

Navigating holiday angst: A Guide to Connection and Calm



CREATIVE ARTS THERAPY INSIGHTS

With Lisa Papantoniou

The holiday season often brings a whirlwind of planning, festivities, and gatherings, which can be overwhelming for many. While some embrace the joy, others find the atmosphere burdensome, especially during these turbulent times. Whether you're grappling with family dynamics, financial pressures, or personal loss, it's crucial to adopt practical strategies that can help ease stress and foster a more positive experience.

Prioritize Self-Care

Self-care is essential for maintaining well-being, especially during hectic moments. It involves creating and sticking to healthy habits that resonate with you. Here are some effective self-care practices:

- Draw or color a mandala while focusing while breathing deeply.

Let the patterns flow naturally as you exhale.

- **Deep Breathing:** Focusing on deep, intentional breaths can help shift your attention away from stress, reducing anxiety and promoting a sense of control.

- **Meditation or Prayer:** Transitioning from chaotic thoughts to a centered state can instill calmness and lessen anxiety.

- **Physical Activity:** Engaging in light stretching, yoga, or even walking can relieve tension, boost mood, and enhance overall well-being by releasing endorphins.

Manage Family Dynamics

Holidays can amplify pre-existing family tensions, making gatherings challenging. Here are tips to navigate these situations:

- **Create boundary stones,** where you paint or decorate small rocks with words that represent your

boundaries. Keep them with you as reminders.

- **Set Boundaries:** Identify topics that trigger discomfort and be prepared with strategies to redirect or exit conversations if they become problematic.

- **Use Humor:** Lighthearted distractions can diffuse tension and steer discussions toward more enjoyable subjects.

- **Decline Invitations:** It's okay to politely refuse invitations or commitments that may add to your stress.

Address Feelings of Loss

For those experiencing grief or significant life changes, it's vital to acknowledge these emotions. Creating space for your feelings and connecting with supportive communities can be invaluable.

- **Acknowledge Emotions:** Recognize feelings of loss and create space for them.

- **Connect with Community:** Engage in local volunteer opportunities or support groups where you can find understanding and comfort.

- **Seek Professional Help:** If feelings of anxiety or depression become overwhelming, consulting a professional can provide essential guidance.

Focus on Compassion

This holiday season is marked by economic challenges and political turmoil, reminding us that true abundance lies not in material gifts but in our commitment to uplift one another.

Prioritize compassion, equity, and justice, ensuring these values resonate through our interactions, even in difficult times. By incorporating self-care practices, managing family dynamics thoughtfully, and addressing feelings of loss with community support through creative expression, you can cultivate a more peaceful holiday experience. Embrace the season as an opportunity for connection, healing, and calm.

Adjustments at home can help in preventing falls

By Brookmeade Community

In youth, a simple slip and/or fall may end up being little more than a skinned knee or bruised elbow. With age, however, falling can lead to much more serious injuries such as fractures, broken bones, and severe bruising. And even a seemingly minor fall may lead to lasting health consequences, including permanent physical limitations.

To make matters worse, older individuals are at increased risk for falling due to changes in normal balancing functions. Statistics, according to Fisher Center for Alzheimer's Research Foundation, show that 30 percent of all senior citizens fall each year.

That number becomes much greater with Alzheimer's and other dementia patients.

Coordination decreases,

individuals tend to shuffle instead of lifting their feet, and are less likely to recognize fall hazards. In addition, and maybe not as obvious, Alzheimer's can alter a person's response to visual inputs, which may lead to difficulty in areas with patterns, light-dark contrast, or monochromatic patterns. These are just a few of the problems you may face which may also increase the likelihood of falling.

But there is hope. There are several adjustments that can make the home safer. Certain rooms can be made safe with simple adjustments.

The first step is to assess the safety of your living space. Examine all the rooms and hallways, keeping an eye out for items such as loose carpet, slippery throw rugs, or wood

floorboards that stick up. These should be repaired, removed, or replaced with more effective fall prevention.

Adhesive strips on the bottom of rugs can help prevent slipping. Make sure areas are well lit and kept neat and tidy. Remove all clutter, such as stacks of old newspapers, boxes, and magazines, especially from hallways and staircases. Grab bars placed strategically around the house, like on stair wells and wood or tile floors or hallways will also help.

In the kitchen, forget about using the top shelves at all. Many falls happen while stepping on a step stool or climbing onto a chair to get something that's out of reach.

For the bathrooms, there should be grab bars by the toilet and in and outside of the bathtub/shower,

non-slip adhesive strips go a long way to helping reduce slips. And if a shower chair is used, be sure to get one that is sturdy and well balanced so it won't tip over backwards. Also, a raised toilet seat will make it easier to sit and stand up easier.

What you wear is important too. Loose, baggy clothes should be exchanged for tighter fitting clothes that don't drag on the floor. Those old fluffy slippers may be comfortable, but they could be a source of slips and falls. Slippers with rubber or other non-slip bottoms should be used. Another good idea is to switch to slip on shoes or shoes with Velcro.

Remember, fall prevention is injury prevention. Awareness on your and your loved ones part is essential, every step you take can help prevent an injury.

To learn more information or to seek rehabilitation exercises please email info@brookmeadecommunity.org or call 845-876-2071.

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Fire safety gaps are a cause for alarm

(StatePoint) Learning the basics of fire safety is the first step in fighting the dangers of fire—and it just so happens to be the most important.

Every year, fire claims thousands of American lives in homes without working smoke alarms, according to the Office of Fire Prevention and Control. Yet, far too many people think that a fire is something that would never affect their family.

Data from the American Red Cross shows that only 26% of American families have developed and practiced a home fire escape plan, leaving nearly 74% of families unprepared for a fire emergency.

Here's how you can better protect your home and the people you love:

1. Ensure you have working smoke alarms in your home and discuss with your children what to do when the smoke alarm sounds.

2. Learn more about fire safety and how you can help protect your family by visiting CauseForAlarm.org. The site features English- and Spanish-language activities, worksheets, a children's book, a kid-friendly podcast and shareable resources, including a memorable jingle for children titled "Beeps That Last, Get Out Fast." The catchy jingle was created to help kids easily recall what to do in the event of a house fire.

This year, to help further inspire people to prioritize fire safety, Kidde developed the "Living Jingle," an emotional plea and call to action – directly from the voices of children who have survived house fires, reminding all who listen that the risk of a home fire is real for everyone.

3. Share the "The Living Jingle" on social media.

New Year, new habits: How to form, maintain and sustain new health habits

By Premier Medical Group

After an indulgent season filled with festive cookies and holiday feasts, it is only logical that the resolution on everyone's mind for 2025 is health.

Forty-three percent of people who set resolutions in the New Year abandon their efforts by the last week of January. The New Year is the perfect launching pad to introduce new habits and a healthier lifestyle. With a positive mindset and some helpful tips from Premier Medical Group, you'll be on your way to forming, maintaining, and sustaining new health habits throughout the upcoming year.

Set Realistic and Specific Goals - One of the biggest hurdles people face with goal-setting and New Year's resolutions is the desire to make big sweeping changes to their entire lifestyle. It is common for people to feel like they need to change every aspect of their lives to achieve success. They make big broad exclamations like "get fit" and "eat better" that have little clarity. However, it is more sustainable to set realistic and specific bite-sized goals to start.

Consider narrowing down your health-focused goals to one aspect of your overall healthier lifestyle journey. Use a goal-setting strategy like SMART to create specific, measurable, attainable, realistic/relevant, and time-bound goals. Let's break down the "get fit" goal. If you're just starting this journey to fitness, a SMART goal may be to take a 30-minute walk (specific), twice a week (measurable and attainable – you've got time twice a week!), to improve your overall fitness (relevant), every week for 4 weeks (time-bound). Setting a goal like this helps you track your progress easily and stay motivated to grow your goals throughout the year!

Be Consistent - Now that you have small, manageable changes with clear



expectations, you can move on to the next phase: consistency! As these small changes become habits, you will be able to gradually increase the intensity and duration of your activities.

Consistency is key when forming new habits. Each day that you reinforce a new activity it rewires your brain and becomes second nature. Establishing a regular routine helps your body and mind adapt to the changes more efficiently. Set specific times for your healthy habits, whether it's morning workouts, regular mealtimes, or designated moments for self-care. Over time, your routine will become ingrained in your daily life, making it less likely for you to skip or forget your healthy habits.

Make it Enjoyable - Just because something is "healthy" or is geared toward creating a healthier lifestyle doesn't mean it has to be unpleasant. There are so many ways to make a healthier lifestyle enjoyable.

If you're not enjoying yourself – or worse – depriving yourself of things you enjoy, the higher the risk of failure is in sticking to your goals.

Choosing activities you enjoy increases the likelihood that you'll stick with them in the long run. If you dislike running, don't force yourself to become a marathon enthusiast. Experiment with various activities until you find something that brings you joy, whether it's dancing, cycling, swimming, or practicing yoga. When you genuinely enjoy what you're doing, it becomes easier to turn it into a sustainable habit.

Track Your Progress - Keep a record of your achievements, no matter how small. Tracking your progress allows you to celebrate successes and identify areas for improvement. Use a journal, a mobile app, a calendar, or any method that works for you to monitor your activities, nutrition, and overall well-being. Reflecting

on your journey can boost your confidence and serve as a reminder of how far you've come.

Share your health goals with friends, family, or a supportive community. Having someone to share your progress with can provide motivation and accountability. Consider finding a workout buddy, joining a fitness class, or participating in online communities dedicated to health and wellness. The encouragement and shared experiences of others can be instrumental in helping you stay on track.

Celebrate & Recalibrate - Once you are comfortable with goal setting and you see success, it is important to celebrate and recalibrate your goals! Treat yourself when you reach milestones along the way. Celebrate your achievements with rewards that align with your goals. It could be a relaxing massage, a new workout outfit, or a guilt-free day of indulgence.

Embarking on a journey to form new health habits requires commitment, patience, and a strategic approach. Setbacks are to be expected, and as you progress, you will find yourself recalibrating and revisiting your goals as your health needs change. By setting realistic goals, starting small, and establishing a consistent routine, you can increase the likelihood of success. Remember, the goal is not just to make changes for the new year but to cultivate habits that contribute to a healthier and more fulfilling life in the long run.

Premier Medical Group is a *multi-specialty medical practice with locations in Poughkeepsie, Fishkill, Hopewell, Wappingers, New Windsor, Newburgh, and Kingston. To learn more about our specialties and providers, please visit premiermedicalhv.com or call #1-888-632-6099.*

Our children learn from our examples – teach kindness & respect

Many years ago an incident happened which I still remember. After I spoke with one of my students, I realized that I had not answered him fairly. I thought about this and called him back to my desk and apologized. His immediate response was, "Oh, that's all right."

"No, it wasn't," I answered. I was wrong and I apologize. Do you accept my apology?" He did.

What this child experienced was an adult who admitted being wrong, took responsibility and apologized. Don't we expect children to do this all the time? When adults accept responsibility, acknowledge their faults and ask forgiveness, the child sees the kind of behavior we want them to develop. Eating a little humble pie is a good thing!

Another incident occurred when a little boy was holding the door for his classmates as they returned from their music class. A teacher walked through the doorway. The child looked at me and said, "She didn't even say thank you."

"You are right," I answered, "and

MAKING EDUCATION WORK

with Diane Fulves

I apologize and I thank you for holding the door." He received the respect he deserved and returned to class.

Several years ago "The Nanny" was a weekly television program. This woman was called into a home that was in chaos. By the end of the week, all was calm. How did this happen? There were rules and there were consequences. The Nanny was persistent, but calm as she reinforced good behavior, not only for the children, but for the parents as well. She modeled authority with kindness and never gave up. She gave a consistent example of the way to achieve a happy family.

Children learn from the kindness their parents share with others. Week after week I saw my parents gather clothing into boxes for a charitable organization which my father brought to the post office. They never considered the cost of these weekly trips, but I

remember. I never knew how my mother found all this clothing. I sometimes checked my closet to see if anything was missing! But I was safe.

My mother would bring food to an elderly woman who couldn't walk up and down stairs. On one visit I watched this woman devour a roast beef sandwich. She was very hungry. Children watch and remember.

Give your children the gift of laughter. There were many times when my aunts and my mother got together and shared stories from the past. How we laughed. I still remember the Aunt Emma story. My mother had a wonderful sense of humor and passed this on to her children. These moments of joy bring wonderful memories.

Don't forget how important signs of love and affection can be. I remember watching my adult nephews freely show their affection for their mother. They

learned this from their father. I have often thanked him for the love he shared with my sister and the beautiful example he gave to his sons.

We want our children to be respectful. Then we must give them a consistent example of respect, tolerance and fairness. Don't expect them to read your mind. Give them clear direction on your expectations. If they do not comply, there may be consequences.

Children need to know that they have responsibilities. And words of praise and a few rewards along the way help them make good choices.

It seems to me that life is a continuous journey of lessons we need to learn, lessons of patience, goodness, tolerance and kindness. When we interact with our children, we must nurture them, feed their minds, their spirits, and their souls. All of us grown-up people must remember this. We must remember that we are creating a future, not only for our children, but for ourselves - a place where we will be safe and happy.

Light a candle for better mental health



LIFE IS BETTER WITH CANDLES

With Sonya, the Candle Lady

scents will improve your mood.

Improves Productivity -

Although candles are known to relax, they can also stimulate your brain by making study and working more productive. These days with more people working from home, candles have become an ideal companion in creating a calm yet stimulating atmosphere especially in scents of peppermint and rosemary which will help with concentration and focus.

Helps with Meditation and Spiritual Practices - Candles are commonly used when one wants to meditate or need spiritual guidance for they symbolize purity. By staring at the flame, it enables a deep state of consciousness.

Make Candles a Routine - Start or end the day with lighting a candle to establish a routine. It will help you mentally live in the present, improve emotional well-being and prevent you from feeling overwhelmed with worrying about things you cannot control.

Allows "Me" Time - By intentionally lighting a candle while you shower, read or write, it will help you with self awareness and to recharge emotionally and mentally.

Emotional Healing during Grief - Candles are a powerful

symbol of faith and remembrance to those that are grieving. Many people light candles in honor of loved ones because it helps them process their emotions peacefully and gives them a sense of closure.

Important Tip - Avoid using cell phones or computers an hour before turning in for the night and extinguish the candle when you start to feel sleepy.

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.

Sonya, the Candle Lady 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 late husband, Dominick and relocated to Eastdale Village in 2020.

Ye Olde Candle & Gift Shoppe had transitioned from storefront to focus on online presence, candle-making workshops; art galleries, local libraries, restaurants and schools. However, you can now visit their new showroom suite at: The Carriage House at 42 Catharine Street, Suite C108 in Poughkeepsie.

Wednesday, Thursday & Friday:
Noon to 6PM

Saturday: 9AM to 1PM

Sunday, Monday & Tuesday:
Closed

To set up appointments to visit or to inquire about candle-making workshops, call (845) 818-6280

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Candles have been around for centuries, not only as a source of light, but also because they provide comfort in times of sadness; are the perfect complement in celebrations; scent your space and enable you to relax. The mental health benefits of candles should not be underestimated especially in today's stressful world.

Reduces Stress - It is not a secret that candles enable relaxation due to the flickering of the flame and its warm glow. If you experienced a stressful day, lighting a candle is an excellent way to calm and unwind you. If you enjoy scent, chamomile and lavender are excellent choices.

Cheers you Up - Candles often trigger memories of celebrations and happiness. The scent is important if you need to cheer yourself up. For example, vanilla gives off a feeling of warmth and contentment and citrus based

January is National Radon Action Month

What's your level? Dangers of radon gas

By Michael Christophides

What is an odorless, tasteless, colorless invisible gas that you can't see, smell or taste...and it's in everyone's home ...It's not Carbon Monoxide..It's Radon gas. Every home has radon gas. The question is ...What is your level?

It's a greater concern than Lead, Asbestos, Formaldehyde and Mold combined. It's a naturally occurring radioactive gas that is the #2 leading cause of lung cancer if you are a smoker and it's the #1 cause of lung cancer for non-smokers. Radon gas is a Class A - carcinogen and is hazardous to your health when inhaled, according to the National Council on Radiation Protection and Measurements (NCRP) and Center of Disease Control (CDC).

January is National Radon Action Month - If you have not tested your home or building for radon – now is the time to get it done. If you have not retested your home within the last two years it's time to retest. If you have a radon mitigation system it's time to retest to confirm the system is still operational and effective in reducing your radon levels below 4.0 pCi/L. It's all about the health of you, your friends and family. Stop radon before it stops you.

Every home has radon! - "There is no such thing as a home or building without Radon. The question is how high are your levels of Radon? The only way to know your radon levels is to conduct a certified test.

In the Hudson Valley and

neighboring counties, individual's homes have approximately a

50 percent, 1 in every 2 homes approximately have a chance of having elevated radon levels in their home. Individual cities and towns within those counties have tested greater than 75 % with elevated levels. The EPA and the NYSDOH have published maps that identified what is known as the Red Zone. Zone 1 has a predicted indoor, radon in air average, greater than 4.0 pCi/L. Dutchess, Orange, Putnam, Ulster, Columbia and Green Counties are listed in Zone 1.

Where does radon come from?

- Radon occurs naturally from the breakdown of Uranium ore, and is prevalent in the Hudson Valley region. Elevated radon levels in indoor air usually come from the soil and building materials underneath the home. As Uranium rocks breaks down, forming radon gas and it seeps into the home / building through numerous possible entry points. Radon from soil can get into any type of building, your home, office, church, daycare facilities and schools (old and new) - and can build up to higher levels in the air inside the structure. You can have elevated levels of radon whether you have a basement, slab or a crawl space, old or new home. Even if you don't use your basement, you should test. If the levels are high enough in the basement, it could be over the limit on the first, second and the third floor.

Why is radon a health concern?

Radon in Soil - Breathing radon in indoor air can cause lung cancer. As the Uranium in the soil breaks down the byproduct is Radon gas and decays into radioactive particles that can get trapped in your lungs when you breathe it. As the particles break down, these particles release small bursts of energy. This energy can damage lung tissue and increase your chances of developing lung cancer over the course of your lifetime. People who smoke have an even greater risk.

Radon in Water - Radon in the air can also come from drinking water. Radon gas can dissolve and accumulate in water from underground sources such as, ground water, aquifers and private wells. When water that contains radon is used in the home for showering, washing dishes, and cooking, radon gas escapes from the water and goes into the air and some could stay in the water. If some radon stays in the water, the drinking water containing radon also presents a health risk of developing internal organ cancers, primarily stomach cancer. If you have a private well and your source of water is from the ground and aquifer, is it strongly suggested to test for radon in your water to ensure there is no elevated level present for concern.

Why should you test?

It's the #1 environmental cause of any cancer. If your levels are greater than 4.0, the EPA and the NYSDOH recommends installing a

radon reduction system to reduce the levels. Radon generally enters a home through soil, seeping upward into the foundation, in the basement and other living levels. Health risks increase with long-term exposure of elevated levels of radon. In fact, the U.S. Surgeon General has warned that radon is the second leading cause of lung cancer in the U.S. today. "Radon is the #1 cause of lung cancer for non-smokers and only smoking causes more lung cancer deaths." According to the CDC, radon is a Class A - carcinogen and is hazardous to inhale. The Environmental Protection Agency (EPA) and the Surgeon General recommend testing all levels below the third floor for radon gas.

New York State Board of Health Warning - The New York state board of health issues a warning that "Radon poses a serious health risk in 40 New York counties and are considered High Risk for elevated levels, The Hudson Valley, i.e., Dutchess Orange, Putnam, Columbia, Greene and Ulster counties were listed among those 40 counties as per New York State Department of Health (NYSDOH).

What's Your Level?

As a homeowner or business owner, you can't afford not to test for radon. Testing is the only way to know if you and your family, friends, employees or tenants are exposed to harmful levels and are at risk from this cancer-causing radioactive radon gas.

For more information visit www.hudsonvalleyradon.com or call 855-HV-RADON (487-2366).

National Radon Action Month

Have You Tested... WHAT'S YOUR LEVEL?

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Dreamwork – understanding our dreams with consistent journaling

By Charron Leilani
Hudson Valley Holistic
Healing Center



Have you woken up lately after experiencing a dream and felt intrigued? Nervous maybe? Quite often, our dreams will show us how we're currently living our lives.

Sometimes, our dreams will give us a nudge about what we need to unpack and release in our life. Your dreamtime is an exclusive front row seat to your life. No one else is able to view it but you. Our dreamtime also clues us in on various situations, experiences or decisions that may need our attention and communicates to us in a language of images and symbolism that are either personal to you or universally familiar.

Have you wondered how to learn to understand your dreams more often? Welcome to dream journaling. Some of us may already have a general dream interpretation guide handy from a bookstore. Or maybe you'd rather just type your dream into the Google search bar resulting in a long list of dream meanings? Creating and maintaining a dream journal allows you to build your

own dream interpretation manual, personalized just for you. With consistent journaling, you will begin to understand your dreams, become familiar with your dream language and strengthen your intuition.

Here are some options to use to get started on journaling your dreamtime:

1. Old fashioned (but my favorite) notebook and pen;
2. Create a document on your computer just for your dreamtime;
3. Record a voice memo on your phone.

Ok, so you woke up from a dream and would like to journal it. Where do you begin? Write down every single thing that you remember, including anything that you might consider insignificant. Be as detailed as possible. Also,

ask yourself, how did you feel during the dream? Notice any specific emotions? If needed, close your eyes for a few seconds, take yourself back into the dream and tune in.

After describing in as much detail as possible, read over your dream and see if anything makes sense for you. Notice anything familiar? Be patient with yourself and continue to journal each dream for a month. Take notice if you've begun to dream more since journaling. This is dreamwork.

Dream well!

Charron Leilani is a Yoga Instructor and Energy Practitioner with the Hudson Valley Holistic Healing Center, located at 51 Springside Avenue in Poughkeepsie. Call 845-849-0838 or visit hudsonvalleyhhc.com

Doctors' tips for a healthy and safe holiday season

(StatePoint) The holiday season is a joyous time of year, but it can also throw your wellness routines out of alignment. Doctors advise prioritizing healthy choices during this period, so you can start 2025 on the right foot.

"Everyone's holiday wish is to be happy, health and safe, but the season is often a time for overindulgence in food and drink, increased stress and exposure to respiratory illness," says Bruce A. Scott, M.D., president of the American Medical Association (AMA).

The AMA recommends taking these steps during the holidays:

1. Vaccines are a safe and remarkably effective defense from a number of serious respiratory viruses that circulate in the fall and winter. To protect yourself and your family, get up to date on your

vaccines, including the annual flu shot, as well as the updated COVID-19 vaccine for everyone 6 months and older. Vaccines are also available to protect older adults from severe RSV. Tools to protect infants during RSV season include maternal vaccination as well as the monoclonal antibody immunization. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

2. Watch what you eat. Pay particular attention to labels and avoid processed foods as much as you can, especially those with added sodium and sugar. Consider having a healthy snack before the big meal or offer to bring a healthier dish for the holiday spread. Drink water instead of sugar-sweetened beverages, and eat nutritious,

whole foods like fresh fruits and vegetables alongside richer holiday fare.

3. Stick to your exercise schedule and prioritize physical activity during this busy time of year. A good rule of thumb for adults is at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Brisk walks, bike rides, hikes and even family-friendly sports like basketball and touch football are good for heart health.

4. Use time with relatives to find out whether your family has a history of type 2 diabetes or cardiovascular disease, and whether other family members have been told they have prediabetes. With this information, you can better understand your risk and take charge of your health.

5. Prioritize your mental health. Factors like holiday spending and navigating time with extended family can bring on extra seasonal stress. You can help manage stress by getting sufficient sleep, exercising and seeking help from a mental health professional when

you need it.

6. Make smart choices and plan ahead if you're driving. In December 2021 alone, 1,013 Americans died in alcohol impaired-driving crashes. Do not drive under any circumstances if you intend to drink. And if you are the designated driver, make a 100% commitment to sobriety.

7. Be prepared when traveling. Whether you're flying or taking a road trip, you might be tempted to grab convenient, unhealthy food for the journey. Consider packing your own snacks, such as fresh fruits and vegetables or small portions of dried fruits and nuts.

8. Get New Year's resolutions started early. Speak with your doctor or health care professional about quitting tobacco and nicotine use, and declare your home and car smoke-free to eliminate secondhand smoke exposure.

"The holiday season is a wonderful time to reconnect with family and friends – it's also a chance to reconnect with your physical and mental health," says Dr. Scott.

Hudson Valley Holistic Healing Center



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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!

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Why are there preferences with Cardio and Strength training? Is one superior?

People have preferences in life that often shape our lives to a degree - whether it be the hobbies we enjoy or types of food we love. Fitness is no exception to these biases and that impacts how we exercise and what we get out of exercise.

One area that causes people to choose one camp over the other is whether you prefer strength training or cardio. Now, it should be noted that some individuals utilize both, but there is a faction of people that prefer one or at the least there is a disparity between the two.

There are several reasons to explain these preferences and why people make the choice to prioritize or ignore one over the other. First off, there is a common myth that you will become bulky and muscular if you employ weight training. Over the years as a trainer, I can't count the number of times I've heard this trepidation in relation to strength training. Adversely, if you want to bulk up and become muscular, you may prioritize the weights and neglect cardio.

Secondly, there is a fear that the next gym horror story where you leave the gym with some type of strain or sprain could be you. Lastly, cardio can be viewed as monotonous as you are pedaling or jogging for an extended period of time. By contrast, using weights and going from one exercise to the next could be more appealing to some. Of course, these aren't the only factors at play, but some of the more prominent ones I've come across.

I would like to address each of these for merit starting with the fear of becoming too muscular. The truth is that it takes many months, if not years of working out several times a week, to achieve a body builder type physique. In addition, this is a question I primarily get from women whose hormone makeup is much different from men. Women have testosterone levels much lower than that of a man; making it unlikely for a woman to achieve that muscular physique from using weights.

Next, the fear of injuring yourself is a valid one, but it only emphasizes the importance to have a professional guide you. When it comes to this fear, it's also important to understand that many of these incidents come about when people are using a load disproportionate to their capabilities, poor technique or both.

We are then left with the monotony of many of the common aerobic exercises that come to mind, such as cardio machines in gyms and jogging or biking outside. Performing these continuous and rhythmic movements can make motivating oneself difficult even with the aid of music or TV to occupy your mind. It is possible to circumvent this lack of variety by

FUNCTIONAL FITNESS

with Kyle Gillis



Trainer Kyle Gillis enjoys the process of getting to know and work with individuals of all ages and interests – whether you prefer weight training or cardio exercises, or both. Courtesy photos

use of a cardio circuit, which I implement in all of my exercise classes. These circuits consist of 6-8 exercises that you rotate through for 20-30 minutes. Once you complete all eight, that's one round finished. A good goal to strive for is increasing the number of rounds you completed as time goes on.

Moving on from the preferences people have for one or the other; which type of exercise is superior? People who meet their necessary cardiovascular needs every week can help extend their lifespan. On top of lifespan, there are countless other advantages that include increased stamina, resilience to viruses, a strengthened heart, clearer arteries and improved mood. The only thing standing in your way of all these life changing benefits is the recommended 150 minutes of cardio per week.

Unfortunately, for most people walking doesn't meet the threshold to count toward your 150 minutes. On a side note, getting at-least eight

the minimum threshold, you have to exercise at a moderate to vigorous intensity for 20-30 minutes per day. These cardio workouts can come in bouts of 10 minutes so you can fit them into your busy days more easily. Then we have strength training, which doesn't take a back seat to cardio with its numerous impacts on your health. Similar to cardio, strength training has a multitude of significant health benefits such as enhanced quality of life, improved bone density, weight management, mental sharpness, and the management of chronic conditions. In contrast, strength training doesn't require you to meet a minimum number of minutes to be considered ideal.

In the absence of any time requirements, your workouts can be as efficient as you make them. As long as your workout that targets every major muscle group with 2-4 sets (A set should be 8-12 repetitions for most adults and 10-15 repetitions for more novice individuals) per exercise is sufficient to see the aforementioned health benefits. One good rule of thumb to ensure your sets are effective is to use a load that creates significant muscle fatigue for the last few repetitions.

In conclusion, when you think of your health you should consider it an investment in your future self. When one invests money in the stock market, it is wise for you to diversify your portfolio to help ensure a greater return on long-term investments. So, if this is a wise strategy we take to invest our money, why would we not take the same approach with our bodies? To maximize our health benefits we should use a combination of cardio and strength training while being sure to meet the recommended amounts for both.

Kyle Gillis is a certified personal trainer. He offers classes and in-home visits. He enjoys the process of getting to know people and helping people week after week. Contact Kyle at kylegillis27@gmail.com.

to ten thousand steps per day has positive health benefits; so it pays to be active outside of the gym also.

Back to cardio. In order to meet

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Preventing Pickleball injuries: Tips for safe play

By **Christian Campilli PT, DPT**



Christian Campilli

Following last month's discussion on the orthopedic concerns surrounding Pickleball, this article aims to provide practical tips for preventing injuries.

As a physical therapist, I often advise Pickleball enthusiasts on how to enjoy the game while minimizing the risk of strains, sprains, and joint issues. With Pickleball's fast-paced, high-energy nature, it's crucial to take proactive steps to protect your body—whether you're a seasoned player or new to the sport.

1. Warm Up Properly - Before stepping onto the court, take time to warm up. A proper warm-up should include dynamic stretches that prepare the muscles for movement. Focus on warming up the muscles most active in Pickleball, including the legs, shoulders, and core. Light jogging, arm circles, and leg swings are great ways to boost blood flow and increase flexibility.

BODY KNOWLEDGE

2. Strengthen Key Muscles - Pickleball requires quick lateral movements, which can strain joints if they're not well-supported. Strengthening the muscles around key joints—like the knees, ankles, and shoulders—helps absorb shock and stabilize the body during sudden shifts. Exercises like squats, lunges, and shoulder strengthening routines are valuable. Consider incorporating balance exercises, too, as they improve stability and reduce the risk of ankle sprains.

3. Improve Flexibility - Flexibility is essential in Pickleball to prevent strains from sudden or awkward reaches. Regular stretching, particularly for the hamstrings, calves, and shoulders, can help maintain joint mobility. Yoga and other flexibility-focused activities also improve range of motion, making it easier to reach and pivot without overstressing the muscles.

4. Focus on Technique - Many injuries stem from

improper technique, especially during serves, swings, and quick movements. Avoid excessive reach, which can put undue stress on the shoulders and lower back. Keeping a balanced posture and bending your knees can prevent unnecessary strain. If you're new to the sport, consider lessons to develop a safe and efficient playing style.

5. Invest in Proper Footwear - Wearing shoes designed for court sports provides better grip and lateral support, which are essential for the fast direction changes in Pickleball. Shoes that lack support increase the risk of ankle injuries. Avoid running shoes, which are made for forward movement and don't provide adequate support for the lateral movements in Pickleball.

6. Take Recovery Time Seriously - As with any sport, your body needs time to recover. Overuse injuries are common in Pickleball, especially for new players who play multiple games per week. Listen to your body and allow for adequate rest days


to prevent fatigue and overuse injuries, particularly in the knees, shoulders, and lower back.

7. Stay Hydrated and Avoid Overexertion - Hydration plays a vital role in muscle function and recovery. Staying hydrated can reduce cramping and help you maintain energy levels during play. Additionally, respect your limits—especially in hot weather—and don't push through fatigue. Overexertion can impair coordination, increasing the risk of falls or poor movements that lead to injury.

By incorporating these tips into your routine, you can enjoy the game of Pickleball while protecting your body. Whether you're playing for fitness, competition, or fun, remember that injury prevention is key to long-term enjoyment of this popular sport.

If you have specific concerns or existing injuries, consulting with a physical therapist can provide you with tailored exercises and advice to keep you active and healthy.

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



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Here is your guide to healthy winter skin

By **Lucie Bandelac, MD**
Family Medicine Resident
Nuvance Health Medical Practice



Lucie Bandelac, MD

Living in the Northeast, we are no strangers to the cold weather. As the cool air sweeps in, it often leaves our skin

feeling dry and itchy.

Recognizing signs of dry skin is the first step and include itchiness, flakiness, rough patches, cracks and stinging/burning when applying lotion. Here are seven tips to help keep your skin soft and healthy all winter long.

1. Use sunscreen to protect yourself against harmful UV rays - Sunscreen is a must, no matter the temperature. Whether it's 30 or 80 degrees out, we are still exposing ourselves to skin-damaging ultraviolet rays. Spending time outside shoveling snow, going for a walk or building a snowman with your kids? Apply sunscreen with at least SPF 30 to exposed areas, like your face, to protect your skin.

2. Moisturize your skin with a thick ointment to lock in moisture - When your skin feels dry, it's a sign it's thirsty! Apply moisturizer whenever your skin is dry and also after a bath or shower. Keep in mind: Not all moisturizers are created equal.

• **Ointments** are thick moisturizers that contain the least amount of water and the highest amount of oil, making them more effective at protecting your dry, itchy skin.

PATIENT FIRST

Ointments like petroleum jelly work very well at locking in moisture.

• **Creams** contain slightly more water and less oil than ointment. This is perfect for people who don't like the greasy feeling of ointment.

• **Lotions** have the highest water content and the least oil.

When choosing a cream or lotion, products with ingredients like shea butter, cocoa butter or hyaluronic acid are great options because they soak deep into your skin.

Don't forget about your lips! Use lip ointment to keep them smooth and hydrated to prevent chapping. Lips can become chapped very quickly and easily, so be sure to keep lip balm on you and reapply as often as needed.

Keep a bottle of moisturizer by your sink so you can easily moisturize after taking a shower or washing your hands. You might also find it helpful to keep a small bottle of moisturizer on hand so you can use it when you're on the go.

3. Stay hydrated throughout the day to prevent dry skin - This is a friendly reminder to drink your water. Hydration is essential year-round, but it's especially important during the winter when cold air dries out your skin. Aim to drink at least half your body weight in ounces of water each day. Carry a reusable water bottle with you to make it easier to stay hydrated while on the go. Staying hydrated from the inside out helps your skin retain its natural moisture and stay

healthy.

4. Bundle up before going outside to prevent skin exposure to cold air - Dressing in layers can help protect your skin against the chilly, outdoor elements. Wearing items like a hat, scarf and gloves before heading out on a walk or hike helps keep your body warm and shields your skin from direct exposure to the cold.

Before heading outside, dress according to the weather. If your children are eager to go outside and play in the snow, bundle them up in snow pants and a snow jacket. Lace-up their snow boots to stay warm and protected from the cold air and snow.

5. Use a humidifier to increase moisture in the air - Cranking up the heat can make your indoor air quality very dry. This can strip moisture from the air and, in turn, pull moisture from your skin. Consider using a humidifier to add moisture back into the air. This can prevent your skin from drying out, ease coughing, soothe dry eyes and even help you sleep better at night. If you experience these symptoms for a prolonged amount of time, consider making an appointment with your primary care physician.

6. Eat a healthy diet to give your body vitamins and minerals it needs to promote healthy skin - Eating foods rich in omega-3 fatty acids and high in antioxidants can help your skin stay healthy during the winter. Try adding foods like salmon, walnuts, flaxseeds,

berries and spinach to your weekly meals to ensure your body gets the nourishment it needs.

7. Avoid using products that irritate and dry out your skin - When choosing skincare products, look for options that are fragrance-free and alcohol-free. These ingredients can strip your skin of moisture and may cause a stinging or burning sensation, especially if your skin is already dry and cracked or sensitive. Gentle, hydrating products are your best bet.

How to manage eczema and psoriasis during winter - Winter can be especially challenging for those with eczema or psoriasis as flare-ups become more frequent. Keeping your skin hydrated is essential to maintaining a healthy skin barrier and reducing irritation.

Studies show that limiting bathing to once a day and using thick moisturizers resulted in fewer flare-ups and the need for topical corticosteroids. When choosing a moisturizer, look for one containing glycyrrhetic acid (a natural anti-inflammatory agent) to soothe eczema- and psoriasis-prone skin and minimize flare-ups.

If you notice a rash on your skin and you are unsure if it's eczema or psoriasis, schedule an appointment with your primary care provider.

The Bottom Line: Keep your skin healthy by moisturizing regularly, staying hydrated and nourishing your body with healthy foods.

For more information, visit nuvancehealth.org.



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HealthAlliance Hospital opens new Inpatient Behavioral Health Unit in Kingston

The Inpatient Behavioral Health Unit at HealthAlliance Hospital reopened Monday, Dec. 16, marking a significant milestone for the local community. Closed during the early height of the COVID-19 pandemic, the unit has been rebuilt and is now part of the renovated HealthAlliance Hospital, restoring 20 inpatient behavioral health beds. This critical resource for behavioral health care in Kingston and Ulster County represents the first phase of the Westchester Medical Center Health Network's (WMCHHealth) broader strategy to expand behavioral health services locally and across the mid-Hudson Valley.

"This new inpatient psychiatric unit is the result of years of collaboration between WMCHHealth, elected officials, and community stakeholders to ensure we provide comprehensive and compassionate care tailored to the needs of our community," said Josh Ratner, Executive Vice President and Chief Strategy Officer, WMCHHealth.

"WMCHHealth prioritizes investments in critical services, and as many organizations continue to reduce their investment in behavioral health services, bringing these beds back online at HealthAlliance Hospital has been a

renovation of the 20,000 square foot behavioral health unit to restore 20 inpatient behavioral health beds. The \$7 million project includes a mix of renovated semi-private and private patient rooms with upgraded bathrooms, improved dining and group program spaces, a quiet room with audio-visual entertainment, and a new nursing station and other improved staff work areas and support spaces.

Michael Doyle, MD, MBA, CPE, a licensed psychiatrist with more than three decades of healthcare experience, will serve as the Regional Associate Medical Director of Psychiatry for WMCHHealth.

"The new inpatient behavioral health unit at HealthAlliance Hospital is designed to meet the evolving needs of today's behavioral health patients," said Dr. Doyle. "With modernized facilities, and advanced treatment spaces, these renovations enhance our ability to offer a safe, therapeutic environment that supports the recovery and well-being of our patients."

New York State Senator Michelle Hinchey said, "HealthAlliance Hospital is a lifeline for accessible, patient-centered mental health and



bed at a hospital and they can't access it, that person is likely to end up hurt or in jail, and that makes all of us less safe. Today, we celebrate with some relief the opening of a 20-bed behavioral health unit at HealthAlliance Hospital, but we also know we need a holistic approach to create an infrastructure for mental well-being. As we head into a new State budget in the coming months, New York must invest in supportive housing, work toward fixing the broken system we have of funding healthcare and pass policies like Treatment Not Jail that would put New Yorkers on a path to recovery rather than harm."

"This is a day I've been working toward from the time in-patient services in Kingston ended during COVID, and I want to thank WMCHHealth for not only making good on its commitment to restore 20 beds but also creating a state-of-the-art behavioral health wing that improves greatly on the former Benedictine facility," said Ulster County Executive Jen Metzger. "We face an ever-increasing need for mental health services for our residents, and in-patient services in Ulster County are something we cannot do without. I am thrilled that the doors are now open for our residents in need, and the restored services will be an invaluable complement to the services we're offering at the nearby Ulster County Center for Well-Being, including the 24/7 Crisis Support Center planned for early 2025."

"The completion of the new behavioral health unit at HealthAlliance Hospital in Kingston is a significant milestone for our region, offering expanded access to critical care for individuals and families navigating mental health challenges," said Dutchess County Executive Sue Serino. "This facility will provide a much-needed lifeline, ensuring that residents have access to comprehensive, compassionate care closer to home. By reducing barriers to treatment and providing critical services, this initiative reinforces our commitment to fostering healthier communities across the Hudson Valley, and I applaud WMCHHealth for their leadership in making this vital resource a reality."

In his new role, Dr. Doyle will oversee WMCHHealth's behavioral health programs at HealthAlliance

Hospital and MidHudson Regional Hospital. A tenured member of the Ulster County medical community, Dr. Doyle previously served as Executive Director and Chief Medical Officer of Health Alliance of the Hudson Valley, where he played a critical role in the HealthAlliance Hospital transformation and the ongoing plans for the Medical Village at the former HealthAlliance Hospital on Broadway in Kingston. WMCHHealth has also hired two new physicians to lead behavioral health clinical efforts, Rebecca Ackerman-Raphael, MD, and Lore Garten, MD.

Dr. Ackerman-Raphael, who is certified by The American Board of Psychiatry and Neurology, has extensive behavioral health experience with specialties in depression, anxiety disorders, substance use, and schizophrenia. Dr. Ackerman-Raphael will serve as Chief Psychiatrist at HealthAlliance Hospital. Previously, Dr. Ackerman-Raphael was a member of the behavioral health medical staff at WMCHHealth's MidHudson Regional Hospital in Poughkeepsie.

Dr. Garten is the Medical Director of the BridgeBack Comprehensive Outpatient Program for treatment of substance use disorder, operated by HealthAlliance of the Hudson Valley in Kingston. In this leadership role, Dr. Garten supports the harm reduction approach implemented from all levels of the organization and program. She is also responsible for the examination, diagnosis and treatment of patients, including prescribing MAT and methadone. During 2024, Dr. Garten and the BridgeBack team increased the program's patient census thirty percent, from approximately 360 patients to 460 patients.

With the completion of the inpatient unit at HealthAlliance Hospital, WMCHHealth will prepare to proceed with plans for the previously announced Behavioral Health Center of Excellence at MidHudson Regional Hospital.

WMCHHealth expects construction to begin at MidHudson Regional in 2025. Once completed, there will be 60 inpatient behavioral health beds available at MidHudson Regional, and including the 20 beds at HealthAlliance Hospital, 80 beds at WMCHHealth facilities across Ulster and Dutchess Counties.



WMCHHealth officials and local dignitaries cut the ribbon for the new Inpatient Behavioral Health Unit at HealthAlliance Hospital on Monday, Dec. 16. Photos courtesy of WMCHHealth

key priority for our Network."

Elissa Chessari, Executive Director and Chief Operating Officer, for WMCHHealth's Northern Region, which includes HealthAlliance Hospital, emphasized the hospital's commitment to behavioral health services: "The reopening of our inpatient behavioral health unit reflects our dedication to providing comprehensive behavioral health services, including inpatient care, emergency treatment, and outpatient addiction programs. By restoring these critical services, we are addressing the urgent mental health needs of our community and ensuring that individuals have access to the care and support they need for their recovery and well-being. We look forward to the positive impact this unit will have on the lives of those we serve."

WMCHHealth, which is the largest provider of inpatient behavioral health services in the Hudson Valley, undertook a near-complete

substance use disorder recovery services, not only in Kingston but for people across the Hudson Valley. When our inpatient behavioral health beds were removed during the peak of the pandemic, we sounded the alarm about the devastating consequences of leaving our neighbors and loved ones without the care they need. I'm proud to have worked alongside a unified coalition of community leaders, advocating relentlessly to restore these vital services. We are grateful that WMCHHealth heard us, worked with us, and brought back 20 beds through a new inpatient psychiatric unit that will save lives and improve local access to urgently needed behavioral health care."

New York State Assemblymember Sarahana Shrestha said, "A lack of mental health services has immensely harmed our society, especially those who need treatment and their families. When someone is in need of a psychiatric

Northern Dutchess Hospital announces leadership transition

Denise George to retire after 25 years; Dr. Andy Wilson appointed as new president

After a distinguished 48-year career in healthcare, including 25 years at Northern Dutchess Hospital, President Denise George will retire at the end of 2024. Dr. Andy Wilson, currently serving as vice president of medical affairs, has been appointed as her successor, effective January 1, 2025.

George's leadership has been instrumental in Northern Dutchess Hospital's growth and success. During her 17 years as president, the hospital achieved numerous accolades, including the prestigious five-star rating from CMS and consistently high patient satisfaction and employee engagement scores.

"Denise has been the heart and soul of Northern Dutchess Hospital for the past 25 years," said Michelle Robertson, chief operating officer at Nuvance Health. "Her vision and dedication have not only shaped the hospital but have also had a profound impact on the entire community. We are incredibly grateful for her service and leadership."

George's decades of dedication pave the way for new leadership

George began her journey at Northern Dutchess Hospital in

1999 as vice president of clinical care services and chief nursing officer. She later served as chief operating officer before becoming president in 2007. Her tenure was marked by strategic growth, including the successful integration of Northern Dutchess Hospital into Nuvance Health, navigating the challenges of the COVID-19 pandemic and making critical decisions to repurpose facilities for new clinical services.

"Leading Northern Dutchess Hospital has been one of the greatest honors of my life," George said. "I am deeply grateful for the support of my colleagues, the trust of our patients and the opportunity to serve this wonderful community. I am also thankful for partnering with our extraordinary donor community that has always pulled through with their generosity and love for helping the hospital to thrive. I am confident Dr. Wilson will continue to build on our successes and lead Northern Dutchess into a bright future."

Wilson is dedicated to building on George's strong foundation

Dr. Wilson joined Northern Dutchess Hospital in 2012 as medical director for the emergency department, where he quickly demonstrated his commitment to patient care and leadership. Promoted to vice president of medical affairs in 2020, he has been a key member



Northern Dutchess Hospital President Denise George will retire at the end of this year; Dr. Andy Wilson has been appointed as her successor. Courtesy photos

of the hospital's executive team, playing a crucial role in clinical decision-making, operational strategy and managing the hospital's response to the pandemic.

"I am truly honored to follow in Denise's footsteps and lead Northern Dutchess Hospital into the future," Dr. Wilson said. "I have had the privilege of working closely with Denise over the past 12 years, and I have seen firsthand the impact of her leadership. I look forward to continuing our work together to ensure a smooth transition and to building on the strong foundation she has established."

Susan Browning, western regional president for Nuvance

Health, added, "Dr. Wilson's deep understanding of our hospital and his unwavering commitment to patient care makes him the ideal leader to take the helm at Northern Dutchess Hospital. We are excited to see him bring our vision to life, continuing the legacy of excellence that Denise has established."

As Northern Dutchess Hospital embarks on this new chapter, the hospital remains committed to providing the highest quality care to the community it serves. A new vice president of medical affairs will transition into the role in early 2025 and George will continue to support the hospital in a consultative role to ensure a seamless transition.

How to simplify morning routines and make sure families eat breakfast

(StatePoint) With school-year routines in full gear, one element of the morning rush remains crucial: ensuring children (and their parents!) are fueled for the day ahead.

Numerous studies have shown the benefits of a balanced breakfast, from improved academic performance and cognitive function to better mood and energy levels throughout the day. Yet, according to the National Institutes of Health, nearly 25% of Americans skip this vital meal. Experts say that finding the time for breakfast has big pay-offs.

"Whether you're a busy parent or a student headed back to the classroom, your morning meal does not have to be overly-complicated or elaborate," said integrative registered dietitian and gut health nutritionist, Dahlia Marin of Married to Heath.

"Starting the day with a variety of colors, high fiber carbohydrates, protein and healthy fats will feed your inner-ecosystem of gut bugs, resulting in stabilized blood sugar levels, sustained energy, and mental clarity rather than a brain, body and gut scattering to constantly find their next short-lived energy fix."

Because of tight schedules, many families seeking breakfast options understandably end up turning to packaged products or skip the meal altogether. While convenience can help families adhere to a breakfast routine, it's important to be mindful that the nutritional value of these items found in the supermarket can vary tremendously. Avoiding ultra-processed foods, which play a role in rising rates of obesity, diabetes and heart disease, is a great start.

This is where brands like Amy's Kitchen stand out: as the leading organic frozen food company, Amy's is revolutionizing the breakfast game with its new line of innovative, delicious frozen breakfast offerings. By swapping traditional eggs for their signature house-made organic tofu, Amy's has created a collection of morning classics that cater to a variety of dietary lifestyles and restrictions.

According to WISEcode data, after scoring 100 frozen breakfast foods from more than 20 household brands, more than 40% were categorized as Super Ultra Processed Foods. The good news? Better-for-you options are available. In fact, three of Amy's Kitchen products topped the list as some of the best frozen breakfast options in terms of processing: the Tofu Scramble, the California

Scramble and the Mexican Scramble—aligning with the brand's emphasis on simplicity and fewer processed ingredients.

As families navigate busy weekday mornings, the convenience and delicious taste of Amy's Kitchen's frozen breakfast options provide a much-needed solution to the morning rush. By delivering protein-rich breakfast favorites that can be easily prepared to eat at home or on-the-go, parents and students will be empowered to start their day off right, fueled and ready to take on the challenges that lie ahead. To learn more, visit <https://amys.com>.

"When it comes to forming a healthy breakfast routine, busy families should absolutely seek out convenience, but not at the cost of quality," says Marin.



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