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Health & Wellness[®] MAGAZINE

February 2024

North Palm Beach Edition - Monthly

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- IV Vitamin Therapy
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- Medical Grade Cosmetic Facials
- Cellulite Reduction
- Skin Resurfacing



Daniela Dadurian, M.D.
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TRUSTED LAW AMANDA ACHONG, ESQ

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- Western Michigan University
Cooley Law School

Amanda Achong is an attorney whose practice concentrates in the areas of trusts, estates, and elder law. She is a graduate of some of the top universities in the country. She devotes her time to estate planning for the middle class, charging moderate fees, and then getting referrals from happy clients.

Revocable Living Trust

ATTENTION SENIORS:

- Why Forbes Magazine says that the middle class may need living trusts
- Why a will may not avoid probate
- How a living trust may avoid probate
- Why you may have probate in more than one state if you own out-of-state real property
- How a trust may protect your child's inheritance from divorce
- How a trust may protect your child's inheritance from sons-in-law and daughters-in-law

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NATIONAL CAREGIVERS DAY:

Appreciating and Supporting Our Caregivers

National Caregivers Day is recognized on the third Friday of February each year. It serves as a reminder to express appreciation to the caregivers in our and others' lives.

The Cambridge Dictionary defines a caregiver as someone who takes care of a person who is young, old, ill or disabled. Caregivers are all around us.

There are two main types of caregivers — formal and informal. In 2022, 14.7 million people aged 16 and older were employed in healthcare occupations, according to the U.S. Bureau of Labor Statistics. Registered nurses make up the largest group, numbering 3.4 million. Other familiar titles include medical assistants, physicians, pharmacists and pharmacy technicians, clinical laboratory technologists, nurse practitioners and therapists, among many others. Because these professionals are paid for their services, they would fall under the umbrella of formal caregivers.

AARP reports that millions more — around 38 million Americans — serve as unpaid (informal) caregivers who devote an estimated 36 billion hours of free care annually to parents, spouses, partners, children and friends with severe or disabling health conditions. Their tasks range from hands-on assistance to managing prescriptions and medical claims, scheduling and providing transportation to appointments or friendly companionship. These are often done while juggling their own health needs, family demands and full-time or part-time jobs.

Whether caregiving is someone's professional job or an unpaid role taken on by a family member or friend, they share a dedication to providing comfort, compassion and companionship.

Florida Cancer Specialists & Research Institute (FCS) recognizes and supports the family members and friends who support their loved ones through their journey as cancer patients. Their critical caregiving role often comes with its own set of burdens and does not go unnoticed.

Caring for the caregivers

Caregivers are deserving of our gratitude as well as our encouragement to take the best care of themselves. For caregivers, caring for oneself is just as important as supporting their loved one. If you are running on empty, you won't get very far with helping others.

FCS Behavioral Health experts share the following valuable tips to help cancer caregivers cope with the sickness of a loved one and advice for prioritizing self-care and well-being.

Coping with emotions

Caring for someone with cancer can be very demanding. Many caregivers describe it as "like a rollercoaster" at times. It is perfectly normal to feel a range of emotions. Recognizing your feelings is the first step to overcoming difficulty on more challenging days.



Caregivers can benefit by learning coping skills to manage their highs and lows. Suppressing feelings or trying to hide difficult emotions are not helpful coping mechanisms.

Everyone needs an outlet and someone to talk to. Seek out someone you trust, like a best friend,

family member, religious figure or professional, who will allow you to express yourself fully. Group settings, such as organized support groups, can be tremendously powerful as a space to share with and learn from others experiencing similar circumstances. It is also a resource or safe space that can help validate your feelings.

When things get particularly overwhelming, allow yourself compassion and grace. Remembering to take one breath at a time, one moment at a time and one day at a time can help ground caregivers in the present.

Caregivers may frequently put their loved one's needs over their own. Over time, that can fuel fatigue and resentment and create an overwhelming environment.

Be sure to prioritize personal wellness. Regularly sleeping and eating healthy meals can help caregivers keep their bodies physically strong and equipped. Mental fitness is important, too. Try to make time for a self-care activity, such as:

- Mindful breathing or meditation
- Stretching or exercise (like yoga, walking or others)
- Spending time in nature/outside
- Participating in hobbies

Asking for help

Everyone needs help at some point. However, caregivers may be more likely to avoid asking for help so that they don't burden others — even if they are carrying the weight of a loved one's illness. Remind yourself that getting help can also help your loved one because it can allow you to be in a healthier place.

Reach out to another family member, friend or neighbor who can lend time and assistance or share skills you may need or don't have. It can take a lot of courage to ask for help, but accepting and recognizing these facts is crucial. Other helpful tips:

- Divide tasks among others.
- Be specific about what is needed.
- Accept offers without guilt.
- Know your boundaries.

While National Caregivers Day reminds us of the critical role caregivers play in our lives, every day is a perfect day to show our gratitude and thanks to those who give their time, love and support to the ones they care for.

The most powerful way to let someone know you appreciate them involves two words: "thank you." And remember to encourage those special people to take time to care for themselves as they do for you.

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About Florida Cancer Specialists & Research Institute, LLC:
(FLCancer.com)

Celebrating its 40th year in 2024, FCS has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



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For more information,
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Falling Out of Love with Your Hair?

Fall in Love Again with Bauman Medical's Help

by Alan J. Bauman, MD, ABHRS



Want to give your hair some love this month? Consider breaking up with...

- Combovers (unless you're a gangster)
- Baseball caps (when you're not at a baseball game)
- Over-the-counter topicals (with a side of towel)
- Hair growth supplements (one more thing to remember)
- Shaving your head (unless you enjoy getting a sunburn) or
- Needles (except the knitting kind)

We have just what the doctor ordered.

Bauman Medical specializes in helping people grow hair they'll love forever, through thick and thin (well, more like to thick from thin), without resorting to sloppy, drippy, uncomfortable, embarrassing, or inconvenient measures they definitely *wouldn't* love.

Some folks might call us "SuperHairoes." (I know, that's corny), but at Bauman Medical, we practically leap tall buildings in a single bound, like a passionate

suitor, to deliver the latest, greatest hair enhancement treatments to our follicly challenged patients. The "mane attractions" of our clinic include remedies that are painless, comfortable, and discreet. Oh, and they help you grow the best hair you've had in years.

A fan favorite is **TED**.

TED (TransEpidermal Delivery) is one of the most exciting innovations in hair restoration that we've seen in years, and we adopted its use as soon as the studies convinced me it was safe and effective.

It's especially ideal for people who've avoided getting medical treatment for their thinning hair because they're averse to surgery or having their blood drawn for traditional regenerative procedures. TED is needle-free, pain-free, requires no anesthesia of any kind, and is highly effective.

Your skin (including your scalp) is designed to keep out moisture and other substances we might come into contact with in our environment. This is generally good for our health but not ideal if we're trying to get beneficial substances past this barrier to treat certain conditions.

First, we apply a specialized topical hair growth serum on your scalp in the treatment zone.

We then employ a high-tech device that looks like a small massage tool. The TED handpiece is moved slowly over the scalp, emitting safe ultrasonic sound waves and air pressure. (This process is known as sonophoresis.)

The 20-25-minute process gently enhances the penetration of the serum into the scalp by temporarily increasing scalp permeability. At the same time, increased blood flow optimizes scalp health and powerful growth factors and peptides stimulate hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to start minimizing shedding and improving hair growth and scalp health within minutes.

Low-level laser therapy (also known as red light therapy or photobiomodulation)

The medical grade Bauman TURBO LaserCap® is FDA-cleared for hair regrowth. This low-level laser device is portable, hands-free, cordless, rechargeable, and fast, requiring only five minutes of treatment per day for improved hair growth at home. It's drug- and chemical-free with no risk of side effects and small enough to fit under Santa's hat.

Proper and consistent use of medical-grade low-level laser therapy has been *scientifically proven to improve hair quality, strength, and thickness, as well as promote hair regrowth*. (Hint: Stay away from clunky helmets and weak consumer versions seen online, as they are almost certainly underpowered, and many aren't very portable.)

PRP (Platelet-Rich Plasma): A comfortable in-office procedure that takes about an hour with no recovery time, downtime, or significant risk. Derived from a small blood sample, platelets and plasma are separated from other components of the blood, concentrated, then painlessly applied into the scalp under local anesthesia where weak or at-risk hair follicles exist. When performed using the appropriate number and concentration of platelets and proper application techniques, you can expect hair growth improvements that last a year or more from a single treatment. Requires once-yearly treatment.



Before and After 3 TED Treatments by Dr. Alan Bauman



Before and 6 months after PDOgro™ by Dr. Alan Bauman

PDOgro™: Researched and developed right here at Bauman Medical, we were the first hair restoration clinic in the U.S. to use PDO threads to enhance hair growth. PDO, or polydioxanone, is a synthetic absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, PDO threads placed into the scalp have been shown to stimulate hair regrowth. Typically performed in combination with PRP in a no-downtime “lunch-break” procedure, the threads are comfortably applied into the scalp. They dissolve and are absorbed over time, safely stimulating collagen production, new

blood vessel formation, and a release of powerful rejuvenating growth factors. Requires once-yearly treatment.

The PDOgro™ procedure may help prevent or reduce the need for future hair transplantation by stopping, slowing, or reversing hair loss.

VIP|FUE™ hair transplant procedure

VIP|FUE™ offers patients all the advantages of traditional minimally invasive FUE (follicular unit extraction) – no linear scar and a quicker, more comfortable recovery. (FUE involves extracting individual hair follicles from a donor area and transplanting them to the balding area.)

VIP|FUE™ is the only transplant procedure that doesn’t require the donor area to be trimmed or shaved. Hair left in the donor area remains the same length through the procedure and recovery. It’s the ultimate in discretion because your hairstyle does not change through the process.

Contact Us

The love your hair will get at Bauman Medical might trump confections and roses (but we love those too). So set your heart on contacting us today to see how we can help the love for your hair grow along with your hair actually growing.

Call **561-220-3480** or point your camera at the QR code below to schedule your private one-on-one in-person or virtual consultation at **www.baumanmedical.com**.



Genetics and Hair Loss

- There are now over 200 known DNA locations (genes and SNPs) that contribute to genetic baldness.
- Hair loss genes can be inherited from either your mother’s or father’s side of the family, or a combination of the two.
- Hair loss can start as soon as puberty ends, depending on your hereditary sensitivity to DHT.
- Color quality, texture, length of growth cycles, balding patterns, the speed of balding — all of those put together will determine how quickly you see loss occur, how quickly it progresses, and at what age it will start.
- Because it’s a recessive gene, hair loss can skip generations and siblings.

About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHR Hair Loss Expert

With over 25 years of specialization in hair restoration, he offers an impressive array of state-of-the-art technologies, including proprietary hair restoration procedures, low-level laser light therapy, customized hair growth medications, supplements, and other modalities that produce excellent results. Thanks to his many tools, you may not even need a transplant!

Dr. Bauman’s “Hair Hospital,” housed in a dedicated 12,000-square-foot building, is recognized as one of the premier hair restoration practices in the country.

As one of approximately 250 physicians worldwide to achieve board certification from the American Board of Hair Restoration Surgery (ABHRS), Dr. Bauman has treated over 34,000 patients. He’s also a pioneer in numerous technologies in the field of hair restoration, both for diagnostics and treatment.

In recognition of his expertise, Dr. Bauman was voted “#1 Top Hair Restoration Surgeon” in North America by Aesthetic Everything for the 7th consecutive year, “Top Hair Restoration Surgeon of the Decade”, and received the 2022 “Lifetime Achievement Award in Hair Restoration.”

Forbes magazine recognized him as one of “10 CEOs Transforming Healthcare in America” for bringing restorative hair treatment into the mainstream and pioneering robotic technologies.

Dr. Bauman is a sought-after guest expert at international scientific meetings and live surgery workshops, and a frequent expert source on national news and educational shows.



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LOOKING FOR A NATURAL LOOKING WAY TO COMBAT SAGGING SKIN WITHOUT SURGERY? CONSIDER THE SILHOUETTE INSTALIFT™.

More and more patients prefer to avoid or at least postpone surgery, or simply are not a candidate for surgery due to medical reasons. This is a good alternative for those patients.

First let's discuss what aging really is in order to understand how we can combat it effectively. Aging consists of volume loss and sagging skin. If we want to "naturally" rejuvenate our face and body we need to address both these issues. The Silhouette Instalift™ is the only non-surgical procedure that addresses both issues.

This Silhouette technology is in a class of its own, it's not a filler and it's not your typical thread. It is both, "dual action" means it lifts and volumizes at the same time. It is an advanced micro-suspension technology that uses small (3D) 360 degree cones made from PLLA (also known as "Sculptra") to simultaneously lift skin and build collagen. The lifting effect is immediate while collagen production is gradual and peaks at about 8-12 weeks.

After the patient's needs are assessed, and the entry points are marked, a local anesthetic is injected and the sutures are placed. There is very little discomfort during and after the treatment.



Medical Director, Daniela Dadurian M.D.
 * Board Certified Anti-Aging Medicine
 * Board Certified Laser Surgery

Daniela Dadurian, M.D. received her medical degree from the University of Miami School of Medicine. She is certified by the Board of Anti-Aging & Regenerative Medicine and the Board of Laser Surgery. Dr. Dadurian has also completed a fellowship in Stem Cell Therapy by the American Board of Anti-Aging Medicine. She is a member of the International Peptide Society, the American Academy of Anti-Aging Medicine and the Age Management Medicine Group. Dr. Dadurian is the medical director of several medical spa and wellness centers in palm beach county with locations in West Palm Beach and on the island of Palm Beach. She is a leading expert in anti-aging & aesthetic medicine. Her state of the art facilities offer an array of anti-aging, functional medicine, cosmetic and laser therapies.

The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by Florida Board of Medicine.



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Once the sutures are placed, the skin will be repositioned to obtain the desired lifting effect. The ends of the suture are then cut. The number of sutures applied depends on each individual patient's skin elasticity and condition of the skin. Possible side effects are, as with any procedure that involves needles, bruising and minor pain and swelling. This is an office procedure that takes about 45 minutes and lasts about 18-24 months. The Silhouette Instalift™ was FDA approved in April 2018 for use in the mid-face and was awarded the prestigious 2018 New Beauty Magazine breakthrough award. It has been popular in both South America and Europe for many years.

Silhouette Instalift™ now has different sutures with varying numbers of cones, depending on where on the body it is being used. The 8 cone suture is used on the face, whereas the 12 and 16 cone sutures can be used to lift butts, saggy skin above the knees, elbows and saggy belly skin. It also works well for cellulite.

Why choose Silhouette Instalift™?

- Non-surgical procedure
- Minimally invasive
- Minimal recovery time/no down time
- Immediate lifting effects
- Volumizing in addition to lifting effects due to PLLA collagen stimulation
- Sutures are entirely re-absorbable
- Natural looking

I am so excited to be able to perform this procedure right here in my office. Call today to see if you are a candidate for the Silhouette Instalift™. MD Beauty Labs (561) 655-6325.

TRUSTED HOMECARE AGENCY:

Serving Veterans with Free Supplemental Home Healthcare

When it comes to healthcare, veterans deserve the best care possible. For veterans seeking in-home healthcare services, there is a valuable resource available to them through the Trusted Homecare Agency. This trusted organization specializes in providing free home healthcare options to veterans, offering a range of services that cater to their unique needs. **Did you know there is a program available to veterans which offers up to 21 hours per week of home healthcare for free?** These include a range of home healthcare services including:

SKILLED NURSING CARE:

Trusted Homecare Agency offers skilled nursing care to veterans who require medical attention within the comfort of their own homes. This includes wound care, medication management, and assistance with chronic conditions. Skilled nurses are highly trained and experienced in dealing with veterans' specific health concerns, providing personalized care that ensures their well-being.

BENEFITS:

- Reduced hospitalization: Skilled nursing care can help prevent unnecessary hospitalizations by providing timely and effective medical interventions.
- Enhanced comfort and convenience: Veterans can receive medical care without the need to travel to a healthcare facility, ensuring greater comfort and less stress.

HOME HEALTH AIDES:

Veterans can also benefit from the assistance of home health aides provided by Trusted Homecare Agency. These caregivers help with activities of daily living, such as bathing, dressing, meal preparation, and light housekeeping. Home health aides offer companionship and emotional support to veterans, ensuring they maintain a good quality of life.

BENEFITS:

- Improved quality of life: Veterans can maintain their independence and dignity while receiving essential assistance with daily tasks.
- Reduced caregiver burden: Family members of veterans can find relief knowing their loved ones are in capable hands.

PHYSICAL AND OCCUPATIONAL THERAPY:

Trusted Homecare Agency offers veterans access to physical and occupational therapy services within the confines of their homes. These therapies are designed to help veterans regain mobility, strength, and independence, especially after injuries or surgeries.

BENEFITS:

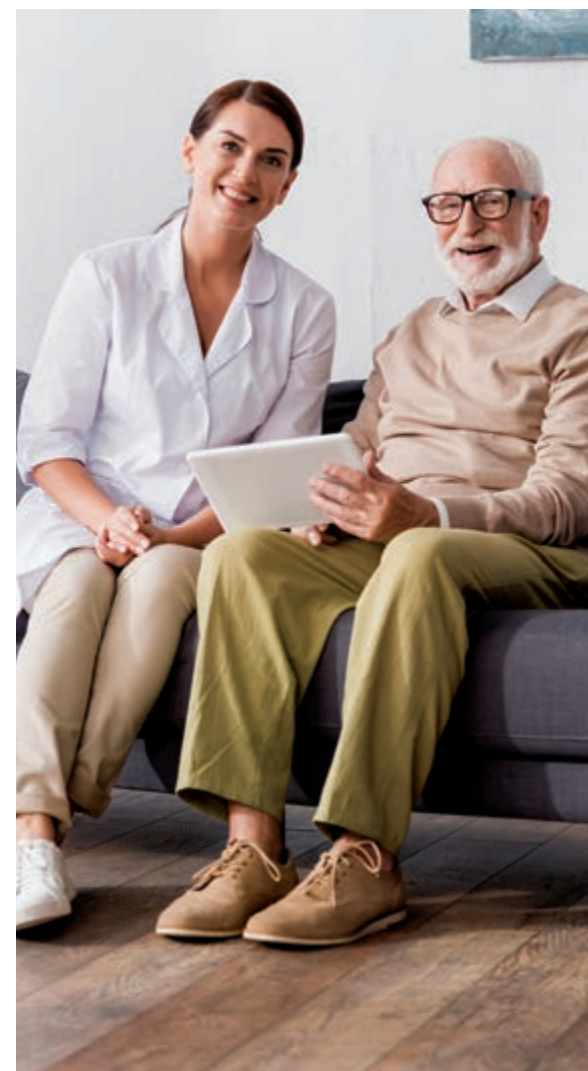
- Personalized rehabilitation: Veterans receive one-on-one therapy sessions tailored to their specific needs and goals.
- Faster recovery: In-home therapy can often lead to quicker rehabilitation, reducing the need for extended hospital stays or facility-based care.

PALLIATIVE CARE:

For veterans facing serious illnesses or end-of-life care, Trusted Homecare Agency provides palliative care services. This specialized care focuses on improving the quality of life by addressing physical, emotional, and spiritual.

BENEFITS:

- Enhanced comfort: Veterans can experience symptom relief and pain management, making their final days more comfortable.
- Emotional and spiritual support: Palliative care offers emotional and spiritual assistance, ensuring that veterans and their families find solace during challenging times.



Trusted Homecare Agency is dedicated to serving veterans by providing them with a range of free in-home healthcare options. These services not only cater to veterans' unique healthcare needs but also offer numerous benefits, including improved comfort, reduced hospitalization, and enhanced quality of life. With a team of skilled nurses, home health aides, and therapy professionals, veterans can receive the care they deserve without leaving their homes.

Trusted Homecare Agency's commitment to the well-being of veterans ensures that they receive the care and support they need to maintain their independence, improve their health, and live fulfilling lives. By availing themselves of these free in-home healthcare services, veterans can rest assured that their healthcare needs are in capable and caring hands, helping them lead healthier, happier lives.

If you are a veteran & utilizing home health services but need more hours, there is a program that offers up to 21 hours per week of care for free. This is not aide & attendance or cash in hand. This program is a benefit for the veteran to help ease the financial strain of home healthcare costs. To find out more about this free program call us today **561-998-6039**.

**Do you use
the VA medical
at least once a year?**

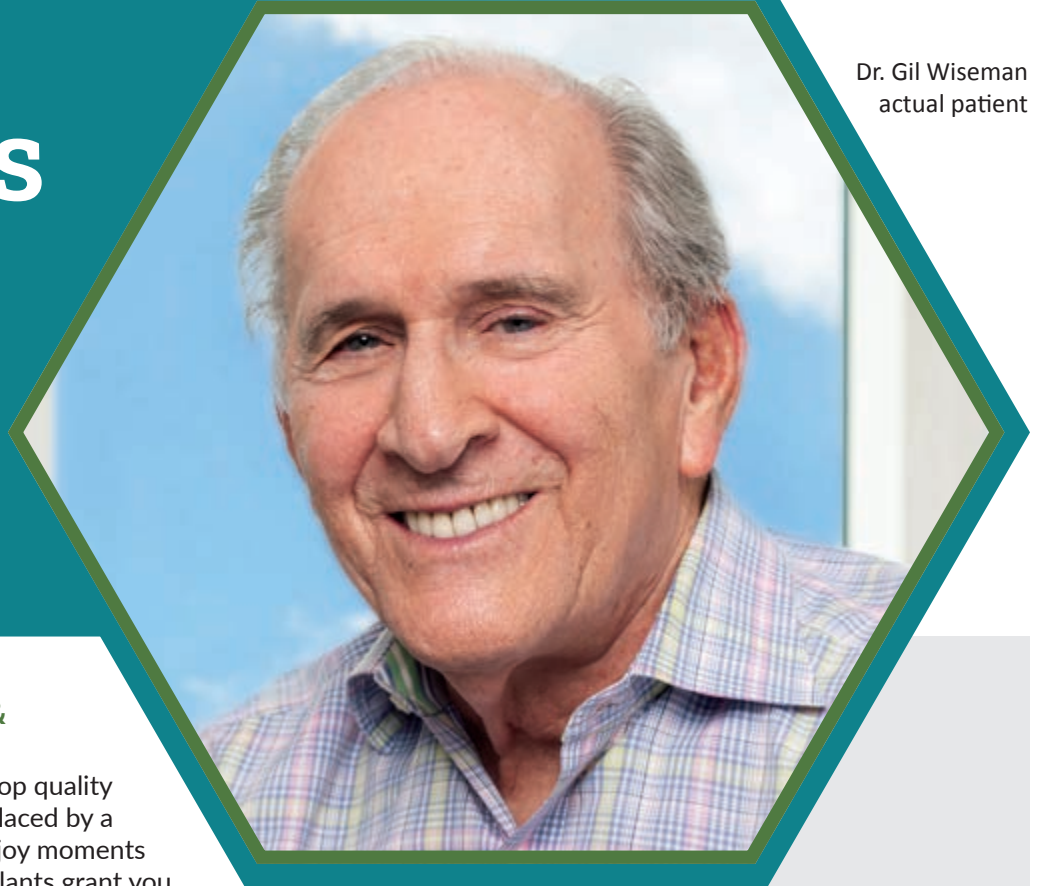
**Are you using Homecare
now but need more
hours? Is the cost
too high?**

**Are you in need of
home healthcare?**

Real Deal Dental Implants

Dental implants are a hot topic. By age 45 most of us are missing at least one tooth. If you need one or more dental implants, you know there is a lot of information to sift through.

Looking online you might see offers, even bargains for dental implants. Don't be fooled. Dental implants come with risk. To ensure your dental implants last a lifetime, you need an experienced dental implant surgeon who uses only top-quality materials.



Dr. Gil Wiseman
actual patient

Buyer Beware: Low Quality Dental Implants on Market

In recent years, the U.S. market has seen infiltration of clone implants from China, Eastern European and South American countries. Clone implants pose risks because:

- Clone implants are not specifically designed for your mouth.
- Some contain mixed metals that can cause adverse reactions.
- Higher rates of failure which can be painful and costly.

Dental Implants Done Right

Dental implants are an investment in your health and appearance.

Dental Implant Specialist Dr. Lee R. Cohen uses surgical-grade, titanium dental implants made by leading manufacturers. It's one reason why his patients have a 97% success rate.

- Look and feel totally natural.
- Precision placed with guided surgery.
- Biocompatible to bond with your body.

Big Benefits & Better Living

When you have top quality dental implants placed by a specialist, you enjoy moments more. Dental implants grant you the freedom to eat what you like, share conversations without worry, and smile for photos again.

Welcome to Great Care

You want a doctor with impeccable credentials and great communication skills.

Every visit begins with a conversation about you. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.

We Care a Lot

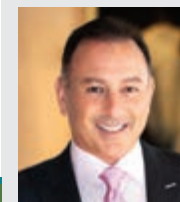
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- Together we review your health history.
- Discuss goals for your health and appearance.
- Make a treatment plan that meets your needs and budget.

We care for you like you are part of our family. Our team keeps everyone in your care circle up to date, and we check in to make sure you feel good once treatment is complete.

Welcome to Great Care

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About Dr. Lee R. Cohen

Dr. Lee R. Cohen, D.D.S., M.S., M.S. is a dual-board certified periodontal and dental implant surgeon.

- NYU, Doctor of Dental Surgery; Management

- University of Florida, Master's of Science in
- Periodontology, served as chief resident
- Emory University, Bachelor's in Biology



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Palm Beach Gardens, FL 33418

Dental Implants

Pinhole Technique

LANAP Gum Rejuvenation

RejuvaNATION MedSpa: Elevating Men's Health to New Heights

EMBARK ON A JOURNEY TO REVITALIZE YOUR VITALITY



Rediscover the joy of a spontaneous sex life with Simply Men's Health RejuvaNATION MedSpa, emerging as the forefront leader in men's sexual health, vitality, and memory in Boca Raton. Dr. Joan Katz, a Harvard-trained physician and the visionary behind Simply Men's Health, revolutionized erectile dysfunction (ED) treatment in 2015 with RejuvaWAVE®, an innovative approach derived from proven European methods—no pills, no needles, no drugs.

Fast forward to 2023, and after successfully treating thousands of patients, Simply Men's Health RejuvaNATION MedSpa is once again reshaping the landscape of ED treatment with the groundbreaking RejuvaWAVE Multi-Wave Shockwave™. This pioneering therapy, the first of its kind, seamlessly integrates Radial and Focused waves alongside Photobiomodulation LASER, achieving an unparalleled success rate of over 95% in curing both ED and Peyronie's Disease.

Beyond addressing ED and Peyronie's, RejuvaWAVE Multi-Wave Shockwave goes above and beyond by proactively combating the inevitable aging process. It enhances overall performance, promoting a rejuvenated sense of well-being, and even contributes to size restoration.

ATTENTION MEN: NOT ALL ED SHOCKWAVE THERAPIES ARE CREATED EQUAL

Simply Men's Health set the new standard of care with RejuvaWAVE® shockwave therapy. Despite a surge in copycat clinics offering variations of shockwave treatments, Simply Men's Health maintains its gold-

standard treatment protocol. Regrettably, some men have sought treatment at franchise operations, often lacking physician ownership, only to be disappointed after significant financial investment.

THE GENUINE DIFFERENCE: EXPERIENCE REJUVAWAVE® RISK-FREE

If you've undergone shockwave treatment elsewhere and found it lacking, Simply Men's Health invites you to experience the genuine RejuvaWAVE® Difference. Our highly trained and certified technicians are dedicated to showcasing the superior effectiveness of our approach. Call Simply Men's Health now to secure a FREE session—absolutely NO obligation, NO fee, and NO purchase required. Hear it from satisfied patients like Jeff, who attests, "I've come to Simply Men's Health. I had gone to a previous place... this one is the REAL deal. Absolutely, a completely different procedure. Everything is much better. The procedure worked the first time. Completely satisfied." Choose excellence in men's health—choose Simply Men's Health RejuvaNATION MedSpa.



3301 NW 2nd Ave, Suite 101

Boca Raton, FL 33431

561-459-5356

SimplyMensHealth.com

ONE FREE RejuvaWAVE Treatment

100% SAFE
Non-invasive • No Down Time
No Side Effects

A HAVEN OF COMFORT AND CARE: The Villa of Delray Assisted Living Home

Nestled in the heart of Delray Beach, Florida, The Villa of Delray Assisted Living Home stands as a beacon of compassionate care and unparalleled comfort for seniors seeking a warm and inviting community. This assisted living facility is renowned for its commitment to enhancing the quality of life for its residents, combining luxurious accommodations with personalized assistance to create a supportive and nurturing environment.

Luxurious Living Spaces:

One of the standout features of The Villa of Delray is its commitment to providing residents with a home that exudes comfort and style. The living spaces are designed to feel like a home away from home, with tastefully decorated rooms that offer both functionality and aesthetic appeal. From cozy private apartments to shared living spaces, every detail is meticulously crafted to ensure a comfortable and dignified living experience.



The villa-style architecture of the facility adds to its charm, creating a serene and picturesque setting for residents to enjoy. Lush gardens, well-maintained landscaping, and welcoming outdoor spaces provide opportunities for residents to connect with nature and enjoy the beautiful Florida weather.

Personalized and Comprehensive Care:

At the heart of The Villa of Delray is a dedicated team of professionals committed to providing personalized care tailored to the unique needs of each resident. Whether it's assistance with daily activities, medication management, or specialized memory care, the staff is trained to provide compassionate and respectful support.

The facility's commitment to resident well-being extends to a range of engaging activities and programs designed to foster physical, mental, and emotional wellness. From fitness classes and arts and crafts to social events and outings, residents have access to a vibrant calendar of activities that promotes a sense of community and belonging.

Nutritious Dining Experience:

The importance of a well-balanced and delicious diet is not overlooked at The Villa of Delray. The facility boasts a dining program that focuses on providing nutritious meals while accommodating residents' dietary preferences and restrictions. The communal dining spaces create a social atmosphere, allowing residents to enjoy their meals together and build connections with fellow residents.



Community Engagement and Support:

The Villa of Delray places a strong emphasis on creating a sense of community among its residents. Regular social events, group activities, and opportunities for meaningful connections help foster a supportive environment where friendships flourish. Additionally, families are encouraged to actively participate in the life of their loved ones, creating a network of support that extends beyond the facility's walls.

The Villa of Delray Assisted Living Home stands as a testament to the belief that senior living should be synonymous with comfort, dignity, and compassionate care. With its luxurious living spaces, personalized assistance, and commitment to fostering a sense of community, The Villa of Delray provides a haven where residents can thrive and truly enjoy their golden years. It's more than just a place to live; it's a community that values and cherishes the well-being of its residents.

THE VILLA
OF DELRAY

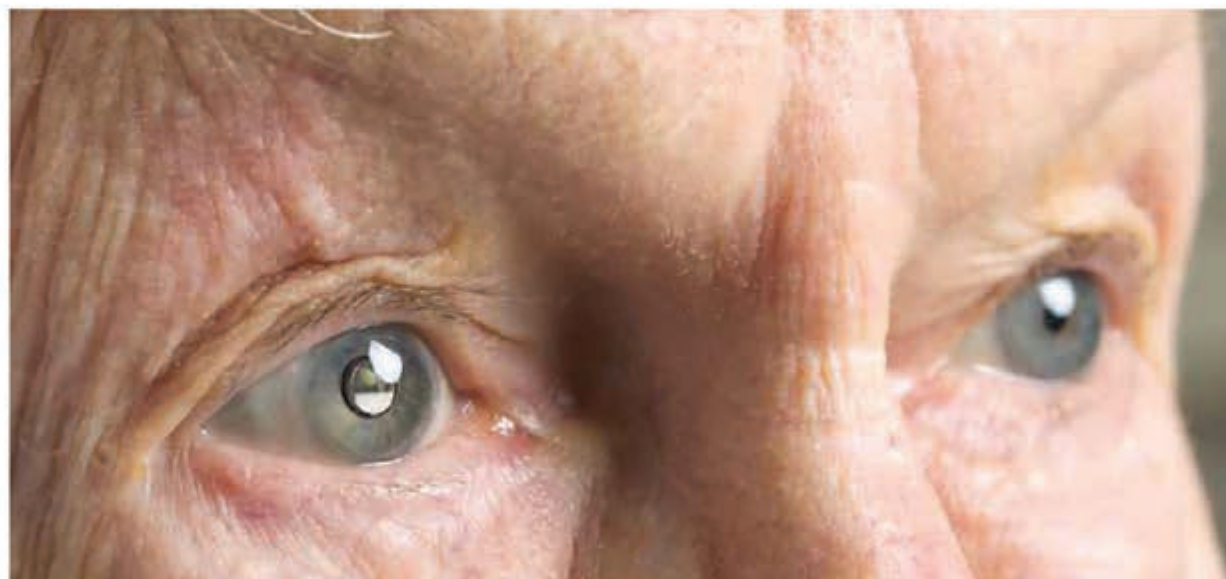
13415 Barwick Road, Delray Beach, FL 33445

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Email: admin@villaofdelray.com

www.villaofdelray.com

A NEW CATARACT SURGERY FOR THOSE WITH MACULAR DEGENERATION



“CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye ... Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision.”

By David A. Goldman, M.D.

Imagine the heartbreak for someone who gradually loses the ability to see her grandchildren, husband and the people who mean the most to her. Now imagine her joy when she can see them again. Thanks to a groundbreaking new treatment program called CentraSight®, this dream can now be a reality for patients around the country with End-Stage age related macular degeneration (AMD), the leading cause of blindness in older Americans.

More than 15 million Americans are affected by some form of macular degeneration, a progressive disease that can lead to severe vision loss in its most advanced form, End-Stage AMD. The number is expected to double with the rapid aging of the U.S. population. Approximately 2 million Americans have advanced forms of AMD with associated vision loss.

Macular degeneration attacks the macula of the eye, where one’s sharpest central vision occurs. Although it does not cause complete blindness, patients with End-Stage AMD have a central blind spot, or missing area, in their vision. This vision loss makes it difficult or impossible to see faces, read, and perform everyday activities such as watching TV, preparing meals, and self-care.

For many people, the first sign of AMD is something they notice themselves. Straight lines like doorways or telephone wires may appear wavy or disconnected. When they look at someone, their face may be blurred while the rest is in focus. Lines of print may be blurred in the center or the lines may be crooked.

CentraSight is the first treatment program to use a tiny telescope that is implanted inside the eye to treat End-Stage AMD. Smaller than a pea, the telescope implant uses micro-optical technology to magnify objects that would normally be seen in one’s ‘straight ahead’ vision. This image is projected onto the healthy retina in the back of the eye not affected by the disease.

The telescope implant improves patients’ vision so they can see the things that are important to them, increase their independence, and manage everyday activities again. They can feel more confident in social settings because they can recognize faces and see the facial expressions of family and friends.

The CentraSight treatment program focuses on comprehensive patient care, requiring potential patients to undergo medical and vision evaluation to determine whether they

may be a good candidate. A unique aspect of the evaluation is the ability to simulate, prior to surgery, what a person may expect to see once the telescope is implanted to determine if the improvement possible will meet the patient’s expectations. After an eye surgeon implants the telescope in an outpatient procedure, the patient then works with vision specialists to learn how to use their new vision in their everyday activities.

The telescope implant is not a cure. Patients must meet age and cornea health requirements to be considered a good candidate. Possible side effects include decreased vision or vision impairing corneal swelling.

The CentraSight treatment program is now available at Goldman Eye. For more information on the telescope implant and who qualifies for the treatment, visit www.goldmaneye.com or call Dr. Goldman’s office at (561) 630-7120.





In 1967 the Beatles released a song titled “All We Need Is Love” which sat atop Billboard's charts for eleven consecutive weeks. Their manager at the time stated, “... they really wanted to give the world a message... it is a clear message saying that love is everything.” In fact, the simple chorus repeats the words: “all you need is love...”

What a message for the world to hear!

During the month of February, many of us focus on the idea of love (thanks to Valentine's Day), but really the message of love is timeless and not bound by a simple holiday.

And to be totally truthful, The Beatles did not invent the idea that “all we need is love.” That was a message taught and written long before they made it popular... about 2,000 years earlier by Jesus.

Jesus often found Himself in a tight spot as He had a tendency to upset what traditional religion had established in His lifetime. Jesus often spoke against the religious leaders of His day and offered a better way – a way founded in grace (not rules) and love (not guilt).

In fact, there was one exchange recorded in the New Testament where a lawyer came to ask Jesus a question with the hopes of trapping Him with His words. Here is that exchange as recorded in the Gospel according to Matthew:

"Teacher, which is the most important commandment in the law of Moses?" Jesus replied, "'You must love the LORD your God with all

your heart, all your soul, and all your mind.' This is the first and greatest commandment. A second is equally important: 'Love your neighbor as yourself.' The entire law and all the demands of the prophets are based on these two commandments." – Matthew 22:36-40 NLT

Do you see that? What does Jesus say is the most important thing? Love. We are supposed to learn to love God with all that we are – our minds, our hearts, our bodies. And then we are supposed to love others. But then He goes on to say this: everything else hangs in the balance of these two things.

So, what does that mean for you and me? It's simple – not easy – but simple. If we learn to love God and love others, then everything else will take care of itself.

Think about it – if I learned to love everyone (not just the people I like), how differently would my relationships look? If I learned to love God, how differently would my priorities look? If I could learn to love, then everything else falls in place.

The apostle Paul describes the kind of love we should have: “Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance”. – 1 Corinthians 13:4-7 NLT

Here is an exercise for us to see how we are doing. Go back and read the quote above, but this time, every time to get to the word “love” or “it” put your own name in its place. Then ask yourself: how am I doing? (It's a simple formula – not an easy one.)

So in this month where we set aside a day of love, let's make it a lifestyle not just a holiday Because remember, The Beatles were right (just not the first) to say: “All You Need Is Love.”

Brent Myers



A church that wants to help you live the life
you were created for.

www.christfellowship.church



Cancer doesn't wait. Neither do we.

When you're diagnosed with cancer, every minute matters — our nearly 100 statewide locations and in-house pathology lab ensure that your treatment is timely and personalized.

With lab results returned faster than the national average, our team of precision oncology experts takes action to quickly match each patient's data with the appropriate targeted therapy or clinical trial.

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FLCancer.com/TimeToTreat

