

THE SUSSEX COUNTY

Women's Journal™

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



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THE SUSSEX COUNTY WOMAN'S NEWSPAPER

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EDUCATION - EDUCATION - EDUCATION! The term is as old as time. When people are asked why they make a decision, they usually say it's an EDUCATED guess.

I have been in publishing since 1969 and I can say with certainty that the most successful people are the ones that think before they act, and now more than ever that is important.

The whole premise of the Woman's newspapers is dedicated to supplying quality information that is objective, informative and educational.

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Enjoy Reading!

The Publisher

*Optimism is essential to achievement
and it is also the foundation of courage
and of true progress.*

Nicholas Murry Butler

On the Cover



Top left to right: Enrique Cruz, Chris Rementer, Andrew Short, Kevin Gilmore

Bottom left to right: Yannette Cruz, Leah Ellis, Jonnika Waters

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R. Alberto Rosa, MD, 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, Del. Dr. Rosa is trained in non-invasive cardiology, nuclear transesophageal 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 cardiology.

Is an Aspirin a day still a valuable tool to prevent cardiovascular events?

There has been a considerable amount of interest in recent months over the efficacy of using aspirin as a preventive measure in reducing cardiovascular events. In the fall of 2018, the publication of 3 major clinical studies offered strong evidence to the contrary. Here is the issue, however that has led to major confusion in a great segment of the general public: We are talking about "Primary Prevention" that is, avoidance of a first cardiovascular event such as a heart attack, stroke, or sudden cardiac death. For patients that have already survived any of those events, or have had cardiac surgery such as coronary bypass or intervention (angioplasty or stents), vascular surgery or intervention, mini strokes (transient ischemic attacks), or peripheral vascular disease, the use of aspirin remains very important, as "Secondary Prevention". In other words, to prevent yet another event or need for further surgery or other procedures.

The recent studies involved a variety of patients ranging from type 2 diabetics to non-diabetics and ages mid to late 50's to over 70 years of age. The use of aspirin to prevent cardiovascular events in patients that have

not yet suffered from such a problem, even by the age of 70 years, showed to reduce the probabilities by 12% (in the best-case scenario) but at a significant cost of a 29 % increase risk of bleeding. Some of the bleedings were serious or even fatal in a small percentage of cases. It is important to note that the dose of aspirin utilized in these trials was 100 mgs against a placebo.

So, what have changed over the years to make the use of aspirin seemingly not that helpful or quite frankly, potentially dangerous? Several factors have been found to play a major role in this paradigm shift. First of all, the old primary prevention trials (late 80's-early 90") included a significantly higher number of smokers, poorly controlled hypertensive patients and diabetics likewise with less strict control of their blood sugar levels. Second, and perhaps more important, there was a relatively low use of cholesterol lowering drugs, particularly statins. In the recent trials, which were named ASPREE, ARRIVE and ASCEND, the use of statins among participants reached 34 %, 43% and 75 %, respectively. Other influential factors nowadays, are better dietary habits and more regular

physical activity in the general population, as a whole.

To summarize the practical implications of the most current medical evidence about the use of aspirin for cardiovascular disease, here are the take home points:

1.-Aspirin remains a very important medication to be used in all cases (unless specific contraindications are present) for patients with a history of heart attack, stroke, or coronary surgery, stents/angioplasty, carotid artery disease/ surgery

or peripheral vascular disease, particularly in diabetics and/ or smokers. This is the Secondary Prevention scenario.

2.- For patients whom have not yet suffered any cardiovascular events, specifically heart attacks, angina, strokes or "ministrokes", or cardiac surgery or intervention (stents or angioplasty) or peripheral vascular disease, the use of aspirin to prevent a first event ("Primary Prevention"), is still beneficial but it comes at a considerable higher risk for bleeding, some of which could

be serious or even fatal.

It is important that, in all cases, before starting or stopping the use of aspirin patients consult with their cardiologists or health care provider responsible for their care. It needs to be done for the right reasons. Aspirin have been around for over 150 years in the medical field and have been a lifesaving drug for millions. Recent evidence brings to light the need for a more careful and thoughtful use of this old and trusted friend. Let's have that conversation!

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Laser Hair Removal - Is It Right For You?



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.

Wouldn't it be nice to leave the razor home when you go on vacation? No need to worry about pesky bikini hair and razor burn? Would you like to wear that sleeveless dress and not worry about underarm stubble? Or deal with a pesky mustache or chin hair!?! Well, we at Renove Medical Spa, have got you covered!

Dr. Michelle Parsons, M.D., has been offering laser hair removal treatments at Renove Medical Spa since 2006, so when it comes to laser hair removal, well we know a thing or two!

Laser hair removal can be used to permanently remove unwanted hair from just about any place on the body and face. And with the expertise of Dr. Michelle Parsons, M.D. we at Renove Medical Spa can also treat all skin types and colors, which is critical for a comfortable, effective and safe treatment. ALL laser hair removal treatments at Renove Medical Spa are either performed or directly supervised by Dr. Michelle Parsons.

How Does Laser Hair Removal Work?

Laser hair removal was first discovered in the 1960's by a Russian laser scientist who accidentally applied the laser energy to his arm and noted that the hair on his arm did not grow back in the area. The medically controlled application of laser to deliberately heat up a hair follicle to destroy the body's ability to produce hair from that follicle was not FDA approved until 1995. We've come a long way since 1995 and now there are many different modalities to remove body hair, though they all follow the same basic premise: heat up the hair root that is imbedded in the hair follicle, so that the follicle is damaged and cannot produce a hair. It typically takes just one treatment with a laser to damage a hair follicle to no longer be able to produce a hair. However, only approximately 20% of our hairs are in the active growth phase that has a hair root actually present, which is required for an effective treatment. If the hair is in another phase

of growth, such as the resting phase, and the hair root is not present, then the laser has nothing to target. This is why it takes several treatments, on average 4 to 5 treatments, 6 to 8 weeks apart, to complete a hair removal treatment plan to effectively eliminate the majority of the hairs in the treated area.



What Body Areas Can Be Treated?

Any area of the body can be treated with laser hair removal to eliminate unwanted body and facial area. We routinely treat body areas such as the underarms, bikini areas, including a full Brazilian treatment, legs, arms, back, scalp hairline, ears, and neck. Bar none the most common area we treat though is the face, such as the chin, neck and upper lip. All of these areas are easy to treat, in all skin colors. Facial hair is often under the influence of hormonal fluctuations, and unfortunately can continue to recur, despite ongoing laser hair treatments. However, when the face is treated, hair growth is stunted without hair growth for 12 weeks. This timeframe is often acceptable to many of our patients with stubborn facial hair.

Can Laser Hair Removal Treat White or Gray Hair?

Laser hair removal works by the laser heating up the melanin, or pigment, in the hair root. If there is no melanin or

pigment in the hair root, the laser cannot heat up the hair bulb, and therefore cannot damage the hair follicle that produces the hair. Therefore, laser hair treatments cannot permanently eliminate very fine blonde or white hairs. However, the laser WILL stunt their recurrent growth for 12 weeks after a laser hair treatment. Again, this timeframe is often acceptable to many of our patients with facial hair that is white or gray. Shown is Dr. Parsons utilizes the Sciton BBL device to treat unwanted very light facial hairs, to keep them at bay for up to 12 weeks at a time.

Can the Hair Grow Back?

After a successful treatment of an area with laser hair removal, hair in that area is typically diminished permanently. Typically the only time hairs return to a successfully treated area, is after a time of hormonal changes, such as during pregnancy, treatment with birth control pills or hormone replacement therapy, or menopause, and then hair only recurs in hormonally dependent areas, such as the bikini and pubic areas, and face. So once leg, arm or underarm hairs have been treated successfully with laser hair removal, the results are permanent.

Which Laser Does Dr. Parsons Use for Laser Hair Removal?

Dr. Michelle Parsons has chosen the best, most effective and American designed and made laser for her laser hair removal treatments. At Renove Medical Spa we utilize the Sciton 1064 NdYag laser. We also have the Sciton BBL with numerous different wavelengths to address different hair and skin types, so all of our treatments are specifically tailored for each individual.

If this article makes laser hair removal sound like a simple process, it can be, but only in expert hands with years of experience to appropriately select the proper duration and intensity of the laser pulses applied to the skin. Don't let anyone perform a laser treatment on your skin without proper medical credentials.



Laser hair removal treatments are a medical procedure and must be performed or directly supervised by a physician trained in laser treatments, for the safest and most effective results. Dr. Michelle Parsons has been performing laser hair removal treatments since 2006 and is the most qualified and experienced practitioner in the Rehoboth Beach and surrounding area.

If you would like to see if you are a good candidate for a laser hair removal treatment, you can request a complimentary treatment of an underarm area, to see if the treatment is right for you. Ask for the One-Underarm-Challenge and use promo code SCWJ! Or book your laser hair removal treatment here under heading "Hair Removal": <https://go.booker.com/location/Renove/detail-summary/4288026>.



Michelle Parsons, MD
ReNove Med Spa

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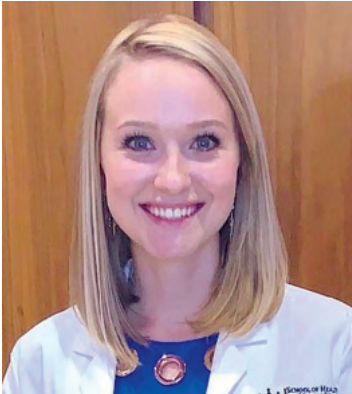
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Summary of Women's Cancer Screening Recommendations



By Emily Quigley, PA-C

Many women have put preventative healthcare on the backburner during the COVID-19 pandemic. As a physician assistant practicing geriatric primary care, I sometimes see malignancy that could have been detected sooner. My passions lie in preventing illness and maximizing quality of life, so I'd like to share cancer screening guidelines given by the U. S. Preventive Services Task Force (USPSTF). Guidelines are valuable; however, I advocate for patient-centered care, meaning each person requires a plan tailored to their unique needs. I hope this inspires you to schedule an appointment with a healthcare provider to discuss your own preventative care plan.

Screening for breast cancer is done largely by mammography. The USPSTF recommends mammograms every 2 years for women aged 50 to 75. For women aged 40 to 49 and over 75, the decision to screen is individualized. Women with genetic mutations, such as BRCA1 or BRCA2, or with previously diagnosed high-risk breast lesions should discuss screening with their provider.

Cervical cancer screening begins at age 21, and is conducted by Pap smear and/or HPV testing. Human papillomavirus test (HPV) is an infection that can cause cervical cancer. Screening typically occurs every three years. Women younger than 21 years, older than 65 years with adequate screening history, and women with a hysterectomy typically are not screened for cervical cancer.

The USPSTF recommends screening for colon cancer for all persons aged 45 to 75, which is a new recommendation, as routine screening used to begin at 50 years of age. If there is a family history of colon cancer or some other gastrointestinal diseases, earlier screening is

likely indicated. Methods of screening include colonoscopy and fecal testing. A person's recommended screening method will depend on several factors, so it's best to discuss this with a trusted healthcare provider.

History of tobacco use mandates additional screening. For adults aged 50 to 80 years who have a certain smoking history, the USPSTF recommends annual screening for lung cancer with low-dose computed tomography (CT scan). Screening may be discontinued once a person has not smoked for 15 years or develops certain health problems. Smoking cessation remains the greatest way to reduce the likelihood of lung cancer.

I am a physician assistant with experience in primary care and urgent care. When I'm not

with patients, I enjoy travelling, the outdoors, cooking, and valuable time with my husband, who is an Air Force pilot. I currently practice at PACE Your LIFE, which is a Program of All-Inclusive Care for the Elderly located in the Milford Wellness Village, now serving southern Kent & northern Sussex counties. Our goal is to reduce hospitalizations and nursing home stays for our participants. We provide comprehensive community-based care with compassion and help seniors age in place with grace and dignity. We are currently recruiting healthcare providers who hold these same goals to become part of our PACE Your LIFE network. If you or your company are interested in contracting with us, call us at 302-865-3565 or visit www.paceyourlifemwv.com.

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!

**PACE Your LIFE
is a Program of
All-Inclusive Care
for the Elderly**



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.

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Easterseals Camp Fairlee Fun for All

By Natalie Scott

For the Shuler family, Easterseals Camp Fairlee means something different to them all. To 34-year-old, Ryan, a week-long stay at Camp has been a tradition for 26 years. For his fifteen-year-old, twin brothers, Austin and Elijah, experiencing Camp Fairlee for the first time meant adventure and independence. For their parents, Kim and James, Camp Fairlee means respite and a chance to rejuvenate.

“Camp Fairlee gives us a break. We are able to re-energize so we are better when they come back from camp,” Kim says. “This year we were able to go on day trips and get things done around the house we couldn’t do with them here.”

While his parents enjoyed respite, Elijah had his sights on other things, like good food. “The food and the activities were good. I liked fishing but not as much as the pool. Camp helped me to become more independent,” Elijah says. “I had a great counselor. The cabins were very cozy. The zip line was cool. I did it twice!”

Easterseals Camp Fairlee is an unforgettable experience for people of all ages with disabilities. During a typical summer camp session, campers enjoy activities including horseback riding, walking nature trails, zip lining, swimming, canoeing, kayaking, arts & crafts, fishing and so much more. The boys, who have autism, enjoyed Camp’s many activities, especially fishing since Elijah caught a really big fish.

“I loved the pool. I passed the swim test on the first try. I loved the sitting area where I was able to read my books. The slip and slide and canoeing were my favorites,” Austin says. “I made a friend and we played basketball together. Camping has helped me to become more resourceful. It has helped me to be more prepared and organized.”

Ryan, who loves telling everyone about Camp Fairlee and his experiences there, enjoys trying new things at camp like the rock wall and zip line. He also felt that camp helped him to become more independent. He enjoys meeting new friends and singing karaoke. “I had great staff and can’t wait to go back to camp to spend time with my friends.”

While campers rely on Camp Fairlee for adventure and independence in a nurturing and supportive environment, parents/caregivers who need respite care depend on Camp Fairlee for high quality, professional services. Each year camp

counselors receive intensive training to ensure the health, safety and well-being of the campers.

“If you have a child with a disability, it is a wonderful experience. It is two-fold, they can meet new friends and get to do things they can’t at home and parents get to regenerate and prepare for when they come home,” Kim says. “The boys loved camp so much they were upset to leave and can’t wait to go back next year.”

Give your loved one an unforgettable experience and take a break from caregiving by taking advantage of Camp Fairlee’s week-long-summer-camp experiences. Learn more about Camp Fairlee, which provides a typical residential camp experience for children and adults with disabilities, at www.CampFairlee.com or by calling 410-778-0566.

Along with Camp Fairlee, Easterseals offers a range of services. Please visit their website to learn more about our services for people of all ages and abilities: www.de.easterseals.com.



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Happy 100th Birthday Gertrude!

Gertrude Elizabeth Sochurek of Dagsboro credits having a positive attitude and keeping her mind active for her being able to live 100 years. She admits the years could be challenging and it wasn't always easy.

Gertrude was the middle daughter of three sisters born in Baltimore, Md. In 1926 when she was only three years old, her father died in a work-related accident. She tells that she and her older sister would walk to their grandfather's bakery for day-old baked goods to sustain them during the Depression. In the 1930s, Gertrude's mother remarried and her stepfather took on the role as a loving father. Her brother soon joined the family.

Gertrude's mother kept her daughters busy by doing chores for neighbors to supplement their income. However, Gertrude loved to read and sometimes tried to hide in the bathroom with a good book.

After graduating from high school, Gertrude went to work for Epstein's Department Store in Baltimore. She and her childhood sweetheart, Ferdinand, were married in her mother's living room in 1943 when he returned from military boot camp. When he returned home from WW2 in 1945, they lived with Gertrude's mother until they saved enough money to move into their own apartment. Their first son, Ferdinand, Jr. (Ferdie), was born in 1947. Ferdinand worked at A. Hoen and Company, a printing business in Baltimore until retiring in the 1980s. They finally were able to move to their own home, a townhouse in Parkville, Md., in the early 1950s. Her second son, Jan, was born in 1952 and the family was complete.

In the 1960s, the Sochurek family moved to a larger ranch-style house. Son Ferdie was drafted into the Army in the spring of 1969 and died during the Viet Nam conflict in February 1970. Members of VFW Post 7234, Ocean View, honored Gertrude on her 100th birthday as a Gold Star Mother. State Senator Gerald Hocker also sent a written tribute from the Delaware State Senate in honor of her "Centennial Jubilee."

During the 1980s, Gertrude and Ferdinand both retired and doted on granddaughter, Tiffany. The end of the decade was hard for Gertrude because her husband passed away from liver cancer on New Year's Eve 1989. She also lost her younger sister and brother.

The 1990s found Gertrude on her own for the first time in her life. Son Jan and his second wife, Jowina, gave Gertrude a grandson, Derek. In 1991, Jan and Jowina invited Gertrude to live with them in their new house in Ellicott City, Md. During the day, she got involved with the senior center in Ellicott City and enjoyed taking many trips and exercising with friends there.

The 2,000 decade saw Gertrude have many medical procedures. Due to arthritis, she has had two knee replacements, two hip replacements, and two shoulder replacements; the last at the age of 94. Her family calls her "The Bionic Woman."

In 2018, Jan and Jowina retired and moved to Delaware. Gertrude tagged along. She has made many new friends around her new home east of Dagsboro and has become a regular at the Ocean View CHEER Center. She participates several times a week in the exercise classes at CHEER led by Lori and has a personal trainer come to her house once a week.



Gertrude says she has some good genes; sister Norma, who is two years

older, is still living and resides with her daughter in Baltimore. Whatever the reason for her longevity, Gertrude is a role model for all the seniors at CHEER. She always has a smile on her face and nothing is too much for her to try. Welcome to the CHEER Centenarian Club.






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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-the-counter (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?

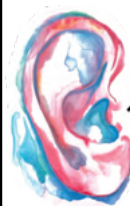
Lack of proper follow-up care and support is one of the most common reasons people return. It is why our office creates a follow-up plan for every patient.

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



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Little Teeth Big Problems!



my head was still held high but merely to be on the lookout and prepared to fight or flight! Within a few minutes of being sat down the dental assistant starts to head toward my chair with a Stainless-steel tray on hand and metal instruments making an ominous sound as they roll around on the tray. I see my opportunity to escape vanishing with every step she takes and before she could even put the tray down, I bolted out of the chair and I was out of there! The visit was not successful, and the experience gave me valuable insight into the fears and anxieties children can experience.

By Gerardo Martinez, DMD

For some people just the thought of going to the dentist can be stressful. This is not an irrational fear. After all, dentistry is very much in your face type of deal, literally! Dentists are usually well inside the boundaries of personal space. We also like to have our patients reclined back in a vulnerable position with a bright light pointing right at their face and that is before any of the less enjoyable stuff begins! The wonderful tastes, the yummy smells, the delightful numbness and the occasional gagging!

My first experience at the dentist was when I was around 8 years old. I can vividly remember when the assistant called my name and asked me to follow her to the dental chair. I did so without hesitation, my head held high. But it was not long before my bravery started to wane, by the time I made it to the chair

Pediatric dentistry is a dynamic field with a wide range of treatment options, philosophies and objectives. Just like the toothpaste isle at your local supermarket the options can sometimes be overwhelming and difficult for parents to clearly understand. Our focus when proposing treatment recommendations revolves around what is in the best interest of the child and their health. This often means less invasive options that can be handled better by young children without the need for numbing or drilling. The use of silver

diamine fluoride (SDF) a liquid medication that helps inactivate tooth decay has dramatically reduced the number of children requiring extensive treatment. SDF works by allowing the tooth the opportunity to heal itself by forming a protective layer that functions similarly to a scab on a scraped knee.

At Delaware Pediatric Dentistry we are committed to providing child centered dental care in a friendly environment for all children. It is our goal to empower patients and families with the tools and knowledge to fight against dental decay. Dental caries or “cavities” commonly known as tooth decay is the most common preventable chronic disease in children. It was called a “silent epidemic” in the 2000 surgeons general report on oral health. Most children will experience dental caries by the time they reach kindergarten, and many suffer from chronic pain that impacts their quality



of life and school performance. Dental decay can often grow undetected by parents until symptoms develop. Therefore,

the American Academy of Pediatric Dentistry and the American Academy of Pediatrics recommend all children establish a dental home by their first birthday.

Infant exams are the perfect time to review prevention and evaluate for any possible tongue or lip ties and other growth and development issues.



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WHO WE ARE

Led by Board Certified Pediatric Dentists, Dr. Gerardo Martinez and Dr. David A. Delgado, 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.

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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 Bio-Identical 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.

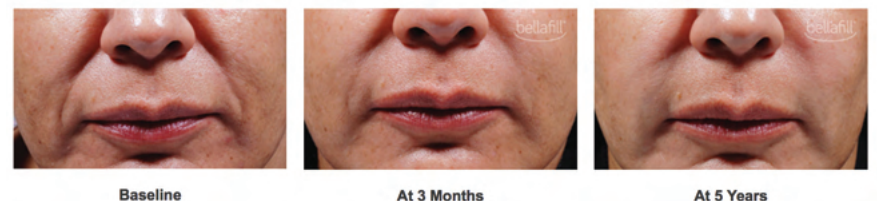
How long does Bellafill Last?

Since Bellafill stimulates the body to produce it's own

collagen, the results of Bellafill can be 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



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 promo code SCWJ to receive an Introductory Special on Bellafill.

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Michelle Parsons, MD
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How To Get The Care You Deserve

Choosing the Right Home Care Options: What Questions To Ask?

Coping with aging, serious illness, recovery, disability or injury can be very challenging! Choosing the right type of care can be just as tough. It is helpful to know what the differences are among various types of care as you consider your options for the best source of help.

Deciding what type of care is best for you or a loved one at home depends significantly on multiple factors. This includes what the care is intended to do, how long needed, patient diagnosis and level of ability to perform "Activities of Daily Living" (ADL).

Home Care is more companionship and regular assistance with ADL's so you can age comfortably in place (At Home). It is designed for people who need some help with day to day activities in the home or needs someone around in case of emergency. This type of care is often long-term, provided by trained aides. Services are paid by the individual, or covered by some type of personal or Medicaid insurance. So how do you select the right option for your loved one?

What are some of the most asked questions? Part 1

Q: How many and what hours can you work per day?

- ABC provides around the clock service, from 2 hours to 24 hour live-in care
- Care is available 365 days of the year
- Schedules are customized around the client lifestyle and family needs

Q: What does insurance cover or do I have to pay?

- You need to call your agent and ask about Long Term Care (LTC) coverage.
- If you are eligible, Medicaid also pays for these types of services. Contact your local office and inquire if you meet requirements. If eligible, the care is at no charge to you and Medicaid program will determine how many hours you receive.
- This is based on physical need, income, and assets
- Financial requirements have a five year look-back.
- Veterans can apply for Veterans Affairs (VA) Waiver
- Agencies do accept private pay, usually requires deposit and is billed weekly
- Consulting with an Elder Law Attorney is also highly recommended

Q: Do you perform household duties for your clients? If so what can you do or cannot do?

- Yes, ABC assists the family with small household chores
- Light housekeeping: dusting, dishes, mopping, vacuuming, laundry
- Meal Preparation

- Personal Care: Bathing and Grooming
- Errands
- Companionship

Q: What do we need to do to obtain your services?

Always Best Care is a resource for your Home Care needs. We are available for free consultation and we can advise the best options for your particular situation. If we do not have the answer, we can point the community in the right direction. The main points to be gleaned are start preparing now and ask questions. Get the family together and deal with the inevitable while you can do it calmly as a unit. This is a lot for one person to handle, and every situation is different but you can be prepared to make the best choices.

Testimonial:

"Did you know that you can engage in planning to protect your assets from the costs of long term care? No matter if you have a 5-year planning window or not, there are strategies that can be implemented to preserve your life savings, set aside a nest egg for yourself, and provide for your family. The biggest takeaway – it's never too early or too late to plan!"

Amber B. Woodland, Esquire, PWW LAW




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Medical Cannabis at The Natural Wellness Center

Dr. Alarcon and Missy Burbage, Owner

Most people know medical cannabis is legal in Delaware. The stigma has been lifted now that the community realizes the health benefits of medical cannabis and the extreme dangers of getting marijuana off the streets. The fact that smoking is not the only option has helped break down a lot of barriers. Medical cannabis comes in many forms, including capsules and other edibles. At the Natural Wellness Center in Georgetown, we have been helping qualified patients obtain their cannabis cards for almost 5 years. Dr. Alarcon is well known in the area for being ahead of others when it comes to treating addiction and working with medical cannabis. Besides running Atlantic Family Physicians, he works two addiction clinics and sees that all-natural medicine like medical marijuana can help some patients conquer addiction as well as keep them off narcotics that may lead to addiction.

Delaware is very conservative with the conditions that get approved, which is a good thing. Only those who have a true medical need are approved. At the Natural Wellness Center, we are known for making the process as simple as possible. We obtain the patient's medical records to ensure we have enough information for an approval. We have had thousands of patients and have never had a denial. Once we have the records, we contact the patient for an appointment, and we are usually able to accommodate appointments within 2-3 days. Once the appointment is complete, we send the completed application to the state for the final approval. The state has 45 days to get the card to the patient, but they

are very efficient and usually get the card to the patient within two weeks.

For those wondering what medical cannabis can treat, the state has thirteen approved conditions which are Cancer, terminal Illness, HIV, AIDS, Decompensated Cirrhosis, Lou Gehrig's disease, PTSD, Autism with aggressive behavior, Migraines, Glaucoma, chronic conditions like wasting syndrome, any pain lasting longer than three months, intractable nausea, muscle spasms and seizures. If you have a condition that you think is covered in this list, but are not sure, just call us and we will find out for you.

The state issues cards for one full year. After that year, if the patient decides to continue with the program, they apply for renewal. The process is basically the same, with

one exception. We do not have to get the records again. If the patient decides to work with another Doctor, that Doctor would have to start the process over and get records. The Natural Wellness Center also decreases the fee for renewals.

Give Missy a call at The Natural Wellness Center to get started. If you get denied (which we have never had happen) we would refund your money. We are very sure a patient qualifies before we make the appointment.

We love what we do and love helping people. The success stories we hear every day are our motivation. You can reach us by email at naturalwellnesscenterde@gmail.com or by phone at 302.858.4266.

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"I can't thank you enough for another seamless renewal. I recommend everyone to your facility because you guys are the best."

"As a long-term pain management patient, you have been a lifesaver. I am feeling better than I ever have and doing so in a natural way."

"My husband and I appreciate you and Dr. Alarcon so much for making this process so easy."



The Natural Wellness Center

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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 surgical 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 Ultherapy?

it is a face and neck treatment that improves skin laxity in a meaningful way but completely non-surgically.

Jowls

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. Be sure to mention promo code SCWJ.

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

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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.



A little about myself my name is Leah Ellis. born and raised in Atlantic City, New Jersey. Mother of 1. My passion for caring for elders came as I helped take care of my mother's Gustavia's sister who suffered from Alzheimer's Disease when I was just a child. I studied nursing and have many years of experience working in healthcare. I have also worked with dementia, hospice, and cancer patients, just to name a few. I have worked in assisted living, independent living and skilled nursing.

I started my career working for home-care agencies throughout New Jersey and Delaware County, PA and since then was promoted to management. My role in nursing lead me to lead one half of a facility in Delaware County, PA where I assisted with patient care, supervised visits with clients and caregivers, family meetings detailing summaries on their loved ones daily care plans and much more.

My passion for healthcare lead me to pursuing my own business and company, Scrubbed in Style, LLC which launched in March 2021. My first love is healthcare. I was extremely adamant about remaining in that field. Now it's in a different, unique way. I like the slogan "Let's get you Scrubbed In Style" to describe my customers getting to wear comfortable, yet fashionable uniform scrubs and apparel. My desire is to still, just like direct care, make people happy. As a business owner, I get to do what I love while not missing my passion and desire to help people everyday.

Offering the Best of Medical Apparel

We strive to bring comfort to healthcare. You're extremely active for most of the day, correct?! We here at Scrubbed In Style bring durability and FASHION to the workplace. Who all remembers scrubs from years ago when they were hard and scratchy?! Well it's time for an upgrade!! We carry 2 top amazing brands .Soft material, no skin irritation. Machine washable. Money back guaranteed.

Why should our consumers have to search around?

We strive to bring that quality straight to you with no hassle shopping. We should be your final stop for all things medical. We carry a wide range of colors, styles and sizes. Petite & tall included, also extended sizes up to 4x!! Medical apparel for our healthcare men, too!! Elastic bands and drawstrings on our scrubs make all the difference when choosing a great uniform and fit.

Joggers are one of our very best sellers! If you're going for that sporty look, you may want to grab a few. You'll be the talk of the office or facility.

Not only are we online, but we're also a mobile store on wheels. Yes you heard that correctly. We come to you! Based out of Kent County, we travel all throughout Delaware, Maryland, Virginia, New Jersey, and Pennsylvania.



Testimonial

"I am very satisfied with my scrubs, great quality and comfortable. Scrubbed In Style has earned a customer for LIFE" - Derrick Mitchell

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Making Way for What Matters Most



Mother's Day, 1970. It's a day Miki Dash-Wilkinson will never forget. It's the day she first met Danny.

Miki's friend was working at a "cocktail sip" organized by Danny's brother's social club, and Miki had tagged along to keep her friend company. It was there that she was destined to meet the man who would become her husband for the next 42 years.

In 1972, Miki and Danny were married, and the rest was history...until Danny got sick.

The couple was living in New York when Danny first fell ill. Initially, they sought treatment, but eventually decided Danny should leave the hospital for more specialized end-of-life care. Miki and Danny's son Mark, a doctor at Beebe Hospital in Lewes, made arrangements to move Danny to Delaware.

Danny enjoyed his final days close to his family and friends in Delaware at the next best place to his own home, the Delaware Hospice Center in Milford. At the Center, he received the same compassion and expertise we offer to individuals in their own homes across the state of Delaware and in southern Chester and Delaware counties in Pennsylvania.

No one is ever ready to say goodbye to a loved one, let alone their spouse of over 40 years. But when the time comes, hospice care can play a critical role in assuring that the journey is as positive as possible. We work with you and your family to coordinate all of the resources you need—so you can focus on your time with each other instead of stressful details.

"Danny was so lucky to have his final days at the Delaware Hospice Center," explains Miki. "As soon as we walked in the door, he said 'Wow! This is like staying at the Ritz-Carlton!' He was treated with the utmost respect and dignity. I couldn't have asked for anything more."

The Center blends state-of-the-art technology with specialized, expert care in a comfortable, spacious, and home-like setting. When we're not facing a pandemic, the entire family is even welcome—including pets. We even have space for the kids to play!

Miki remembers how one day the nurse asked Danny what kind of music he

"As soon as we walked in the door (of the Delaware Hospice Center), he said 'Wow! This is like staying at the Ritz-Carlton!' He was treated with the utmost respect and dignity. I couldn't have asked for anything more." ~ Miki Dash-Wilkinson

enjoyed, which happened to be jazz. After searching for some jazz she could play for Danny, the only jazz the nurse could find was Christmas music. But Christmas was Danny's favorite holiday. The music was a hit!

At Delaware Hospice, we know it's the little things that make a big difference. Whether it's freshly baked cookies made by our wonderful volunteers, or a simple hand massage, our team goes above and beyond, keeping people in the comfort of their own homes and freeing families to focus on what matters most—like remembering chance encounters and first dates.

Find out how Delaware Hospice can help you and your loved ones live comfortably. Visit us at <http://www.delawarehospice.org/www.delawarehospice.org> or contact us at 800-838-9800.



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Understanding Peanut Allergies



Presented by Alexandra Gallagher

Signs and Symptoms

There's a difference between peanut allergy and peanut intolerance. Sometimes it can be difficult to know whether you are allergic or intolerant to peanuts.

- **Peanut intolerance.** If you have peanut intolerance, you usually can eat small amounts of peanuts with only mild symptoms, such as indigestion or heartburn, or no reaction at all. A peanut intolerance doesn't involve your immune system.
- **Peanut allergy.** An allergy to peanuts involves an immune system response. Even a tiny amount of peanuts may trigger a serious allergic reaction. Tests can help determine whether you have true peanut allergy.

Peanut allergies trigger an immune system response. Your immune system reacts to proteins found in peanuts. Exposure to peanuts or traces of peanuts may cause immediate reactions, such as itching, redness, swelling, shortness of breath, wheezing, nausea, abdominal pain, lightheadedness or loss of consciousness (anaphylaxis). The chemicals in peanuts can cause hives to develop on the areas of your skin that have come in contact with peanuts or traces of peanuts. Hives may spread to the rest of your body.

Allergic reactions to peanuts usually occur within minutes after exposure, although reactions within an hour or so after ingestion are possible. Signs and symptoms can range in severity depending on which body systems are involved in a reaction and how much peanut protein you've been exposed to.

The most serious and potentially deadly allergic reaction to peanuts is an anaphylactic response. If you are

highly sensitive, an anaphylactic reaction can develop immediately after peanut exposure, causing the airways (bronchi) to constrict, making breathing difficult. Blood pressure may drop to life threateningly low levels, making you feel dizzy or lose consciousness. Other serious signs and symptoms of an anaphylactic reaction include:

- Wheezing
- Rapid or weak pulse
- Blueness of your skin, including your lips and nail beds
- Diarrhea
- Nausea and vomiting
- Dizziness
- Loss of consciousness

Seek emergency medical care if you or someone else develops an anaphylactic reaction.

Causes

Peanut allergy is caused by an immune system malfunction. Your immune system identifies peanuts as harmful triggering the production of immunoglobulin E (IgE) antibodies to neutralize the peanut protein (allergen). The next time you come in contact with peanuts, these IgE antibodies recognize it and signal your immune system to release histamine and other chemicals into your bloodstream.

Histamine and other body chemicals cause a range of allergic signs and symptoms. Histamine is partly responsible for most allergic responses, including runny nose, itchy eyes, dry throat, rashes and hives, nausea, diarrhea, labored breathing and even anaphylactic shock.

Exposure to peanuts can occur in three ways:

- **Direct contact.** The most common cause of peanut allergy is direct contact with peanuts. This means exposure via all routes of contact usually through eating peanuts, but including kissing or touching someone who's been in direct contact with peanuts.
- **Cross contact.** This is the unintended introduction of peanuts into a product. It's generally the result of exposure to peanuts during processing or handling of a food product.
- **Inhalation.** An allergic reaction may occur if you inhale dust or aerosols containing peanuts, such as that of peanut flour or peanut oil cooking spray.

Common food products that can trigger peanut allergy symptoms if they contain peanut proteins include:

- Peanut butter

- Peanut flour
- Ground or mixed nuts
- Baked goods, such as cookies and pastries
- Ice cream and frozen desserts
- Energy bars
- Salad dressing
- Cereals and granola
- Grain breads
- Marzipan (a molding confection made of nuts, egg whites and sugar)
- Nougat

Peanuts may be present in not so obvious foods including:

- **Arachis oil.** This is another name for peanut oil. Pure peanut oil usually doesn't trigger allergic reactions because peanut proteins are usually removed during processing. However, peanut oil can become contaminated with peanut proteins.
- **Artificial tree nuts.** Peanuts can be flavored to taste like other nuts, such as walnuts or pecans.
- **Chocolate candies.** Some chocolate candies are produced on equipment that is also used for processing peanuts or peanut containing foods.
- **Cultural foods.** Some African, Chinese, Indonesian, Mexican, Thai and Vietnamese dishes often contain peanuts or are exposed to peanuts during restaurant preparation.
- **Nut butters.** Nut butters, such as cashew nut butter, are often processed by the same equipment used to make peanut butter.
- **Specialty items.** Foods sold in bakeries and ice cream shops may come in contact with peanuts.
- **Sunflower seeds.** Many brands of sunflower seeds are processed on equipment also used to produce peanuts.

Risk factors

It isn't clear why some people develop allergies while others don't. However, people with certain risk factors have

a greater chance of developing peanut allergy:

- **Family history of allergies.** You're at increased risk of peanut allergy if other allergies, especially other types of food allergies, are common in your family. A child's first allergic reaction to peanuts usually occurs between ages 1 and 2.
- **Personal history of peanut allergy.** About 20 percent to 25 percent of children with peanut allergy outgrow it. However, even if you seem to have outgrown peanut allergy, there is still a small risk it will recur.
- **Altered immune system.** According to recent studies, the prevalence of peanut allergy has doubled in young American children in the last five years. Although reasons are unknown, some scientists believe that the destroying of many infectious diseases may have altered the immune system. Other experts suggest that improved hygiene is involved, proposing that higher standards of cleanliness in Western countries may have confused our immune systems, increasing the chances of developing allergies later in life, when the immune system is usually more prepared to prevent allergies from occurring.

Treatment

Medications, such as antihistamines, may reduce symptoms of peanut allergies. These drugs can be taken after exposure to peanuts to control your reaction and help relieve discomfort. However, the only way to prevent an allergic reaction is to avoid peanuts and peanut proteins altogether. Despite your best efforts, you may still come into contact with peanuts and have a severe reaction. In this case, you may need an emergency injection of adrenaline (epinephrine) and a trip to the emergency room. If you're at risk of having a severe reaction, you may need to carry injectable epinephrine with you at all times.

For more information call your pediatrician.

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 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 Alexandragallagher0@gmail.com, and she will help with any suggestions and experiences.

**DELMARVA**
PATIENT ADVOCACY GROUP



Private Healthcare Management and Advocacy

Our local medical experts have committed themselves to Bridging The Gaps 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:

 ADVOCACY: Dedicated to getting you the care you require while also making the most of your doctors visits. We will not stop until you have received what you require and are completely satisfied with your health care encounters.	 CARE COORDINATION: Case management for both acute and chronic medical conditions. Our mission is to allow you to focus on recovering by relieving you of the burden of navigating the complexity of the healthcare system.
 AGING IN PLACE: We believe that the healthiest and happiest place someone can spend their golden years is in their own home, surrounded by loved ones. We're here to help make that happen.	 TRANSITIONS OF CARE: A smooth transition from one level of care to another is crucial to your long-term well-being. Delmarva Patient Advocates will assist you in ensuring your safety and well-being during this critical time.
 INSURANCE AND MEDICAL BILL NEGOTIATION: We will take the Time, Energy, and Effort to take on the insurance companies on your behalf to negotiated claims and work with 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 you are unable to express yourself, your loved ones will be aware of your wishes and will be encouraged to carry them out for you.

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www.DelmarvaPatientAdvocacyGroup.com




At The "Heart" Of Yoga Practice Is Inquiry



Heidi Farber

For human beings to transform in positive ways, there must be self-reflection. The Yoga Sutras of Patanjali move us into the realm of inquiry.

For the yoga student, it offers us a vocabulary to begin to see into our patterns of emotional and physiological holding. The sutras are threads that help us unravel our entanglements. Let this be your guide to self-knowledge. The core of who you are affects your relationships, perceptions and actions. The Yoga Sutras provide a structure that allows us to navigate through the twists and turns of life. Patanjali has become the source for yoga. His sutras are accepted as yoga philosophy. It begins with the Sanskrit word Atha. Now is the inquiry of yoga; now is the teaching of yoga. Cultivate a beginner's mind. Let your heart set your intention. Then the journey is the reward and life unfolds naturally. See newness in the now. Commit to the process in every moment. The 8 Folded Path begins with Yama and Niyama. This is an ethical and moral practice. Yama is means regulation, control or restraint. Each one is a guideline for behaving in a benevolent manner toward others from moment to moment. Yama and Niyama teach us to be skillful, wise and compassionate. Ahimsa is the very first Yama and it guides our actions toward the benefit of others. It brings

us toward equanimity and insight. You can bring about peace internally and you will generate a powerful external effect. Refrain from causing distress in thought, word or deed. Respect and cherish all life. We have the power to neutralize unwholesome thoughts. Mindfulness calls us to be fully present as if totally intimate with all things. Compassion is the wish-fulfilling jewel. Practicing loving kindness opens the heart. Love is an act of surrender and the key to understanding all life's mysteries. Ahimsa is the key to inner and outer happiness and harmony. Let your pure inner light of awareness shine. Begin where you are. 



Hummingbird Yoga

Heidi Farber • Certified Kripalu Teacher
• Teacher Training

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Q&A From A Delaware Personal Injury Attorney



By Jennifer D. Donnelly, Esq.

My firm sees dozens of new clients each week and most people have the same questions related to work or car accidents. “Do I have a case?” “Will my wages be paid?” “Which insurance company should I put expenses through?” The list goes on.

I should point out that each case has a unique set of facts and so there’s more than one “right” answer to most questions we get. The good news is that a consultation with me is free, so you should reach out!

In the meantime, here are some answers to the more common questions we get.

“Do I have a case?”

Generally, if you have suffered an injury on the job or in a car accident, more than likely you have some type of claim that an attorney can assist you with. In most cases the answer to this question therefore is: YES. What type of claim you have or what benefits/compensation you may be entitled to, however, is a more complicated answer. For example, if you are hurt on the job, commonly we deal with a workers’ compensation claim. However, there are work-related injuries which also involve a claim against another person or company (other than your employer’s workers’ compensation insurance) for the

role someone else’s negligence played in causing your injury. Likewise, with car accidents, there may be more than one person at fault for the accident and so we could be dealing with several different claims all as a part of the same case. Again, what type of case or claim you have will depend on the specific circumstances of how you came to be injured. The benefit of getting an attorney involved at the outset is that the worry that goes along with opening all of these potential claims and dealing with insurance companies falls to the attorney, so you can focus on your recovery.

“I was hurt at work or in a car accident. Do I even need a lawyer?”

The technical answer to this question is: No. You can try to DIY, but handling these claims without a lawyer is a little like diagnosing a medical condition yourself using Google. It can be done, but probably not well, and you’re likely not going to get the best outcome.

As a prior insurance defense attorney, I’ve seen the other side’s playbook. Heck, I’ve even helped write some of the plays. I know what you are entitled to, what an insurance company can and more importantly cannot do, and how to ensure that my clients are compensated to the fullest extent of the law. Consulting a lawyer when you’re injured at work or in a car accident is recommended to ensure your rights are protected.

“Can I even afford an attorney?”

That answer is simple: YES. Unlike many lawyers, in injury cases, the lawyers at my firm work under a contingency-fee retainer. That means we do not get paid unless and until we recover something for the injured person. Consultations are free. Get your questions

answered. I’ve always liked the saying “knowledge is power,” and that is so true in situations like this. You will not get a bill from me or my firm—ever. Our attorney’s fee only comes once a verdict/settlement/award is secured for our client.

“Can my employer fire me for making a workers’ compensation claim?”

The answer to that question in its simplest form is: No. An employer cannot take retaliatory action against you, such as firing you simply because they are upset that you were injured on the job and are seeking workers’ compensation insurance benefits. Frankly, most employers know that and we rarely, if ever, see that actually happen. However, the big caveat to this very basic rule is that Delaware is an at-will State, which means that an employer may generally discharge an employee for any reason, or no reason, so long as it is not a reason prohibited by law (such as discrimination or retaliation protections). What we do often see is that someone

was hurt on the job, has an injury that is taking weeks to months to heal and therefore, is out of work. Due to their absence, the employer looks to find a replacement employee and fills the position while the injured person is out of work. The injured person remains on workers’ compensation but may not have a position to return to once able to return to work.

“I was injured in a car accident that was someone else’s fault. Do I need to open a claim with my own insurance?”

Another simple answer: YES. Delaware insured drivers have personal injury protection, sometimes referred to as PIP. PIP is the primary coverage for your medical bills and lost wages immediately after an auto accident. Therefore, you always want to open a PIP claim through your own insurance. You might be wondering why your insurance is paying bills when the accident was not your fault. First, you’ve already paid for this coverage as a part of



Associate Associate Associate Associate
Jennifer Donnelly Emily Laursen Linda Malkin Amanda Dobies

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your premium and its no-fault coverage—meaning it applies regardless of who caused the accident. Second, it is a much faster way of getting bills and lost wages reimbursed after an accident while you may be out of work. Lastly, it ensures that you personally recover as much as possible from the other driver's insurance.

“What if the at-fault driver does not have enough insurance to compensate me?”

Generally when the at-fault driver does not have enough insurance to fully compensate an individual, we look back to the injured person's own insurance policy for something called underinsured motorists benefits. Pro tip: If you haven't looked at your car insurance in a while, uninsured/underinsured motorist coverage is one of the coverages I would talk to your insurance agent about increasing. Underinsured motorist benefits allow us to recover more money for the injured person on top

of what the at-fault party's insurance provided. There are other considerations that are made when an at-fault party is underinsured, but those are case specific and another reason why consulting a lawyer is important.

“Do we have to, or can we, sue someone personally?”

This answer is more complicated, and I'd have to give you a more lawyerly response: It depends. You can sue the at-fault driver in an accident, but whether you should depends on what their insurance company is offering on their behalf and the specific facts of your case. There are pros and cons to filing a lawsuit and that is why making sure you are working with a lawyer who will explain your options is very important.

Bio

Jen has been an attorney in Delaware for over ten years and has spent the last five years of her career with Kimmel, Carter, Roman, Peltz & O'Neill. Jen specializes in

auto accidents, work-related injuries, product liability, wrongful death cases, and toxic tort cases including asbestos and mesothelioma cases.

Jen previously worked for a nationally recognized defense firm where she represented corporations and insurance carriers equipping her with a unique insider perspective that she now uses to advocate for her clients.

Born and raised in Delaware, Jen attended Holy Rosary (Claymont, DE) and is a graduate of Concord High School, University of Delaware, and Widener School of Law. Jen now lives with her husband, Ryan, and two sons, Luke and Cody. In addition to her professional experience, Jen serves on the Executive Board for Kids' Chance of Delaware. KCOD is a non-profit organization that awards scholarships to children of Delaware workers who

have been catastrophically or fatally injured in a workplace accident. She has also volunteered as Guardian ad Litem for minors involved in Family Court proceedings in Delaware through the Office of Child Advocate, is a member of the Holland Inn of Court, Delaware Trial Lawyers Association, and the American Association for Justice.

Testimonials

“My attorney, Jennifer Donnelly, was professional and personable. She explained every detail thoroughly and kept me informed from the beginning to end. I felt she really worked diligently to get me the best possible outcome. I definitely would recommend her.”

~ Maria

“Jennifer was amazing in the two years we worked together. She always went above and beyond for me. I highly recommend her. I couldn't have asked for a better attorney!”

~ June



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Chris Rementer

Budget Blinds

Chris and his brother, Tony, started Budget Blinds back in 2005 and now they and their highly experienced staff cover the southern half of Delaware from just south of Dover on down and three counties in Maryland. Both he and his brother are native Sussex Countians in fact their family has been here for many generations and self employment was a model presented to them early with one grandfather an area farmer and the other owning a shoe shop just off the circle in Georgetown. Growing up in a close family, they were taught the virtues of love, grace, loyalty, and hard work. They were always taught to be accountable to one another, to work first, play later and if it's worth doing, it is worth doing right. They carry those values into both their personal lives and in the business that they run.

After more than fifteen years of Budget Blinds they have acquired a great deal of knowledge about window coverings and running a business in general but they feel that one of their best assets is the desire to learn more and improve along the way. With only 10 full time employees, including the two of them, and one part time, they have nearly 70 years of experience when combined. That is a particular point of pride because they feel it is an indicator of what really makes a good company, which is employees that love what they do. They know that a person who is enjoying their job, will do it better and with more care. That leads to what Chris and Tony feel is their most important skill and that is choosing employees. "If we make sure our employees and our clients are happy, our happiness will always fall right in line." says Chris.

Chris is Married to his wife Julie who is a speech pathologist for a local elementary school and they have 2 boys, Gavin and Parker. He loves just being around his family, reading, golfing and fishing.



Leah Ellis

Scrubbed in Style

Leah Ellis is born and raised in Atlantic City, New Jersey. Her passion for caring for elders came as she helped take care of her mother's sister who suffered from Alzheimer's Disease when she was just a child. She has studied nursing and has many years of experience working in healthcare. She has also worked with dementia patients. Leah has worked in assisted living, independent living and skilled nursing, just to name a few.

She started her career working for home-care agencies throughout New Jersey and Delaware County, PA and since then was promoted to management. Her role in nursing lead her to lead one half of a facility in Delaware County, PA where she assisted with patient care, supervised visits with clients and caregivers, family meetings detailing summaries on their loved ones daily care plans and much more.

Leah's passion for healthcare lead her to pursuing her own business and company, Scrubbed in Style, LLC which launched in 2021. Leah's first love is healthcare. She was adamant about remaining in that field in a different, unique way. She likes the slogan "let's get you Scrubbed In Style" to describe her customers getting to wear comfortable, yet fashionable uniform scrubs.

Her company provides scrubs for both men and women And various other products. She prides her company on being "a one stop shop" especially due to providing Embroidery services. Located online and Mobile out of Delaware. Her company travels throughout Maryland, Virginia, Jersey, and Pennsylvania doing deliveries to facilities all over.



Jonnika R. Waters

Always Best Care Senior Services

Jonnika R. Waters is the Agency Director of Always Best Care Senior Services. Jonnika started her career about nineteen years ago in human services, leadership, public speaking, group training, compliance monitoring, Family, youth, and senior services. Jonnika grew up in Sussex County, Delaware where her mother (Rose Baine) raised her as a single mother with a six-grade education who pushed her to pursue all her goals. Her siblings John, Jai, Kennell, Mark and father John was there to assist her reach her goals and dreams as well.

Jonnika's life was far from perfect. In 2008 she was attending Sussex Central High School where she found out during her 10th grade year that she was pregnant. Her principle (Dana G.) at the time found out about her complications and found her a school that would better suit her needs called Delaware Adolescence Program, Inc. Jonnika graduated from DAPI & Sussex Central in 2008 where she became a DAPI Diamond.

Jonnika continued to soar and work towards the goals she wrote even before her son. Once she had her son, she kept persevering and pushing to reach every goal she set her mind too. Jermaine (JayJay) become great motivation to Jonnika because she wanted to be the closet example that he could utilize to see what overcoming looks like. She believes that if he looked around, he could at least look at his mother and see what success as well as FAITH looks like. Throughout the years, Jonnika has had great leadership role models to assist her throughout her achievements such as David B., MaryAnn M., Valerie W., Susan R., Sandi M., The Cannon's, all played a great part of the push that Jonnika needed to reach her professional goals.

The work that Jonnika does as the Agency Director is indeed something she enjoys. It exemplifies her need to give back to the community. As the agency director Jonnika gets to work with many communities' partner as well as assist with providing employment in the Sussex & Kent County area.

She holds a bachelor's degree in Behavioral Science and a master's degree in Science Management proudly from Wilmington University where she is a member of Phi Gamma Mu, International Honor Society for Social Sciences. She's also former Delaware Technical & Community College student as well where she started her college career as a Human Service major.

Jonnika's next goal is to become an instructor at a college and continue to assist within the community.



Kevin Gilmore

CEO, Sussex County Habitat for Humanity

Kevin has served with Habitat for Humanity since 1992. He started as a volunteer with his Campus Chapter at Elon University in North Carolina. After college, Kevin worked with Habitat International at their headquarters in Americus, Georgia. From there he went on to serve with Habitat for four years in Guatemala.

In 2003, he completed a graduate student fellowship with Public Allies Delaware focusing on non-profit management and building volunteer programs. After earning his Master of Public Administration degree at the University of Delaware, Kevin came to work with Sussex County Habitat for Humanity in 2004 as their first paid employee. The organization now has 28 employees and five AmeriCorps members who work with over 2000 volunteers to carry out its mission.

Kevin has served nationally on the Habitat for Humanity International US Council and locally on the Board of La Esperanza in Georgetown. He currently serves on the Board of La Plaza Delaware and the Delaware Alliance for Nonprofit Advancement.

Kevin grew up in Milford, Delaware and is pleased to be in Sussex County serving the community which nurtured him as a youth. He enjoys life with his wife Heidi Gilmore and their two dogs Bailey and Mr. P.



Enrique and Yannette Cruz

C & F General Contracting, LLC

Enrique and Yannette Cruz have lived in Lincoln, Delaware since 2015. They are proud parents of 4 children and members of The Church of God Prophecy in Georgetown. Hobbies include family outings to local parks, fishing locally and meeting new people.

Enrique, originally from Guatemala, has been in the United States for over 20 years. Yannette is from Puerto Rico and grew up in Boston, Massachusetts before moving to Delaware.

They both recently graduated from La Plaza Delaware, earned credits from Wilmington University, and are current members of (Dale) Delaware Alliance of Latino Entrepreneurs. They take active interest in supporting others, especially new members and other wanting to grow with the community.

Enrique is dedicated to his business and has many work talents. He is truly an artist wanting to add beauty and practicality to everything he touches. Recent major renovations on their home have added to the value of their neighborhood.

C & F General Contracting, LLC was built on Enrique's 14 years of experience and talents. He opened his own business in 2020. His bilingual credentials and many satisfied customers who have referred others and helped the business grow.

Enrique and his team are experts at remodeling and installation of everything related to carpentry and residential reconstruction. They provide the following services: facade, remodeling, painting, installation of doors, windows, laminates, drywall, full kitchens, tile, and custom work. They are characterized by their excellent service, experience, talents, and customer service.



Andrew Short

Dark Green Landscaping

Andrew Short was born and raised in Milford Delaware, he lives on the land his family has owned since the late 1800's in the small town of Thompsonville on the edge of Milford Neck, which has been passed down through five generations. His family survived often through farming, hard work, and otherwise taming the land. Together with time spent in the community and background of growing things, it only seemed appropriate to continue in a line of work that he possessed knowledge of. His father Clifford Short started a landscaping company in the early 2000s with the large influx of new people into the community, the business grew quickly and he began giving work to his son so that he may become better acquainted with customers and hopefully gain some of his own. By the time he was 18 he began working for himself and founded Dark Green

Landscaping. Andrew has a love of coastal living and especially enjoys servicing southern Delaware's beach areas. Andrew's focus is to service both small residential customers as well as large commercial customers such as Watergate at Milford townhomes and apartments, and Brookdale senior living in Dover. His work mostly revolves around the regular mowing routes and also maintenance of his lawn customers' trees, bushes, and flower beds. He spends his leisure time enjoying the beaches and having dinners with his wife in local restaurants in both Lewes and Rehoboth. He enjoys this line of work because he is constantly exposed to new and interesting people and always stays close to the beach.



Matt Wiley
GFedale

Hi! I'm Matt Wiley, general manager of GFedale Sussex, DE. GFedale is a family owned business that prides itself on providing comprehensive services to help our clients improve their homes from top to bottom. We are committed to helping each family enjoy a higher quality of life in a safe, secure, and beautiful home. I started at GFedale in August of 2019 as a project manager and I pride myself on delivering high standards of workmanship and service. I've spent the last few years increasing my knowledge of the products and skills necessary to ensure our customers receive the highest value for their most important investment. I love my job and am proud of the team we've built in this community. GFedale enjoys giving back to the communities we're a part of. We've volunteered for the last few years at the Children's Beach house and we recently completed a roof for a neighbor in need in Dagsboro through our Roofs from the Heart program. We also sponsor some local Little League teams, which I love because I'm an avid baseball fan!

While I don't live in Sussex county, I spend the majority of my days here. When I'm not working (and the temperatures are above 75) you can usually find me floating on my boat in the Rehoboth Bay with my family. I love to travel and I'm always up for an adventure. I won't hesitate to plan a last minute trip, just ask my friends.



Mike Baker
C.M.Baker Photography

Mike Baker is the founder of C.M.Baker Photography with over 25 years experience. His photography ventures have been quite diverse. Throughout the year you may find him shooting a wedding, a Quinceañera, in the pits of a NASCAR race at Dover Downs and now at front stage at the Firefly Festival or flying over doing aeriels. Giving back to the community has always been an important part of it all. Mike was awarded "Volunteer of the Year" from CDCC (Central De Chamber of Comm.) in 2005, "Volunteer of the Year" from Kent County Tourism 2010, "Chairman's Outstanding Partnership Award from CDCC in 2010 along with "Business Person of the Year" from CDCC in 2008. Since 1997, Mike has been the "official" photographer for the KC Heart Ball and for the "Go Red" in Kent County since it's onset. Some of the past and present organizations have been:

MD Kidney Foundation, De Breast Cancer Coalition, Various De Fire Companies, Bayhealth Foundation, Beebe Hospital, Dover Air Force Base, Autism DE, Relay for Life, MS Bike to the Bay and the Amish Bike Tour, to name a few.



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*

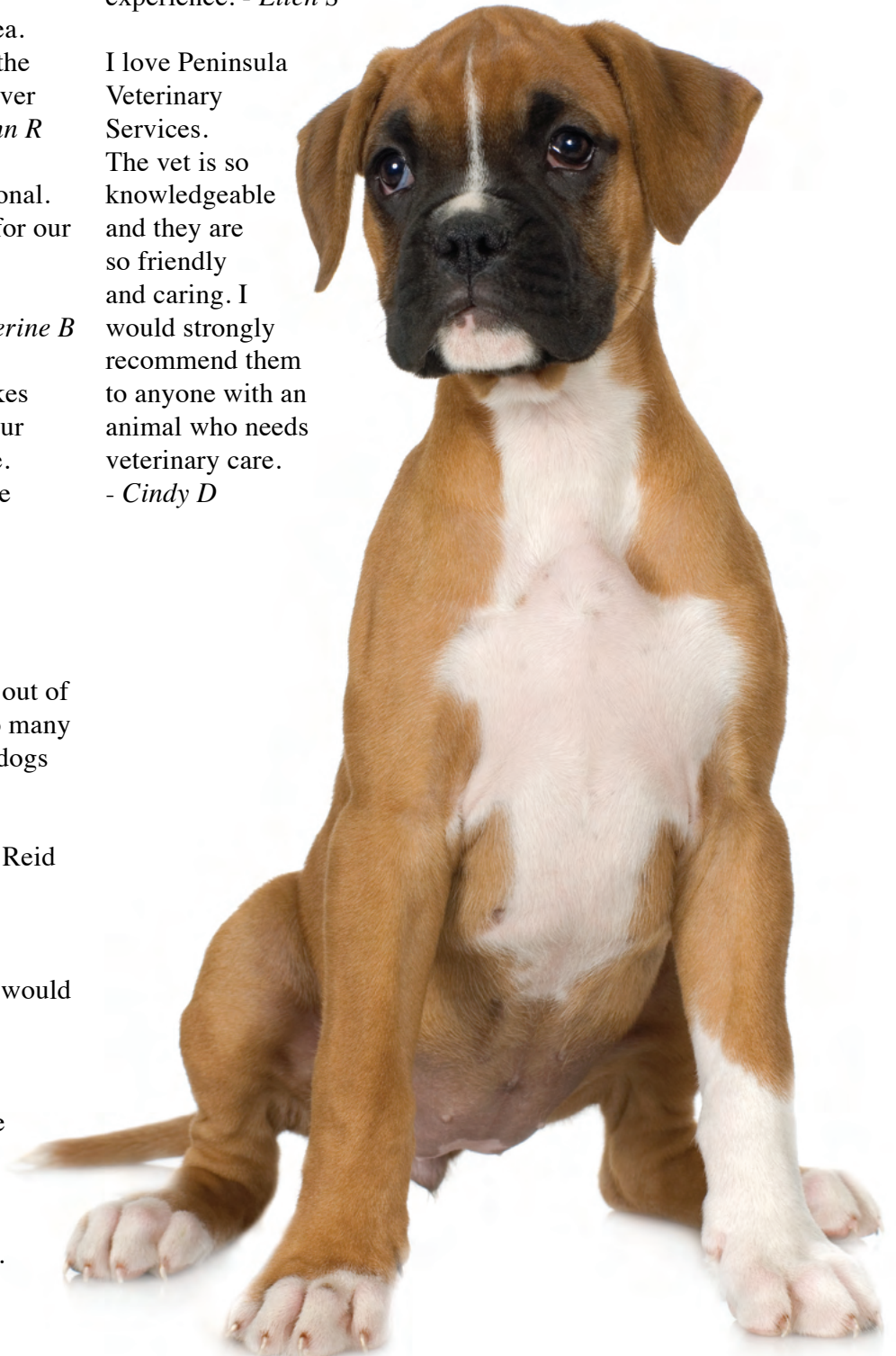
Very personable staff. The wait time was short, cost reasonable and friendly atmosphere. - *Sandra H*

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 making the move to small animal practice. Dr. Reid works closely with several local rescue organizations and is currently serving as the vice president of the Delaware Veterinary Medical Association. In addition, she is working towards board certification in veterinary practice. In her spare time, Dr. Reid enjoys spending time with her two Great Danes, Ambrose and Amelia, and her three cats.



ALLERGIES IN PETS

Pets presenting for allergies and the resulting skin issues is a common problem in this geographical area. Allergies in both human and pets are sensitivities to things in the environment or food that may not be harmful, but for some reason the individual's body may see it as such and mount an immune response. Histamines are released and systemic signs such as inflammation, swelling and itchiness begin. Allergies are very common in pets and can develop over time.

Allergies tend to present as respiratory, dermatological issues or both. They can be seasonal or non-seasonal and acute or chronic. Humans are most familiar with respiratory allergies during certain seasons of the year and our pets can also be affected in the same ways. Typically pollen, trees, weeds, grass, mold and fungi cause respiratory allergies. The pet may suddenly develop red, watery, itchy eyes and "gun-fire" sneezing. This is uncomfortable for the pet and worrisome for the owner. Acute cases are usually treated with allergy medication or the offending cause is removed and the clinical signs disappear. If the clinical signs do continue, the pet may develop secondary issues such as respiratory infections, which may need to be treated with antibiotics.

Though we tend to think of respiratory allergies as developing to sources outside the home, they may also develop to indoor substances such as laundry detergents, home fragrances,

candles, carpets etc. Also remember that homes are not airtight and outdoor air can enter and cause symptoms even in a pet kept completely indoors.

Allergies that present as skin issues are a bit more complicated to manage. The pet usually presents to the veterinarian for the first time with a skin infection. The pet may be licking and chewing skin and paws or scratching, shaking and rubbing the ears. As pets are exposed to a variety of things both indoor and outdoor, the pet is usually treated and the symptoms ease. However if the pet's skin/ears do not improve or the owner notices a seasonal aspect to the skin problems it is possible that allergies are involved.

Areas of the body most affected by skin allergies are paws, ears, eyes, the rectal area and the abdominal and inguinal areas. Since the pet is itchy, he or she will lick and chew until the skin barrier is broken and that is when a secondary bacterial or yeast infections can begin to affect the skin.

In order to find out what the allergen(s) is, allergy testing is available. The gold-standard allergy testing is the intradermal test and is most commonly available through boarded veterinary dermatologists. There is also serum allergy testing which is done from the animal's blood. Allergy testing is available for both environmental factors and food.

Food allergies are less common than owners think, as the animal

may not have an actual allergy, but intolerance to certain proteins and ingredients in food. The symptoms seen with intolerance are mainly gastrointestinal in nature. Most owners will switch foods, but a food trial for allergies actually takes 4-6 weeks on a limited ingredient diet with no treats. Ingredients are then slowly added back in the diet until the culprit is discovered. This is labor intensive for the owner and intradermal or serum allergy testing will give an answer much more

quickly with less expense in the long run as pets may be allergic to more than one food item.

Uncommon things that pets may be allergic to are dogs to cats (and vice versa), feathers, cigarette smoke, drugs, perfume, cleaning products, rubber and plastic.

If you feel your pet has allergies, the best course of action is to see a veterinarian and discuss your pet's individual health concerns.



Peninsula Veterinary Services

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Free Business Listings: An Essential Tool for Business Growth

When consumers are looking for a specific product or service, they often turn to the internet as their primary source for information.



THE RATIONALE

As a matter of fact, studies show that now almost all consumers (97% to be exact) are using the internet to find local goods and services!

One of the easiest ways to ensure potential customers are finding you is to take advantage of free online business listings like Google and Yelp. By claiming, and updating these listings, businesses can provide potential customers with the details they need to make an informed decision. This includes key information such as business name, address, phone number, website, hours of operation, and even reviews.

Having accurate and up-to-date information on free online business listings can help businesses reach more customers. If a business name, address, and phone number are listed incorrectly, potential customers could go to a different business thinking that it is the same. This can result in lost sales and general frustration.

When businesses update their profiles regularly, they also show that they are an active, reliable business, who provides a genuine customer experience. This can help with organic search rankings and also builds trust with potential customers as they skim through reputation reviews and descriptions.

According to a study conducted in 2022 approximately 69% of all Google searches were local in nature. By taking the time to update and maintain these profiles, businesses can boost their visibility, reach a larger audience, and attract more customers.

THE CONCLUSION

Overall, the importance of managing free online business listings cannot be overstated. By having accurate and up-to-date information, businesses can increase their chances of being found by potential customers, as well as ensure that the information customers find is accurate.

"Thanks to the enhanced exposure, updated content and all the positive online reviews which they have facilitated, our lead flow from the internet alone now exceeds all our other marketing efforts combined and our sales this year have increased by over 20%."

-Ron S. Patio Systems, Inc.



PRO TIP:

Protect the reputation of your brand by actively monitoring and responding to reviews.

Need help improving your online reputation?

Check out our Reputation Management system, the Local Trust Builder!



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**COLDWELL BANKER
PREMIER**

THE
Julie Gritton
TEAM



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 to play golf! She will say she isn't very good, but she can drive a pretty mean ball! She absolutely loves the time she gets to spend with her husband, Brandon, doing what they both enjoy. Sarah

lives in a Golf Community so you would think her weekends are filled with golf carts and putting greens; however, she is actually spending time entertaining at her home. She loves to host parties for friends and family and even hosting her children's friends for fun memories they will cherish for a life time.



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THE
Julie Gritton
TEAM

Direct: 302.645.1111 • Office: 302.645.2881 • www.SellTheShore.com

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.



Chef/Owner Kevin Reading

Acclaimed Chef Kevin Reading has been in the restaurant business for over 35 years & has opened many award winning restaurants within that time period throughout the state including The Fox Point Grill, Sweet Dreams Bakery, Espuma, Nage, Abbott's & Brick Works Brewing & Eats.

Located in the heart of downtown Laurel on the beautiful Broad Creek, Chef Kevin invites you to come experience his cooking at Abbott's on Broad Creek for yourself as he prides himself in serving fresh, innovative American cuisine sourcing much of what is offered from local farms. *Gather at the grill.*

"Relaxed location, great food. Well worth the few minutes drive off the main highway to relax and enjoy a meal."
-Scott, Google Review



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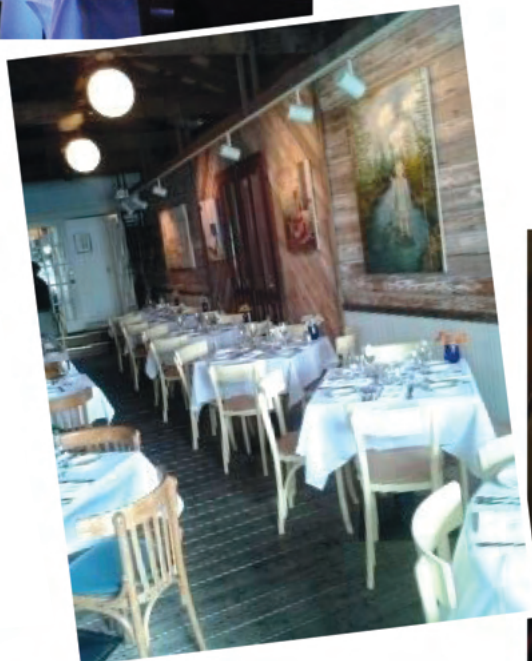
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What Our Customers Have to Say ...

We ate here on a busy Sat night. Food was great! We were nervous that the service would be slow but it was prompt and friendly! Very large portions for a very reasonable price! Will definitely return and already recommended to a few people since visiting!
- Leslie P.

This place was a welcomed treat after a 12 hour drive. I had the rockfish and shrimp- it was divine... while my partner enjoyed the chicken marsala. If we are ever in the area again this is a must stop.
- Pa L.



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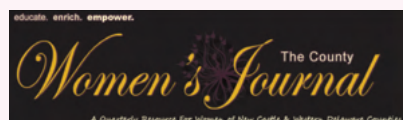
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PARTYTIME ENTERTAINMENT



I founded PartyTime Entertainment in the late 1970's. Having a love for all genres of music, growing up around world renowned musicians and entertainers, and having a father that was a famous radio Disc Jockey, it is clear why I wanted to be a DJ. Since then I have been entertaining all kinds of party-goers in Virginia, Maryland, and Delaware, with my vast knowledge of music, my professional service, and my ongoing commitment to excellence in the mobile DJ entertainment industry.

After relocating to Delaware a few years ago, it was evident that there was a need for a seasoned professional entertainment company. I love what I do, I enjoying interacting with people, helping them have a great time, and since I am not ready to retire, I am continuing PartyTime entertainment in Delaware.

I enjoy continually strengthening my skills by consistently performing a wide variety of events each year. My years of crowd -reading expertise, state of art equipment and light shows, and over 150,000 songs from 1930's to today, allows me to choose the right music at the right time to keep your party going. My clients always feel at ease knowing that I will show up early, be appropriately dressed, and at all times be professionally well mannered. I have always worked hard to be more than just another button-pushing DJ. I strive to become part of your celebration; I enjoy individual interaction, putting your guests at ease, and creating a memorable event for you.

It is my policy to consult with you before your event to have all the significant information covered before I get there, so you can enjoy your event without worry. From choosing the music you want, to how you want your D.J. dressed, and everything in between, PartyTime will fulfill all your needs at an affordable price. Whether you are planning a special anniversary, a private party, a family or class reunion, a corporate event, or a wedding – I have the knowledge, the talent, and the expertise to make your event successful. Remember... *"It's Always a Party with PartyTime"!*

Testimonials:

Our Jimmy Buffet party was the bomb! The crew at PartyTime made it another huge success. The music was great, the music trivia games, and hoola hoop contest was a blast! Can't wait until next year. Thanks so much Scott! - Debbie M.

Our wedding was fantastic because you were there Scott. Thank you for everything you did. All our guests had a great time, and wanted to dance all night long. My mom just loved all the Elvis you played for her. - Robin T.

Scott, thank you so much for the great music at our corporate holiday party. Everyone loved the variety tunes, and had a great time! We look forward to this years summer bash! - Brain B.

Thank you for DJ'ing our 35 class reunion! The music, the lights, all of it was fantastic! It was like stepping back in time! See you in 5 years! - K. Roberts



DJ entertainment provides a wide variety of music, anything from the 30's/40's Big Bands to 50's/60's, Rock-n-Roll, Motown, 70's Classic Rock & Disco, 80's/90's RB, Dance Music, Country, Top 40 & Today's Hits all by the original artist! PartyTime plays continuous music throughout the entire event without any breaks.

WHY A PARTYTIME DJ?

The success of our company has always been based on one simple concept: The customer's wishes are the TOP priority!

- YOU - get personalized service with experienced attention to detail.**
- YOU - pick the music that meets your individuality and needs.**
- YOU - choose your DJ's attire; formal, business or casual.**
- YOU - choose the crowd interaction, low key to highly involved.**
- YOU - choose from our music library with thousands of selections**
- YOU - choose which musical styles to play, and which to AVOID!**

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CMBaker Photography help you create memories at your next event.

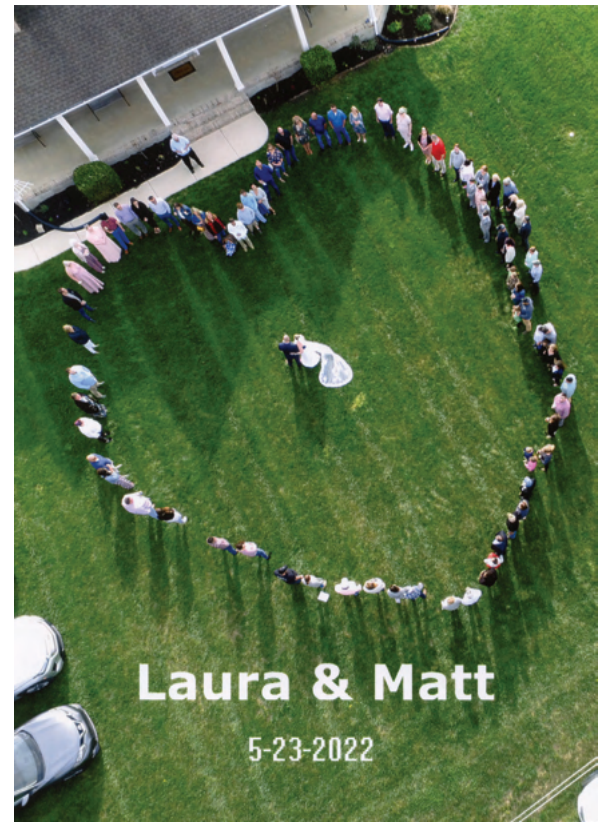
The Shasta was also present on Saturday and Sunday Dover Motor Speedway in the Fan Zone. Most everything was free to the public. There was even a free concert with the Amish Outlaws. Great show. Also entertaining on the stage was Delaware's own Jimmy Allen. Another great concert!!

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.



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 to do this or any other commercial drone photography.

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



Drone photo of the wedding of Laura and Matt Porter, taken at their residence in the Felton area. 4-23-22

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 on-site. 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*

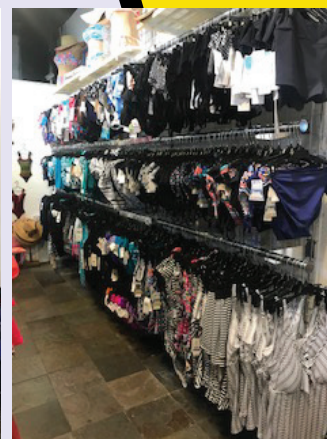
“I will never buy another swimsuit from anywhere else but the Pineapple Princess.”
- *Angelica, upstate New York*

“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*

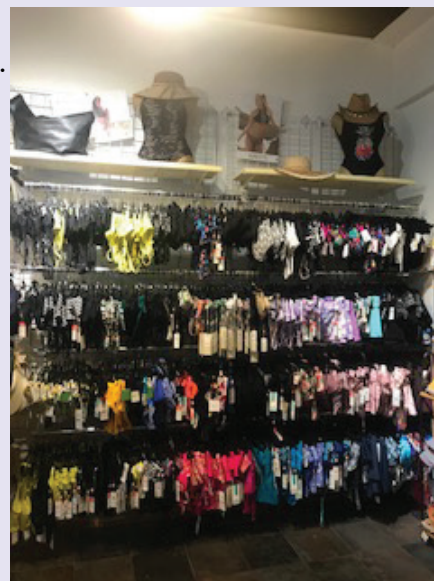


New Spring Collection for 2023

*V*acation time is just around the corner and soon everyone will start planning their summer getaways. The Pineapple Princess swimwear is the one stop shop for all your travel needs thru out the spring and summer. We are located on Rehoboth Avenue in Rehoboth Beach, DE and have our racks full and restocked with our sales. Brands such as Tommy Bahama, Seafolly, Captiva, Jvaldi, Kate Spade, Sunsets, Becca and Seawaves are just a few that fill our store.

The staff is trained and very knowledgeable when it comes to fitting the customer. Now, we all know that daunting task of bathing suit shopping and how it isn't the "highlight" of every lady's day, but at the Pineapple Princess we take this task with pride and try and make it as enjoyable and pleasant for every gal. Our selection of over 50 brands including coverups, apparel and accessories give our gals plenty of options and we help guide you in finding the perfect fit. We carry a wide variety of sizes in junior, missy and plus (xs-3x) and cup sizes A-H in one pieces, tankini separates and bikini separates. To make for an even better fit we have an in house seamstress to alter and adjust any swimsuit. The owner has 30 years of sewing experience on swimwear and can work wonders for any body type. The options are fun and endless!

We are open daily 10a-5p with amazing sales! Hope to see everyone at the beach this summer... oh and no parking meters, which is a bonus! A big thank you to all of our amazing customers for making these last 13 years beyond what we could've imagine and cheers to many more!



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Moments in Time is your one-stop shop for all your old videos, films, slides, pictures, and audiotape digitization needs. We specialize in helping you preserve your cherished family keepsakes by transferring all forms of vintage media and audio recordings to a digital file format such as MP4 and MP3.

Not only is digitizing a great way to preserve all of your special remembrances for generations to come, but it also can be a wonderful way to surprise your family by passing down your family history with memories that will last forever. Once you have "foreverized" your memories, gone is the worry about those old tapes, movies, and pictures deteriorating over time! You can share them with family and friends for years to come. To learn more about this process, let's have a chat!

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

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Pamela J. Rizzo

Twenty two years ago I had never even heard of the Women's Journal, and today I can honestly say the Women's Journal most

definitely changed my life. I had always made good money with my different business ventures, but the Women's Journal has given me the freedom to control my own financial life, and also have the freedom to enjoy my family. I took a concept and gave it my own touch, and with hard work and consistently following the concept that I was trained in I have built an extremely successful paper.

Lynn K. Wolf

With the experience of publishing nine different County Woman publications, I can confidently inform you that this is one of the most exciting, rewarding, and successful business ventures for women entrepreneurs in any part of the nation. I originally born and raised in Minnesota and I have lived on the West Coast and the East Coast and many states in between. Some of my past careers include being a National

Insurance Account Executive, Retail Operations Manager, Certified New Jersey Teacher and Teacher of the Year, but of these, I have being a County Woman Publisher to be the most gratifying on many levels. I guarantee that you will meet many incredible business owners and community leaders. Your publication will be the critical component in helping to launch a new business and/or successfully grown an existing business. The personal rewards are endless.



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Before flooring upgrade for Church in Milford, DE



After Church flooring upgrade



After upgrading bathroom



After upgrading bathroom and adding lighting fan vent



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Amazing updated results! Easy to maintain. Service was wonderful.
- *Elisie Rivera*

Enrique has been an incredible support in renovating several of our abused rental units. He and his team are experienced, creative, dependable, and trustworthy. They listen to our needs and make positive suggestions to get job done right and on time. We will continue to use ALL of their fine services for many years to come.
- *Paul Steele*



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In an effort to hold back the sand from this customer's boardwalk we repurposed piling ends to form a barrier, while at the same time not taking away from the nautical look of being on the water, and also added a certain aesthetic.



The above photo is an after of the interior courtyard of Brookdale senior living which had fallen into neglect from the previous landscaper. We removed the old plantings and added approximately 100 new plants and added 20,000 pounds of stone which all needed to be taken though the building as it was the only access to the courtyard.



To have a healthy lawn in Delaware it is almost always necessary to treat the soil for grubs as most of the new developments were built on what was once farmland which is prone to root eating insects. Regular mowing and maintenance is always necessary to have a thick full lawn.



Andrew Short, Horticulture Specialist

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"Andrew was responsive and followed through as discussed. Compared to others, his pricing for the job was the best. I would hire him without reservation in the future."

- Linda S. Dewey Beach, DE

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It is necessary for good scheduling to have a balance of both residential customers which are often completed quickly and also to have large contracts that can be started at times that it would be inconvenient to complete other work. With this form of scheduling everything runs smoothly and efficiently. This year we will be accepting only two more commercial contracts. With having been in the lawn maintenance business for over ten years you can rest assured that our team can accomplish any task in an efficient and timely manner. We offer statewide service, available 24-7.

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Elizabeth Kapke, The Publisher



"ONE STOP AAA Trucks got me out of a jam when I needed it. I was on the way to a woman's network meeting and I ran out of gas. Called AAA and Joe was there in 15 minutes. I was not even late for my meeting."

*Barbara S.
Milford, Delaware*

ONE STOP was recommended to me by a female V.P. of a local bank. Her exact words were, "Don't get ripped off ever again, you can trust Joe and Bobby at ONE STOP."

*Kathy M
Bethany Beach, Delaware*



"I used one of ONE STOP coupons for an oil change and now I give them all my work on my husband's car and mine."

*Joyce W.
Seaford, Delaware*



"I bought a used Chevy from a Dealer. They said it was mechanically perfect. I drove it to ONE STOP. They found 2 leaks that were not disclosed by the Dealer. The Dealer adjusted the price."

*Betty Lou G.
Georgetown, Delaware*

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5 Problems Caused From a Leaky Roof

Roof leaks can cost you a lot of money.

According to This Old House, the average cost of a roof repair is \$1,000. If you've got a leak, here is some of the potential damage that leaks can cause.

1. Ceiling Damage

When water first begins leaking through your roof, the ceiling is the first thing that's damaged. Drywall absorbs a lot of water, so you may notice a wet spot and discoloration on your ceiling. Over time, you may notice this spot begin to swell as water builds up in the drywall, and it will eventually burst.

2. Insulation Damage

There's insulation all throughout your home, so insulation damage is one of the most common consequences of leaks. Reinsulating your house costs a lot of money, so it's best to hire a roofing company before you let leaks damage your insulation and ceiling.

3. Stained Walls

As water from the leak works its way further into your home, it will eventually start to drip down the walls and cause staining. These stains typically appear in a dripping pattern, which gives you an idea of where the water is coming from. If you have stains on your walls as a result of a leak, there may be substantial water damage overhead.



4. Structural Damage

As wood beams and other building materials are constantly soaked with water, they start to lose some of their structural integrity. Eventually, wood can rot and fail altogether, which can cause parts of your roof to cave in. This isn't the most common problem, but it's something roofing companies see from time to time.

5. Flooring Damage

If you're letting water from a roof leak drip onto your floor, you're risking serious flooring damage. Water isn't good for building materials, and the water that drips on your floor isn't going to dry out on its own. Fixing leaks as soon as possible is a great way to protect your flooring from water damage.

Roofing problems are a major concern for homeowners, and there's nothing worse than having a bad leak that's causing serious damage. If your roof is leaking and you want to avoid expensive repair bills, give G. Fedale a call and we'll take care of it!



Testimonial

"From start to finish G. Fedale was very professional. I started with Scott H., the project consultant. He came to the house to get all of the information he needed to give me an estimate to replace my roof and gutters. The next day I had the estimate with a couple of choices. Scott went over it with me and was not pushy. He told me to let him know when I had come to a decision and if I had any questions to please let him know. When I did come to a decision, he got me the best deal possible. I was truly happy with the deal. I was told it may be 3 to 5 weeks for the job to start and that was great, but then a couple days later I got a call from Tyler S., the project manager, saying they were going to start the job. He asked if I had any questions and I didn't but made sure I knew how to get ahold of him in case I did. The crew showed up bright and early with 7 guys and the site manager, Cjhris, who got with me and told me what was going to happen. The crew showed up at 7:30a.m. and was wrapping up by 3p.m. I don't have a small roof and am very impressed. The gutter crew showed up a couple of days after the Christmas weekend and knocked out the gutters. All I can say is that Scott, Chris and Tyler were all professional and polite. They kept me informed to the point I really never had any questions and if I ever need anything done to my house that G. Fedale does, I will hire them in a minute. Thank you all...a Happy Home Owner.

- Robert Hepner



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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 PHILOSOPHY

We 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 than 48 hours, completely installed and done. Total pros!!" - Carla K.

We treat your water RIGHT!

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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 !!!



**BORN TO
CAUSE A LITTLE
CHAOS**



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