

Healthy Lifestyles

August 28, 2024

A New School Year arrives - Are you ready?
Remember – Success is the only option!

MAKING EDUCATION WORK

with Diane Fulves

Hello parents! Soon a new school year will begin. You will be back to schedules, early mornings, meeting the school bus, homework, tests, and all the “busyness” of school days. Ready or not, here they come.

The start of a new day begins the night before. Your children must have a good night’s sleep to be alert and attentive throughout the six-hour school day. It might be a good idea to start practicing their new bedtime a few days before school begins to get them ready for the new routine. You may want to create an end-of-the-day ritual to help your children settle in and feel safe and loved before they fall asleep. The last face they see, the last words they hear will come from a parent who loves them. How comforting is that?

The next step to the start of a successful day is a good breakfast. Find foods that your children will enjoy, but make sure that they provide the nutrients and energy to sustain them through the morning. Some children will not have lunch until 1 p.m. Be creative, but try to find good sources of protein, eggs, a grilled cheese sandwich, peanut butter and jelly, oatmeal, or a nutritious cereal with some fruit. Cereals with lots of sugar and artificial ingredients are not on the menu! If your children



cannot eat a lot before they leave for school, pack this breakfast and send it with them. Tell the teacher and arrangements can be made to have them eat their breakfast before the school day begins. This should not be a problem.

Making preparations for the school day the night before will make a big difference for your children and help them start the day feeling organized and relaxed. Get all materials in the book bag, homework, computers, signed notes, permission slips and everything that your children will need. Prepare clothes and, if possible, make lunches. Your mornings will be much calmer.

Talk to your child about the new school year. A new grade brings new

challenges, a different classroom, a new teacher and many new classmates. Some children look forward with excitement, but others may be nervous and apprehensive. Helping them deal with their anxiety is very important.

Talk about the items that are making them nervous. Please don’t tell them not to be nervous. That doesn’t help them and can cause more anxiety. Listen to them calmly and patiently and talk about solutions. Just knowing that you support them will help relieve some anxiety.

Parents, remember that the new teacher does not know your children and may not understand their needs, so I recommend that you make yourselves available to provide

important information which will prevent problems. The teacher in the previous grade can also share strategies that worked.

We are a team. We must work together to share ideas and techniques to help our children succeed. We must do this because success is the only option!

Diane Fulves is an educator and advocate for children and parents who is located in Millbrook. She is director of Empowering Our Parents, which offers information and support to parents. She is the director of Nurture the Spirit and Shakespeare Odyssey, programs that enrich children with the magic of the arts. For more information, please contact her at dee076@verizon.net.

Volunteering – a great learning experience for young people

Volunteering at any stage of life can provide a healthy boost to one's self-confidence, self-esteem and life satisfaction. Performing positive deeds for others and the community provides a natural sense of accomplishment. Being a volunteer can also give a sense of pride and identity.

Volunteering at a young age is exceptionally valuable. It is our mission and responsibility at the Brookmeade Community to help shape future generations to become productive citizens.

Volunteering at a young age has many advantages for the volunteers themselves, and for those they are serving. Our young volunteers develop essential life skills that include respect for others and patience. They begin to learn their leadership abilities

BROOKMEADE SENIOR CONCEPTS

and get an understanding of other cultures and communities. Our young volunteers become part of the solution and begin to identify their career paths and life journeys based on actual experiences.

Below is a statement written by one of our young volunteers.

Hi, my name is David. I am 12 years old and over the summer I like to volunteer at the Brookmeade Community.. I mainly help with the Café in the Pavilion. I also like to help out in the activities room in the Meadows. I interact with the residents and help them with many things.

Whenever they need something, I will let a nurse know so they can do what I cannot do. I run the cashier's desk at the Café in the Pavilion and take orders. Working in the Café is my favorite thing to do at Brookmeade.

I really enjoy giving the people their food and helping them with their questions about some things that they may not know. I also learned how to sort out the files for the Meadows. It was a very fun thing to help with.

Some personal things about me are that I have a dog named Coco. Coco is three and he is a cavapoo.



Volunteer David

Also, I live in Hyde Park and go to Holy Trinity School. I have been volunteering here since I was eight years old. My grandma lives right next door to me, so I can always go to her whenever I need to. Another thing is that my sister, who works here as a CNA, began volunteering here at the age of 5 until she was 14. My goal when I get older is to be a chef and run a kitchen just like my step-dad. I want to go to the Culinary Institute of America. I have always loved to cook and bake. I have always helped my mom cook and I would sometimes cook dinner.

I volunteer here because it gives me a great experience around the whole nursing system. I have also learned many things about dementia and how bad it really is. They forget who you are, they forget how to walk and they forget how to speak properly. It is a very great learning opportunity for me and this will help me get a good job when I get older. Another big reason why I volunteer is because volunteering teaches me the science around many things and how hard many positions can really get.

One story I have is about me and this one resident. Since this resident did not have much family around and her son worked, I would take her outside for a walk. I would even take her to the café. She loves Lays Potato Chips and she would purchase them. She loves to be outside all the time and really likes the sun. I think other people should volunteer for many reasons - one being that it teaches you many things about the Nursing field. Or even if you are not volunteering here, there are many other things that you can volunteer at. Also volunteering teaches you about many diseases that someone may have and how it works and how it affects the person. Also volunteering is something that will help you with getting into certain schools and certain jobs.

Volunteering is something that will always help you later in your life.

To learn more about volunteering and making an impact on the lives of others, please contact us at info@brookmeadecommunity.org.



We offer short-term subacute care with a combination of physical, occupational, and speech therapy. Come check out our out-patient rehabilitation services and award-winning memory care program.

THE COMMUNITY AT 
BROOKMEADE
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Welcome to self-discovery & rejuvenation at Hudson Valley Holistic Healing Center

Nestled in the serene and picturesque Hudson Valley Holistic Healing Center offers a truly transformative experience for those seeking to restore balance and rejuvenate their mind, body, and spirit.

Step into our haven of peace, where ancient healing modalities seamlessly blend with modern contemplative techniques, creating an environment that nourishes the whole self. From the moment you arrive, you'll be enveloped in an atmosphere of tranquility, with soothing natural elements and a palpable sense of reverence for the sacred.

At the heart of our center are unique amenities that set us apart, such as a Himalayan Salt Cave, where you can bask in the negative ions and therapeutic benefits of this natural wonder. The Infrared Sauna provides a deeply detoxifying and rejuvenating experience, while the Ionic Foot Spa helps to draw out impurities and restore balance. These specialized offerings, combined with our comprehensive menu of holistic services, make our center a true gem in the Hudson

Valley region.

Our skilled practitioners are dedicated to guiding you on a transformative journey, offering a diverse array of modalities that cater to your individual needs. Immerse yourself in the soothing vibrations of Sound Healing, uncover the insights of Tarot and Oracle readings, or let the rhythmic flow of Dancemeditation awaken your inner essence.

Reiki is a captivating and mystical form of energy healing that has the power to soothe the mind, body, and spirit. This ancient Japanese practice harnesses the universal life force energy that flows through all living things, channeling it through the hands of a trained practitioner to promote balance, relaxation, and well-being. During a Reiki session, the practitioner gently places their hands on or above the recipient's body, allowing the gentle, restorative energy to wash over them in calming waves. As the energy flows, it is said to dissolve blockages, reduce stress and anxiety, and activate the body's natural healing abilities. Massage, Yoga, and QiGong provide



From left, Mioshi, Iris and Nina welcome you to the Hudson Valley Holistic Healing Center, located at 51 Springside Avenue in Poughkeepsie. *Courtesy photo*

pathways to deep relaxation, build strength, increase flexibility and healing, while Shadow Work and Akashic Records delve into the realms of self-discovery and spiritual growth.

Throughout your experience, you'll feel the palpable energy of co-creation, as our passionate team of Iris, Bill, Nina and Mioshi have lovingly crafted the oasis of wellness.

Their commitment to providing an educational, tangible, and accessible approach to holistic healing ensures that each visitor leaves with a renewed sense of balance and a deeper connection to their true essence. Welcome to the Hudson Valley Holistic Healing Center, your gateway to a transformative journey of self-discovery and rejuvenation.

Transitioning your home from Summer to Autumn with scented candles

As the days get shorter and evenings get chillier, scented candles become more appealing.



Combining the floral, fresh or fruity scents of summer with the musky, sweet and

woody scents are an excellent way to usher in the autumn season into your home.

Invite a few friends to your outdoor space for dinner or cocktails and as the sun sets, light an Apricot Sugar scented candle which will blend well with the fresh outdoor air and the glow will create an enchanting ambiance.

It is still not too cold, therefore, indulge in a candlelit bubble bath. Light a Lavender Vanilla Scented Candle and surround the tub with unscented tealights for extra ambiance and relaxation.

The fall weather is also a perfect time to curl up with a book. Transform a quiet corner area of your home into a reading nook with cushions and an overhead light then light a Rosemary Eucalyptus scented candle. The gentle aroma and ambient glow will create the perfect atmosphere to get lost in a good book.

Do not wait for a special occasion to have dinner by candlelight. Dinner will taste better when dining by candlelight because it will add a touch of luxury and enhance the taste of your meal. It is recommended that you combine the scents of a light rose and oud wood

LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady

so that it does not overwhelm the scent of the food.

Embrace the transition from summer to autumn by creating memories, ambiance and warmth in your home with scented candles.

Safety - Always practice safety when burning candles. Never leave unattended and keep away from children and pets. Never burn a candle for more than 4 hours and trim the wick to ¼ inch before lighting to promote proper flame height. Additionally, keep candles away from drafty areas to avoid flame flickering and the wax pool free of debris, it should stop black marks from forming on the sides of the candle holder.

Avoid displaying candles where they will be directly exposed to sunlight or strong indoor lighting because they will fade or melt. Store candles in use in a cool, dark and dry place and use dust protectors or lids to keep them free of dust and preserve the scent. If you have a candle holder with old wax? Place the candle holder in the freezer for 30 minutes. The freezer will cause the wax to shrink and separate from the glass.

About - Sonya, the Candle Lady has established herself as a trusted source for soy and beeswax candles when she opened Ye Olde Candle & Gift Shoppe in 2015 at Pleasant Valley with her late

husband, Dominick and relocated to Eastdale Village in 2020. Sonya, believes that candles provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax.

Sonya can also be of assistance to you in planning your wedding with candles for your ceremony and reception, in addition to wedding invitations. Check out her wedding invitation website to view invitations at:

www.candlehousegiftshoppe.carlsoncraft.com

Ye Olde Candle & Gift Shoppe transitioned from storefront to focus on online presence, candle-making workshops and seasonal pop-up store events; art galleries, local libraries, restaurants and schools. If interested in having a candle-making workshop on location, call (845) 818-6280.

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Hudson Valley Holistic Healing Center



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www.hvhhealingcenter.com

The Hudson Valley Healing Center is a space for the community to experience the essence of whole body wellness. Services offered are meant to rejuvenate the mind, body, and spirit. Some of these services include an immersive salt cave, a therapeutic infrared sauna, Reiki, yoga classes, breath work workshops, meditation groups and more--children/families welcome!

Let's get moving - and prevent chronic conditions

By Christian Campilli PT, DPT



Christian Campilli

Most Americans don't move enough despite proven benefits, such as reduced risk of cancer and chronic diseases, and improved bone health, cognitive function, weight control and overall quality of life. The second edition of the "Physical Activity Guidelines for Americans," reports that approximately 80 percent of U.S. adults and adolescents are insufficiently active. As a result, many Americans currently have or are likely to experience chronic diseases, including heart disease, diabetes, obesity, and depression.

The good news is that regular physical activity can prevent and improve many chronic conditions. America, it's time to get moving!

According to the guidelines, the following is recommended:

- Preschool-aged children (ages 3 through 5 years) should be physically active at least for three hours, if not more. Adult caregivers should encourage active play that includes a variety of activity types and limits sitting-

BODY KNOWLEDGE

around time, such as screen time.

- Children and adolescents (ages 6 through 17 years) need at least 60 minutes or more of activity a day. This includes activities to strengthen bones, build muscles, and get the heart beating faster.

- Adults should do at least 150 minutes of moderate-intensity aerobic activity a week, and at least two days for muscle-strengthening activities. Adding more time provides further benefits.

- Older adults (ages 65 and older) should do at least 150 minutes of aerobic activity a week and include muscle-strengthening activities 2 days a week. You should also add components, such as balance training as well. If you have limitations due to preexisting conditions, consult with a health care provider and be as physically active as your abilities allow.

- Pregnant and postpartum women who were physically active before pregnancy can continue

these activities during pregnancy and in the postpartum period, but they should consult their health care provider about any necessary adjustments.

- Adults with chronic health conditions and disabilities, who are able, should do at least 150 minutes of moderate-intensity activity a week. You should consult with a healthcare provider about the types and amounts that

are appropriate for you.

Physical therapists are movement experts who improve quality of life through prescribed exercise, hands-on care, and patient education.

You can contact a physical therapist directly for an evaluation. You do not need a physician referral.

*Adapted from APTA and U.S. Department of Health and Human Services

For more information, visit centerforphysicaltherapy.com or call 845-297-4789.

Tips to help students become better writers

(StatePoint) No matter the career path students pursue, writing and communication skills are essential to success. Whether a student identifies as a "math kid," a "sports kid," or even a "reading kid," writing doesn't always come naturally.

Parents and teachers need to be creative in how they present writing, so students feel personally motivated to develop their skills.

"Almost any student is capable of becoming a strong, passionate writer," says Rowana Miller, founder and Executive Director of creative writing education nonprofit Cosmic Writers. "The trick is in connecting writing to the activities, subjects and ideas that already excite them."

Here are some tips from Miller to motivate kids to strengthen writing skills:

Present Writing as Fun - Especially for students between the ages of 8-12, who have developed basic writing skills but may not have a defined sense of what it means to be a "writer," it is essential to create positive associations with the act of writing.

To accomplish this, you can teach writing through gamified, collaborative and imaginative activities. For example, you can guide kids through the process of writing a series of "telephone stories." With students sitting in a circle, have each one write an opening sentence on a piece of paper, and then pass the paper to the student to their right. Each student should continue the story by adding a sentence to the page, and then pass the paper a second time. This process repeats until each student has their original paper again.

Provide Engaging Materials - When kids' writing practice only

comes from dry textbooks, it is difficult to create positive associations with writing. Experts recommend using materials that are just as fun as the activities good teachers use when teaching.

For example, the 8-12 age range is well-served by such exciting activity books as "The Monster-Building Handbook," a new publication from Cosmic Writers. "The Monster-Building Handbook" combines a narrative premise with a call-to-action for students to practice writing: fictional monster-maker Angelica Fearborne needs them to develop an original monster character who can face off against her monster-hunter twin brother. Learn more at www.cosmicwriters.org.

Link Writing to Favorite Shows & Video Games - Students don't usually recognize the connection between writing and the media they love. Writing becomes more exciting when they learn that writing is an essential part of a funny YouTube series or thrilling video game.

Students are particularly compelled by opportunities to write in the style of the media they enjoy. For example, if you are working with kids who like to play Dungeons and Dragons, it is a natural next step to practice fantasy storytelling and writing.

For almost any student, it is possible to find a connection between writing and something they already like. A "math kid" may engage most with genres that emphasize logic and problem-solving, like mystery-writing. A "sports kid" may be excited to write articles about the school baseball team. And when these students practice these kinds of writing, they may discover they have been "writing kids" all along.

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www.CenterForPhysicalTherapy.com

No vacation from vaccination: Why stay up to date on shots

By Premier Medical Group

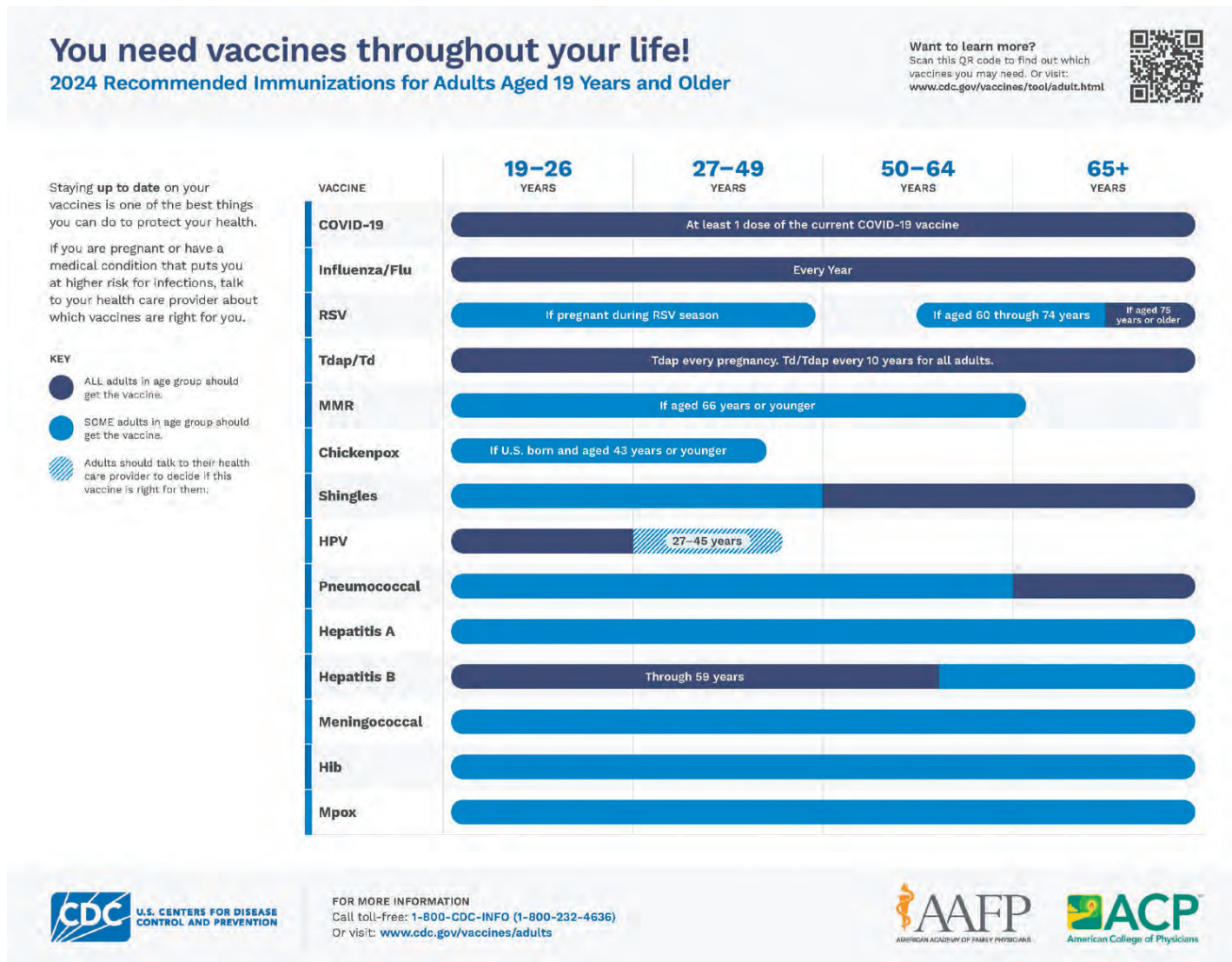
The summer months can be a great time for family fun and a break from work. But there's one thing you can't put on pause: your vaccines. Unfortunately, there's never a vacation from illness or disease, especially as summer transitions to the cooler months when infections start to rise. Consider these overall numbers from the Center for Disease Control (CDC):

- 320,000 people get pneumococcal pneumonia every year, leading to over 150,000 hospitalizations and 5,000 deaths, mostly among the elderly.
- About 880,000 people have chronic hepatitis B, which can cause serious health problems, including liver damage, cirrhosis, liver cancer, and even death.
- HPV causes over 27,000 cancers in women and men each year. About 4,000 women die each year from cervical cancer.

Vaccinations are a great way to prevent disease spread and severity. As summer winds down, it's a great time to check with your physician to ensure you are up to date on all your vaccines.

Adult Vaccine Recommendations

The following chart is provided by the United States Center for Disease Control and Prevention (CDC) to help patients and physicians determine the appropriate timing and dosing for recommended and required vaccinations. While it's



recommended that all people stay up to date on their immunizations, some workplaces require that employees do so. Either way, it's important to stay informed as to what you might need at any given time, so be sure to check with your physician to confirm which vaccines you need and when. With some diseases, you will need more than one shot to build strong immunity—that's where

booster shots come in. Your physician can guide you on the schedule for boosters. All patients are encouraged to get updated flu and COVID-19 vaccines every year, regardless of age.

Still have questions? Premier Medical is Here for You - We understand that there's a lot to know about vaccine recommendations and requirements. That's why the

physicians at Premier Medical Group are here for you, with guidance and support to help ensure you're vaccinated and well cared for, each and every season.

To schedule an appointment with your Primary Care physician to discuss staying up to date on your immunizations, visit our website Premier Medical Group or give us a call at 888-632-6099

Discover amazing benefits of berries for digestive health

By Adam B. Gorelick, MD Gastroenterology Nuvance Health

Berries are famous for their many health benefits, especially for digestion. These colorful, nutrient-packed fruits are essential for maintaining a healthy digestive system. From their high fiber content to their rich antioxidants, berries offer numerous advantages for digestive health.

Keep reading to discover the many health benefits of the small but mighty berries.

Berries and digestive health -

Berries play a significant role in keeping your digestive system healthy. They are packed with essential nutrients, fiber and antioxidants that improve digestion and prevent various digestive issues.

Berries have lower fructose and thereby cause less gastrointestinal symptoms in patients with irritable bowel syndrome.

Berries contain natural compounds that aid digestion. For instance, strawberries and blueberries are rich in flavonoids, which have anti-inflammatory properties that soothe the digestive system. These compounds help reduce gut inflammation, easing symptoms of conditions like irritable bowel syndrome and inflammatory bowel disease.

Berries also positively affect gut microbiota, the community of microorganisms in our digestive system. Eating berries can improve the composition and diversity of gut bacteria, fostering a healthy gut environment and enhancing overall digestive function.

Incorporating berries into your diet can yield many benefits for digestive health. Whether fresh, frozen or in smoothies, these vibrant fruits support regular bowel movements, reduce inflammation

and improve gut microbiota balance. Enjoy the health benefits of berries to give your digestive system the boost it deserves.

When it comes to promoting digestive health, berries are a delicious and nutritious choice. Not only are they bursting with flavor, but they also offer numerous benefits for your gut. Let's take a closer look at some specific berries that can support a healthy digestive system:

Blueberries: Blueberries are a powerhouse of nutrients and are known for their positive effects on digestion. These tiny berries are packed with fiber, which aids in maintaining regular bowel movements and preventing constipation. Additionally, blueberries contain antioxidants that help reduce inflammation in the gut, promoting a healthy digestive tract. Blueberries can improve gut bacteria as they are rich in prebiotics, which serve as a

precursor to probiotics, leading to healthy bacteria in the GI tract.

Strawberries: Another berry variety that can work wonders for your gut health is strawberries. These juicy fruits are rich in fiber, which adds bulk to your stool and promotes regular bowel movements. Strawberries also contain natural enzymes that aid in digestion, helping to break down food more efficiently.

Other berry varieties: While blueberries and strawberries are excellent choices for digestive health, there are other berry varieties that can also support a well-functioning digestive system. Raspberries, for example, are high in fiber and have natural anti-inflammatory properties. Blackberries, on the other hand, are rich in antioxidants and can help alleviate digestive issues such as bloating and gas.

For more information, visit nuvancehealth.org.

Understanding Postural Orthostatic Tachycardia Syndrome (POTS)

By **Mark Harrison, MD**
Nuvance Health

Postural Orthostatic Tachycardia Syndrome (POTS) is a condition



Dr. Mark Harrison

characterized by an abnormal increase in heart rate that occurs after sitting up or standing. It falls under the umbrella of dysautonomia, a disorder of the autonomic

nervous system, which controls involuntary bodily functions such as heart rate, blood pressure and digestion.

Symptoms of POTS

The symptoms of POTS can vary widely among patients, but they generally become apparent when transitioning from a lying down to a standing up position. Common symptoms include:

- Rapid heart rate (Tachycardia): A significant increase in heart rate by more than 30 beats per minute within 10 minutes of standing.
- Lightheadedness and dizziness: Especially upon standing, which can sometimes lead to fainting.
- Fatigue: Chronic and severe tiredness that can be debilitating.
- Palpitations: Feeling the heart pounding or racing.
- Chest pain: Discomfort or pain in the chest.
- Shortness of breath: Difficulty in breathing, especially when upright.
- Digestive issues: Nausea, bloating, diarrhea and constipation.
- Cognitive dysfunction: Often referred to as “brain fog,” this includes difficulty concentrating and memory problems.
- Tremors and sweating: Shaking and excessive sweating can also occur.
- Temperature regulation issues: Feeling excessively hot or cold.

PATIENT FIRST

Postural Orthostatic Tachycardia Syndrome (POTS)

Symptoms of POTS

- lightheadedness
- nausea
- fatigue
- brain fog
- headaches
- excessively fast heart rate
- feeling anxious or nervous
- chest pain
- shortness of breath

*symptoms occur right after or a couple minutes from when you stand or sit up

Treatments for POTS

Currently, there is no cure for POTS, but various treatments can help manage and alleviate symptoms. Treatment is often individualized and may include:

Lifestyle changes: Hydration to include increasing fluid and salt intake to help maintain blood volume and blood pressure. Compression garments to include wearing compression stockings or abdominal binders to reduce blood pooling in the legs. Exercise to include regular, light to moderate exercise, particularly focusing on cardiovascular fitness and leg strength, can help improve symptoms over time. Diet to include eating small, frequent meals and avoiding large meals that can cause blood pooling in the digestive tract.

Medications: Beta blockers to help reduce heart rate, Fludrocortisone, a steroid that helps to increase blood volume, Midodrine, vasoconstrictor that helps to increase blood pressure, vabradine, Used to reduce heart rate and Pyridostigmine, Helps to improve nerve signaling.

Therapies: Physical therapy, to include tailored exercises to improve cardiovascular and muscular function. Cognitive behavioral therapy to help in managing the psychological aspects of chronic illness.

Prevention and management of POTS

Preventing POTS is challenging due to its diverse and often unclear etiology. However, managing risk factors and symptoms is crucial for improving

quality of life. Some preventive measures include:

- Staying hydrated: Consistently drinking adequate fluids.
- Regular exercise: Engaging in a consistent, gentle exercise routine.
- Healthy diet: Consuming a balanced diet rich in nutrients and electrolytes.
- Avoiding triggers: Identifying and avoiding factors that exacerbate symptoms, such as extreme heat or prolonged standing.
- Gradual position changes: Slowly transitioning from lying or sitting to standing can help prevent sudden drops in blood pressure.

The bottom line: POTS is a complex and often debilitating condition that requires a comprehensive and individualized approach to treatment and management. By understanding its symptoms and implementing appropriate lifestyle changes, medications and therapies, patients can significantly improve their quality of life. Ongoing research continues to enhance our understanding of POTS, offering hope for more effective treatments in the future.

Dr. Mark Harrison is chief of cardiology at Vassar Brothers Medical Center.

Embracing a healthy lifestyle with protein as the power food

(StatePoint) Protein is an essential part of a healthy diet. It works to build and repair muscles, is needed to carry oxygen to different parts of your body to give you energy, supports your immune system, and helps you feel full for longer.

Here's how to get enough of this important macronutrient.

- Mix it up: According to registered dietitian and culinary nutritionist, Laura Ali, eating protein from different sources helps ensure you get a variety of essential vitamins and minerals like iron, zinc, potassium, calcium, selenium, B vitamins and healthy fats. Choose from lean proteins like lean beef, chicken, pork and of course seafood. And don't forget to include proteins like beans, nuts, seeds, eggs and dairy products.
- Time it right: When you eat protein also matters. A protein-filled snack shortly after a workout aids muscle repair and recovery, says Ali, who also advises including some protein with each meal. Spacing protein consumption throughout the day gives you the constant supply needed to repair tissue, build hormones and carry oxygen.
- Make it easy: Look for sources of protein that can be prepared quickly or taken on-the-go. StarKist

makes it easier than ever to get your daily protein intake. Known for its tuna, StarKist is becoming a leading protein provider with a lineup of convenient, ready-to-eat products that also includes salmon, chicken, and most recently, beef. Each fully cooked, ready-to-eat protein product provides 8-17 grams of protein per serving and comes in a convenient, portable pouch—ideal for busy, on-the-go lifestyles.

• Celebrate your wins: Helping fuel everyday goals, protein-rich diets and success go hand-in-hand, and celebrating your wins as they come can keep the momentum going. Whether your goals include running a marathon, getting your daily walk in, or simply spending quality time with family, one way to highlight your personal victories and the strength you derive from your life and work is through the new #FlexWithStarKist campaign. Using the #FlexwithStarKistSweepstakes hashtag on Instagram, fans can enter for a chance to win the grand prize of \$2,500 cash and other cash prizes and StarKist goodies. See official rules at www.FlexWithStarKist.com.

For protein-packed meal inspiration and products visit <https://starkist.com/products/pouches/>.



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