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Health & Wellness[®] MAGAZINE

March 2024

North Palm Beach Edition - Monthly

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TRUSTED LAW AMANDA ACHONG, ESQ

- Florida State University
- 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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- 9 Molluscum & Warts

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Unveiling Radiant Skin:

CARROLL DERMATOLOGY Introduces EMFace Technology



In a world where innovation meets beauty, Carroll Dermatology proudly presents EMFace – the cutting-edge technology revolutionizing skincare. As a beacon of excellence in dermatological care, Carroll Dermatology continues to stay at the forefront of advancements, and EMFace is the latest testament to their commitment to providing clients with unparalleled results.

Unmasking the Power of EMFace

EMFace, short for Electro-Magnetic Facial Enhancement, is a breakthrough technology designed to rejuvenate and enhance the skin's natural radiance. This non-invasive treatment harnesses the power of electromagnetic waves to stimulate collagen production, reduce fine lines, and tighten skin, leaving you with a youthful, glowing complexion.

How EMFace Works

EMFace works by delivering targeted electromagnetic energy to the skin's underlying layers. This energy

stimulates the production of collagen, the key protein responsible for maintaining skin elasticity and firmness. As collagen levels increase, wrinkles and fine lines diminish, resulting in a smoother and more youthful appearance.

The treatment is gentle, painless, and requires no downtime, making it a convenient option for individuals with busy lifestyles. EMFace is suitable for all skin types, making it an inclusive solution for anyone seeking to enhance their natural beauty.

Benefits of EMFace at Carroll Dermatology

- **Youthful Radiance:** EMFace promotes the natural radiance of your skin by reducing the signs of aging, leaving you with a rejuvenated and youthful glow.
- **Non-Invasive:** Unlike surgical procedures, EMFace is a non-invasive treatment, ensuring a comfortable and pain-free experience for clients.
- **Minimal Downtime:** Busy schedules shouldn't compromise self-care. With EMFace, there is no downtime, allowing you to return to your daily activities immediately after the treatment.
- **Long-Lasting Results:** Enjoy long-lasting results as EMFace stimulates collagen production, providing a gradual improvement in skin texture and tone over time.

Why Choose Carroll Dermatology for EMFace?

Carroll Dermatology is renowned for its commitment to excellence in skincare. Driven by a passion for delivering personalized and effective treatments, the experienced team at Carroll Dermatology ensures that each client receives tailored care to address their unique skincare needs.

Our state-of-the-art facilities and skilled professionals create an environment where cutting-edge technology, like EMFace, is seamlessly integrated into our comprehensive approach to skincare. With a focus on safety and efficacy, Carroll Dermatology stands as a trusted partner on your journey to achieving radiant and youthful skin.

EMFace at Carroll Dermatology is not just a treatment; it's a promise of radiant, age-defying skin. Experience the transformative power of this advanced technology and embrace the confidence that comes with looking and feeling your best. Book your EMFace consultation at Carroll Dermatology today and step into a future of timeless beauty.



DR. MARIANNE T. CARROLL

stands as a distinguished Board Certified Osteopathic Physician, renowned for her expertise in Dermatology and Dermatologic Surgery, and holds an additional Board Certification in Internal Medicine. Since 2010, she has been a trusted figure in Florida's healthcare landscape, specializing in Adult and Pediatric Dermatology.

Dr. Carroll's extensive repertoire encompasses the gamut of skin conditions, offering adept solutions from common issues to intricate skin cancer treatments, including the precision of Mohs micrographic surgery.

A proud alumna of Michigan State University, she earned her Doctorate in Osteopathic Medicine and completed rigorous residencies in Internal Medicine and Dermatology. Dr. Carroll, armed with a Master's in Biological Sciences and Nursing, has contributed to medical literature with published articles covering diverse topics.

Beyond her clinical prowess, Dr. Carroll is a compassionate global healthcare advocate, actively participating in international missions across Europe, South, and Central America. She extends her healing touch to the underserved and underprivileged, embodying a commitment to philanthropy. As a devoted member of professional organizations, Dr. Carroll exemplifies a holistic approach to healthcare, seamlessly integrating education, compassion, and global outreach into her impactful medical career.



Meet **STEFANIE INELLICATI**, a board-certified Licensed Physician Assistant specializing in general, surgical, and cosmetic dermatology. Stefanie earned her Masters in Physician Assistant studies from the University of Florida and further honed her skills through the prestigious Dermatology Research and Practice scholars program.

With a diverse background spanning emergency medicine, urgent care, and primary care across Tampa and Southeast Florida, Stefanie brings a wealth of experience to her role. A proud member of the Society of Dermatology Physician Assistants and the Florida Academy of Physician Assistants, Stefanie is dedicated to delivering exceptional care.

As a Florida native, Stefanie's commitment extends to her community in West Palm, where she passionately crafts personalized treatment plans. Beyond the basics, Stefanie's extensive knowledge allows her to offer a consultative approach, ensuring comprehensive care for her fellow Floridians from head to toe.



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SPRING IS HERE. It's Time to Grow

by Alan J. Bauman, MD, ABHRS

There's something I especially love about spring in South Florida – it's the time of year when I see flowers poking their colorful heads out of the soil around homes and office buildings everywhere I look.

It's a sign that Mother Nature is joyfully celebrating her move into Florida's new season of mild temps and sunny days, with color splashes from geraniums, begonias, impatiens, snapdragons, and more.

Behind most of these spring flower masterpieces are gardeners who've carefully planted and tended their plants with a passion for beauty and perfection.

And that brings me to why I'm waxing poetic here.

Those gardeners and I have a lot in common: We appreciate and understand growing cycles. We've learned a lot about how to get the most from our labors, and we have special tools and techniques to harness all the potential for excellence that nature, experience, and technology offers.

As every gardener knows, you need to start with a **good foundation**. Then add **nutrients** to maintain a healthy growing environment. You have to take **action to mitigate problems** before they get bigger and, in the worst case, you have to **re-plant**.

See where I'm going? We're the master gardeners of hair restoration, and below are a few of the ways we'll help you celebrate the spring growing season our way.

A GOOD FOUNDATION

Just like good soil is crucial for healthy plant growth, an optimized scalp is the key to robust hair growth. That's where our **Scientific Scalp Makeover™** comes in, by getting your scalp in tip-top condition. It's also a chance to relax and unwind with a therapeutic session in our "head-spa" room. We dim the lights and provide a variety of soothing treatments including:

- Aromatherapy treatment
- Customized scalp mask treatment
- Deep scalp massage to stimulate and purify the scalp and increase circulation (good circulation promotes hair growth)
- Deep cleansing shampoo
- Customized conditioner or hair mask

These sessions are more than an indulgence. They're a necessity for people whose hair isn't growing like it used to by getting the scalp as healthy as possible.

NUTRIENTS

Bauman Medical offers a superb line of 7 proprietary nutritional supplements for all types of concerns, designed to help with hair loss or thinning or for anyone simply seeking thicker-looking hair. (See sidebar for details).

MITIGATING PROBLEMS BEFORE THEY WORSEN

Here's where our garden gets really robust. Most people don't realize there are numerous options for hair restoration besides hair transplantation, and these options are how we help the majority of our patients, both male and female. There's not enough room here to detail them all, but these are among the most popular:

TED (TransEpidermal Delivery)

This non-invasive hair growth treatment doesn't use needles or anesthesia. It's ideal for people who've avoided getting medical treatment for thinning hair because they're averse to surgery or needles.

We apply a specialized topical hair growth serum of growth factors and peptides onto the treatment zones on the scalp and move the TED handpiece slowly over the scalp. It emits safe ultrasonic sound waves and air pressure to push it through the skin.

This 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 stimulates hair follicles to produce thicker, stronger, healthier hair. This FDA-cleared Class 1 medical device is clinically proven to address shedding and improve hair growth and scalp health within minutes.

PRP (Platelet-Rich Plasma): This comfortable in-office procedure 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 blood components, concentrated, then painlessly applied into the scalp under local anesthesia where weak or at-risk hair follicles exist. Hair growth improvements can last a year or more from a single treatment.



A "Scalp Makeover" is the ultimate pampering for your scalp, providing stress-reducing and circulation-stimulating scalp massage, scalp steaming and application of highly advanced topical therapeutic products to boost the health of the scalp and follicles. It also makes the perfect gift. Gift E-cards are available on our eStore.



Before and after FUE Hair Transplant by Dr. Alan Bauman

PDOgro™: PDOgro™ employs threads of polydioxanone (PDO), a synthetic, absorbable FDA-cleared material. Used for decades in surgery, and more recently in aesthetic procedures to reverse the appearance of skin aging, the 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 rejuvenating growth factors.

“The best time to plant a tree was 20 years ago. The second best time is now.”
- Chinese proverb

Super Supplements to Promote Hair Growth and Health

Not getting enough key vitamins and minerals in your diet can contribute to less-than-optimal hair. Bauman Medical offers a superb line of proprietary nutritional supplements to address hair loss or thinning, or for anyone who just wants thicker-looking hair.

The Recruiter™: This blend of probiotics, plant extract, and Vitamin D3 promotes the release of stored stem cells (stem cells promote healing of damaged tissues due to aging, injury, and stress). It increases the number of circulating stem cells in your body to promote hair growth and overall health.

The Good Guys™: This probiotic complex infuses the gut with elements needed to optimize the digestive process and maximize overall health and wellness. It supports a robust scalp and strengthens follicles for optimal hair growth.

The Bodyguard™: A unique blend of herbs and mushrooms, The Bodyguard™ supports a healthy immune system and defends against environmental toxins.

A-List Hair Vitamin Complex™: Dubbed our “strategic supplement,” it’s compounded with top-tier ingredients shown to strengthen hair and support skin elasticity. It contains antioxidants and trace minerals that protect hair and skin, and promote collagen renewal.

The Hero Super-Biotin Mega Hair Support Caps™. Biotin creates enzymes that strengthen hair and nails and assist digestion and cellular metabolism.

The Zenmaster™: Contains the herb ashwagandha which helps reduce stress and its byproduct, cortisol. Cortisol negatively affects the hair follicle as well as other organs in the body.

The Builder Hair Multi-Collagen Complex Peptide Protein Powder™: Contains three proprietary ingredients that deliver vital proteins that multiply natural collagen levels. It provides a boost to hair productivity, follicle strength, and a youthful shine.

LOW-LEVEL LASER THERAPY (ALSO KNOWN AS RED LIGHT THERAPY OR PHOTOBIO-MODULATION)

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 daily for improved hair growth at home. It’s drug- and chemical-free with no risk of side effects.

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.

“RE-PLANT”

There are some hair loss situations that are simply too advanced for non-surgical solutions. We’ll let you know if that’s the case once we’ve had a consultation with you. If we go that direction, we’ll offer you state-of-the-art options including Bauman Medical’s minimally invasive FUE (Follicular Unit Extraction) procedure. It’s comfortable and 100% natural looking (not your grandfather’s hair transplant).

CONTACT US

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**.



About Dr. Alan J. Bauman



Alan J. Bauman, MD, ABHRS, IAHRs 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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BALANCE FOR LIFE OCEANFRONT RETREAT:

Transformative Health Retreat Unveils the Power of Water Fasting, Juice Cleansing, and a Plant-Based Lifestyle

With over thirty years of experience, in the health and wellness industry, numerous awards and many Google 5 star reviews Balance for life retreat, is a beacon of holistic health, located right here in our home state of Florida.



This sanctuary for well-being seamlessly integrates, personal coaching, education, and medical supervision, to broadcast the profound benefits of water fasting, juice cleansing, and a plant-based, lifestyle. Balance for life's unique approach of small intimate groups offers that personal attention we all deserve.

BALANCE FOR LIFE, roots, revolve around the ancient wisdom of achieving harmony within the body, combining mind, and spirit. However our mission is about helping people start, improve, or increase their personal growth to wellness. "Making a difference in peoples lives is the spiritual side of Balance, it is what drives us, explains Harold Lebovic, owner and brain child behind Balance for Life.

Combining, relaxation, education, with fitness, and the center of attention our water fasting, juice cleansing, and a plant-based lifestyle at the forefront, and focus of all our retreats, we offer you to pick up the phone, let's talk wellness.

WATER FASTING: A SCIENCE BASED GATEWAY TO RENEWAL, IS A PILLAR OF POPULARITY.

At Balance for Life, water fasting is not merely a practice; it is an art form carefully curated to cleanse, rejuvenate, and revitalize. This process often reverses many chronic diseases and conditions. The therapeutic process involves abstaining from solid foods and nourishing the body with pure, hydrating water. Supervised by nationally acclaimed Dr. Frank Sabatino and a team of experienced professionals, participants embark on a personalized fasting journey, tapping into the body's natural detoxification processes.

The benefits of water fasting extend beyond physical detoxification, reaching into the realms of mental clarity and emotional well-being. By allowing the digestive system to rest, participants experience heightened focus, improved cognitive function, and a profound sense of inner calm. This mindful approach to fasting is a cornerstone of the Balance for Life experience. Over the years, our clients, have raved

about the results, and that is what keeps them coming back. Week, after week, water, plant, or juice, clients have revisited, two, three or even more retreats.

JUICE FASTING:

BOOSTING VITAMIN AND REVITALIZING ENERGY

Juice fasting, a powerful detox trend, offers various health benefits. Packed with vitamins and antioxidants, fresh juices support immune function and promote glowing skin. Fasting gives the digestive system a break, allowing the body to focus on repair and regeneration. Improved energy levels, mental clarity, and weight loss are common outcomes. Additionally, juice fasting may help break unhealthy eating patterns, fostering better dietary choices and reversing chronic illness like type 2 diabetes and high blood pressure.



PLANT-BASED DELIGHTS:

CULTIVATING WELLNESS FROM WITHIN

Celebrating the bounty of nature, Balance for Life crafts delectable, nutrient-rich meals that harness the power of whole, plant-based ingredients. From vibrant salads bursting with antioxidants to hearty vegetable-based stews, each dish is a celebration of flavor and well-being. A plant-based diet has been scientifically proven to lower the risk of and even reverse chronic diseases, enhance heart health, and contribute to sustainable weight management. The culinary artisans at Balance



for Life skillfully blend creativity and nutritional expertise, ensuring that every meal not only satisfies the palate but also nurtures the body at a cellular level. All meals are SOS (no salt, oil, or sugar).

The food reviews from clients are one of the most talked about topics of the week. We pride ourselves on the delicious dishes our culinary artisans create.

SYNERGY OF BALANCE: UNLEASHING HOLISTIC WELLNESS

What sets Balance for Life apart is its seamless integration of creating a synergistic approach to holistic wellness. As participants engage in the practices that fit their individual goals, they embark on a journey that harmonizes the physical, mental, and spiritual aspects of their being.

The retreat's seasoned health experts carefully tailor each program to meet individual needs, ensuring a supportive and transformative experience. From educational workshops, fitness classes, educational seminars on mindful eating to meditation sessions promoting emotional balance, every aspect of the retreat is designed to foster a profound sense of well-being. Be prepared to make a few new friends along the way, our community is built during retreats and the bonds of friendships return home.



RECOGNITION AND AWARDS: TESTAMENTS TO EXCELLENCE

Balance for Life's commitment to excellence in health and wellness has not gone unnoticed. The retreat has garnered prestigious awards, affirming its status as a trailblazer in the industry. The recognition serves as a testament to the positive impact experienced by those who have embraced the transformative journey offered by Balance for Life.

Balance for Life emerges as an award-winning sea side haven for those seeking a holistic approach to health and wellness. By harmonizing the ancient practice of water fasting & juice fasting with the vitality of a plant-based diet, this retreat provides a experience that extends beyond physical well-being, reaching into the realms of mental clarity, emotional balance, and overall vitality. Embark on a journey with Balance for Life, where the art of balance becomes the key to unlocking your full potential for a healthier and more fulfilling life.

Come and join the Balance for Life family for a week long retreat and you be the judge of the value they offer. Unsure which program is right for you? Reach out to them, speak to Terry, our hostess with the mostest, as she has been described.

Or if you need to gather medical information or just talk about your personal health situation reach out to Dr. Frank Sabatino.



Dr. Frank Sabatino is a plant based physician and past Health Director of the Shangri-La Natural Hygiene Institute, Wellness Resort, and the Balance for Life Health Retreat where he cared for, lectured and inspired thousands of people for over 45 years.

Dr Frank Sabatino is a chiropractic physician with a

PhD in Neuroendocrinology from the Emory University School of Medicine. He is one of the world's leading experts in water only fasting and the Director of the Balance for Life lifestyle and fasting retreats in Deerfield Beach, FL.

He has also written numerous articles for lay magazines and journals in the areas of clinical, nutrition, healthy weight loss, women's hormones, epigenetics, stress management, addiction, and healthy aging.

He has been featured in a variety of books, news articles, and cable TV programs including CNN. Dr. Sabatino is a past member of the prestigious Brookdale fellowship in Gerontology and Aging. As a member of the International Association of Hygienic Physicians, he is also widely recognized as an expert in water only fasting and integrative health care. His book: **WEIGHTLESS: Compassionate Weight Loss for Life** (in press) and his online course: **Lean for Life: The Science of Effective Weight Loss** promote the most comprehensive plant-based solution and lifestyle strategies for solving the pandemic of obesity. Dr Sabatino is currently The Director of Health Education for The National Health Association (NHA), the oldest plant-based health organization, as well as a research consultant for the True North Health Foundation and the Complementary Medical Association (CMA) in England. He is also an addiction specialist certified by the American College of Addictionology and Compulsive Disorder and is a proponent of Oriental energy arts and a long-time teacher and student of tai-chi and qi gong.



Upcoming 7 Day Retreats

March 3-9 Sold Out

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- Health Education, learn the latest scientific dietary research
- Fitness Programs including daily yoga & Aquatics
- Emotional Support
- Personal Time, pamper yourself with a 5 star massage
- Daily Walks on the Beach
- Meditation moments
- Information about wellness tools that you can use in your day to day life to promote Balance for Life
- Priceless, life changing experience centered around fun, helping you destress and reboot



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SENIORS AGING IN PLACE

For today's seniors, the desire to stay at home is strong. In fact, the modern elderly population is much different from its past counterparts. Almost 90% of people over 65 want to live in their home and community as long as possible, according to a report by the AARP Public Policy Institute and the National Conference of State Legislatures. A whopping 80% believe they will stay in their home for the remainder of their life. Aging in place allows seniors to enjoy all the comforts their familiar home has to offer. Today's options to support seniors in their home offer seniors and their families the peace of mind and support to make staying at home a healthy option.



AGING IN PLACE PROVIDES A SENSE OF COMMUNITY

Seniors have spent a lifetime building family relationships and likely years bonding with neighbors. Removing older adults from their long-time homes can make them feel like those connections have weakened. According to research published in *The Gerontologist*, the majority of seniors want to age in place because of the attachment and familiarity they feel with their home and communities.

IT FIGHTS ISOLATION

That sense of community provided through aging in place does more than make seniors feel comfortable. It is also integral for fighting feelings of isolation, a dangerous trend among seniors. Researchers from the University of Chicago found a link between loneliness and high blood pressure in older adults. The study authors noted that feelings of loneliness can occur even when a senior is surrounded by people. This further demonstrates the importance of the familiarity and sense of community provided through aging in place.

Besides being preferred by seniors, aging in place offers another benefit: savings.

While it may seem that aging at home would be more expensive than moving to a nursing or assisted living home, the opposite is actually true. With help from a home healthcare worker, staying in your home costs about 20% of what a nursing home costs on a monthly basis.

HOME HEALTH CARE CAN HELP

For many families and seniors, home health care is a beneficial choice – a safe and affordable solution that supports the family, while allowing seniors to stay in the comfort of their own homes and communities.

HERE ARE TEN WAYS HOME HEALTH CARE CAN SUPPORT YOU:

1. Home health care professionals can be there when needed. If family and loved ones are a distance away, home health care can give you peace of mind. Trained and qualified professionals

can assess safety risks and make simple corrections in the home – from placing a rug on a slippery floor, to recommendations for ambulatory assistance.

2. Home care supports activities of daily living (ADLs). In-home services allow adults to receive day-to-day help with the personal care they need, preserving their dignity and maintaining a good quality of life. Assistance with activities of daily living can include bathing, grooming, and medication reminders.
3. Access to skilled nursing care at home. Skilled medical care can be delivered at home by thoroughly supervised nurses, certified, licensed and knowledgeable about high-technology medical equipment. Home health care can ensure that your loved one's complex medical needs are met.
4. Support with diet and nutrition. Adults age 65 and older, people with chronic conditions, and those recently discharged from a hospital or nursing facility are likely to be nutritionally at-risk. Aging, bed rest, illness, and injury can all contribute to the loss of lean body mass. Home care may include nutritional counseling and home-cooked meals to protect against malnutrition.
5. Medication management. Multiple prescriptions it can be confusing to manage. Home health care professionals can ensure the right medications are being taken at the right times to control health conditions and prevent harmful drug interactions.
6. Home health care professionals provide caring companionship. Research shows that aging adults stay healthier with social interaction. Home health aides can become trusted friends for walks, reading, cards, games, movies, meals, and other social activities. Accompaniment on errands such as grocery shopping, medical appointments, and other activities are also added benefits.
7. Home care helps with light household chores. When aging adults struggle the daily demands of housework, such as laundry, vacuuming, dishes, and simple chores home care helps to consistently maintain a safe and healthy living environment.

8. Home health care clients have comparable or better health outcomes. Research has shown that clinical results are comparable or better with fewer complications when home care is provided to individuals with chronic conditions such as pneumonia, diabetes, or COPD.

9. One-on-one focus and support. Home health care services are truly unique, providing meaningful, one-on-one personal and skilled care that builds strong bonds between professionals and their clients. According to the *Cleveland Clinical Journal* a person who is seen by a clinician in the comfort of home more readily trusts that the health care team places their needs first.

10. An affordable alternative to facility or hospital care. According to the National Association of Home Care, the average cost of care from a skilled nursing facility is \$544 dollars per day, while the average cost of home health care is \$132 dollars.

OUR PROMISE

Through Trusted HomeCare Home Care Services, you can rest assured that your loved one and family will be safe and secure in a positive environment right at their home. Even if you simply have questions or want to understand how to better care for your elderly loved one experiencing the inevitable process of aging, we are able to help with that.

TRUSTED HOMECARE SERVICES MISSION STATEMENT

As a whole group, our mission statement says that we are here to access the needs of each client to help them maintain their independence while living in their own homes and communities.

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you or your loved one
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Bed Making Made Easy – With CKI Solutions' Bed MadeEZ®



I wake up each morning to the sweet smile of my husband. He is right there as I amble out of the bed and trip on the dog. He is next to me as we brush our teeth. He waits patiently by my side as I brew the coffee. He is completely gone when I go to change the linens! I am alone in this endeavor.

Changing linens is a pain, literally. Strain to your back from lifting and holding your heavy mattress, frustration as the sheets untuck before you can finish, and occasionally a chipped nail ... bed making is exhausting. And it isn't getting better anytime soon. With the increase in pillow-top mattresses, foam mattresses, and luxury coil mattresses, mattresses are getting heavier by the year.

The Truth About Your Mattress.

- Mattresses now average 12 ½' high;
- They are over 15" thick;
- A king mattress can easily top 300 pounds.

So what can be done? A mattress lifter is the answer. A quick search on Google for "mattress lifter" and you will find the original mattress lifter, the Bed MadeEZ. The product was invented by female-owner and CEO of CKI Solutions, Sam Montross, back in 2012.



What does the Bed MadeEZ do?

This aqua beauty (comes in pink too) does it all it:

- **Lifts and Holds** – as you insert the Bed MadeEZ under your mattress, it lifts the mattress for you and holds it up to 4 inches while you change your linens, giving you the time to make those famous hospital corners too!
- **Tucks** – using the tip, you can quickly tuck sheets, quilts, and blankets easily for a perfectly finished nice, crisp edge, saving your hands and wrists from scraping and strain.

It is **Ergonomically Designed** to eliminate strain. The design includes a large round handle, allowing for versatility in gripping positions for either one or two hands.

Trust is Built In to the Bed MadeEZ.

This patented, trademarked design is:

- **Independently Tested** – to reduce strain on your back and shoulders caused by repeated lifting of a heavy mattress.
- **Recommended by OSHA** – around the world, house-keepers use the Bed MadeEZ to avoid injury and go home less tired.
- **Backed by a Lifetime Warranty**
- **Made in the USA** – and always will be made right here in Florida!

Bed MadeEZ is Found in Major Publications!

This ingenious product has been written about in:

- Reader's Digest – <https://www.rd.com/article/mattress-lifter/>
- Southern Living – <https://www.southernliving.com/bed-madeez-mattress-lifter-7109456>
- Apartment Therapy – <https://www.apartmenttherapy.com/amazon-mattress-lifter-tool-review-37184419>

Easy to Order, Fast Shipping!

The Bed MadeEZ can be ordered right off Amazon and it arrives quick! Simple to understand instructions are included and you can get right to business. The Bed MadeEZ makes changing linens and making the bed a breeze.

Who Benefits from the Bed MadeEZ.

The Bed MadeEZ is a game changer for anyone with:

- Back Injuries
- Arthritis
- A heavy mattress
- Recently Undergone Surgery
- Those undergoing Breast Cancer treatments
- Pregnant Women
- Anyone at all who wants to make their bed quickly, professionally and without heavy lifting and fear of back injuries due to strain.



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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.



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Laser Treatment Replaces Gum Surgery

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For decades patients with periodontal disease endured gum pocket reduction surgery. While results are typically good with this surgery, it can be painful, and recovery takes weeks.

Today, there is Laser Assisted New Attachment Procedure or LANAP. LANAP's results mimic gum pocket reduction surgery but without the scalpels and sutures. LANAP patients experience little to no pain. Downtime is a few hours, not days or weeks.

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The LANAP treatment is a two-step process. During your LANAP visit you rest comfortably. You won't feel a thing.

To begin, we measure the depth your gum pockets. This helps us create a precise treatment protocol, designed specifically for you. Then, we use LANAP technology.

The first pass with the LANAP laser removes harmful bacteria from the pockets of your gums. It's a gentle, yet effective approach with a high success rate for eliminating gum disease.

Second, we change the LANAP laser setting to stimulate healing. On this setting, LANAP speeds gum tissue regeneration for improved oral health.

Better for Your Health

Treating gum is beneficial to your whole body. This is because untreated gum disease increases your risk for a heart attack and heart disease, hypertension, and complications from diabetes.

We Care About You

Every visit to our specialty practice begins with a conversation about you. Your health needs, concerns, and desires for a great-looking outcome matter here.

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- Review your health history and desired outcome.
- Together we build a treatment plan for your health and appearance.

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



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Valerie, actual patient

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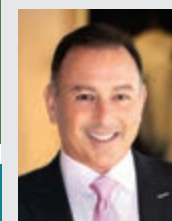
From your first phone call to your last check up, it's all about you. Every visit begins with a conversation. Your unique needs, concerns, and desires for care matter to us.

- 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

You want a doctor with impeccable credentials and great communication skills. Dr. Cohen's gentle touch, friendly chairside manner, and follow up communication garner rave reviews.



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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Laser Cataract Surgery: What you should know

By David A. Goldman MD

With every year, advances are made in ophthalmic surgery. While some are relatively insignificant, others can change the entire way we think about surgery. With cataract surgery, the latest development is the use of femtosecond laser to assist with the surgery. While this is a very exciting development for the field, the exact details are not always shared with the patient.

To begin, what exactly is laser cataract surgery? Many physicians define this in different ways. Although patients today think that cataract surgery has always been performed with laser – in fact this is not the case. The majority of cataract surgery to date has been performed with ultrasound (similar to laser except sound waves are used instead of light waves) while the physician manually guides the ultrasound probe. Femtosecond laser cataract surgery allows the initial incisions and lens breakup to be performed by an image-guided computer/laser system. That said, the ultrasound probe is still used to manually remove the now laser fragmented lens. Having performed traditional and laser cataract surgery as well as having reviewed the literature extensively on the subject, I feel compelled to educate the public about it. First, there are several important questions that should be answered.

Is laser cataract surgery any safer? Not at all. If femtosecond laser cataract surgery did indeed provide safer outcomes than Medicare/private insurers would pay for it. In fact, if your ophthalmologist does recommend laser cataract surgery as being safer, I would recommend seeking another surgeon.

Does it reduce the total surgery time? No – the time to complete the entire surgery is longer because there are now two steps to the procedure.

Is it more comfortable? No – the two methods are virtually the same. The exception being that during the laser aspect of the procedure the patient may experience a little pressure.



Does this mean there are no advantages to laser cataract surgery? Again the answer is no. The laser does allow incisions not only to be performed in the cornea but also the capsule that holds the cataract/new intraocular lens. These incisions are performed in an entirely automated format that allows for outstanding reproducibility. It has also been commented on by many that these laser incisions allow for better accuracy when choosing the proper lens power. Furthermore, in certain cases, partial laser incisions known as arcuate incisions can be performed to neutralize small amounts of astigmatism.

So should you elect for laser cataract surgery? The decision is entirely up to you, but you should not feel pressure that if you undergo traditional cataract surgery that there is a higher probability of a complication. In the hands of a skilled surgeon, cataract surgery is an overwhelmingly successful procedure. The addition of laser to the procedure is more icing on the cake and is not required but some may prefer.

Dr. Goldman practices at 3401 PGA Blvd Suite #440 in Palm Beach Gardens, Florida. He has been ranked a Best Doctor and Top Ophthalmologist, as well as being recognized as one of the top 250 US surgeons by Premier Surgeon.



DAVID A. GOLDMAN

Prior to founding his own private practice, Dr. David A. Goldman served as Assistant Professor of Clinical Ophthalmology at the Bascom Palmer Eye Institute in Palm Beach Gardens. Within the first of his five years of employment there, Dr. Goldman quickly became the highest volume surgeon. He has been recognized as one of the top 250 US surgeons by Premier Surgeon, as well as being awarded a Best Doctor and Top Ophthalmologist.

Dr. Goldman received his Bachelor of Arts cum laude and with distinction in all subjects from Cornell University and Doctor of Medicine with distinction in research from the Tufts School of Medicine. This was followed by a medical internship at Mt. Sinai – Cabrini Medical Center in New York City. He then completed his residency and cornea fellowship at the Bascom Palmer Eye Institute in Miami, Florida. Throughout his training, he received multiple awards including 2nd place in the American College of Eye Surgeons Bloomberg memorial national cataract competition, nomination for the Ophthalmology Times writer's award program, 2006 Paul Kayser International Scholar, and the American Society of Cataract and Refractive Surgery (ASCRS) research award in 2005, 2006, and 2007. Dr. Goldman currently serves as councilor from ASCRS to the American Academy of Ophthalmology. In addition to serving as an examiner for board certification, Dr. Goldman also serves on committees to revise maintenance of certification exams for current ophthalmologists.

Dr. Goldman's clinical practice encompasses medical, refractive, and non-refractive surgical diseases of the cornea, anterior segment, and lens. This includes, but is not limited to, corneal transplantation, micro-incisional cataract surgery, and LASIK. His research interests include advances in cataract and refractive technology, dry eye management, and internet applications of ophthalmology.

Dr. Goldman speaks English and Spanish.

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CANCER PREVENTION? NUTRITION MATTERS

National Nutrition Month® is sponsored annually by the Academy of Nutrition and Dietetics to focus on the importance of making informed food choices, developing good eating habits and staying physically active.

Did you know a healthy lifestyle can lessen your chances of developing cancer?

Nearly 2 million Americans will be diagnosed with and more than 611,000 will die of cancer in 2024, according to the American Cancer Society. Research shows that nearly one half of these cancer cases and deaths are preventable.

There is growing evidence that what we eat plays a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Certain types of breast and colorectal cancer have also been linked to what we eat.

A diet high in fruits, vegetables, beans and whole grains and low in red meat, processed foods and sugar is recommended to help reduce cancer risk. It's also important to limit alcohol consumption to no more than two drinks a day for men and one drink a day for women.

Old American Plate New American Plate



Source: American Institute for Cancer Research (AICR)

The New American Plate

The Dietary Guidelines, published most recently in 2020 by the U.S. Departments of Agriculture (USDA) and Health & Human Services (HHS), are designed to help Americans make healthy food choices at distinct stages of life to maintain health and reduce the risk of chronic diseases.

Many of us may be familiar with the MyPlate graphic, which recommends filling half our plates with fruits and vegetables and the other half with grains and protein-rich foods, with a cup of dairy on the side. Still, the traditional American meal often contains sizable portions of meat (beef, lamb and pork, which are associated with an increased risk of colon and rectal cancer) and processed foods, few vegetables and too many calories.

The American Institute for Cancer Research (AICR) provides healthy eating recommendations specifically to prevent cancer. The AICR New American Plate aims to have non-starchy vegetables, fruits, whole grains and beans make up two-thirds (or more) of each meal, and lean poultry, such as poultry and seafood, make up one third (or less). Fruit is a suggested dessert.

Reflecting the latest and most authoritative scientific world-wide research, the AICR recommends a plant-based diet.

What exactly does plant-based mean, and is this diet right for you? Many think "plant-based" means eating tofu, brown rice and vegetables for every meal. Not so! This term refers to eating less animal protein and more fruits, vegetables, whole grains and plant protein.

A plant-based diet can help prevent or ease the effects of many conditions, including cancer, diabetes or high cholesterol, as well as aiding in weight loss and the prevention of stroke and heart disease. Of course, if you have a unique medical condition, work with your health care provider to develop a diet that best suits your needs.

An easy tip? Plan for a variety of foods and colors, and if your plate looks like a rainbow, you are making great food choices. Here's a partial list of plant-based foods that contain valuable vitamins and minerals proven to lower cancer risk:

- | | | |
|--------------------|---------------|----------------|
| • Apples | • Cauliflower | • Kale |
| • Asparagus | • Cherries | • Oranges |
| • Blueberries | • Cranberries | • Raspberries |
| • Broccoli | • Flaxseed | • Spinach |
| • Brussels sprouts | • Grapefruit | • Strawberries |
| • Carrots | • Grapes | • Tomatoes |

Does Sugar Feed Cancer?

"Does sugar feed cancer?" is one of the top questions patients ask oncology dietitians. There is no clear evidence that sugar directly fuels cancer growth or that eliminating sugar can slow cancer growth.

However, AICR guidelines recommend limiting sugar-sweetened drinks and excess sugar, which can lead to weight gain. According to AICR, excess body weight increases the risk of at least 12 cancer types.

Save Money and Eat Healthier

It may seem like healthier foods are too expensive, but it may be easier than you think to plan your menus around them. You'll get the most out of your food budget by purchasing some of the foods listed here:

- Beans, peas and lentils
- Potatoes and sweet potatoes
- Peanut butter
- Canned salmon, tuna and crab meat
- Grains such as oats, brown rice and barley
- Frozen or canned fruits and vegetables
- Eggs – Yes! Even if a dozen eggs cost five dollars, that's 42 cents each for a high-quality, versatile protein source!

Make Healthy Snacks at Home

Eating more healthily can be less costly if you think and plan ahead.

Make homemade snacks by purchasing quart containers of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts,

dried fruit, and whole grain pretzels or cereal to portion accordingly. Air-popped popcorn and fresh fruits in season also tend to cost less than pre-packaged items. Bananas and apples are terrific snacks that travel well.

Aside from healthy eating, there's much more you can do to reduce your cancer risk. Limit the time you spend sitting and strive for daily physical activity. Aim for a healthy weight, limit alcohol and avoid smoking and tobacco in any form.

Independent scientific studies from around the world show that the more closely you follow these cancer prevention recommendations, the lower your risk of developing cancer. It's definitely worth the effort!

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

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SOUTH FLORIDA PBS' HEALTH CHANNEL: From Vision to Vitality

IN 2023, SOUTH FLORIDA PBS HEALTH CHANNEL ACHIEVED SIGNIFICANT MILESTONES, SEIZING NEW OPPORTUNITIES, AND MAKING IMPACTFUL CONTRIBUTIONS TO COMMUNITY WELLNESS.

Our inaugural Women's Health Fair, held in partnership with The City of Doral at Miami Dade College on March 25th, was a resounding success. This event brought together women from across Miami-Dade County, offering a diverse range of seminars, interactive booths, and educational sessions on women's health topics such as menopause, pregnancy, emotional well-being, and self-care. With over 50 booths staffed by health and medical experts, attendees had access to on-site health screenings, empowering them to take charge of their health. The fair drew an impressive turnout of approximately 400 attendees, highlighting its significance in addressing women's health needs.

Building on this success, the Women's Health Fair will expand to Palm Beach County this year, scheduled for March 23rd at the Boynton Beach Arts & Cultural Center. This expansion underscores the ongoing commitment to delivering essential health resources and information to communities throughout South Florida.

In September 2023, South Florida PBS Health Channel received esteemed recognition at the 2023 Cinehealth International Health & Wellness Film and Video Festival. The original production, **Research Detectives: Finding Lost Memory**, won acclaim in the Short Films category. Hosted by Trace Dominguez,



this series explores breakthroughs in Dementia and Alzheimer's Disease research, showcasing cutting-edge technology and treatments in collaboration with the Wertheim UF Scripps Institute. Now in its third installment, **Research Detectives: Stopping the Superbugs** sheds light on the urgent battle against antibiotic-resistant bacteria, highlighting global efforts to combat this growing threat.

In November 2023, the Health Channel's popular original series, **Sex Talk with Dr. Lia**, returned for its third season and continues to foster open dialogue and education on matters of sexuality and relationships. Hosted by Associate Professor in Health and Human Performance, Dr. Lia, and her witty co-host Derek Latta, Season 3 delves into taboo topics, offering viewers insightful discussions airing on multiple platforms for broader accessibility.

In December 2023, South Florida PBS Health Channel launched a crucial Mental Health Campaign, raising awareness about 988, the designated National Suicide Prevention

Lifeline number in the United States. Recognized by the Federal Communications Commission (FCC), 988 serves as a vital lifeline for individuals in mental health and suicide crises, offering accessible support and resources. This initiative's mission is to offer resources on mental well-being and destigmatizing mental health issues within the community.



SEX TALK WITH DR. LIA



STARTING 2024 OFF STRONG

February saw the introduction of an exciting new program, *Living Longer, Living Well: Secrets of the Mediterranean*, hosted by Frank Licari. This program embarks on a transformative journey through Italy and Greece in search of the secrets to a long and healthy life. Against the backdrop of Athens, Sardinia, and Florence, Licari engages with a diverse array of experts, delving into the holistic merits of the Mediterranean lifestyle. This immersive exploration offers viewers insights into adopting healthier practices for longevity and well-being.

Looking ahead, South Florida PBS Health Channel anticipates the launch of a dynamic new Health Channel block dedicated to healthy living, including nutrition and exercise, such as immersive Yoga sessions from *YNDI Yoga*. This program offers online yoga, meditation, and art, featuring artful visuals and soundscapes to help viewers connect to something bigger. This new Health Channel block will enrich viewers' wellness routines, providing accessible avenues for physical fitness and holistic health.



Additionally, the Health Channel has partnered with Mercy Ships, (hospital ships staffed with volunteer professionals who selflessly provide life-changing surgeries) to create a riveting and compelling series, *Voyages of Hope*. This series will premiere in the next few months.

Lastly, the Health Channel is launching a self-triage telemedicine tool, *Isabel*, to offer recommended levels of care and guidance on where care can be provided.

For the latest updates and exclusive content, subscribe to the Health Channel Newsletter at AllHealthTV.com, and remain informed and empowered on your journey towards optimal health and well-being.



WHAT ARE OPTIONS TO PAY FOR HEARING AIDS?

One of the conversations we have in the office is about how to pay for hearing aids. This is a bit of a loaded question so let's look at how we approach this topic in our office.



Now that some Medicare Advantage plans offer some coverage for hearing aids, we will always ask you if you want us to check for any benefits. Some plans are better than others and all have different rules that we have to follow but these plans can often make hearing aids more affordable for you. Medicare still not does offer any benefit so if you have straight Medicare, we will not be able to bill Medicare for any services, including the hearing aids. If you are still working and your health insurance is through your employer, it depends on your plan as to whether or not there is any coverage for hearing aids. Typically, commercial, non-Medicare plans exclude hearing aids but it is always helpful to call your plan and ask specifically about any hearing benefits. Most Audiologists and Hearing Aid Dispensers offer multiple levels of technology. We have broken ours down to 4 levels:

- **Essential:** this level of technology is appropriate for people that are not in very complicated listening situations (i.e. noisy restaurants) on a regular basis. These are the least expensive but for many people, this is a cost-effective way to remedy the hearing loss.
- **Standard:** this level incorporates more automatic technology so that the hearing aids adjust to your environment more intuitively but still will need some manual adjustments when in very noisy places.

- **Advanced:** this level is more intuitive and automatic when in noisy places with fewer manual adjustments.
- **Premium:** this is the most automatic of the technology levels where the aids are as intuitive as possible when in challenging situations.

Research on the benefits of level of technology is sparse but there was a study back in 2014 that specifically looked at speech understanding in older adults with mild to moderate, uncomplicated, hearing loss and the ultimate conclusion was that the level of technology was less important than consistent use of the hearing aids in all environments. Basically, no matter the technology level, those people that wore their hearing aids consistently were satisfied with them. Here are two scenarios:

1. A person comes and in and through our conversation, it turns out the person is not very socially active and is mostly at home except for going to the grocery store, the physician's office and maybe out to a restaurant 1-2 times a month. This person also stated that TV is difficult to understand and they are concerned about bothering their neighbors. The recommendation for this person (no matter their finances) would be an essential or standard hearing aid because the higher level features would not be helpful since this person is not frequently

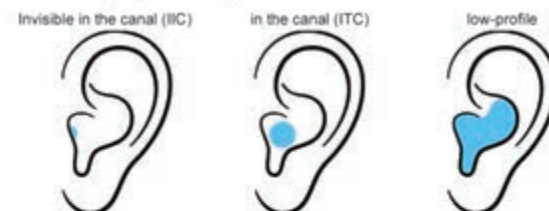
in difficult environments. I might recommend a device to help with TV but we often wait to see if the hearing aids alone are sufficient.

2. Contrast this with someone who is still working and often attends meetings and has to go to busy trainings or a person who has a very busy social life. In order to help this person go seamlessly from different environments, the advanced or premium hearing aids would be more appropriate, if their budget allows.

Bottom line: please don't let the cost of hearing aids stop you from pursuing the help you need. We will discuss all of your options and help you make the decision that works for your needs.

TYPES OF HEARING AIDS

In-the-ear (ITE) hearing aids



Behind-the-ear (BTE) hearing aids



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Spring (Change) is in the Air

Brent Myers

Spring ushers in a new season. It signals the end of “winter” and the beginning of something new. Spring brings new flowers, warmer temperatures, greener grass, and another baseball season. Spring also brings another ritual for many people: cleaning.

Yep – good ol’ fashioned spring cleaning. “Out with the old and in with the new.” Perhaps this annual cleaning is symbolic of the change of the seasons. As we rid ourselves of shorter days, and cooler temps, we welcome in the sun and going to the beach. Spring cleaning reminds us of hope for better days ahead.

And by doing so, Spring becomes the season of hope and change.

As we enter this season, we should stop and take inventory of change that we can make in our spiritual lives to bring about hope.

Here are some things we can do for a “spiritual spring cleaning.”

The apostle Paul wrote in a letter these words: *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* (Romans 12:2)

Note what Paul says:

Act differently. *“...don’t copy the behavior and customs of this world...”* Just because it’s popular doesn’t mean we have to do it. We should strive to act differently. We can learn to be kind, polite, forgiving, humble, and serve others. We can act differently by putting others ahead of ourselves.

Think differently. *“...a new person by changing the way you think...”* There used to be a phrase that said “Garbage In. Garbage Out.” This means that what we put in our heads is what we will eventually produce. This same Paul wrote in a different letter: “And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” (Philippians 4:8)

Be different. *“...let God transform you into a new person...”* Ultimately God does all the work and “spiritual cleaning” in our lives through His Son Jesus and His redemptive work. Again, Paul wrote these words: “This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!” (2 Corinthians 5:17)

*Spring is here!
Change is here!
Hope is here!
Embrace it.
Love it. Live it.*



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Cancer doesn't wait. Neither do we.

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