

AGING



PXHERE.COM

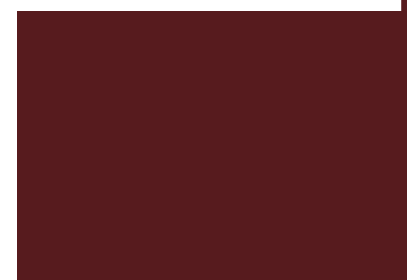
**Local nurse coach
Sherri Matthews
shares how holistic
approaches can
help you age better.**

By **Don Botch** » dbotch@readingeagle.com

As one of the few holistic nurse coaches in Berks County, Sherri Mathews practices what she preaches. Back in 2016, after spending more than 30 years working as a registered nurse, she began looking into holistic and natural approaches to addressing her own health concerns.

Yoga and mindfulness meditation can be part of a total wellness program as we get older.

WELLNESS » PAGE 2



A community that has come together, while looking forward to growth and change.

We are not just a community; we are a safe place to call home. At Riddle Village, we are taking every precaution in this difficult time to ensure our residents, employees and caregivers are protected. At the same time, we are still working with those who understand a plan for the future and our extensive Lifecare contract offers peace of mind.

DO YOU HAVE A PLAN?

If not, please call us today. We will be happy to discuss how Riddle Village has remained a safe and smart option for those wanting to prepare for what's next. We are offering on-site tours and can provide extensive virtual tours. Time doesn't stand still – life moves forward. Move forward with us at Riddle Village.

Immediate occupancy is limited. Connect with us, you will be glad you did.



IN A TIME OF UNCERTAINTY, CHOOSE STABILITY, CHOOSE RELIABILITY, CHOOSE RIDDLE VILLAGE.



RiddleVillage.org | (610) 891-3700 | 1048 West Baltimore Pike, Media, PA 19063



Wellness

FROM PAGE 1

Little did she know that taking one course with nutrition and wellness consultant Whitney George would lead her to a retirement career in a field she never even knew existed — one in which she could not only help herself, but also do what she loves to do best: help others.

Mathews altered her diet, focusing more on whole foods (she still eats meat but has substantially increased the amount of vegetables she eats) and eliminating added sugar. Through an elimination diet, she learned that she had an intolerance to gluten, then discovered that she has a genetic predisposition to celiac disease, and may have even suffered from it for many years, so she removed foods containing gluten from her diet.

She lost 20 pounds without even trying.

“It’s just amazing,” she said. “Since then I have thought, ‘Well, this is the way I have to be, because it made me feel so much better.’ I have convinced my husband to be the same way. He lost 30 pounds.”

Now 60, the Muhlenberg Township resident feels rejuvenated, vibrant and full of energy to devote to her children and grandchildren, thanks to her new way of eating and the subsequent lifestyle changes that her new discovery inspired.

Through her business, Wellness Potential, part of Downtown Wellness Berks, a network of health-conscious professionals working to improve quality of life in the community, she enjoys sharing her discoveries with others to help them on their own journeys to a healthier, more fulfilling existence.

Small changes

To keep her clients from feeling overwhelmed by the challenges of altering their



“... as far as holistic, we look at the whole person and not individual parts, and everything’s connected. There’s a connection with your body and your mind, and actually your thoughts even matter in your health.”

Sherri Mathews, holistic nurse coach

lifestyles, Mathews emphasizes small changes, which can ultimately lead to big improvements.

She takes a holistic — or whole person — approach, which means focusing equally on body, mind, emotions and spirit to achieve overall wellness and head off problems before they can even begin.

This is where what she offers varies drastically from mainstream medicine, where doctors and nurses tend to focus more on specialized areas of treatment after a health concern already exists, and less on preventive care.

The concept is nothing

new, really. Mathews said even Florence Nightingale, back in the 1850s, was considered a holistic nurse because she looked at the whole environment of healing.

“Our medical system has a doctor for your heart, a doctor for your kidneys, a doctor for your head,” she said. “But as far as holistic (care), we look at the whole person and not individual parts, and everything’s connected. There’s a connection with your body and your mind, and actually your thoughts even matter in your health. If you have a lot of negative thoughts, it’s hard to be a healthy person.”

ABOUT WELLNESS POTENTIAL

Through her business, Wellness Potential, Sherri Mathews offers health coaching, reiki and group coaching to help put clients on a path to wellness. After retiring from her career as a registered nurse, Mathews studied holistic and natural health practices through the American Holistic Nurses Association, joining in 2016. She also learned the practice of Reiki in 2016. Through the Wisdom of the Whole Coaching Academy, she learned about how she could help clients set goals and improve their health outcomes. To learn more, visit wellnesspotentialcoach.com.

Mathews said addressing her nutrition served as a springboard into other modalities of wellness, such as yoga, mindfulness meditation, guided imagery, energy healing like reiki, and more recently, Qi Gong, which is an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises.

Establishing balance

It all served to bring Mathews into balance.

“For myself, I experienced a sense of well-being, and I felt I was able to handle the bumps in the road that come about in daily life and not react in a negative way, and give myself some space,” she said. “If I felt that I was going to have a negative reaction to something, I had tools I could use (such as breath work) that I could just pause and give myself a chance to be in my body instead of my head.”

“And I just felt more relaxed and calm when life threw things at me like it does for everyone.”

She said during the pandemic, while so many people were experiencing anxiety from the changes taking place all around them, she

felt like her holistic practices kept her on a more-even keel.

“I didn’t go into a lot of anxiety, and I felt no matter what happened, I could handle it,” she said. “It’s more about the body and the mind being as one and having them talk in a way that keeps them in balance. When I have stress, I know how to handle it better than I used to.”

She said she also has increased energy, proclaiming: “It doesn’t really bother me that I’m 60 years old. It’s just a number. I can keep up with my grandchildren.” She is not alone in her thinking with regards to age. A couple of years ago, the World Health Organization, as a result of research into aging, declared 65 years old to be young.

Of course, taking good care of your whole being goes a long way in helping you feel young. Mathews has seen its effects in friends and acquaintances.

“I think as far as aging better, I have a lot of nurse friends and nurses in the holistic realm, some are in their late 70s and they are so vibrant and full of vitality, it’s amazing to me,” she said. “So I have good role models, and I just want to be a role model, too. I don’t want to think about aging as a negative thing. It’s a positive thing. You gain more wisdom. I’m a very curious person. I’m trying to keep up with all the current knowledge that’s out there as far as health — and holistic health, especially.”

Steps to take

Mathews outlined some steps people can take to start themselves on a course to wellness, including proper nutrition, keeping your environment as free from toxins as possible, getting exercise, being in nature, walking every day, keeping your mind active, being non-judgmental and being part of a community.

“You can’t change all at once,” she said. “It’s baby

steps. You’ve got to take it a little bit at a time.”

She encourages patients to keep a food-mood-activity journal to document how their diet affects the way they feel.

She also suggested that it’s OK — and even best — to seek help if you don’t feel like you can go it alone.

The Downtown Wellness Berks initiative, which she has been involved with since its origins several years ago, includes local practitioners from all areas of the wellness community.

The list of members, posted at downtownwellnessberks.com, includes the first person Mathews reached out to on her journey, George, to whom she is grateful.

“That made a huge difference in how I felt and it kind of snowballed from there, which was awesome,” Mathews said, “and I thank Whitney for that.”

It also provided the inspiration for the next phase of her life.

“It is my purpose in life to help others in their path to health and wellness,” she said. “It’s enjoyable. It’s what I like to do. That’s why I’m doing it in kind of my retirement from my previous nursing career in the conventional setting.”

Look out for No. 1

Mathews said a big key for her was making herself the top priority, because she learned you really can’t take care of anybody else unless you take care of yourself first.

“Moving myself up to the top of the list was a big ah-ha (moment),” she said, “and I had to do that to get to where I am now. That is a big thing about aging, you have to be kind and compassionate to yourself.”

And while you’re at it, don’t be afraid to give yourself a pat on the back when you deserve it, she advised: “If you see little successes, you build on each little success and celebrate each little success. It’s a journey; we’re all on a journey.”

Chester County Library can help you keep an open window to the world!

Is it difficult for you to get to a library? Our Mail Order Delivery (MOD) service can bring the library to you!

What is MOD? A service providing library materials through the mail.

Who is eligible? Chester County residents who are homebound due to physical disability, visual impairment and/or chronic health conditions.

What is the cost? no cost to eligible residents.

For more information about MOD contact the Library’s Outreach Department, Call 610-344-4220 or email avarley@ccls.org or write to the address below. Please include your name, address, phone number and e-mail address.

Outreach Services
Chester County Library
 450 Exton Square Parkway, Exton, PA 19341

WE ARE HERE For You

- Virtual Fitness, Social and Educational Classes
- Technology Lending Library
- Weekly To Go Meal Program
- Telephone Outreach
- SupportNet social services program

Wayne Senior Center
 108 Station Road • Wayne, PA 19087
wayneseniorcenter.org • 610.688.6246

@wayneseniorcenter
 @wayneseniorcenter

Live life like you mean it.

Echo Lake offers breathtaking surroundings, a ground-breaking lifestyle concept, and a wealth of services and amenities — everything you need for truly exceptional living.

DISCOVER ECHO LAKE
 It’s the Main Line’s newest and most innovative retirement community. Let us show you how good life can be.

Call about our **CELEBRATION RATES.**
855-439-3494

ECHO LAKE
 SAGELIFE | Living to the Power of You

LivingAtEchoLake.com | 900 North Atwater Drive, Malvern

Spot of T

Make it a reservation for one ... more

By Terry Alburger
Brittany Pointe Estates

I tend to be an upbeat person. It is a choice. I have always tried to find the silver lining in any given situation. Of course, sometimes it is harder than others.

I taught a class last week on brain health, and we were speaking of just that — finding silver linings. For each class member, we gave a scenario that was difficult and asked how that person could reframe it to have a positive spin.

One particularly good-natured resident was

tasked with finding the positive side of this scenario: A guest at your house drops and shatters a family heirloom, a treasured piece of china from a set that had been handed down through the generations from your great-grandmother.

He thought for a bit and then finally said: “Well, at least she is dead. She wasn’t there to see it.”

Hmmm, definitely thinking outside the box, but I suppose there is a little consolation in that!

Clearly, some situations require a bit more finagling than others to find that positive take.

Though you may have to dig deep, as my resident did, there is always a positive to extract. I believe that all of us have our own unique process for doing this.

It was just this weekend that I discovered one of my tactics, one that I had never identified before.

This weekend, my family lost a very dear member. We were all enveloped in our grief and went through the usual stages of shock and grief when we heard the news.

It was a few hours later, when left to the quiet of my home, that I realized my process for deal-

ing with loss. And I realized that there is a pattern I repeat every time I lose someone dear. Every time. And it works.

Once the tears have flowed, the commiserating with other family members has waned, and the facts of the loss have sunk in, my mind starts to process it. My first step is to find every picture I have with that person in it, which also immerses me in wonderful memories. I create an electronic photo album of sorts, which I can refer to at any time. Probably all things that are done by most people.

Next, however, is the

piece that is unique to me, I believe. I picture my dad, who has been gone nearly 18 years, and who remains my hero, sitting at an outside café, at a table for one, sipping a coffee. At his feet are my dogs, who joined him in previous years, lying contentedly at his feet, grateful for any crumbs of his biscotti that come their way.

But then another chair appears, and my dad is there to greet the newcomer to heaven, my family member who joined him this week. A heartfelt hug, a warm smile and a shared cup of espresso between two reunited

close friends. My dad is the welcoming committee and the patriarch of all those I’m close to in my life, as they depart this world and enter the next.

This table for one always has room for more, and I imagine it is one of the most coveted tables around in heaven. I know that someday, I too will sit at that table, and I will once again see those who have gone before me and have left me in tears as they left.

And it will be then, that the hole they all left in my heart will be filled. I’ll be included in that reservation for one ... more.

COMMONS.WIKIMEDIA.ORG

SUMMER MILLER

CONCERT SERIES

Aug. 18 | 7 PM - 9 PM



Spring Mill invites you to the first of our summer concert series! Join us this month for the toe-tapping-tunes of The Greg Farnese Trio and enjoy delectable delights provided by the excellent culinary team at our beautiful senior living community. While you’re here, take a guided tour with one of our wonderful team members.

We will take all necessary precautions to ensure your safety.

RSVP Today
610.215.7616

**SPRING
MILL**
By Discovery Senior Living

SpringMillSeniorLiving.com
3000 Balfour Circle, Phoenixville, PA 19460
Personal Care | SHINE® Memory Care

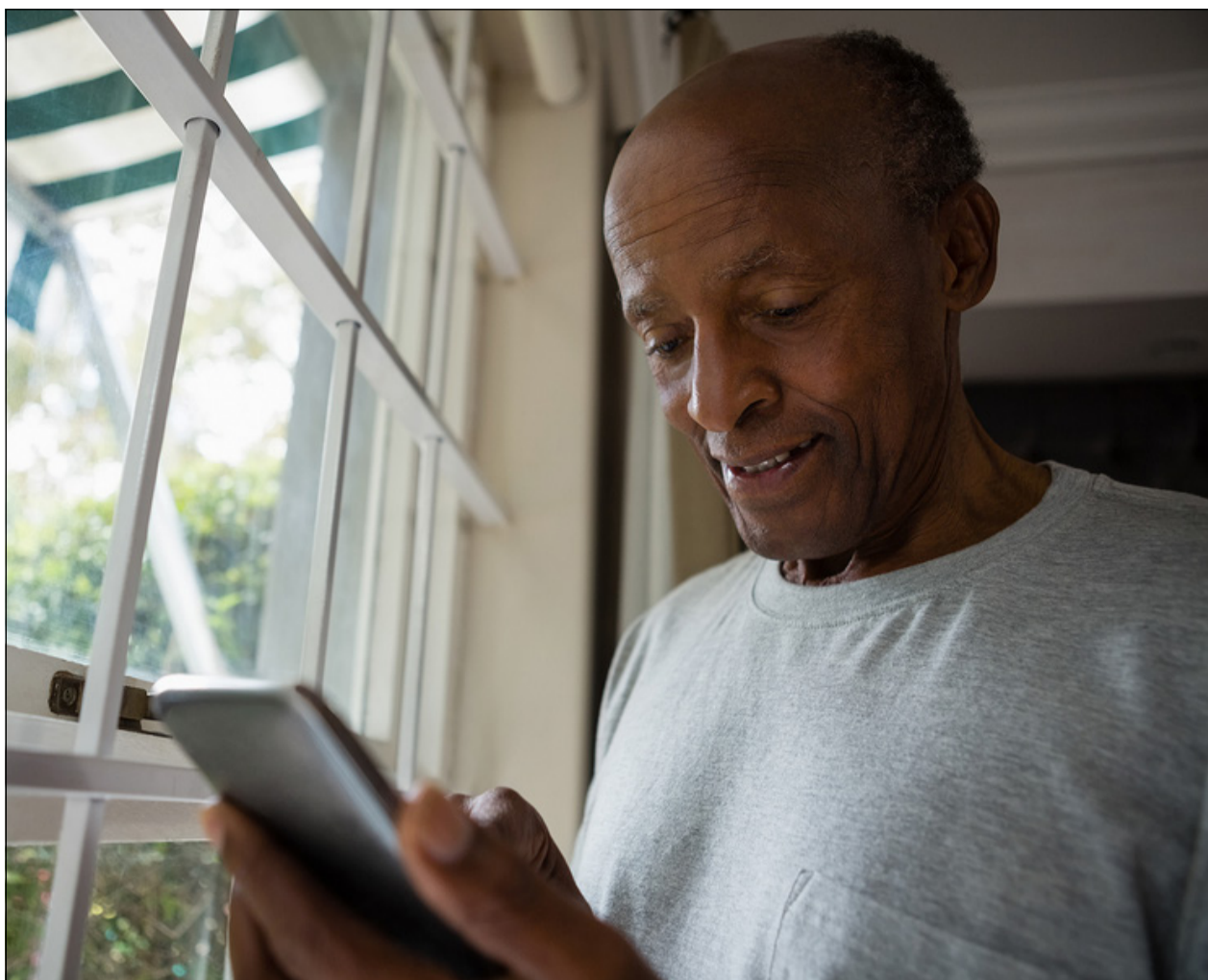


©2021 Discovery Senior Living. All Rights Reserved. Prices, plans and programs are subject to change or withdrawal without notice. Void where prohibited by law. Managed and Operated by Discovery Senior Living. Equal Opportunity Care Provider. SMAL-0132 7/21



PROTECT YOUR INFORMATION

TIPS ON HOW OLDER ADULTS CAN AVOID SCAMS



BIGSTOCK

Be attentive to emails you open to protect yourself from scams.

By **Shelley Kanther**
Griswold Home Care

Every year, millions of Americans fall victim to scams. According to the Senate Special Committee on Aging, scammers cheat seniors out of approximately \$2.9 billion annually.

As society has advanced technologically, access to information has increased, and with that so have the threats posed to older adults. At Griswold Home Care, we've heard stories from clients and their families that reinforce how important it is to take extra steps for safety reasons. Here are several actions you can take, depending on the circumstances.

Today's digital world has created conveniences, such as online banking and bill pay. Many older adults enjoy the connections they can maintain with friends

and family thanks to social media. These accounts often contain a substantial amount of personal information, including birthdays, addresses, telephone numbers and in some instances even social security numbers and financial information.

Over the years, there have been several occasions where malicious actors have attempted to hack into websites to download a master list of users' login information. Routinely changing your password with a combination of words, capital letters, and numbers is an easy way to prevent someone from getting your information. Passwords can also be personal to you, so they are not overly difficult to remember.

It is also important to be attentive to the emails you open. Just about ev-

eryone receives unsolicited emails that often go to a junk folder. Occasionally, some of us find that these emails slip through, finding their way into our inboxes.

If you receive an unexpected email from someone you don't know, it is important to think carefully about clicking any links that the sender provides. The same is true for suspicious emails from people you do know, even friends and family.

Many people often receive an email that is disguised so it looks like it is coming from a personal contact. It may have a simple subject line asking the recipient to look at something and may contain a link within the body of the e-mail. Think twice when you receive an email like this and ask yourself if that person would have sent it

to you.

Clicking a malicious link could provide hackers with access to your computer, your personal information or even an entire computer network. If precautions such as listed above are followed, the online world can be an enjoyable experience for older adults.

Scams are not restricted to the internet. Unfortunately, there have also been reports of telephone scams. One common tactic is a call from an individual who claims that you may have computer issues, owe taxes or that there may even be a warrant out for your arrest.

If you receive an unsolicited phone call with these claims, your best course of action is to hang up immediately. In most of these instances, a predator is attempting to obtain your personal information or

money.

Grandparent scams are also something that every older adult should know about.

A scammer will call an older person and ask, "Hi, do you know who this is?" The older person may guess the name of their grandchild, and the fraudster will then pose as that person for the duration of the phone call. They will then ask for money to be wired over to them because they are "in trouble" and say not to tell anyone else in the family due to "fear of embarrassment."

Older adults should say no to these requests and consult other loved ones about the proposed caller.

By being vigilant and talking to family members or caregivers before taking action, older adults are better prepared to keep themselves from falling

victim to scams.

About Griswold Home Care: With 168 locations in 29 states, Griswold Home Care is one of the country's top home care companies, delivering compassionate care 24/7 to its clients. Its purpose is to give people the help they need to live in the place they love. Through this purpose, Griswold Home Care helps adults maintain quality of life despite advanced age or onset of illness through services including companion care, home services, personal care, and respite care. Founded by the late Jean Griswold in 1982, the company has maintained its founder's profound sense of empathy for older and disabled adults and those living with chronic conditions. For more information, visit www.griswoldhomecare.com or call 215.402.0200.



NEW PROGRAM!

HARRISON HOUSE
CHESTER COUNTY

Independent Living Plus

CUSTOMIZED CARE TO MEET YOUR NEEDS

What we'll cover:

- Two delicious meals per day - Medication management
- Utilities (except phone & cable) - Weekly Housekeeping
- Daily program of activities - Transportation to appointments

And much, much more!

LIVE COMFORTABLY WITH US FOR AN ALL INCLUSIVE PRICE UNDER \$3,000 PER MONTH!

To learn more, please call 610-384-6310 or e-mail Kara at kabdala@harrisonseniorliving.com



OBSERVATION STATUS TRANSITIONAL STAYS



Meeting your needs for transitional short-term care in a licensed personal care community

BENEFITS:

- \$150/day
- Reduced risk of re-hospitalization
- Assistance with medication management
- Reduced risk of depression related to social isolation
- Affordable rates for furnished suites
- Transportation available for medical appointments
- Three cooked meals a day
- 24/7 medical aides available to help with ADLs

To learn more about how Heatherwood Retirement Community can meet your needs, please call Jess 610-273-9301 ext. 360



EXPERIENCE QUALITY for yourself!

HEATHERWOOD
A SENIOR LIVING COMMUNITY

3180 Horseshoe Pike
Honey Brook, PA 19344
HeatherwoodRetire.com

FUNDRAISER



COURTESY OF THE HERITAGE OF GREEN HILLS

From left, Larry Folkes, Dalton Walther and Heritage of Green Hills Executive Director Doug Walther

Golf outing raises \$16,000 for Heritage Benefit Fund

Heritage of Green Hills

The 8th Annual Heritage of Green Hills Golf Outing raised \$16,000 for The Heritage Benefit Fund, which assists residents of The Heritage of Green Hills, a healthy life plan community in Cumru Township, Berks County, who have exhausted their financial resources.

The event was open to the public, and 10 teams enjoyed fun and friendly competition at the neighboring Flying Hills Golf Course, prizes and delicious food from the Heritage's restaurant.

"The Golf Outing is always a community favorite event, and we're so happy that it has returned so successfully after a year off," said Doug Walther, executive director of The Heritage of Green Hills. "Plus, the money raised supports the Heritage Benefit Fund, which helps residents who may have outlived their financial resources or have encountered an unexpected medical or other emergency."

The next event to raise money for the Heritage Benefit Fund will be a Casino Night on Oct. 16.

PROMOTING SENIOR WELLNESS

What to bring when moving into a senior living community

By Samantha Gordon
Communications and outreach manager, The Hickman

When it comes to moving to a senior living community, we might find ourselves trying to figure out the balance between packing and moving. But many of us wonder, what are the necessary items we should bring with us to our new home? Check out some of the important items to make sure are on our list to pack.

FURNITURE » Some of the basic items we will need for our new home can include:

- Dresser
- Nightstand
- Coffee table
- Bed with sheets, pillows and blankets

CLOTHING » It's important to keep in mind the changing seasons where you might be located, ensuring we are prepared for both summer and winter.

- Winter jackets, gloves, hats, and boots
- Pants and/or shorts
- T-shirts, long-sleeve shirts
- Formal attire (if there



PIXABAY

You'll need to bring a bed with sheets, pillows and blankets when you move into a senior living community.

is an occasion coming up)

- Pajamas

DECORATIONS » Everyone loves to make their new home feel like home by adding a little decor where they can. This can include:

- Plants
- Artwork
- Keepsakes/knickknacks
- Picture frames
- Flowers

OTHER NECESSITIES » But we don't want to forget some of the extra necessities:

- TV
- Alarm clock
- Toiletries: shampoo, conditioner, soap, toothbrush/toothpaste
- Prescription and over-the-counter medication
- Movies and books
- Lamps

While moving into a new home can be overwhelming, creating a list of things to remember to bring with you can help prioritize yourself. But also support and guid-

ance from family, friends and staff can ease some stress as you get ready for your new adventure.

Promoting Senior Wellness is provided by The Hickman, a Quaker-affiliated licensed personal care home in West Chester. Samantha Gordon can be reached at sgordon@thehickman.org or www.thehickman.org.

REFRESHMENTS

The Hickman residents to hold lemonade stand drive-thru event

The Hickman

It's lemonade time! Residents of The Hickman will be pouring you a refreshing glass of lemonade or iced tea in honor of the beautiful summer weather and our summer special.

This event will be held on Friday from 11 a.m. to 1 p.m. at the Anna T. Jeanes building, outside on the front porch, at 444 N. Walnut St., West Chester.

The lemonade stand will have both pink and yellow lemonade, iced tea and strawberry cupcakes to go. A lemonade bar will also be provided with various fruits and garnishes to add to your refreshing drink.

With summer almost halfway over, that means we are nearing our summer special date. Don't forget, if you move into The Hickman before Tuesday,

Aug. 31, you can be eligible to save \$3,500.

This will be a drive-thru event, remain in your car for your drinks and treats.

For more information, visit www.thehickman.org or contact Samantha Gordon at sgordon@thehickman.org or 484.760.6317.

"When life gives you lemons, make lemonade."

About The Hickman: The Hickman is a nonprofit personal care community lo-

cated on a residential street in the heart of West Chester, Pennsylvania. Founded in 1891 and guided by Quaker values and traditions, The Hickman provides compassionate, individualized care to older adults in an affordable, home-like environment. For more information or to schedule a personal tour, visit www.thehickman.org or call 484-760-6300. "When you're here, you're home."

You have the right to be 100 percent satisfied with the Home Health Care you receive

"Now more than ever, we will keep your loved ones at home and SAFE"

"We guarantee that we will be sensitive to your needs while respecting your pride and independence."

Cathy Miller, Director of Client Relations

Investigated, Trained & Experienced Caregivers

Alzheimer's Care	Medication Management
Companions	Private Duty Nursing
Transportation	Bathing / Dressing
Dementia Care	Meal Preparation

We Accept, File & Collect from most Insurance Carriers

Accessible Home Health Care *"We Guarantee Compassionate Care"*

(610) 664-1100
www.accessiblethemainline.com

A Healthy Tradition of Care and Wellness

MAIN LINE SENIOR CARE ALLIANCE

Within our communities at Main Line Senior Care Alliance, our dedicated and professional care teams are at the heart of the quality care and services we provide.

We offer:

- Short-Term Rehabilitation
- Skilled Nursing Care
- Personal Care
- Respite Care
- Memory Care

Saunders House 610.658.5100
Bryn Mawr Terrace 610.525.8300
Impressions Memory Care at Bryn Mawr 484.380.5404

Voted Best of Main Line 11 years!

www.MainLineSCA.org

READING



JEREMY LONG—READING EAGLE

Retired Reading firefighter Bill Stoudt Sr., who was a driver of the 1931 Buffalo, helps Peter West back the engine into the Liberty Fire station as the Reading Area Firefighters Museum took possession of the former Liberty Fire Company's 1931 Buffalo. It served the company from 1931 to 1966.

1931 fire engine returns home

An apparatus that served the city for decades is back where it belongs.

By Jeremy Long
jlong@readingeagle.com
@jeremylong on Twitter

Retired Reading firefighter Bill Stoudt Sr. stood on the corner of South Fifth

and Laurel streets gazing west to look for it.

Then a grey pickup truck appeared, and it was pulling a trailer carrying a familiar friend, and Stoudt saw it. The 1931 Buffalo 1000 gallon per minute pumper fire engine he drove when he was a newly hired firefighter in 1963 and drove until the city replaced it in 1966.

"It's beautiful," Stoudt said. "It's unreal. It's so

beautiful."

The owner, Peter West of Virginia, parked the truck and prepared to unload the fire apparatus he just sold to the Reading Area Firefighters Museum.

As people unstrapped the machine and prepared to take it to its old home, Stoudt walked around admiring the piece he spent three years driving.

Stoudt climbed aboard

after it was started up and told West where to go next.

As West pulled the engine in front of the Liberty Fire Station and prepared to back it into its original bay, Stoudt gave West pointers on how to do it without hitting anything.

"You had to cut the wheel all the way that way and you would miss the curb," Stoudt said. "I would stand up and they would laugh at me because they could only see my hat over the steering wheel."

The museum discovered the engine was going to be for sale and knew it had to get it. But the museum is staying tight-lipped on who paid for it and how much it cost.

"All I can say is an anonymous donor bought the truck and gave it to us," said Bill Rehr, museum president and retired city fire chief. "They said they wanted it to come home."

The city first purchased the engine for the Liberty Fire Company in 1931. It was retired in 1966 and served at the Reading Regional Airport. Then it went into service in Robesonia. A private citizen purchased it and it was eventually sold to West who is a fire engine collector.

West did an off-the-frame restoration and made the fire engine look as if it just rolled off the factory floor. "They took every part off



JEREMY LONG—READING EAGLE

Retired Reading firefighter Bill Stoudt Sr., is reflected in the 1931 Buffalo engine that's returned home to Reading.

down to the chassis and either refinished it or replaced it," Rehr said. "The truck ends up being the original, mint condition apparatus."

Rehr started with the department in 1959 and remembers the Buffalo. He never ran on it but recalls seeing it at fires.

"I remember the engine very well," he said.

There are a few minor details that are missing on the truck. For example, when the engine operated out of the Liberty Fire Company, it had a windshield.

"When you pulled out on Laurel Street and had a strong northwest wind blowing in the wintertime," Rehr said. "You had to have something in front of you. Think of driving it in a thunderstorm without a windshield."

Rehr said the museum will leave the Buffalo as West delivered it.

When Stoudt saw the engine again, the memories came flooding back.

"Good memories," he said. "Beautiful memories."

His first call in the Buffalo was a false alarm at Fifth and Washington Streets.

"My second call was Sunday afternoon," Stoudt said. "Billy's Warehouse at Second and Spruce."

That was a second-alarm fire, and Stoudt used the Buffalo to supply water to firefighters as they battled the blaze.

The Reading Area Firefighters Museum is located at 501 S. Fifth St. For information visit www.readingareafirefightersmuseum.com/ or call 484-525-0590



Decidedly Different. Decidedly Ready.

A simpler, more convenient lifestyle awaits at Dunwoody Village where you can ditch all the humdrum chores of homeownership. That leaves you with time for your favorite activities like golf and book club. Or pick up a new hobby—be it quilting, pickleball or woodworking. Ready to embrace your newfound freedom? Call us today and arrange a visit.



(610) 359-4400 | www.dunwoody.org
3500 West Chester Pike, Newtown Square, PA 19073

Quality Care Pet Friendly
Independent Living • Rehabilitation • Personal Care • Skilled Nursing • Memory Support • Home Care

Let Seniorlife tell your story!



Seniorlife is the premier vehicle in the Philadelphia suburbs for news, events, stories or anything else that relates to the Senior Market.

We want your stories - Know of upcoming events that would be of interest to Seniors? Have an idea for a compelling feature story? Want to submit a personal essay? **Send it to us!**

We want your PHOTOS! Do you have pictures from community events involving Seniors, or programs at community centers or retirement facilities or milestone birthday's and occasions that should be shared? **Send them to us!**

Send information to seniorlife@medianewsgroup.com. Be sure to include your contact information in case we need to follow up.

Please send all stories in WORD and photos as JPGs

Daily Local News DAILY TIMES THE MERCURY THE REPORTER The Times Herald
MAINLINE medianews MONTGOMERY MEDIA The Phoenix

TECHNOLOGY

Calming computer jitters

There's plenty of help online for seniors who aren't tech-savvy.

By Judith Graham
Kaiser Health News

Six months ago, Cindy Sanders, 68, bought a computer so she could learn how to email and have Zoom chats with her great-grandchildren.

It's still sitting in a box, unopened.

"I didn't know how to set it up or how to get help," said Sanders, who lives in Philadelphia and has been extremely careful during the coronavirus pandemic.

Like Sanders, millions of older adults are newly motivated to get online and participate in digital offerings after being shut inside, hoping to avoid the virus, for more than a year. But many need assistance and aren't sure where to get it.

A recent survey from AARP, conducted in September and October, highlights the quandary. It found that older adults boosted technology purchases during the pandemic but more than half (54%) said they needed a better grasp of the devices they'd acquired. Nearly 4 in 10 people (37%) admitted they weren't confident about using these technologies.

Sanders, a retired hospital operating room attendant, is among them.

"Computers put the fear in me," she told me, "but this pandemic, it's made me realize I have to make a change and get over that."

Generations on Line

With a daughter's help, Sanders plans to turn on her new computer and figure out how to use it by consulting materials from Generations on Line. Founded in 1999, the Philadelphia organization specializes in teaching older adults about digital devices and navigating the internet. Sanders recently discovered it through a local publication for seniors.

Before the pandemic, Generations on Line provided free in-person training sessions at senior centers, public housing complexes, libraries and retirement centers. When those programs shut down, it created an online curriculum for smartphones and tablets (www.generationsonline.org/apps) and new tutorials on Zoom and telehealth as well as a "family coaching kit" to help older adults with technology. All are free and available to people across the country.

Demand for Generations on Line's services rose tenfold during the pandemic as many older adults became dangerously isolated and cut off from needed services.

Those who had digital devices and knew how to use them could do all kinds of activities online: connect with family and friends, shop for groceries, order prescriptions, take classes, participate in telehealth sessions and make appointments to get COVID vaccines. Those without were often at a loss — with potentially serious consequences.

"I have never described my work as a matter of life or death before," said Angela Siefer, executive director of the National Digital Inclusion Alliance, an advocacy group for expanding broadband access. "But that's what happened during the pandemic, especially when it came to vaccines."

Cyber-Seniors

Other organizations specializing in digital literacy for older adults are similarly seeing a surge of interest. Cyber-Seniors, which pairs older adults with high school or college students who serve as technology mentors, has trained more than 10,000 seniors since April 2020 — three times

the average of the past several years. (Services are free and grants and partnerships with government agencies and nonprofit organizations supply funding, as is true for several of the organizations discussed here.)

Older adults using digital devices for the first time can call 1-844-217-3057 and be coached over the phone until they're comfortable pursuing online training.

"A lot of organizations are giving out tablets to seniors, which is fantastic, but they don't even know the basics, and that's where we come in," said Brenda Rusnak, Cyber-Seniors' managing director.

One-on-one coaching is also available.

digiAGE

Lyla Panichas, 78, who lives in Pawtucket, Rhode Island, got an iPad from Rhode Island's digiAGE program three months ago — among many local technology programs for older adults started during the pandemic. She is getting help from the University of Rhode Island's Cyber-Seniors program, which plans to offer digital training to 200 digiAGE participants in communities hardest hit by COVID-19 by the end of this year.

"The first time my tutor called me, I mean, the kids rattle things off so fast. I said, Wait a minute. You have a little old lady here. Let me keep up with you," Panichas said. "I couldn't keep up and I ended up crying."

Panichas persisted, however, and when her tutor called again the next week she began "being able to grasp things." Now, she plays games online, streams movies and has Zoom get-togethers with her son, in Arizona, and her sister, in Virginia.

"It's kind of lifted my

fears of being isolated," she told me.

OATS

OATS (Older Adults Technology Services) is set to expand the reach of its digital literacy programs significantly after a recent affiliation with AARP. It runs a national hotline for people seeking technical support, 1-920-666-1959, and operates Senior Planet technology training centers in six cities (New York; Denver; Rockville, Md.; Plattsburgh, N.Y.; San Antonio, Texas; and Palo Alto, Calif.). All in-person classes converted to digital programming once the pandemic closed down much of the country.

Germaine St. John, 86, a former mayor of Laramie, Wyoming, found an online community of seniors and made dear friends after signing up with Senior Planet Colorado during the pandemic.

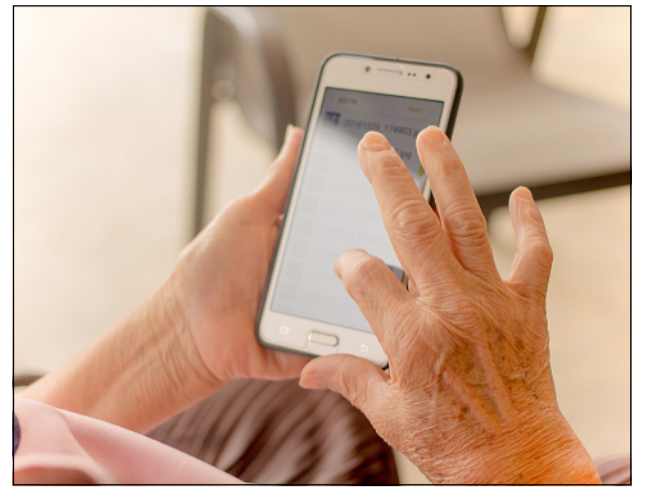
"I have a great support system here in Laramie, but I was very cautious about going out because I was in the over-80 group," she told me. "I don't know what I would have done without these activities."

Older adults anywhere in the country can take Senior Planet virtual classes for free. (A weekly schedule is available at <https://seniorplanet.org/get-involved/online/>.) Through its AARP partnership, OATS is offering another set of popular classes at AARP's Virtual Community Center. Tens of thousands of older adults now participate.

Aging Connected

Aging Connected (<https://agingconnected.org/>), another new OATS initiative, is focusing on bringing 1 million older adults online by the end of 2022.

An immediate priority is to educate older adults about the government's



DREAMSTIME

new \$32 billion Emergency Broadband Benefit for low-income individuals, which was funded by a coronavirus relief package and became available recently. That short-term program provides \$50 monthly discounts on high-speed internet services and a one-time discount of up to \$100 for the purchase of a computer or tablet. But the benefit isn't automatic. People must apply to get funding. "We are calling on anybody over the age of 50 to try the internet and learn what the value can be," said Thomas Kamber, OATS' executive director. Nearly 22 million seniors don't have access to high-speed internet services, largely because these services are unaffordable or unavailable, according to a January report co-sponsored by OATS and the Humana Foundation, its Aging Connected partner.

Other ventures

Other new ventures are also helping older adults with technology. Candoo Tech, which launched in February 2019, works with seniors directly in 32 states as well as organizations such as libraries, senior centers and retirement centers. For various fees, Candoo Tech provides technology training by phone or virtually, as-needed support from "tech concierges," advice about what technology to buy and help preparing devices for out-of-the-box use.

"You can give an older adult a device, access to the internet and amazing content, but if they don't have

someone showing them what to do, it's going to sit there unused," said Liz Hamburg, Candoo's president and chief executive.

GetSetUp's model relies on older adults to teach skills to their peers in small, interactive classes. It started in February 2020 with a focus on tech training, realizing that "fear of technology" was preventing older adults from exploring "a whole world of experiences online," said Neil Dsouza, founder and chief executive.

For older adults who've never used digital devices, retired teachers serve as tech counselors over the phone.

"Someone can call in (1-888-559-1614) and we'll walk them through the whole process of downloading an app, usually Zoom, and taking our classes," Dsouza said.

GetSetUp is offering about 80 hours of virtual technology instruction each week.

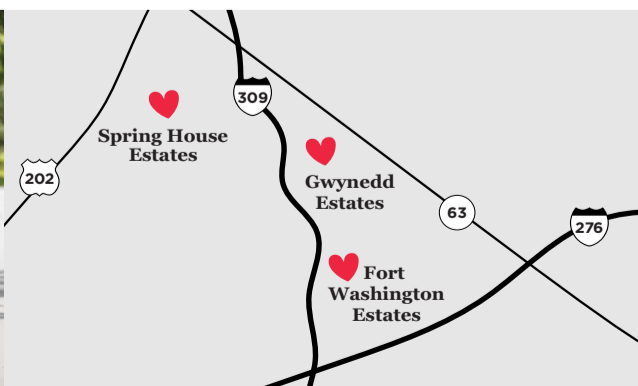
For more information about tech training for older adults in your area, contact your local library, senior center, department on aging or Area Agency on Aging. Also, each state has a National Assistive Technology Act training center for older adults and people with disabilities. These centers let people borrow devices and offer advice about financial assistance. Some started collecting and distributing used smartphones, tablets and computers during the pandemic.

For information about a program in your area, go to <https://www.at3center.net/>.



There's never been a better time to move to **Fort Washington Estates**, **Gwynedd Estates**, or **Spring House Estates**. Homes in our area are selling fast at much higher prices. And with Acts Retirement-Life Communities' latest discounts, you can sell your home for more than you dreamed and choose a lovely Acts home for less than you planned to spend. That means starting the next chapter of your life with a bigger nest egg, more money for travel, and a legacy for your children. The current market won't last forever. Call us today.

(267) 682-6572 | AboutActs.com/DigitalFirst



Living life and looking ahead

FINANCES

That's not Kobe beef at your grocery store

Don't be fooled by rising meat prices. A farmer explains what's happening.

By Ryan Daniels

Have you noticed your grocery bill lately? If you're like most people it's 15-20% or more per month! While many food staples are rising in cost, meat prices in particular have caught the attention of many consumers. As they walk through the meat department at the grocery store, they might think they are buying the delicacy Kobe Beef because of the high prices! In an attempt to figure out the cause of the rising meat prices, I spoke to a small-town farmer, Zachary Zimmerman, owner of Zimmerman Livestock in New York, to gain some insight.



Daniels

on the COVID-19 shutdowns. For the meat industry, slaughter houses were closed for a period of time or at least not running at 100% capacity from April to September 2020.

When cattle are born, a clock starts on when they need to be slaughtered or the meat will not be good. During the shutdown, there was nowhere to go with the cattle that reached their processing date. Farmers were forced to sell off the cattle at auctions, often at a loss, and sometimes poultry among others had to be disposed of in mass because there was nowhere to get them processed. This was the first link in the chain to higher prices.

Q What's to blame for the lack of slaughterhouses to handle the demand?

A Slaughterhouses have an extreme amount of regulation. It seems next to impossible for someone to enter the industry because of the red tape and costs to get started and to keep up with the regulations. This has created a monopoly for "The Big 3" (Tyson, JBS and Cargill) on the East Coast. Two are located in Pennsylvania. These slaughterhouses control the be-

Q What started the price increases for meat?

A It seems almost everything can be blamed



Zachary Zimmerman of Zimmerman Livestock.

ginning phase of the meat processing industry. When they shut down or reduced production it reduced the supply of meat and prices began to soar.

Q Why are prices still high after they reopened?

A Just like anyone else, you have to make a living to provide for your family. When farmers had nowhere to sell their cattle they converted fields they used for cattle to graze and planted crops instead. Again, with the supply chain slowed, grain, corn and other crop prices were up so farmers used it

as an opportunity to earn enough to pay their bills.

Farmers who stayed the course and continued raising cattle struggled. The high grain prices compounded the financial hardship because the cost to feed the cattle rose dramatically. Corn increased from \$4-5 a bushel to \$7. Soy almost doubled from about \$8 to \$15. This high inflation impacted not only the farmers, but trickled down to consumers in the check-out line of the grocery store.

Q What's next?

A The challenge now is with so many farm-

ers growing crops instead of raising cattle it's difficult to find cattle to raise and move down the processing line. In other words, the processing and transportation side of the chain might be back up and running, but there is a limited amount of cattle to move down the line. It's basic supply and demand.

As far as farmers are concerned, it seems small farms are all but done or at least in a dramatic decline. It is almost impossible to compete with the large competitors out there. They own the production line and can run the little guy out of business simply on price.

Final thoughts

According to Zachary, we are at a tipping point where, "Consumers need to decide what they value most, quality or price. As a small-town farmer, I can tell you the whole life story of the meat you are about to eat and guarantee its quality. The big guy, not so much. I encourage you to support your local farmers market, buy fresh eggs from the side of the road and consider the quality of food you consume. The price might be cheaper at the big box store, but it might cost you more down the road in medical bills."

Meat prices might be high, but it's worth considering cutting back on cable, eating out or the weekly trip to the movies for quality food and better health. If you are interested in quality meat and supporting local farmers, contact Zimmerman Livestock at 484-663-4856. They deliver to Berks, Lancaster and surrounding areas.

Ryan Daniels is a financial coach/advisor. He is a U.S. Army Veteran who enjoys continuing to serve, "Supporting communities by building financially strong families." Visit his website at www.RFinances.com.

GRANTS

Chester County Community Foundation awards grants to nonprofits

Chester County Community Foundation

The Chester County Community Foundation has announced the awarding of \$59,000 in grants through the Wentworth Association Fund for Senior Housing, organized under the auspices of the foundation.

After carefully reviewing competitive grant applications, volunteer members of a community-

based grant panel awarded \$59,000 to 10 nonprofits in the Chester County region.

The Wentworth Association Fund for Senior Housing was organized under the auspices of the Chester County Community Foundation after the dissolution of the Wentworth Association nonprofit organization and the sale of the former Wentworth Senior Home in West Chester.

The then board of directors felt that the assets of

the organization could best be used to benefit a greater number of senior Chester County residents through the annual distribution of grants to nonprofits whose missions and programs provide services and benefits to those 55 and older.

The panelists allocated \$10,000 to Barclay Friends for their CARES resident assistance and horticultural therapy programs; \$10,000 to the Friends Association for their Eviction

Prevention Court (EPC) Program; \$7,500 to Phoenixville Area Senior Center to support their strategic plan refinement; \$10,000 to United Way of Chester County for their Mobile Home Reassessment Project; \$2,000 to Good Neighbors Inc.; \$2,000 to Good Works, Inc; \$2,000 to The Hickman; \$5,500 to Coatesville Area Adult Senior Center/Brandywine Active Aging; \$5,000 to PA Home of the Sparrow;

and, \$5,000 to Phoenixville Women's Outreach.

The grant panelists included former Wentworth Home board member Susan Casso; chair of the Community Foundation's Grants and Scholarship Policy Committee Erik Gudmundson; and educator and community leader Natalie Ortega Moran, Ed.D.

About the Chester County Community Foundation: Headquartered

in West Chester's Lincoln Building, the Chester County Community Foundation connects people who care with causes that matter so their legacy philanthropy makes a difference now and forever. The Community Foundation holds nearly \$90 million in trust and annually awards \$4.5 million in grants and scholarships. To learn more about the Community Foundation, visit www.chescocf.org.



Enjoy More

Ask About Our Move-In Special!*

You've built a great life doing things you love. Let that freedom continue when you choose to make Arbour Square at West Chester your new home.

Are you ready to enjoy more?

ARBOUR SQUARE
at West Chester

(484) 787-2835 • arboursquareseniorliving.com
1201 Ward Ave, West Chester, PA 19380

Lic #PCH 144100
*Call for details.

Independent Living • Personal Care • Memory Care

HEALTH



BEN HASTY — READING EAGLE

Sarah Bookser, a cosmetic nurse injector, administers an IV Hydration Therapy to Desirae Sargeant, a cosmetic coordinator at Reading Dermatology.

IT'S IN THE BAG



Reading Dermatology has begun offering an IV therapy that helps boost immunity against COVID-19. Other new services are vitamin B12 injections and inner beauty IV therapy.



By Don Botch
dbotch@readingeagle.com

Patients seek out dermatologists for many reasons, including cosmetology concerns regarding the skin, nails and hair, or skin cancer diagnosis and treatment, but there's something new under the sun at Reading Dermatology.

In recent months, the West Lawn practice has begun offering vitamin B12 injections and two types of intravenous hydration therapies, one of which boosts the immune system to help the body ward off COVID-19 and other viruses.

Injection nurse Sarah Bookser said the B12 shots, which are given in the muscular part of the arm or thigh, help to boost immunity, treat anemia, increase energy, improve sleep, improve cog-






IV THERAPY » PAGE 2


Providence Place
at the Collegeville Inn

Enhanced Senior Living



Redefining Home...

Join a community with the true comforts of home - warmth, company and care.

-  INDEPENDENT LIVING
-  ASSISTED LIVING
-  EARLY-STAGE MEMORY SUPPORT
-  LATE-STAGE MEMORY CARE
-  RESTORATIVE CARE

Our doors are open - Call today for a tour!

4000 Ridge Pike, Collegeville
610-222-5007
www.Providence-Place.com



IV therapy

FROM PAGE 1

nitive function and speed up metabolism, which can help with weight loss. Basically, they are good for overall wellness.

She said patients feel the effects within a few hours of receiving the shot, and the benefits last from three to five days, depending on the person. As a result, she recommends weekly shots, although some patients opt for monthly. They cost \$35.

Bookser said she had been going to Allentown for B12 injections before Reading Dermatology started offering them.

“I just like the way I feel on it, and it gives you energy,” she said.

The immunity-boosting intravenous therapies are a little different. They involve getting hooked up to an IV drip bag. The procedure lasts about 40-45 minutes and costs \$149.

IV therapy was a growing trend in the wellness community even before COVID. Spas, lounges and drips bars have been popping up all over the country the last several years, offering elixirs for flu symptoms, jet lag, exercise fatigue and even hangovers. Some providers in major metropolitan areas even offer in-home service.

Reading Dermatology started offering immunity and inner beauty therapies in April.

Bookser said the immunity drip bags contain vitamin C, zinc, the B complex group of vitamins plus hydration (normal saline).

She pointed out that many people began taking vitamin C and zinc orally after the coronavirus outbreak because of their immunity-boosting qualities, but because your digestive



Sarah Bookser prepares an IV therapy bag.

BEN HASTY — READING EAGLE



A bottle of Methylcobalamin (vitamin B12).

BEN HASTY — READING EAGLE



Sarah Bookser prepares a vitamin B12 injection.

BEN HASTY — READING EAGLE

system is breaking them down when you take them orally, you only get 30 to 50 percent absorption. With the IV, you get 100 percent absorption.

“It helps to build your immune system,” she said, “and helps to fight off any type of virus, really, but COVID being the most prevalent one at the moment.”

She said some people opt for the immunity IV if they feel like they are starting to get sick, and it helps them feel better and minimizes their down time.

It’s also beneficial if you’re planning to travel

and want to boost your immune system before getting on a plane.

Bookser said it also increases your overall wellness, not only physically but also mentally.

“It’s important for everybody,” Bookser said. “The only people we don’t recommend it for are people with kidney issues or cardiac issues, because you don’t want overload of fluid. But for anybody else, I believe in it and I believe it definitely helps keep you from getting sick and it builds your immunity.”

She said simply staying

hydrated is a huge issue for many people, and the IV therapy helps with that. Dehydration can cause symptoms such as fatigue, dizziness or lightheadedness, irritability and rapid heartbeat.

“To stay hydrated requires eight 8-ounce glasses of water a day,” she said. “The average person might be drinking three. Then in the heat in the summer, most people are not hydrated the way they should be.”

In addition to immunity therapy, Reading Dermatology offers an inner beauty

BENEFITS OF INNER BEAUTY IV THERAPY

- Helps maintain healthy skin, hair and nails
- Slows aging process

BENEFITS OF IMMUNITY IV THERAPY

- Provides hydration
- Boosts immunity
- Increases physical and mental wellness
- Reduces down time if getting sick

BENEFITS OF B12 INJECTION

- Boost immunity
- Increase energy
- Improve sleep
- Improve cognitive function
- Speed up metabolism

IV, which works the same way as the immunity IV, it’s just a different combination of vitamins in the bag. The bags contain vitamin C and the B complexes, including biotin, which helps you maintain healthy skin, hair and nails, among other things. She said the inner beauty drips, which also

cost \$149, help to slow the aging process.

Bookser said word is starting to spread about these new offerings at Reading Dermatology, and she’s gotten plenty of positive feedback.

“We’re administering a lot,” she said, “and it’s just growing.”

ABOUT READING DERMATOLOGY

Reading Dermatology is at 3317 Penn Ave., West Lawn. To schedule an appointment for a B12 shot, IV therapy or any other dermatology needs, call 610-750-7891.

Do You Suffer With NEUROPATHY? ...Suffer No More!

Imagine no more medication... but a proven long-term solution you can do at home for your:

- Numbness
- Diabetic nerve pain
- Sharp, electric-like pain
- Burning or tingling
- Muscle weakness
- Difficulty sleeping from leg or foot discomfort
- Sensitivity to touch
- Pain when walking



Get Relief with No Surgery, Shots, or Addictive and Dangerous Medications
100% Non-Invasive - No Side Effects

“What impressed me the most was the in-home treatment that I could get... After the first month, I had tremendous change. I could walk again. My arms and hands no longer hurt. My leg was no longer cold.” - Ellen L.

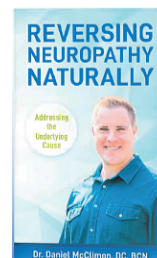
“I cannot believe, it’s 3 1/2 months later, and I am able to work in my garden. When I first started, I couldn’t even walk 4 minutes, now I am walking 45 minutes. It’s like a miracle. I thank God that he sent me here.” -Mary S.

“I went from not being able to tolerate wearing my hiking boots to wearing them for 7.5 hours and 3.5 miles over the weekend. No pain in my feet or ankles at all after doing the hiking.” - Sharon G.

“To me, it is like celebrating Christmas every day, to be able to get out of bed, to be able to walk in my bare feet, and I also have better balance. I could go on and on because this is so exciting for me.” - Susan D.

“I am getting much better. My legs don’t hurt when I walk. My feet don’t burn at night time. My ankles were extremely painful when I started, and now they very seldom hurt anymore. I can go up and down the steps again. I’m feeling way better, and I’m starting to lose a little weight.” - Gerri V.

“I couldn’t sleep. I was having terrible pain when I went to bed. I was sleeping less than 2 hours per night. I almost lost my job. Now I can sleep as long as I want. I had blister-like pain under my feet. I don’t have that anymore. It is working for me.” - Lily N.



FREE BOOK & SEMINAR

Call for the next available Seminar
Attendees Receive Dr. McClimon’s Book

Available at our Exton and Royersford locations.
Exton - Call Penny at **610-705-2219**
Royersford - Call Patti at **610-906-0636**



Beacon of Life
Neuropathy Specialists.

Dr. Daniel McClimon, DC, BCN
Board Certified Neuropathy Specialist

70 Buckwalter Rd., Site 412
Royersford, PA 19468

Whiteland Towne Center
187 W. Lincoln Highway, Suite 100
Exton, PA 19341

DERMATOLOGY

Managing and preventing skin cancer

By Dr. Daniel Shurman

Many people spend a considerable time outside in the sun, especially during the hot and sunny summer months. The time in the sun can be enjoyable, but also damaging to a person's skin.



Shurman

Skin cancer is one of the most common forms of cancer in the United States and worldwide. About every 1 in 5 people will develop skin cancer by the age of 70. Skin cancer is most frequently developed from sun rays and UV radiation.

There are three common types of skin cancer: basal cell carcinoma, squamous cell carcinoma and melanoma. The type of

skin cancer a person gets is determined by where the cancer initiates.

If the cancer begins in skin cells, also known as basal cells, the person has basal cell skin cancer. Basal cell carcinoma is considered the most common type of skin cancer. It appears as a flesh-colored, pearl like bump, or as a pinkish patch of skin. Basal cell carcinoma most commonly develops in people that have fair skin. If a person is exposed to the sun frequently or tans indoors, basal cell carcinoma usually develops years later. It is commonly formed on the head, neck and arms; however, it can appear anywhere on the body.

The second most common type of skin cancer is squamous cell carcinoma. SCC often appears as a red, firm bump, scaly patch or a sore that heals and then re-opens. This form of skin

cancer is most commonly developed on people who have light skin but can also develop in people who have darker skin. SCC forms on skin that gets frequent sun exposure, such as the rim of the ear, face, neck, arms, chest and back. This type of skin cancer can grow deep into the skin, causing damage and disfigurement.

Melanoma is the most serious skin cancer because it has a tendency to spread. Melanoma is the deadliest form of skin cancer and frequently develops in a mole or suddenly appears as a new dark spot on the skin.

Early diagnosis and treatment are important in managing skin cancer. In order to manage skin cancer, visit a dermatologist for a skin cancer screening. They can determine which type of skin cancer has developed and develop a treatment plan.

During a skin exam, the

dermatologist will examine the body for bumps or spots that look abnormal in color, size, shape or texture. Once examined, a biopsy of the growth is viewed for signs of skin cancer. The dermatologist can then define the type and stage of skin cancer.

Treatment plans depend on the type of skin cancer that has been diagnosed. The standard treatments options for skin cancer are surgery, radiation therapy, chemotherapy, photodynamic therapy, immunotherapy, targeted therapy, a chemical peel and other drug therapies. Once treated, follow up tests may be needed to determine if the skin cancer has been eradicated.

The prevention of skin cancer is the best way to lower the chances of development. It is known that some risk factors for developing skin cancer cannot be fully avoided, like sec-

ondhand smoke and sun exposure; however, the more prevention, the lower the chance of developing skin cancer.

Practicing sun safety and avoiding ultraviolet radiation are the common two ways in preventing skin cancer. When at all possible, stay in the shade, wear a hat with a wide brim to cover the face, head and ears, wear clothing that covers arms and legs and use a broad-spectrum sunscreen with a SPF of 15 or higher. To avoid UV rays, avoid the use of indoor tanning facilities.

Dr. Daniel Shurman is a dermatologist with Dermatology Partners in Amity Township. Dermatology Partners has 22 locations located throughout Pennsylvania and Delaware to serve the needs of the community. To schedule your annual

SCHEDULE YOUR SCREENING TODAY

While it's important to check yourself at home often, getting an annual skin cancer screening by a professional can be instrumental in identifying any suspicious lesions and treating them early. Scheduling your yearly full body skin exam with a dermatologist is the most important step in detecting skin cancer. Melanoma can be found anywhere on the body, and are sometimes overlooked on self-exams, especially on the back or scalp. Catching skin cancer in the early stages, when it's easiest to treat, can make all the difference in the treatment plan your dermatologist will recommend.

skin cancer screening, call 888-895-3376. Visit www.dermpartners.com to find the location closest to you.

SKIN CARE

Tips to help your skin look its best during summer

Metro Creative Content

Protecting and caring for skin should be part of people's year-round healthcare regimens. Such an approach can help people look their best and also uncover any minor issues before they escalate into something more significant.

National Geographic says adults can carry eight pounds and 22 square feet of skin on their bodies. Skin guards a person from harmful chemicals, protects the body against extremes in temperature and prevents internal organs and other components from evaporating. The skin also guards against harmful sunlight.

Skin care is not seasonal, though efforts to protect

the skin may need to be stepped up during the summer. The American Academy of Dermatology says one in five Americans will develop some form of skin cancer in their lifetimes. In the summer, ultraviolet radiation levels are elevated and people often wear less clothing that exposes more of their skin.

According to Dr. Ron Shelton, a board-certified dermatologist and assistant professor of dermatology at Mount Sinai Medical Center in New York, the bulk of sun damage to the skin happens in the summer. These skin wellness tips can help protect the skin and keep it looking its best when the mercury rises.

LIGHTEN UP » Choose

lightweight products for summer usage. This includes cleansers, makeup and oil cleansers. For instance, rather than an oil cleanser, choose a gentle, foaming option. Thicker products mixed with increased perspiration and humidity may lead to clogged pores and inflammation.

LATHER ON SUNSCREEN » Sunscreen with an SPF of 30 or more is recommended to protect the skin from UV damage. But it's easy to forget to apply sunscreen. However, using a lightweight moisturizer with SPF built in reduces product usage and time spent caring for skin.

UTILIZE VITAMIN C SERUMS » Hyperpigmenta-

tion can occur in summer. According to Omer Ibrahim, a board-certified dermatologist and codirector of clinical research at Chicago Cosmetic Surgery and Dermatology, vitamin C serum can improve the appearance of fine lines, help with collagen production and also prevent hyperpigmentation.

DRINK MORE WATER » Higher temperatures and increased perspiration can lead to dehydration. That may cause headaches, dry skin and even lightheadedness. Drink at least eight eight-ounce glasses of water every day.

STAY IN THE SHADE » In addition to using sunscreen daily, try to stay out of the sun as much as possible



METRO CREATIVE CONTENT

Choose lightweight cleansers and makeup in the summer.

when UV rays are at their strongest, which is between 10 a.m. and 2 p.m. In addition, wear clothing that offers sunscreen protection. It's important to care for the skin daily, but especially so during the summer.

Feel Certain.

It's a big decision. Finding the right supportive living community is not just about a nice apartment. It's about finding attentive care, meticulous housekeeping, engaging social programs, excellent dining, and responsive leadership.

Call about our CELEBRATION RATES!
877-865-5568.

2020 READERS' CHOICE **Best of MAINLINE** medianews
Main Line Suburban Life Main Line Times

Perfect Furniture Selection for Smaller Room Sizes.

Different finishes available

MASTROIENI FURNITURE

HOURS:
Mon. & Fri. 10am-8pm;
Tues., Wed., Thurs., Sat. 10am-6pm;
Sun. Noon-5pm

1113 Bethlehem Pk. Montgomeryville
215-643-6372

www.mastroienifurniture.com

Proudly made in the USA

Daylesford Crossing

THE MAIN LINE'S FAVORITE SUPPORTIVE LIVING & MEMORY CARE
DaylesfordCrossing.com | 1450 Lancaster Avenue, Paoli

SAGELIFE | Living to the Power of You

Next Stop: The Watermark at Bellingham

Embrace what you love, explore new interests and indulge in whatever makes you happy in one amazing community. A new day is here – and there really is nothing like it.

Leave your worries behind, and say hello to freedom, friendship and fun.

Learn about our wealth of incredible amenities, services and wellness offerings. Schedule your private one-on-one consultation and tour, offered in person or virtually.

Call 610-436-6663 or visit wrcfreedom.com/bellingham today!



WE ARE OPEN AND WELCOMING YOU AND YOUR FAMILY SAFELY

We are proud to uphold the highest level of safety and wellness, and we continue to vaccinate our residents throughout our family of communities. Watermark’s commitment to your safety and well-being includes a comprehensive plan and certification process implemented in our community.



1615 E. Boot Road • West Chester, PA 19380
610-436-6663 • bellingham.watermarkcommunities.com

**INDEPENDENT LIVING • PERSONAL CARE
MEMORY CARE • REHABILITATION & SKILLED NURSING**

