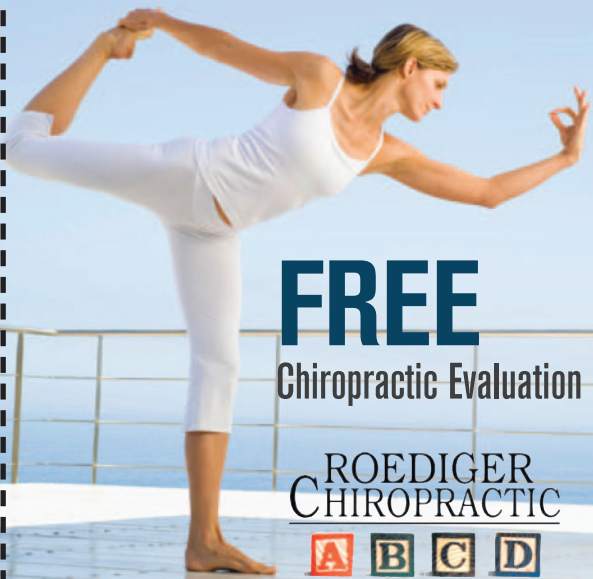


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Medical *Directory*

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alz.org/ourstories



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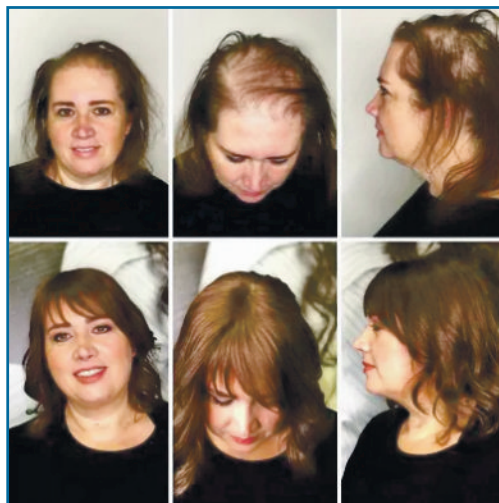


Welcome To CS Wigz

Are you interested in a wig or hair-piece but don't know where to start? We are here to help you! We have over 28 years of experience and we know wigs!

There are no second chances when it comes to making a first impression! Put your best SELF forward by wearing a great look by CS Wigz LLC.

Hair loss is a well-known side effect of chemotherapy, alopecia, lupus, and radiation. It is caused by damage to growing cells. Hair loss affects a person emotionally and should not be overlooked when evaluating someone's overall health. Losing hair is difficult enough on it's on but adding that to a life altering diagnosis can be a traumatic experience resulting in lower self confidence during a difficult time. Looking in the mirror and feeling better about yourself can empower a person-wearing a great looking wig offers abundant psychological support.



ABOUT THE SPECIALIST

My name is Ree but I am known to many as The Wig Lady Expert! I am a cosmetologist specializing in medical hair loss. I began my career over 28 years ago and have worked with some heavy hitters in the beauty industry! In the past, I have donated my time working with cancer patients at the

Cleveland Clinic and the American Cancer Society. My guidance helps many people find the perfect wig. I love having the opportunity of restoring self-esteem, confidence, and bringing back a sense of normalcy to my clients! I am here to make it easy for you!

WHY I DO WHAT I DO

I LOVE WHAT I DO! I was inspired to launch my business because I had a family member who was receiving chemotherapy treatments and as a result lost their hair. I was determined to help her regain the pride she once felt when looking in the mirror so we set out to find her the perfect wig. We visited several wig stores and not only was the service lousy, the staff was aloof and distant and the experience was very PUBLIC-PEOPLE WERE STARING! It was at this point that my business was born. I vowed to do my best to take care of the hair loss community! You will receive a safe, private, friendly,

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Private consults are designed to identify what your hair needs are and decipher what options best align with your hair goals. "GOT TO FIT & SAY YOU". I will explain different wig cap constructions and hair, colors, length and styles that would best suit your needs. You will be shown how to take care of a wig and use the right wig care products. I offer consults through What's App, Zoom, Google DUO and in person. If you will be undergoing chemotherapy treatment, it is best to call us before you have lost your hair and send us a photo. I am in this with you and your perfect piece awaits!

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CS Wigz

Consultations are welcomed and available by appointment – face masks are required!

CS WIGZ is a hair loss center catering to an alopecia, cancer, radiation and hair thinning community.

We are dedicated to restoring self-esteem and confidence, while bringing back a sense of normalcy to our clients!

Sharrie is a cosmetologist specializing in medical hair loss who began her career over 27 years ago and has donated much time to working with cancer patients at the Cleveland Clinic and American Cancer Society. Her guidance helps many people find the perfect wig and she would love to help you as well!



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Are you getting the value out of your dental benefit policy?

In order to determine this answer, you need to figure out what treatment you might need in the year and weigh it against the cost of your premium. All dental plans differ in what procedures might be covered and they come with different premium levels. To evaluate this, you need the help of a dental professional. We can determine your needs and analyze if your plan is worth the premium you pay. We don't want you wasting your money. Some plans don't allow you to get the necessary work done or at least in a timely fashion. They might have a limit, waiting periods or exclusions, or limit your preventative care to a very unhealthy minimum. Therefore you may never be totally healthy. The mouth is the gateway to your body. Health starts here and affects the rest. It affects your body's vulnerability to disease. It affects your nutrition which can determine your health and quality of life. As we age we can be more vulnerable to tooth decay, tooth breakage, and periodontal gum infections. Does your plan cover these and to a degree that is worth the premium? You don't want to pay more for the plan than what you get out of it. This is the case in many instances. An alternative option so you can get the oral health you need for your overall health, might be in choosing a dental membership savings plan. We can help with that as well.

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¹Sharpe, Rochelle. (2019, September 12). *Untreated Hearing Loss Linked To Loneliness And Isolation For Seniors*. NPR. <https://www.npr.org/sections/health-shots/2019/09/12/760231279/untreated-hearing-loss-linked-to-loneliness-and-isolation-for-seniors> | ©2021 Starkey Laboratories, Inc. All Rights Reserved. 6/21 696621758 | Via a registered trademark of Starkey Laboratories, Inc.

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For more information or to tour our facility, please call **440-286-8176**

Patients Look to Regenerative Medicine to Avoid Surgery for Joint Pain



Orthopedic surgery has long been thought of as the end-all solution for injuries and pain. However, some innovative physicians are utilizing regenerative medicine treatments to help their patients avoid surgery. Regenerative medicine involves the use of a patient's own blood platelets or stem cells to reduce inflammation and encourage the long-term healing and repair of injuries.

Orthopedic surgeon Reuben Gobezie, MD, founder of Regen Orthopedics in Beachwood, Ohio, is one of these innovators. He offers this non-invasive alternative that can be especially useful for patients who wish to avoid surgery

or who no longer find relief from traditional treatments like cortisone injections.

"Regenerative medicine is an important tool in any orthopedic surgeon's toolbox," says Dr. Gobezie. "It's about finding the right uses and identifying the right patients, and that's what we're good at. It's a safe and effective option for patients with a variety of conditions and easily accessible for those seeking relief in Greater Cleveland."

To learn more or schedule a consultation with Dr. Gobezie, call Regen Orthopedics at 844-786-2355 or visit regenorthopedics.com.

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The hospice team supports both the patient and family, teaching caregivers what to expect and how to cope with symptoms, behavior changes and other challenges. Regular family conversations address physical symptoms, emotional

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Nurses teach techniques to make caregiving easier and loved ones more comfortable. Hospice nursing assistants are also available to assist with personal care and grooming.

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professional can find 40 minutes a week to devote to themselves to stay strong and healthy.

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Most high achieving executives understand quality trumps quantity. It's true in the products and services they sell. It's true in customer service and satisfaction. And it's true for the quality of exercise and instruction. One might assume pursuing improved quality of life requires long, sweaty hours at a loud, stuffy gym, or running nightly against a blustery wind over slushy streets. The opposite is true!

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Strength training is the fountain of youth.



Most high achieving executives understand that quality trumps quantity. It's true for the products they sell. It's true for customer service.

And it's true for exercise, asserts Jeff Tomaszewski, owner of MaxStrength Fitness, who has adopted the title of Chief Life Transformer. The title reflects his mission at MaxStrength, he says.

"I got into the fitness field because there is no other business I know of that allow you to so profoundly improve the quality of somebody's life." Jeff explains. "When you are healthier, stronger and more flexible, everything else in your life changes. You have more energy. You're more alert at work. You can play with your children or grandchildren without dozing off all the time. You can enjoy retirement without nagging aches and pains."

One might assume that pursuing that improved quality of life requires long, sweaty hours at a loud, obstreperous gym, running nightly against the blustery wind over slushy streets.



But one would be mistaken, Jeff assures.

"The two main reasons people train at MaxStrength are the amazing results they experience and the very short interruptions to their lives," he says. "Our program takes just 20 minutes of your time, only two days a week. It's all about the quality of our workout system, not the quantity of time you put in."

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Literally.

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Jeff says. "The perception that you need to sweat for your workout to be successful is completely false. On the contrary, like a car engine, a cool body works more efficiently than an overheated body. That's why we keep our training room at 65 degrees. We want to dissipate body heat very quickly, so if you start to sweat we crank up a fan to cool you off. That's why our clients can go straight to the office without showering after a workout."

The MaxStrength workout, Jeff summarizes, yields a strong return on your investment.

"The program is based on pushing your muscles to high levels of fatigue, to a point where they can do no more, in a condensed period of time," he explains.

Serious business people who have had their work interrupted by an outdated computer or a slow network connection understand the importance of quality equipment. Specially designed, computerized resistance training machines are the key to the MaxStrength workout.

"The unique machines provide the maximum resistance training for muscle strength, cardiovascular conditioning and overall health and wellness." Jeff emphasizes. "They are designed to make muscles work hard, but without dangerous jerking that can result in injuries to your joints. Most gym training can make injuries worse. Our job is to fix people, not break them."

"Our workout is safe and just about anybody can do it, from a professional athlete to an 85-year-old woman with a hip and a knee replacement."

"It's not uncommon for our clients to double or triple their strength in a short period of time. When you increase your strength that much you profoundly increase your functional ability throughout the day. You can have less joint pain, more alertness and other benefits. Strength training is the foundation of youth."

MaxStrength Fitness is offering readers a very special introductory offer.

- **Get a free consultation, where you'll talk about your goals, past medical history and any nagging pains or injuries you may have, and how to work around them to meet your needs. (\$150 Value)**

- **Two, free, 20-minute workout sessions, where you'll experience firsthand how to safely transform your body. (\$108 Value)**

- **Free InBody Scan to determine your current levels of body fat and muscle mass. (\$97 Value)**

- **Free 6-Week Lifestyle Challenge to change your habits forever. (\$99 Value)**

- **Free 101 SuperFoods Report, where you'll find out how to make food choices easy and quick. (\$47 Value)**

- **Free professional personal coaching and world-class customer service. (Priceless)**

Together the consultation and bonuses are valued at \$501, but if you act before Sunday, July 11, 2021, you can get it all for free.

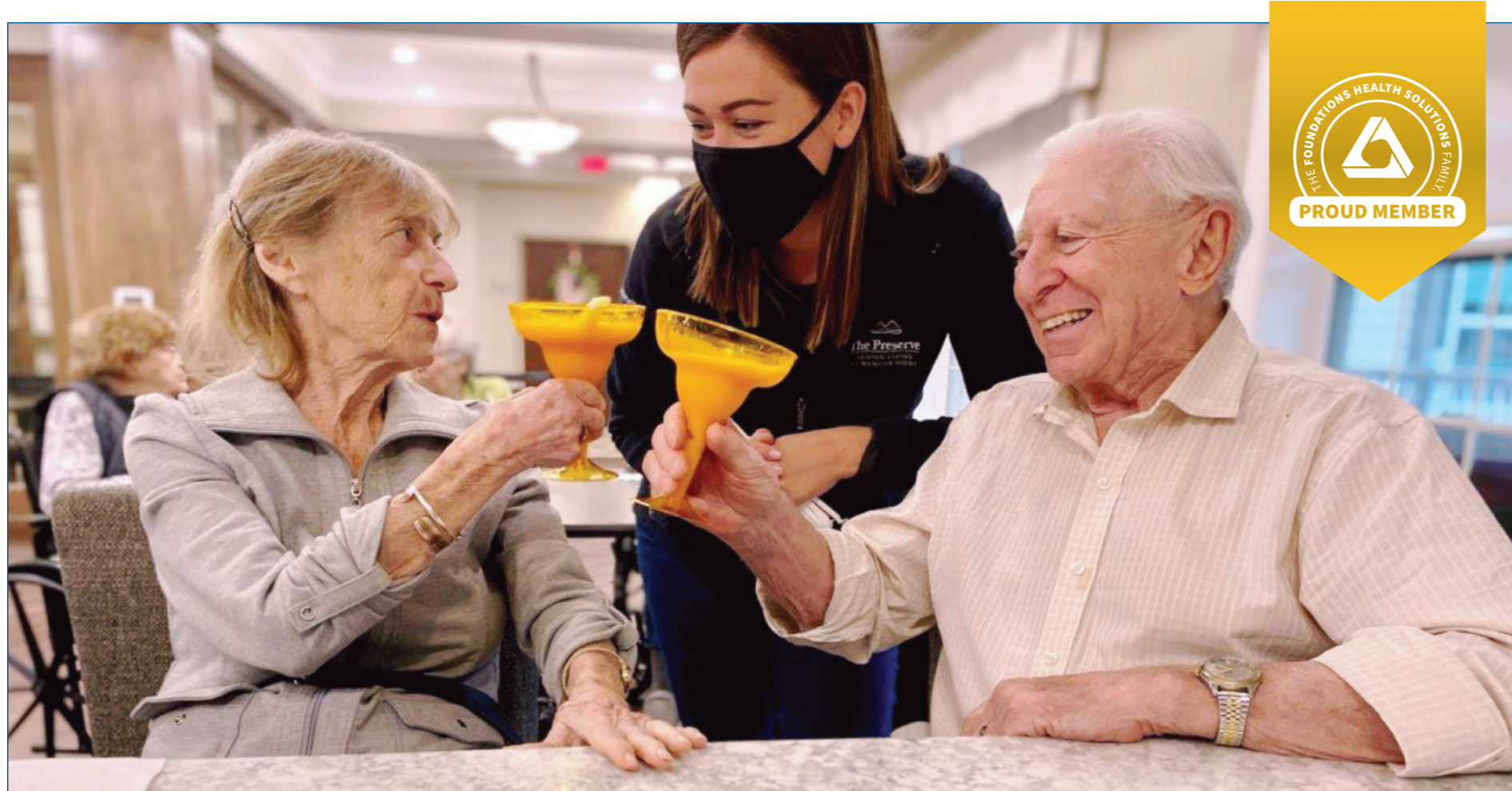
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Turning 65? Retiring? Questions about Medicare? WE CAN HELP.



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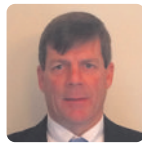


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It's a Family Thing!

It is with great satisfaction that we can now announce the addition of Licensed Medicaid Assisted Living Waiver to our repertoire of amenities of Independent Living and Licensed Assisted Living Services at Gates Mills Club! Residents who need a bit more care don't have to move away, nor do they have to move to a "wing." They can stay right in their independent apartment home and we'll bring the extra care to them. And since we already offer "affordable" independent living, we will now offer "affordable" assisted living, and Medicaid Assisted Living as well. It won't break the bank.



Living at GMC is a "family thing" since we live with and work with folks that could be considered our extended family. The old adage "you don't get to choose your family" applies, but we make it work at GMC. Our newest "family" is a set of caregivers who are providing extra help in our new Medicaid Waiver and Licensed Assisted Living. Our experienced caregivers work alongside our registered



nurses and LPNs to get the help you need in your own apartment without having to move anywhere. While most residents here are still very capable of independent living, those who age in place and need just a little more help can get it for a very affordable rate. Our goal is to keep our family around as long as possible.

Like most families we have a photo

album in the form of Facebook. Anyone can go to our website www.gatesmillsclub.com to see the latest pictures of our GMC family doing fun things!

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4 common reasons people lose their hair



Shedding a small amount of hair each day is normal. In fact, minor hair loss often is a sign that the body is growing new, healthy hair to replace old hair. But there may be cause for concern when more than 100 hairs per day are caught in the bristles of a brush or at the bottom of the shower drain.

If a person is suddenly seeing more

scalp or if hair feels less thick than it once did, he or she may be losing more hair than is normal, according to Francesca Fusco, M.D., a dermatologist and assistant clinical professor of dermatology at Mount Sinai. Getting to the root of the problem may take some time, but people can learn about common causes of hair loss to determine what might be the issue.

Stress

The National Institutes of Health reports that long-term or chronic stress puts people at risk for a number of health problems, including hair loss. A Harvard University study led by Dr. Ya-Chieh Hsu found increased corticosterone levels secreted by adrenal glands that occurred from mild to moderate stress affected hair regrowth in mice. Stress caused hair to gray or fall out in mice, and further study is needed to determine if there is a similar connection in humans.

Genetics

Both men and women are susceptible to hair loss due to genetics. The American Academy of Dermatology says hair loss is more likely to affect men along the hairline. In women, hair loss is usually concentrated at the crown of the head, especially noticeable at the hair part. There is no way to prevent this type of hair loss, but there are topi-

cal treatments that may slow down hair loss and make hair appear fuller longer.

Hormones

Hair loss can result from hormonal changes that occur when going on or off hormonal birth control methods or changing products. In addition, pregnancy causes surges in estrogen that cause hair to grow rapidly without falling out. However, after pregnancy, hair patterns return to normal growth cycles and mild to intense hair shedding for a few months may occur.

Vitamin deficiency or overabundance

According to the AAD, overconsumption of supplements that contain vitamin A or certain medications may trigger hair loss. People who are not getting enough protein also may experience unwanted hair loss, as might those who have low iron levels.

Hair loss can be unsettling. Though it's often natural, certain instances of hair loss should be brought to the attention of a physician.

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Targeted Mental Health Treatment for Adults



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We offer four therapeutic tracks for:

- Mood disorders
- Thought disorders
- Trauma
- Dual Diagnosis (co-occurring mental health and substance use)

Outpatient Services:

Windsor Laurelwood offers Partial Hospitalization and Intensive Outpatient services as part of the continuum of behavioral health services.

The Partial Hospitalization (full-time day treatment) program provides short-term, intensive treatment. The program can be utilized for individuals who do not need inpatient treatment or as a stepdown after an inpatient stay is

continued on next page --->

Inpatient Services

Windsor Laurelwood provides comprehensive diagnostic and mental health treatment services for adults

struggling with behavioral health issues. Our inpatient program assists adults, 18 years and older, who are experiencing psychiatric or emotional

issues. Our inpatient program assists adults, 18 years and older, who are experiencing psychiatric or emotional



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Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.

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complete. The partial program meets five days per week for six hours per day. The goal is to help individuals gain insight into their current functioning and improve their coping skills.

Intensive Outpatient (part-time day treatment) programs are highly structured group therapy sessions. Intensive Outpatient allows individuals to maintain work, school and family obligations. Intensive outpatient meets three times per week for six weeks. Day and evening programs are available.

Program features:

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- Physician-led, multidisciplinary treatment team approach
- Therapeutic and structured environments

- Medication-assisted treatment options
- Medication evaluation, education and management
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How to protect your hearing for the long haul



Aging has long been associated with hearing loss, and that association is not unwarranted. The National Institute on Deafness and Other Communication Disorders notes that age-related hearing loss can arise from changes in the inner ear as the body ages. However, hearing loss can affect people of all ages, including the very young.

Noise-induced hearing loss, or NIHL, can affect people of all ages. In fact, a 2011-12 study from the Centers for Disease Control and Prevention found that as many as 40 million adults in the United States have some degree of hearing loss related to exposure to loud noise.

Another study published in 2011 in the journal *Pediatrics* found that as many as 17 percent of adolescents between the ages of 12 and 19 had features of their hearing suggestive of NIHL.

No single activity can explain the prevalence of NIHL among adolescents and adults under 70. However, there are steps everyone can take to protect their hearing and reduce their risk for NIHL.

- Switch from earbuds to over-the-ear headphones. The Cleveland Clinic notes that over-the-ear headphones encase the ear and are often more effective at canceling outside noise. Why is that important? If outside noise

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is effectively canceled out, wearers won't have to turn up the volume on their headphones in order to hear their music. Listening at lower volumes is a great way to protect your hearing and prevent NIHL.

- Recognize that others shouldn't hear what's coming through your headphones. Audiologist Sharon A. Sandridge, Ph.D. of the Head and Neck Institute at the Cleveland Clinic notes that if people standing at arm's length can hear the music coming from an individual's headphones or earbud, then the volume levels on that person's devices are too loud.

- Purchase activity-specific headphones, earplugs or earmuffs. Hardware stores

and sporting goods stores sell activity-specific headphones, earplugs and earmuffs that can be utilized when engaging in activities like yard work or hunting. Such products are often designed to block out noises from backpack leaf blowers and hunting rifles, and could therefore prove more protective of users' hearing than over-the-ear headphones designed for listening to music.

Age-related hearing loss may not be preventable. However, individuals can protect themselves from NIHL, and efforts to do just that should begin at a young age and continue throughout adulthood.



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