

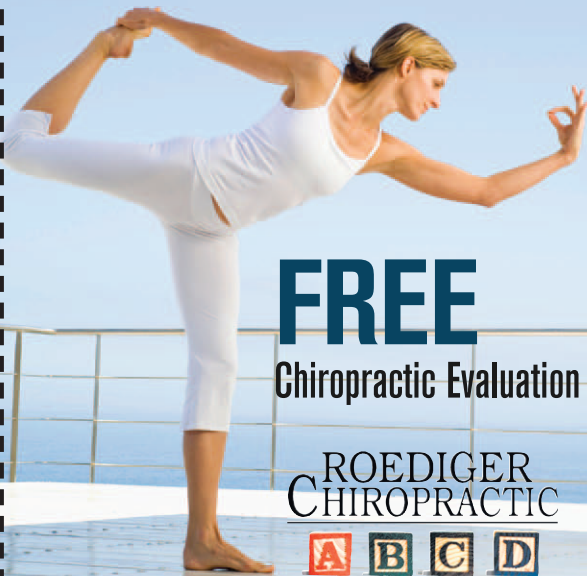
Health & Wellness



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As an audiologist with lifelong hearing loss, I know firsthand that:

- Hearing difficulties can affect anyone, from babies to centenarians
- It can be tough to accept the idea of wearing hearing aids
- Hearing technology is a great way to improve your life

It wasn't until college that I finally agreed to try hearing devices. What a game-changer, opening my world to stronger connections with friends, family, and the activities that matter to me. Plus, research shows that treating hearing loss with amplification improves both



mental and physical health.

So don't wait: Take care of your hearing health today!

Dr. Amanda Barbur owns Amanda's Family Hearing in Painesville.

What is toenail fungus or Onychomycosis?



William Donahue, Jr.
DPM, FACFAS

Onychomycosis is a fungal infection of the nail. It is the most common disease of the nails and creates about half of all nail abnormalities. This condition may affect toenails or fingernails, but toenail infections are particularly common. It occurs in about 10 percent of the adult population. Onychomycosis accounts for one third of fungal skin infections. The common symptoms of the fungal nail infection include the nail becoming thickened and discolored. Fungus cases are reported to be either white, black, yellow, green or all of the above. If left untreated, the infection will make nail brittle, painful and embarrassing. Extremely contagious, it can pass from person to person very easily and because of this, it is difficult to clear up. Nail fungus can cause social problems since when having it, an individual will want to hide or cover it up.

There's good news. You can have beautiful, healthy feet again with our FDA cleared Lunula Laser treatment. It's the first and only non-thermal, touchless painless treatment of toe nail fungus to target the fungus and stimulate new, clear nail growth.

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"As an *audiologist* with lifelong *hearing loss*,

I understand its potential impacts firsthand and am deeply committed to helping people live better by hearing their best."



— Amanda Barbur
 Au.D., CCC-A
 Doctor of Audiology



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pain-free, 100 percent safe, proven toenail fungus treatment. Lunula is free from the serious health risks associated with oral fungus medications and is completely painless unlike other laser options. A Lunula treatment is easy and convenient with no downtime afterward. Improve your quality of life with Lunula and enjoy clearer, healthier toenails today.



What Is Your Medicare I.Q.?

If you are turning 65 or going on Medicare in 2022, now is a good idea to brush up on your Medicare knowledge before the time comes to enroll. For example, do you know . . .

- How much you will pay each month for Medicare?
- What out-of-pocket costs you are responsible for?
- The long-term penalty for missing your sign-up deadline?
- How to find the plan with the best prescription coverage for YOU?
- The difference between Original Medicare, a Medicare Supplement and a Medicare Advantage Plan?

You can get clear-cut, straight forward information about Medicare at an upcoming Getting Started with Medicare Seminar. The classes will be presented by Laura Mutsko, Certified Senior Adviser and owner of Mutsko Insurance Service in Mentor, OH.

Registration is going on now for the following classes.

Tuesday, March 1, 2022
6:00pm - 7:30pm
Kenston Community Ed
Chagrin Falls, OH 44023
Registration: 440-543-2552

Monday, April 4, 2022
6:00pm - 7:30pm
Willoughby Hills Library
Willoughby Hills,
OH 44094
Registration: 440-942-3362

Check for additional class dates and times by visiting www.mutskoinsurance.com/ seminars. You can also call Mutsko Insurance Services at 440-255-5700 or email Laura Mutsko at Lmutsko@mutskoinsurance.com for



help with your insurance needs.

These events are only for educational purposes and no plan specific benefits or details will be

shared. Pre-registration is required. Some venues may charge a nominal fee.

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Alzheimer's disease and dementia studies

Alzheimer's disease and dementia studies at Insight Clinical Trials in Beachwood give you access to the newest treatments and help to expand your healthcare options. When you participate in our research studies, you will receive free medical care from a highly skilled team of physicians and counselors. Compensation and transportation will be provided, and insurance is not required. We are a leading independent research institute in Northeast Ohio.

Insight Clinical Trials is evaluating several potential new medication treatments for Alzheimer's disease and dementia. Participants with moderate to severe Alzheimer's or memory loss, or those exhibiting difficult behavior may qualify.

If you, or someone you know, has been diagnosed with Alzheimer's disease or dementia and is interested in learning more, please call (216) 526-1843 or visit insightclinicaltrials.com. Additionally, individuals that may have memory issue concerns may also be provided a free confidential screening and consultation. Call us today.



Do You Have **Mild Cognitive Impairment** or **Mild Alzheimer's disease?**



Consider This **Clinical Research Study.**

Cognitive tests are used to check people who are being treated for mild cognitive impairment or mild Alzheimer's disease. The tests allow researchers to study how a person's condition has changed after taking medication or over time.

Participants in this clinical research study will complete a series of cognitive tests more often than in traditional studies while taking study medication to see if this new testing approach can improve future clinical trials.

You may qualify for this study if you are 55-85 years of age and:

- Have mild cognitive impairment or mild Alzheimer's disease.
- Have not taken medications or other treatments for mild Alzheimer's disease symptoms in the last six months.
- Have a study partner/caregiver who:
 - Is in regular contact with you and knows you well.
 - Can attend study visits when required.
 - Can participate in study assessments that involve caregiver input.

There are additional requirements that must be met in order to participate in this study.

Participants will receive the study drug and study-related tests at no charge.

For more information on this clinical research study, including the possible risks and benefits of participation, please contact:



INSIGHT
CLINICAL TRIALS

216-526-1843
insightclinicaltrials.com
Beachwood, Ohio





Create Your Path to Wellness

Nestled in the lush 32-acre park-like Ohio Living Breckenridge Village community, **Veale Wellness & Aquatic Center** is offering reduced monthly memberships to the public.

Inside enjoy water exercises in the warm therapy pool or join a mindfulness, yoga or strength training class in our relaxed welcoming environment. The equipment is user friendly and accessible to include ellipticals, Nusteps, free weights and an indoor track. Outside enjoy a power walk or simply stroll along the Robert S. Malaga Memorial path.

Create your path to wellness this year by becoming a member of the **Veale Wellness & Aquatic Center**.

Call 440.942.4358 to learn about reduced membership rates!



What should you look for in an orthopedic surgeon?

When you need orthopedic surgery, research is important. You will want to find a highly recommended surgeon with the strongest skills and most experience in the specific area of surgery that you need. Extensive data has shown a direct correlation between the number of times a surgeon performs a procedure and the success rate. The more experience the doctor has with the surgery, the better the patient outcomes.

Take the time to research the credentials of the doctors you are evaluating and ensure they are board certified. Check resources such as the American Academy of Orthopaedic Surgeons and the American Board of Orthopaedic Surgeons for extensive information about orthopedic procedures and to verify your surgeon has been certified. Websites such as Healthgrades.com provide patient

reviews of doctors and details on a physician's experience.

Ask for referrals from your primary care physician, other healthcare providers, family and friends. Make a consultative appointment with doctors you are considering to develop a comfort level with them and discuss the surgery and their experience.

The Gobezie Shoulder Institute treats patients with all types of shoulder disorders resulting from traumatic injuries, arthritis, instabilities, rotator cuff and sports-related injuries. Led by internationally recognized Orthopedic Surgeon Reuben Gobezie, MD, the institute provides both surgical and non-operative treatments. Visit clevelandshoulder.com or call our office in Beachwood at 844-746-8537 (844-SHOULDR) to learn more.

Good Posture Key to Setting Wellness Goals



The therapy and fitness team at Veale Wellness & Aquatic Center takes pride in helping their members reach their ultimate fitness goals. The team shares that good posture is important to your overall health, as it can help you use your energy efficiently, avoid muscle tension, and fatigue. Occupational and physical therapy evaluations include a postural assessment as well as, balance, and movement assessments. An important aspect of our care includes hands-on assessment and treatment which can include, myofascial release, joint and soft tissue mobilization.

Good posture, soft tissue mobility, and strength can be gained with a balance of wellness coaching, physical therapy and occupational therapy services. Peak your wellness with air resistance weight equipment, deep water floatation belts, yoga and mindful meditation – all included in a Veale Wellness and Aquatic Center membership.

Jane Cavanaugh, a Veale Wellness & Aquatic Center member for the past 10 years states, "The Veale Wellness and Aquatic Center supports me physically, socially, and emotionally."



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Reuben Gobezie, MD

Reuben Gobezie, MD, Director of the Gobezie Shoulder Institute and Harvard-trained orthopedic surgeon, has again been recognized as a Castle Connolly Top Doctor.

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LAYTON PHYSICAL THERAPY: Hands-on Therapy, Therapeutic Massage, Yoga, and So Much More...

Layton Physical Therapy believes that healing is not static; it often evolves in stages. Layton has helped people overcome pain and disabilities for 36 years. The initial stage for healing responds well through the use of traditional modalities to facilitate healing in back, joint and musculoskeletal injuries as well as neurological, chronic pain syndrome, and pelvic/spinal dysfunction. Therapists have long used a variety of manual techniques, whether it is for a new diagnosis or a chronic condition. Myofascial release and craniosacral therapy address limitations and imbalances of the connective tissue in the body and are used to restore movement and promote wellness. Layton also offers yoga; including restorative, reiki, therapeutic massage, and structural alignment. Visit laytonpt.com and click on the Facebook link for more information.



Katherine A. Thokey
DDS. LTD.

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Dr. Thokey has been providing dental care for our community since she graduated from Case Western Reserve School of Dentistry in 1994. Dr. Thokey was born and raised in the Cleveland/Lake County area and is currently living in Madison with her husband and two dogs. Besides dentistry, Dr. Thokey enjoys gardening, antiques and collectibles.

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Dr. Katherine A. Thokey, DDS has been providing dental care for our community since she graduated from Case Western Reserve School of Dentistry in 1994.

Dr. Thokey was born and raised in the Cleveland/Lake County area and is currently living in Madison with her husband and two dogs. Besides dentistry, Dr. Thokey enjoys gardening, antiques and collectibles.

Welcome to Mapleview Country Villa



Just a short drive from historic Chardon Square, Mapleview Country Villa is committed to providing a quality therapeutic regimen that is tailored to each person's unique needs. Whether rehabilitation or skilled nursing care is required, our goal is to prepare each person to return home as quickly and safely as possible. Our therapy space features specialized equipment for both strength training and enhancement of physical function. The therapy apartment setup, which includes a kitchen and bedroom, aides our staff in the successful restoration of daily living activities. A dedicated speech therapy treatment room is available for individuals recovering from speech, swallowing, or cognitive disorders.

All Private Rooms

for Skilled Nursing and Rehabilitation
and Long Term Care



Four Star Overall Rating

Centers for Medicare & Medicaid Services

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Get Relief with No Surgery, Shots, or Addictive and Dangerous Medications
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Hunter Wellness Center

Hunter Wellness Center was founded by Doctor's LaMar and Valerie Hunter in 2016. This practice's mission is to serve the community in a friendly environment by providing the best natural solutions to common health care problems. One of the major areas of focus for Hunter Wellness Center is helping people reverse their neuropathy without the use of drugs and surgery. Peripheral neuropathy most commonly occurs in the hands and feet and has several causes. The team at Hunter Wellness Center have worked tirelessly to develop a system for not only analyzing but also categorizing and reversing neuropathy. Neuropathy can be a complex condition that if left untreated will continue to progressively get worse. However, with the right treatment, reversing it is possible.

Currently Hunter Wellness

Center is offering an evaluation for anyone suffering with neuropathy.

This initial appointment includes a consultation evaluation x-rays and a report of finding for \$49.



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203203-4463 11/20

K & Em Custom Wigs

At K & Em Custom Wigs, Hairpieces, Extensions, we offer the highest quality hair addition services available.



My name is Michelle Como and I pride myself in providing each client the best experience and service you'll find anywhere in the area. All wigs, hairpieces, and extensions are chosen to best fit the needs of each individual client. You can book an appointment in one of our private suites

OR we can even travel to you! We are a family owned business, and are committed to providing you with the best hair addition services to fit your personal needs.

Wigs

All wigs are customized perfectly for your individual needs. I offer medical grade caps for clients going through chemotherapy treatments, have alopecia, or other medical hair loss. At K & Em, we provide medical caps that can be customized for the best fit and comfort possible.

Top of Head Hairpiece

I have clip in as well as bonded hair toppers. There are a wide variety of men's and women's hair replacement systems that are customized for your hair loss needs.

Extensions

Hair extension services can be as subtle as a few pieces to add a pop of color, or a full head to add thickness

and length. Hair extensions can be bonded, taped, strand by strand, sewn in, or a simple clip in. Application method determined upon consultation.

Cutting

All cuts are included in your hair addition service.

Coloring

Hair color is done on all natural hair, and hair addition pieces to fully complete your perfect look.

Styling



At K & Em Custom Wigs, Hairpieces, Extensions, I am committed to providing you with the best hair addition services to fit your personal needs. All looks are completed with a full style.

Children's Wigs

I accept donations to help fully cover the cost of any wig needs for children. You may purchase a wig, and it will be donated in your name to help a child or teenager suffering from hair loss. Email: kandemwigs@gmail.com for all inquiries.

From word-of-mouth recommendations to online reviews, more people in the area are finding their way to K & Em Custom Wigs, Hairpieces, Extensions! Call us today to schedule an appointment either here or in your residence or feel free to text or email!

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35040 Chardon Road, Suite G-400
Willoughby Hills
kandemwigs@gmail.com
440-223-1418



Is your family struggling with a loved one's use of alcohol, drugs or problem gambling?

Lake-Geauga Recovery Centers, Inc. is a non-profit agency providing continuous service to Lake and Geauga county residence since 1971. The Centers' provides a wide range of services for adults whose lives have been affected by their own or another's use of alcohol, drugs, problem gambling or mental illness. Our goal for treatment services is to help our clients achieve long-term recovery and an improved quality of life. Our agency is uniquely designed to utilize multiple levels of care, providing life-changing opportunities for individuals to drastically change their thinking, attitudes, and behaviors about their involvement with alcohol, drugs and problem gambling. We provide numerous outpatient services, offer Residential Treatment for men and women including housing for pregnant women. In addition we operate Recovery Housing for both men and women. For those who have experienced the sudden loss of a loved one through drugs or alcohol our Grief Support Group offers help, comfort and understanding.

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We offer the highest quality hair addition services available.

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We are a family owned business, and are committed to providing you with the best hair addition services to fit your personal needs.

Call us today to schedule an appointment!

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Feel free to text or email: kandemwigs@gmail.com or

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If Yes, MaxStrength Fitness
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twenty minutes + twice a week = transformation



Americans aren't particularly active. In a pre-pandemic world, 25% of Americans receive the recommended amount of physical activity. The percentage of Americans engaged in strength training is even lower.

Research from around the globe is starting to paint a clear picture: COVID-19 is making us even less active. Early data from myriad universities reflect a 32%-50% reduction in exercise (and people who didn't exercise pre-COVID-19 have continued to stay sedentary). This is compounded by research that suggests we are less likely to restart exercise after we have discontinued an exercise program. The root cause of this reduction in exercise is multifaceted but not at all complicated: Less walking in urban centers (physical activity has decreased more in New York City than in Alaska); health club closures, and an increase in screen time as so much of our work became Zoom meetings from home.

What's the impact? We lose fitness quickly. Our oxygen uptake, blood volume, and muscle strength decrease rapidly when we stop exercising. This new research indicates that people who report scaling back on exercising since the onset of COVID-19 reported poorer mental health.

At a time when exercise is more important than ever, Americans are doing less of it.

At MaxStrength Fitness we know that you want to be healthy, fit, and strong. In order to do that you need to have an effective exercise that fits your schedule. The problem is you're busy and don't know what to do which makes you feel frustrated.

We believe it shouldn't be so hard to find fitness professionals you trust and a program that works. We understand that finding an exercise program that fits your busy schedule and meets your goals is overwhelming which is why since 2007 we have been helping hundreds of people just like you achieve their health and fitness goals in only 20 minutes twice a week without breaking a sweat.

Here's how we do it: 1. Experience the MaxStrength Fitness difference. 2. See the change in only 20 minutes twice a week. 3. Live healthy, strong, & confident. So, schedule your free initial consultation and demo workout. So, you can stop wasting your time with programs that don't work and instead take control of your time, your health, and your life!

Worried about going back to the gym?

We get it, that's why we are currently helping a lot of our clients by training virtually. No travel, no equipment needed, and you still get our expert guidance ensuring you get results in only 20 minutes twice a week in the comfort of your home or office.

This is a great alternative for people who might be a bit far from one of our facilities in Willoughby or Westlake or who just prefer to workout at home.

You can check out more details on our virtual training plus our in-studio option at www.maxstrengthfitness.com and to request your FREE Initial Consultation and demo workout plus 2 FREE 1-1 Personal Training Sessions.

Don't let the current state of the world keep you from achieving your health and fitness goals!

Locations: Willoughby: 440-226-8080 & Westlake: 440-835-9090

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Kirtland Rehabilitation and Care



Ronnette Strand admitted from Lake West with a need to regain her stamina back from her triple bypass surgery. Ronette stated “when I admitted to Kirtland, I was certain that I would be here for the long haul. With the status of my health at that point, I had extreme weakness, no appetite for food, unresponsive, and not in a good

place.” Ronette discharged with a full recovery and a short and aggressive two-week therapy regime.

Ronette had very positive experiences at Kirtland. She stated “I thoroughly enjoyed the people the most. From the start, I was happy. I was welcomed by the nursing staff and felt comfortable right away in my room. April, the STNA, and Christina S, the registered nurse, were extraordinary in meeting my needs and answering my call light in a timely manner. Regarding therapy, Tom was very informative on workouts while Amy and Christa were intuitive to my therapy goals and how to achieve them. I was encouraged and pushed to achieving my outcome of going home. I strongly encourage this place to others.”

Ronette’s positive experience has a great impact on her overall success at home and will follow her while she continues to prosper. Kirtland cares about you!

At MaxStrength Fitness, our expertly guided workouts transform your life in only 20 minutes, twice a week without breaking a sweat so you can get back to your busy day. We help you become the strongest YOU in all areas of your life.

Here’s how we do it:

1. Experience the MaxStrength Fitness difference.
2. See the change in only 20 minutes twice a week.
3. Live healthy, strong, & confident.

Schedule your free initial consultation and demo workout. So you can stop wasting your time with programs that don’t work and instead take control of your time, your health, and your life! Go to maxstrengthfitness.com or call 440-226-8080 TODAY to request your FREE in-studio or virtual initial consultation and demo workout.



“They said that building up the muscles surrounding problem joints can improve function and lessen the pain. And that’s exactly what it did. I’m pain-free now and feel better than ever. I’m stronger and more flexible, and my clothes fit differently.”
Caitlin Magner



KIRTLAND

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STRENGTH
FITNESS

twenty minutes + twice a week = transformation

Are You a Caregiver of a Family Member with Dementia?

For over a decade, Dr. Jaclene Zauszniewski, an internationally recognized nurse-scientist and Distinguished Faculty Researcher Award recipient of Case Western Reserve University, and her research team, have learned from caregivers and for caregivers. Her research has one common goal: helping family caregivers to better manage stress and stay healthy.

Our current project, funded by the National Institutes of Health, is focused on adult family members of persons experiencing a progressive memory problem or dementia such as Alzheimer's Disease, and who have recently entered a new (within 12 months) caregiving role. This includes:

- caregivers who have started to care for their family member at home,
- those who have moved their family

member to a long-term care facility, and

- bereaved former caregivers whose family member with dementia has recently died.

All three of these types of family caregivers are welcome to participate in the study. We plan to recruit 300 individuals for this project.

Study participants will learn a stress management method that may help to minimize their stress and promote their health. Participants will also complete 3 data collection sessions over one year, and they will be compensated for their time in the study.

We invite you to contact us at caregiver@case.edu or 216-368-8848. To learn more, visit our website at <https://case.edu/nursing/dementia-caregiver-research>.



Are you a caregiver of a family member with Alzheimer's disease or dementia? Have you recently entered the role, or have they recently enrolled in a care facility?

If so, you may be interested in participating in our research study, which is looking at caregiver stress and health. Study participants will be compensated for their time.

To find out more about the Dementia Caregiver Study, please call us at 216.368.8848 or email caregiver@case.edu.



ALYSON, stroke survivor.

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FRANCES PAYNE BOLTON
SCHOOL OF NURSING

CASE WESTERN RESERVE
UNIVERSITY



Do you suffer from chronic pain?

The CDC estimates that over 50 million Americans suffer from chronic pain. While pills, injections and even surgery can temporarily bring relief, healing the body non-invasively instead of masking the issue is an alternative many are searching for. If you live in the Lake County area, one such remedy is available in the form of Pulsed Electro-Magnetic Field therapy.

The Wellness Connection provides PEMF, which increases circulation in small and large blood vessels. An increase in circulation helps blood better deliver nutrients and oxygen more efficiently to

every cell, along with aiding the removal of waste.

Karen Martin, owner of The Wellness Connection, started working in the wellness field in 2013, but it wasn't until last year that she came across a PEMF device that not only helped her alleviate discomfort, but aided some of her friends and family members as well.

"There is something so rewarding when clients share with me their stories of success with wound healing, reduction in swelling, improved sleep and general overall well-being," Martin said.

She wants to help even more area residents discover relief and is offering a special for News-Herald readers. Clients can receive a free session after they complete an initial consultation package that includes three visits. The package is only \$50. You can call Martin at 440-796-2179 to book a session.



In the Know about Cataracts

Cataracts, a natural age-related condition, causes the natural lens inside your eye to become cloudy thus preventing light and images from reaching the retina. Symptoms include blurry or foggy vision, dull or washed-out colors, poor night vision, halos around lights, and needing more light to read. Cataracts develop at different rates in different people, can affect one or both eyes, and most cataracts progress gradually.

Simply having a cataract does not always require surgery. Sometimes a change in eyeglasses or contact lens prescription is enough to restore adequate vision. Unfortunately, cataracts cannot be

prevented and the only way to correct vision impaired by cataracts is with cataract surgery.

Good news: continuous innovations in technology have made this procedure safer than ever and with the advancements in replacement lens technology, cataract surgery can offer an opportunity to correct other vision problems such as astigmatism or presbyopia. Call Ophthalmic Physicians today at (440) 255-1115 to schedule your cataract evaluation.



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