for, and I will definitely call Bennett if any issues every arise. Highly recommend, a company that seems to pride themselves on honesty and customer service.

Had a really bad ant problem, talked to dean about it and he didnt hesitate to have me put on the schedule and have a guy out to my house ON TIME and when scheduled, the guy was very nice, explained everything he was doing and it wasnt expensive at all. Definitely recommend Bennett Pest Solutions, honest and affordable! Thanks!!!!

I highly recommend Bennett Termite and Pest. They are professional, prompt, and do an excellent job. I am in property management in OCMD. and I count on Bennett often. I have never been dissapointed in there work. Special shout out to Jennifer and Bruce. Thank you!!!

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- Delores Mast

Great job and very affordable very pleased. - John Gaydos

Friendly, professional, great work! And the Bonus is COWBOYLOVE! Second time using and will look forward to future work! - Kymmr Barker

Great service, the best !!! Owner very well mannered and does an excellent job on carpet, chairs, cars etc. - Jerry Smith-FeShields

I Would definitely recommend God Waynes carpet care for anyone who needs carpet service on time Pelee great service great job my carpets look 10 times better than what they've ever looked. - Roza Montoza

Awesome!! - Sabrina Hurst

Awesome experience with Godwins! Sean Sr & Sean Jr. did a fantastic job cleaning my carpets and sofa. They were friendly, professional and thorough. I highly recommend them for any of your spring cleaning needs. - Denise Di Sabatino Hoban

The best! From start to finish, great timing, very friendly! My carpet looks brand new. - Ronald JR Deshields

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He came to my home amd did my furniture and family room carpet. it looks great am so pleased. i was at work but my father said that the person who came was very pleasant. Would recommend to give them a try if you are in the need. - Cecelia Toomey

I would highly recommend Godwin's. He did a wonderful good on my carpet and fouton and his rates are very reasonable if you want "quality"! - Lyndon N Babie

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What Our Customers Have to Say ...

I had such a great experience tonight!! Everyone was so welcoming when entering the restaurant with happy hellos and refreshing smiles! We got seated super quickly and had such amazing service!

The food was ridiculously delicious! They care so much about the flavor they add into their food for you want to end up craving it and wanting to come back for more!! You can tell they have a great system and team player staff members because of how they all get the job done together. Thanks for being amazing!! Next time we visit back home we will be sure to stop back in!!



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