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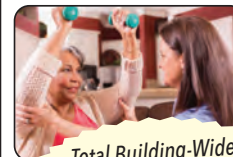


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Homeopathy might be just what you are looking for

Are there medicines that are safe, effective & low in cost? Are there medicines that stimulate the body's natural defenses rather than inhibit the body's attempt to become well? Is there a treatment that helps the body to overcome the obvious problem and also inhibit what originally caused the problem? The answer to these questions is yes. Homeopathy, a system developed more than 200 years ago has such medicines. And the biggest plus is they do not contraindicate with other medicines, so they are a great adjunct to your medicine cabinet. Homeopathy can be safely used by the general public to treat common, mild acute conditions such as colds, flu, allergies and injury. The possibility of self-care with homeopathy becomes even more valuable in a society with high cost health care.

A homeopathic remedy is one that produces the same symptoms as those the sick person is experiencing, and in doing so stimulates the body into stopping these symptoms. Often the names seem to be the opposite of what you want to achieve. Coffea Cruda, for example, helps with sleep. Arnica, which is for muscle pain and bruising, is probably the most widely known. There are a multitude of remedies for everything including teething, nerve pain, stress, sleep, flu, allergies and sinuses as some examples. I would encourage the reader to look into homeopathy. These products are safe for children, pregnant women and nursing mothers.



BECOME A SENIOR VOLUNTEER Make Giving Back Your Second Act

The Family Services of Central MA network of AmeriCorps Seniors Volunteers, aged 55 and over, share their life experiences and positive outlook to make a difference in the lives of others and their communities. Engage one-on-one with another senior, pursue a cause close to your heart, or assist with a critical initiative such as the Senior Fraud Helpline, which assists seniors to recognize, resist, and report senior scams and fraud. Live life to the fullest as an AmeriCorps Seniors Volunteer—for others and yourself. Take the first step and call 508.791.7787, today!

HEALTH

Spring 2022

*A Stonebridge Press
Publication*

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Celebrate Better Hearing and Speech Month with These Tips!

Every May, the American-Speech-Language Hearing Association raises awareness about hearing and communication by celebrating

Better Hearing and Speech Month (BHSM).

Discover some ways you can celebrate and help raise awareness for hearing and communication!



Schedule Annual Hearing Exams

Annual hearing exams are crucial for maintaining healthy hearing.



Wear Hearing Protection

Be sure to wear earplugs or another form of hearing protection if you are going to be exposed to any sound over 85 decibels.



Educate Yourself

There is a lot to discover about hearing health and communication. Check out www.asha.org to learn more.



Raise Awareness

Spread these tips to your friends and family to raise awareness for Better Hearing and Speech Month!

The theme of BHSM in 2022 is "Connecting People." Whether you need to have your hearing checked or you are looking for custom hearing protection, one of our hearing professionals can help you.



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Mary Ellen Curran Rancourt, AuD, CCC-A
doctor of audiology

Using nature to work with your body

These days, half of any drug commercial that you see tells you about side effects that you may not actually want. At Your Health Matters, we believe using nature to work with your body is a smarter approach than resorting to man made chemicals which force your body to work a certain way.

Most chronic diseases today are based upon runaway inflammation which over-time leads to almost every chronic disease. Visit us to learn how our top selling, clinically validated and researched multi herbal supplement can be like real health insurance in a bottle.

As far as what you put in your body... Are you aware that the skin care industry is unregulated? This means anything can be lurking in the products you apply to your skin. After all, what you put on your body ends up inside your body. Come get acquainted with our all-natural body care selection. Products with ingredients you'll be relieved to recognize.

Do you really know what's in the food you consume? Current research now shows that most chronic diseases stem from poor diet choices over time. Food producers are always cutting corners to cut costs. In the end, your health loses out. From nutritional drinks and healthy snacks, to natural sweeteners and low carb pastas, we can help you improve your diet!

David Termine, Co-Owner
Your Health Matters
Bedrock Plaza
139 Main St., Sturbridge MA

Managing questions and helping you overcome these challenges

WRITTEN BY: EMILY MOCERINO, LMHC, SAC, CAGS, LSW

Why does this keep happening? Why can't I sleep? Why do I feel anxious all the time? Am I depressed? Why does every day feel like a struggle? How do I help my children get along? Why do I keep getting calls from my child's school? Why do I make the same bad choices over and over again? Why do I struggle in my relationship? Why do I keep thinking about all of the bad things that have happened to me? Why won't my brain shut off? Are these some of the questions you find yourself asking? If so, counseling can be extremely helpful and we are here to help.

New Hope Counseling Center, Inc. can help you manage these questions and help you overcome these challenges. By working together with a clinician, you can develop strategies to help you feel better and manage life struggles. We can teach you different strategies, new ways of thinking and seeing situations from a different perspective as life experiences happen. You will be able to feel empowered knowing that you know what to do and how to manage situations as they arise. We can give you tools that will help you tackle life's most challenging situations.

New Hope Counseling Center, Inc. is celebrating five years of service to those in our community. We began as a small private practice and have expanded to

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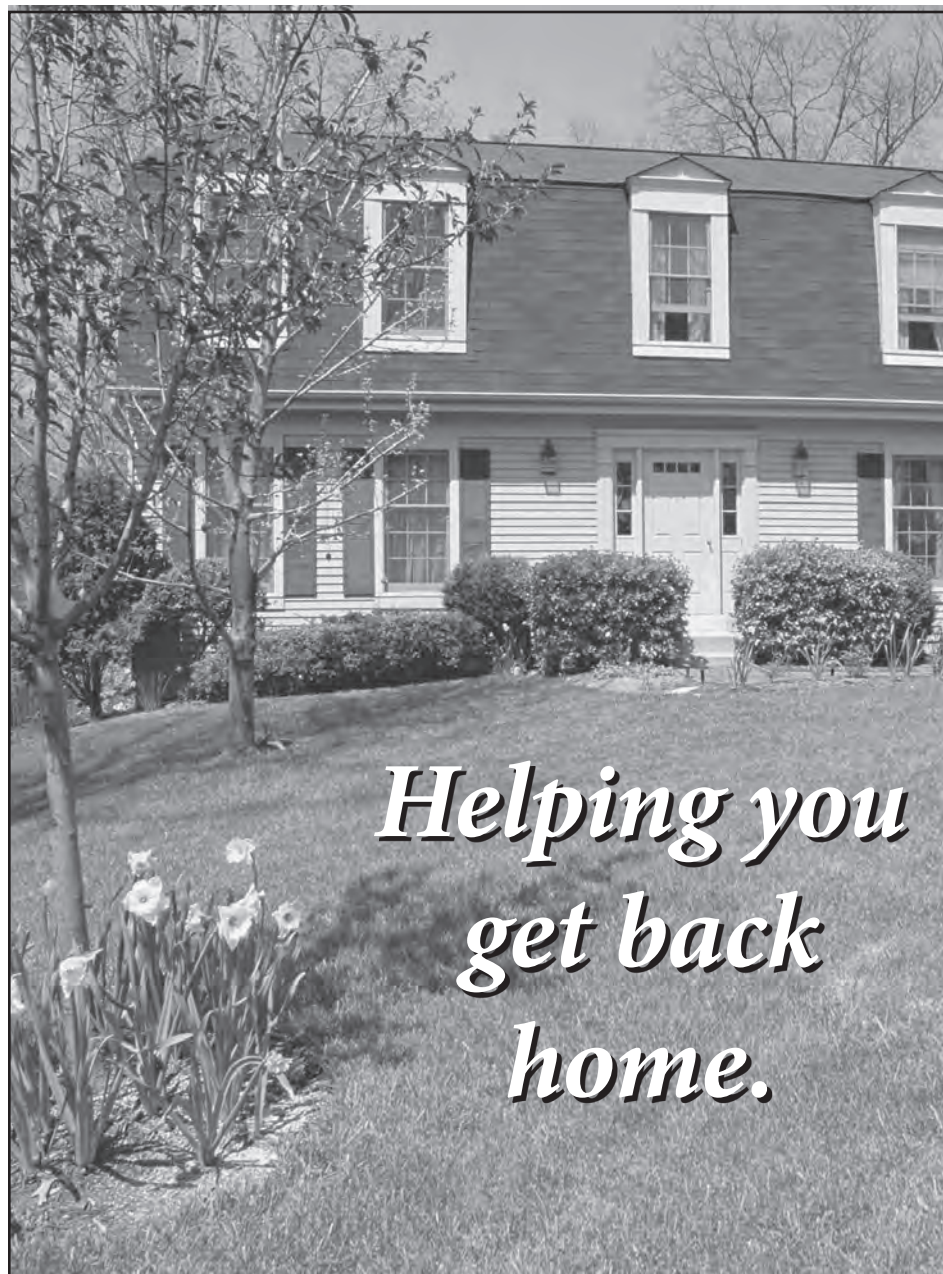
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CHALLENGES

continued from page A1

a small group practice located in Spencer, Massachusetts. We have added three licensed clinicians to our staff and expect to hire more clinicians in the near future.

Our mission is in our name, New Hope Counseling. We strive to provide individuals with new hope; new hope for life, perspectives and personal growth. We do not have to continue moving through life just as it was or has been. We can make differences, small or large, learn new ways to live your best life in order to achieve mental health wellness.

As a small but growing group practice, we are pleased to share what makes us different from the larger outpatient counseling agencies. We are dedicated to our client's success, we are able to focus on each clients' individual needs, develop individualized treatment plans and focus directly on the clients we serve. Our clinicians go above and beyond for each individual and/or family they work with. In addition to this, we also have very low clinician turnaround. We appreciate our clinicians and value their experience and expertise, which in turn serves our clients as they provide the best quality of counseling services you deserve.

We provide confidential counseling services to children, adolescents and adults. At this time, we are able to offer in-person and remote therapy sessions and do our best to be flexible and accommodating in scheduling appointments. Being a smaller practice, this allows us to work with your schedules as best we can.

We are pleased to offer In-Person counseling, Telehealth sessions and have adopted a Hybrid model to help clients attend appointments in ways that work best for them and their scheduled. The Hybrid model has been extremely effective and has proven to be an excellent model for client retention and scheduling ease. In speaking with current clients, they value the ability to come into the office for an appointment or meet from home when necessary or when it is simply easier for the client.

To do so, our licensed clinicians are trained in several different therapeutic, evidence-based modalities to help clients reach their goals. Some of these modalities include but are not limited to Cognitive Behavioral Therapy, Solution Focused Therapy, Motivational Interviewing, Polyvagal Therapy, Play Therapy, Christian based counseling and Mindfulness.

In collaboration with other treatment providers, schools, probation officers, physicians, etc. we work together to achieve client success. Through this process, we foster client growth, increase resilience and achieve client independence and success. Our practice has met the needs of those in Central Massachusetts and we have been able to expand our catchment area to individuals across the entire state through Telehealth counseling.

We specialize in Trauma, Abuse Prevention, Depression, Anxiety and School behavior problems. We also complete Risk Assessments and other Psychological Assessments as necessary. All of our clinicians have experience with sexual abuse prevention and are members of the Massachusetts Society for a World Free of Sexual Harm by Youth. We continue to remain up to date on best practices, follow discussions had by state legislators on emerging issues and coordinate efforts with both the criminal justice and survivor communities. We collaborate with other agencies as well to provide wrap around services as needed, creating a team approach.

We also offer consultation services for other providers that have less experience in working with children and adults who have engaged in sexually problematic and/or abusive behaviors. All of our licensed clinicians have several years of experience working with children who have engaged in problematic sexual behaviors. We understand how all areas of life can be impacted by such behaviors. We are here to validate your concerns, provide you with psychoeducation, safety planning strategies and support you through such a difficult time. You do not have to go through this alone. We will help you through this and explain the process and what to expect each step of the way.

In today's world, we are challenged to face the many stressors we are confronted with on a daily basis. We are here to help you identify strategies to bring about change and increase abilities to face those challenges with confidence. If you are feeling overwhelmed, anxious, struggling with sadness, reliving past negative emotions and/or experiences we are here to help and offer our supports to help you manage and integrate emotions so you can live your best life. Your success in achieving your goals is our number one priority. You can do this and we can help! Please contact us at

508-885-0200, online at www.newhopecounselingcenter.net, or by email at emoce-rino@newhopecounselingcenter.net.

We look forward to working with you!

The Promise of Spring, and Maybe a New Knee...

Spring is in the air, certainly one of my favorite times of year. Spring bulbs are blooming, the weather is changing, and before you know it, we will be firing up our grills, lawn mowers, and sipping lemonade on the porch. Every spring brings the promise of a fresh start and new beginnings. My name is Dr. Grant Pattee, Owner and Physical Therapist at Choice PT in Spencer. What Does Spring have to do with a new Knee you say? I am glad you asked! Do you know somebody with arthritis? Furthermore, do you know anyone that has had or is planning to have a joint replacement? I bet the answer is yes to at least one of those questions. Like the promise of Spring, a joint replacement may help those who have suffering with joint pain and dysfunction start anew.

Who is Arthur Itis anyway? Well in short, arthritis is the wear and tear of our joints. The Mayo clinic defines Arthritis as swelling and tenderness that leads to joint pain and stiffness, typically worsening with age. Two common types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis causes cartilage (the hard surface between the joints) to break down. Most people think of cartilage as soft and flimsy, but in fact most joint cartilage is tough stuff. The problem is, we are equally tough on our bodies, just ask our good friend Tom Brady.

Arthritis can impact any joint, and technically any joint can be in need of replacement. The hip, knee, and shoulder joints are among the most common. Not surprising these are the joints that bare the most weight and do most of the work, hence the quickest to wear out. Joint replacement surgery, also known as a joint arthroplasty, has come a long way over the last decade. I remember early in my physical therapy career the difficulty, sometimes grueling recovery, that followed a TKA (Total Knee Arthroplasty.) Patients would be stiff, swollen, and would have to fight for every degree of motion. Now I am not saying a joint replacement is a walk in the park these days, but advancements in medicine and surgical techniques are leading to better healing and faster recovery times.

Moving on, let's say you are reading this and asking yourself, I have bad joint pain, do I need a joint replacement? Well first things first, consult your primary care doctor. Based on your subjective history and how your symptoms present, an x-ray might be in order. Pending any positive test results, you will likely be referred to an orthopedic specialist. Orthopedic doctors are experts in joint related pathology and will help you navigate all of your options. Sometimes surgery is not needed at all, and the pain can be treated with conservative care including physical therapy. If however the joint is found to be the dreaded "bone on bone," a partial or full joint replacement will likely be recommended.

You've weighed your options, and you elect to have surgery, now What? Pre-operative PT may be suggested to maximize post-surgical outcomes, but not always. During the first 1-2 weeks after the surgery a high priority is placed on pain management, edema control, and functional mobility. At 3-4 weeks most of your time is spent trying to regain your ROM (Range of Motion.) Physical therapists use a multitude of techniques including massage, stretching, mobilization, and modalities to help you reach this goal. As your motion improves around 5-8 weeks, you will transition to a strength based program and will be instructed in therapeutic exercises. Finally within a few months, as the strength returns, you will progress back to most day-to-day functional activities. Although total recovery may take upwards of a year, most people return to all the activities they love including golfing, hiking, and even skiing.

The most important part of the whole process is patience and planning. Stay on top of your medication, have supportive plans in place, and most importantly trust the process. Whatever this Spring brings, I wish you and your family health, happiness, and hopefully very little joint pain. If you do have any further questions about joint health or replacement, I would love to hear from you. Until then be kind to one another and remember, it's your life, your health, your choice. Kind Regards, Grant.

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Trust Your Loved Ones To A 5-Star Facility

Quaboag Rehabilitation and Skilled Care Center is a 5-star facility, deficiency free and located in the heart of West Brookfield Common. Quaboag is undergoing extensive renovations throughout the Center to better serve our residents, families, and staff. The center strives to provide excellent short-term rehabilitation care, traditional long-term care as well as certified dementia memory care with an activity program running 12 hours a day 7 days a week.

Quaboag has a strong in-house rehabilitation team with a dedicated group of therapists and great longevity for most of our caregivers and employees. Quaboag has about 250 employees and does not utilize any nursing agency staff. This is a testament to providing consistent care assignments and continuity of support to our residents with familiarity of personalized care needs known. Most of our employees reside in the local community and have or have had family here in the past. We think that speaks volumes to the level of care that our employees provide and expect from one another.

When the COVID pandemic erupted our Center immediately put processes in place which allowed the Center to not be affected by the first surge of the virus. When the COVID community spread finally did breach our Center we held strong and were able to navigate very well as a group; our families showed patience and support and our staff unwavering in their dedication. The Center received continuous deficiency free infection control on-site survey results from the Department of Public Health as well. We were successful to achieve high COVID vaccination rates quickly and continue to have vaccinations and infection control best practices be a focus for our staff and residents we love.

We are a committed group of caring, highly skilled professionals that focus on providing the best care that we can. We provide opportunities for education and are partnered with many of the area schools for certified nursing clinical rotations, LPN programs and RN Programs as well. We like to "grow our own" here at Quaboag and are always looking for opportunity to educate and offer opportunities for advancement from within. Our management team has a cumulative of 200 plus years invested into our management operations and our residents. Showing up every day proud of who we are and what we do.

Whether you are looking for skilled rehabilitation services, long-term care, a start in healthcare or a new place to hang your hat, this is a wonderful place to be, live and work.

HERE ARE WHAT FAMILY MEMBERS HAD TO SAY:

"Quaboag is a blessing to my mom and family! The aids are so caring, thoughtful, and knowledgeable about each patient they care for. The whole attitude throughout the building is great! Everyone is so friendly and helpful. From the business office to the cleaning staff. I don't have to worry about my mom, and it is such a relief!"

Susan

"My stay at Quaboag has been great! the staff are wonderful to work with."

Brenda

"I have been very fortunate for my respite care at Quaboag. I find Quaboag very caring and compassionate. I am very confident with the care my husband receives while I am away. When I am at Quaboag it's a vacation for the caregiver and a treat for the Pt"

Ruth & Fran

"Our Dad was a resident of Quaboag for a little over 2 years. We would like to express our appreciation for the wonderful care he received. They were always ready with a snack and a glass of milk for his midnight trips to the nurse's station. The residents are more than people, they are truly family to all the staff. The compassion and kindness showed to us, by all staff, from the receptionist to the housekeepers and caregivers, during the last four days of our Dad's life was exceptional.

Thank you for everything."

Roger Perron's daughters, Darlene, Charlene, and Francine

Feel free to check us out at www.quaboagonthecommon.com or on Facebook. We welcome tours and are open to answer any questions and support our community in any way that we can.

If you suffer from Depression & Anxiety, Trauma and PTSD, or Sexual Behavior Problems, we can help.



Our experience enables us to offer effective outpatient, individualized, psychological care. We treat a number of mental health disorders, and provide a safe and neutral ground for children, adults, and families.

Our focus is to help individuals heal, energize, and become aware of their inner strengths. We achieve this by providing a neutral safe space, listening to your concerns, and customizing a treatment plan.

We promise to be there for you every step of your journey. Our goal is to help you grow from your struggles, heal from your pain, and move forward to where you want to be in your life.



Providing counseling to children, adults and families to improve lives and to foster change and growth. We also specialize in behavior problems often seen in school and home environments.



Emily Mocerino Clinician, LMHC, SAC, CAGS

emocerino@newhopecounselingcenter.net

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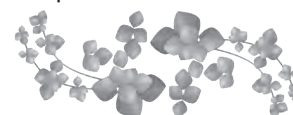


Team is Everything

The word Steadfast can be defined as loyal, faithful, committed, dedicated, dependable, and true.

These are qualities that our entire team strives to be. The purpose of Steadfast Family Dental is to serve by exceeding expectations.

It is to improve our patients' lives by treating them with compassion, excellence and value.



508-832-8826

824 SOUTHBRIDGE ST | AUBURN, MA 01501

RSVP Senior Fraud Helpline

1-800-297-9760

The AmeriCorps Seniors RSVP is actively fighting the war against scams and frauds that cost people billions of dollars annually. According to the Federal Trade Commission, there was a reported \$5.8 billion lost to frauds and scams in 2021, with 5.9 million total reports to the agency. The FTC believes that many victims of scams and frauds do not even report their issues, so this number of nearly 6 million reports might fall short of the actual total number for the year. These victims might feel upset or taken advantage of, which is the reality of their situation, but we are here to try to let them know that they are not alone. Our volunteers within our Elder Justice initiative take the time and effort to listen to our seniors in the community and ensure that they are given the proper tools to live independently and safely from thieves. Along with this, the RSVP runs a Senior Fraud Helpline that is equipped with volunteers who are trained and ready to help. Our phone number is 1-800-297-9760. We are answering phones from 9-4 every day during the week and you are more than welcome to leave a voice-mail. We will do our best to answer your questions and ensure that you have the tools you need to live independently! We will also follow up with you with any information or assistance we have provided.

The tools needed to fight back against frauds and scams are inherent within everybody. Our volunteers with AmeriCorps Seniors try to instill in everybody that we educate our motto of the “Three R’s.” These are Recognize, Resist and Report. It is crucial that those who could potentially fall victim to scams are able to recognize how scams present themselves. To prevent yourself from falling for a scam, you would need to recognize immediately that you are being approached with a scam. Scams can be very elusive and random; they present themselves as “you have won the lottery!” or “this is Medicare calling you about your account” or even “Grandpa, I am stuck in jail in Mexico, I need you to wire my lawyer money.” The one thing that reoccurs across many different types of scams is that the scammers are always trying to get their victims to act on impulse. By subverting logic and appealing only to emotions, scammers can effectively get victims to act quickly. If someone recognizes what the thief is trying to do, they can then resist the urge to act on impulse. This can

be done by simply hanging up, ignoring unrecognizable numbers, ignoring junk mail, and avoiding giving out any personal information. Once the scam is resisted, report the interaction to an agency such as The Federal Trade Commission. When things like this are reported, government agencies can get a sense of trends of scams and can be better equipped to combat specific scams in the future.

If there is a consensus about scams, it is that they always tend to follow trends in culture or the economy. In most recent trends (April 2022), there has been scams dealing with relief funds for Ukrainian citizens, tax filing scams, and fake products that “cure COVID-19”. A few months ago, during Medicare open enrollment, there were many scams pretending to be the government agency and stealing personal information. As stated by the FTC, impostor scams are the most common and reoccurring scams going. These scams are when a person or group of people are pretending to be a person or agency that they are not. By imposing as someone that people would assume would not carry out a scam, victims fall susceptible to handing out Social Security Numbers, credit card information, and any other pieces of information that can be used to steal someone else’s identity. Along with these impostor scams, online shopping and social media scams have been skyrocketing as well. People need to be very aware of who they are interacting with or sending money to online. It is never a good idea to send money to someone you’ve never met in person, and it is always smart to consult experts from legitimate businesses before investing in any online or cryptocurrencies.

In general, scams today are much more evolved and complex than those who were just grifters long ago. A scammer doesn’t always wear a trench coat and have a menacing look in their eyes. Scammers can pretend to be virtually anyone, and they can victimize us all. To ensure that you do not fall victim to scams, it is important to always stay up to date with trends and how scams can be a product of those trends. Agencies like The Federal Trade Commission, Medicare, The National Center on Law and Elder Rights and The American Consumer’s League all have newsletters they publish online. One could always sign up with an email to stay up to date with their news. Remember to recognize, resist and report.

Join Us For A Bright 2022!

Surely, the pandemic has left an indelible mark on our lives and sometimes remembering “life before COVID-19” takes a little work. Unless you’re Brian.

Brian had a cardiac event at the YMCA on Friday, December 13, 2019 following a pickleball game in which his heart stopped. With the immediate intervention of three YMCA staff that used an AED, his heart restarted, and they continued CPR until the rescue squad arrived. Naturally, hospitalization, cardiac rehab and doctor’s appointments ensued and three months later, so did a world-wide pandemic.

The YMCA has always been a part of Brian’s life, from a young child at the Cambridge Y, to lunch-time workouts at the Hockomock Y throughout his career and now – upon his retirement – calls the YMCA his home. So of course, Brian’s recovery and long-term plan to maintain his health has taken place where he feels safest and has developed terrific friendships with fellow pickleball players.

That’s right, pickleball – the fastest growing sport in the United States – is Brian’s passion, but you can find him in places other than the court, like walking the track or strength training in the Wellness Center. You could say healthy living is a family affair, with his wife, Carol, an active participant in a variety

of senior programming, as well as his daughter, Heather, a fellow pickleball enthusiast.

And Brian and Carol not alone! In 2021, over 5,200 active older adults relied on one of our six branches throughout Worcester County to stay strong in spirit, mind and body throughout the pandemic. When you are part of the YMCA, you are part of a caring community where passionate staff and dedicated volunteers support the many levels of health – including physical, emotional, social and spiritual. Our branches offer a host of programs and services for all ages and abilities. Looking for a therapeutic swim class – we’ve got that! How about an aerobics chair class that is easy on joints? Step out of your comfort zone – or show off a little – with our very popular line dancing class.

2022 is looking bright and Brian’s health – and pickleball skills – are at the top of their game! There is so much to see and do – why not stop by for a no pressure tour? We’d love the opportunity to meet you and show you around! Tours are always available; call 508.755.6101 and press 0 to speak with a friendly YMCA staff member to schedule your day and time or visit our website for more information: www.ymcaofcm.org.

Notre Dame Health Care Now Offering Adult Palliative Care Program

A program giving more options to seriously ill patients.

The leadership of Notre Dame Health Care Center’s At Home division is excited to announce an expansion in their continuum of care by offering additional services through a new program, Notre Dame Palliative Care. The program provides care for adults living with serious illness at all stages, with a focus on relieving pain or other distressing symptoms and assisting with advanced care planning in order to clarify goals of care and improve the quality of life. In simplest terms, palliative care is provided by a specially trained team to provide an interim layer of support based on the needs of the patient and not the patient’s diagnosis, thus eliminating unplanned emergency room visits which can overwhelm patients and the healthcare system as a whole. “Hospice and palliative care are care delivery models that are truly near and dear to our hearts,” says Susan Keefe, Executive Director of Notre Dame At Home. “Hospice is palliative care, but palliative care is not hospice care. It can be difficult for people to understand the difference between the

two care models. Individuals receiving palliative care, unlike in hospice, can still be seeking curative treatment. Our palliative care staff collaborates with medical teams already involved in the individual’s care to provide pain and symptom management while providing support and education to the individual and their family. This approach to care allows individuals to live the highest quality of life possible during difficult times.” For over seven years, Notre Dame Health Care has offered Pediatric Palliative Care in a program called “Pedi Pals.” “We are the Commonwealth’s largest palliative care program for children funded by the Department of Public Health,” says Karen Laganelli, CEO of Notre Dame Health Care. “As a result, we consider ourselves to be quite well versed in the area of palliative care, and we are ready to use our expertise with this new program serving adults throughout the greater Worcester area.”

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notredamehealthcare.org



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Notre Dame At Home Palliative Care

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(508) 852-5505

Our Adult Palliative Care Program serves patients living with serious illness with a focus on relieving pain or other distressing symptoms, assisting with advanced care planning, clarifying goals of care, and improving quality of life.

Our team provides palliative care services in personal homes, other nursing facilities, assisted living facilities, or wherever patients call home throughout Central Massachusetts.

Contact us to learn more about the mission-driven, not-for-profit difference at Notre Dame Health Care.

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