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Volume 2 • Issue 5

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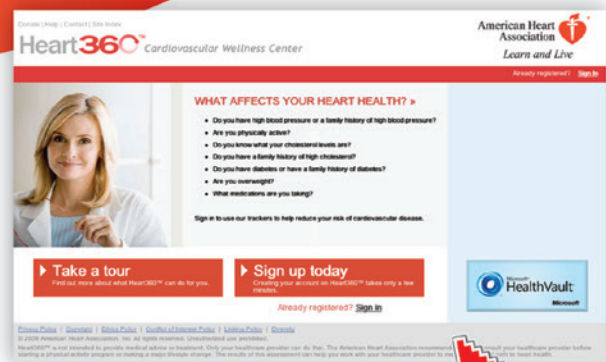
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FROM THE EDITOR

By ANGEL CHAVEZ

A Mother's Love is Universal!

It is easy to recognize the love of the mother as the closest to God's heart. Her love is unconditional, mothers are long suffering and always enduring, always believing and always hoping for the better. This kind of love is natural for mothers around the globe.

In this issue, I want to express my love and gratitude and honor Mary, the earthly Mother of our Lord and Savior Jesus Christ. For every time I read about her in the Bible I am totally blessed by her example of love, grace, and courage. Her submission to God was unconditional, no matter the cost. She inspires me to serve God, with all my heart, with all my soul, and all my strength. That is what she did!

MARY CALLS HERSELF "SERVANT OF THE LORD"

Mary calls herself the servant of the Lord. She can teach us how to respond in faith and be obedient to God's word. I love Mary's willingness to be used by the Lord, even at her young age.

Mary responded, "I am the Lord's servant. May everything you have said about me come true." And then the angel left her. *Luke 1:38*

HER REMARKABLE FAITH IS SO NOTORIOUS!

"You are blessed because you believed that the Lord would do what he said." *Luke 1:45*

MARY'S ATTITUDE OF WORSHIP, WILLINGNESS, AND SUBMISSION TO GOD INSPIRES US TO LEARN FROM HER IN OUR OWN JOURNEYS.

"Mary responded, "Oh, how my soul praises the Lord. How my spirit rejoices in God my Savior!

For he took notice of his lowly servant girl, and from now on all generations will call me blessed. For the Mighty One is holy, and he has done great things for me. He shows mercy from generation to generation to all who fear him..." *Luke 1:46-50*

You will conceive and give birth to a son, and you will name him Jesus. He will be very great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David. And he will reign over Israel [Israel is the spiritual Israel-ALL BELIEVERS, his church, his body] forever; his Kingdom will never end!" *Luke 1:30-33*

"The young woman, who has never had a man, will give birth to a Son. They will give Him the name Immanuel. This means God with us." *Mathew 1:23*

IN FULLFILLING HER CALL, SHE ENDURED BIG TRIALS ALL HER LIFE, FROM THE TIME OF RECEIVING SUCH A RESPONSIBILITY TO THE AGONY OF SEEING HER SON CRUCIFIED...

She traveled days to Bethlehem during the last days of her pregnancy. At the time of her labor, there was no room available in the Inn for her, so she was forced to give birth in a stable.

ENDURED PERSECUTION AND DEATH SENTENCE TO HER CHILD, ORDERED BY THE KING.

Her child, Jesus, was ordered to be killed by king Herod. His soldiers killed all the boys, two years and under. Joseph and Mary escaped to Egypt saving Jesus. *Mathew 2:1-16*).

continued page 27

COVER STORY

DR. LEIGHAN TALTON, DO
Whole Life Direct Primary Care



CONTENTS

PALM CITY MAY/JUNE 2019 • VOL. 2 • ISSUE 5

ON OUR PAGES



5 ➤ KIDS

>> All things kids! Advice for parents of kids from 0 to 17. Activities. Nutritional information and more.



6 ➤ SCIENCE & TECHNOLOGY

>> Devices and ideas that help to improve our lives. Scientific & technical information. Product reviews.



10 ➤ NUTRITION

>> Foods that give us what we need to be healthy and energetic. Diet tips. Recipes.



12 ➤ FITNESS

>> Ways to improve your health. Advice and information for an active lifestyle.



14 ➤ HEALTH

>> We show you ways to improve your health mentally and physically.



22 ➤ SENIORS

>> Tips, information and reviews for those who are over 55 years of age.



24 ➤ HOME IMPROVEMENT

>> Home improvement advice and information. Tips for buying and selling your property and more.



26 ➤ FINANCE/LEGAL

>> Ways to manage your hard earned dollars. Tips for saving. Economic news. Legal advice.



28 ➤ OUR PETS

>> Our pets and how they affect our lives, our health and our well being.



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15 WAYS

To Keep Your Kids Active This Summer

By RYAN FERNANDEZ

The end of the school year can cause a panic in parents. It doesn't matter if you're working full time or at home with the kids, the fears are the same: you don't want your children to spend their summer in front of the TV all day or texting as their only means of communication with the rest of the world.

Kids need to stay active and occupied during the summer months to make sure they get the most out of their summer before heading back to school.

Research gathered over a 100-year period indicates students score lower on standardized tests when they take the exams at the end of the summer months rather than at the start of the summer, according to the National Summer Learning Association.

Parents can keep their kids' minds stimulated by trying any one these activities:

1. Ask teachers for summer packets that can help children practice what they learned throughout the year.
2. Make reading a daily habit. Children learn when their brain is active, even if they're reading fun and easy books.

3. Enroll children in a summer enrichment program. Schools or community programs often sponsor events and activities to keep kids engaged.

4. Use the television to your advantage. Make sure educational programs are part of their routine. Slackware.org lists possible channel options like National Geographic, Animal Planet and Discovery Channel.

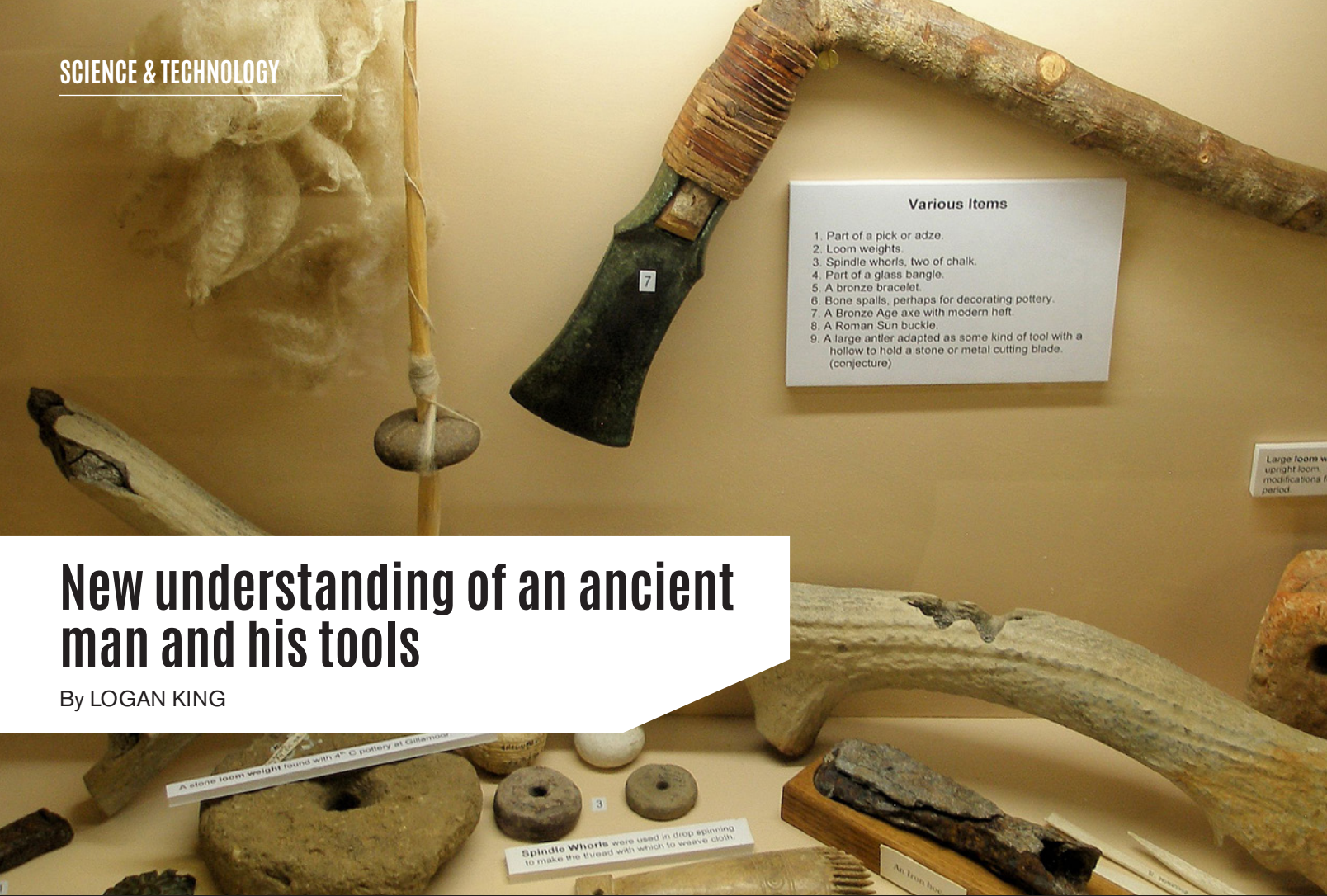
Focus on Physical

Make sure your child's summer is filled with physical activities. Children need 60 minutes of physical activity each day, including aerobic and muscle strengthening activities, according to the Centers for Disease Control and Prevention.

5. Sign your child up for local recreational or sports programs. Churches, community centers and schools usually host events throughout the summer. Let your child choose what interests them. They may even try something new.



continued page 30



New understanding of an ancient man and his tools

By LOGAN KING

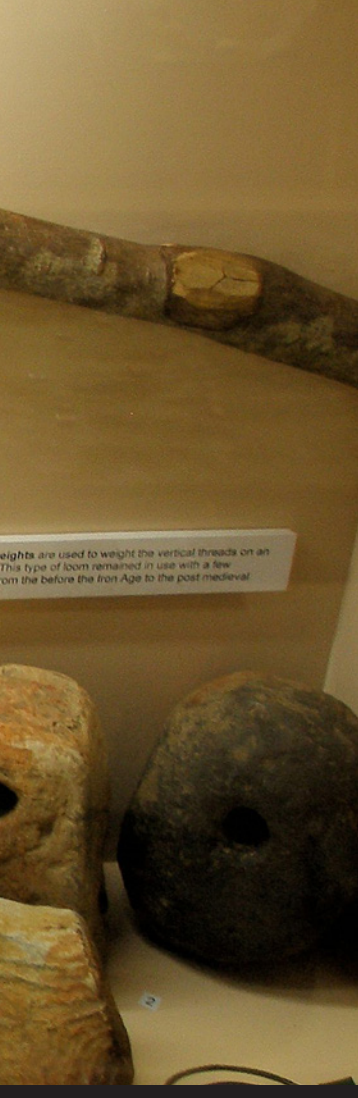
During the last days of the summer of 1991, tourists hiking in the Ötztal Alps near the Italy – Austria border found the remains of an incredibly well-preserved man. This man, dubbed Ötzi, was dated back to the “Copper Age”: an informal name given to the transitional period between stone and iron working, or approximately 3500 to 2300 years ago. Incredibly, once the body was removed, it was found that Ötzi was actually carrying a toolkit – one of the most complete of its kind to be discovered. Recently, the tools found in Ötzi’s kit were analyzed to tell us more about Ötzi’s skills and how resources were obtained throughout Italy during the Copper Age.

Ötzi’s toolkit consisted of two arrowheads (not counting the one found in his body), multiple unfinished arrow shafts, a scraper (a rock used to remove thin sections of animal hide and wood), a borer (a tool used for making holes in softer material), and stones that could be used to make more arrowheads. Researchers studied the stone used to make the tools as well as CT scanned the tools to get a 3D form for each tool. These CT scans are important because they let the scientists compare the overall shape of each object and allowed for comparison between other Copper Age rock tools found throughout the area around Ötzi. The examination of the material used to make the tools was done to identify the makeup of each item as well as search for fossils. Since small fossils were located in the rock that comprised each tool, the authors could determine where the rock was originally gathered and date the stone.

Dating the fossils was done by comparing the types of fossils found in the rocks to others of a known age. If a fossil was known from a specific time period, a scientist could date the stone that contains the fossil to a particular date. Once the age of the stone is known, the tool can then be traced back to certain formations near the point of discovery. The age and original location of the stones used for tool making were based on small fossils found within the rocks themselves.

Each tool was made of chert, a type of rock that is frequently used in crafting ancient tools and weapons around the world. Since chert is what is known as a sedimentary rock – a rock type that is made by particles depositing on both land and in water – it frequently contains fossils that can easily be traced back to points in time and nearby locations. Many of the tools found with Ötzi contain tiny fossils that are found in the chert from nearby outcrops of rock. The dating of these fossils allow the tools to be traced to the Maiolica-Scaglia Variegata Alpina area, to the south of where Ötzi was discovered.

The researchers surmised that Ötzi lacked the tools that were used to make arrowheads, and the dulled chert items (e.g. the scraper) indicate that he did not have the skills needed to make stone tools by himself. The chert items could have easily been sharpened or remade by a skilled worker. The authors of this research paper point out that making tools is a time intensive activity which was better suited for



people that specialized in hand making stone equipment during the Copper Age. The presence of different tools made of chert from different areas indicates that Ötzi obtained his tools from someone else – quite possibly a person that specialized in making the specialized tools Ötzi was carrying at the time of his death. If the tools were traded and obtained from a specialized tool maker, then this indicates that trade in rocks and tools was flourishing in Italy during the Copper Age.

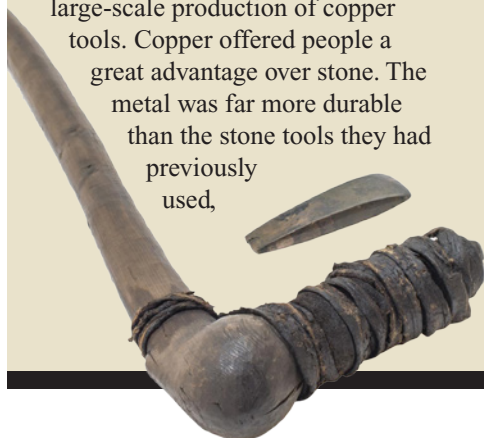
The mystery around Ötzi's death remains and may never be solved. However, small details about his personal life and trade in the surrounding area have been learned from his toolkit. We can guess that his equipment was supplied by others and that Ötzi lacked the knowledge and tools to make his own supplies. This shows the presence of different occupations during the Copper Age and that raw materials for tool making were gathered from a broad area rather than found during travel. The evidence provided by the authors show tool usage and care that is much like our own when you consider that many of us today have tools that are specialized and are personally maintained rather than re-manufactured when they break. Our similarity in tool care might be surprising considering the tools we might individually own today are much more complicated than those used by Ötzi. Yet, the principles of trade and production by specialized craftspeople is still very similar. Not much has changed in this respect throughout the millennia! ♦

The Copper Age (Chalcolithic Age)

The Copper Age, also known as the Chalcolithic Age, was a short period of time between the Stone Age and the Bronze Age. While it generally lasted for only 1,000 years in any place, its importance cannot be understated. Humans had previously worked with gold and, in a few isolated areas, some copper, the Chalcolithic Age saw the first large-scale production of copper tools. Copper offered people a great advantage over stone. The metal was far more durable than the stone tools they had previously used,

which could shatter if hit too hard. Metal tools could also hold a sharper edge. Gold was far too soft for anything but ornamentation, but copper made metal tools possible for the first time.

Originally, metallurgy, the science and craft of metalworking, was quite simple and involved forming tools from copper by hammering the metal. Around 4500 BCE, someone discovered that copper hardened if it was melted down and allowed to resolidify. This process, called smelting, became an integral part of metalwork. This also allowed coppersmiths to separate the metal from impurities found in the rock, as well as pour the liquid metal into molds for mass production.



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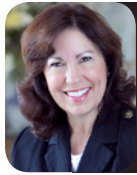
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**MARTIN COUNTY, FLORIDA
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Laurel Kelly, CFA

Property Appraiser & 3 Approaches to Value

PROPERTY APPRAISER DUTIES

The Property Appraiser's Office is governed by the Florida Constitution, Florida Statutes, and the Rules and Regulations of the Florida Department of Revenue. We are charged with assessing the value of every property in Martin County every year, as of the January 1 assessment date, for ad valorem property tax purposes.

THREE APPROACHES TO VALUE

Property values are established each year based on the status of the property on January 1. To estimate market values, the appraiser must be familiar with all aspects of the local real estate market. Information such as sale prices, construction costs, typical rents, normal operating expenses, and current financing are all considered.

We consider three approaches to value when preparing the property tax value roll. First, sales of comparable properties that occurred prior to the January 1 assessment date are analyzed, using only sales where the buyer and seller both acted without undue pressure or special incentives (such as family relationships). This method is called the Sales Comparison Approach and is given considerable weight when valuing residential properties.

The second method, known as the Cost Approach, considers what it would cost using today's labor and material prices, to replace the structure with a similar one. If the structure is not new, the appraiser estimates how much it has depreciated since it was built. The resulting value is added to an estimate of the market value of the land.

The third method, referred to as the Income Approach, uses market rental rates, vacancy and collection loss allowances, and operating expenses to estimate what an income-producing property should earn. This net operating income is capitalized to estimate value.

Appraisers may reconcile two or more of the value indications (sales comparison, cost, and income) into a final value based on the appropriateness, accuracy, and quantity of market information from the three approaches. The resulting reconciled value is known as the Just/Market value for property tax purposes. ♦

Opinions & Reviews

In this section we invite you to leave us your comments about our magazine. Visit our website at icaretown.com, or our Facebook page at facebook.com/iCareCommunityMagazine.

iCARE Magazine's Martin County representative Gail Goldy attending the Dr. Oz event at the Pt. St. Lucie Civic Center with some of the members of WPBF Channel 25.



iCARE Magazine and WPBF Channel 25 a winning combination! Check out our April editions, Martin & St. Lucie County.

I am so impressed with the magazine I just picked up this week. I recognized the people on both covers as people of integrity that I know here in Stuart, then I read the letter from the editor, a powerful testimony to the power of God working in the jails, and our own community here on the treasure coast! Praise God for your service and work Angel Chavez! - iCare Reader

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HOPE Scholarship

By RUTH "SKI" PIETRUSZEWSKI
MARTIN COUNTY TAX COLLECTOR

Say NO to Bullying - How the Hope Scholarship Works

The statistics are disheartening- bullying is a growing epidemic in today's society and has become a pressing

social and educational concern. Described as a repetitive, aggressive behavior, bullying can cause depression, anxiety, increased feeling of sadness and loneliness; it threatens students physical and emotional safety and can negatively impact their ability to learn. With the power of developed strategies, school communities can help identify and support the victims, redirect the intimidation, and change the attitudes of adults and youth tolerating harassment in peer groups and schools.



Administered by Step Up For Students

Realizing the importance of the issue, the Florida Legislature introduced and subsequently passed the HOPE Scholarship Program that gives public school children in Florida relief from the violent treatment by assisting and giving parents the opportunity to transfer the child to another school within the same district, transfer the child to another school district, or secure funds for the student to attend an eligible private school.

Effective October 1st 2018, every customer who purchases a new or used vehicle is provided with the option to designate up to \$105.00 of the sales tax due towards "The HOPE Scholarship Program". The Martin County Tax Collector's Office, dealers and tag agencies, are required to provide a HOPE Scholarship Program Contribution Election form to each purchaser. The received contributions are then reported to the Department of Revenue according to the designed reporting period. Funds are distributed to the state approved non-profit scholarship funding organization.

Contingent upon the availability, scholarships are awarded to eligible students. "Say NO to Bullying" and help these children escape this abusive behavior.

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Cooking with your Children

“C” IS FOR COOKING!

One of the best ways to familiarize your child with good food choices is to encourage her to cook with you. Let her get involved in the entire process, from planning the menus to shopping for ingredients to the actual food preparation and its serving.

When you are planning meals with her, try to include items from the important food groups. Explain the importance of making low-fat choices whenever possible, choosing chicken and fish rather than red meat in most cases, or choosing low-fat cheeses over higher-fat varieties. Particularly in her first few efforts at helping in the kitchen, let her select recipes that she and other family members have enjoyed in the past, so she can see what's involved in preparing them.

In assigning tasks to your child, keep in mind that they need to be age-appropriate. For instance, you wouldn't give a six-year-old a sharp knife to chop vegetables, although she can certainly wash the

lettuce. Nor would you let her remove a hot, heavy casserole pot from the oven, although she can carefully open the oven door for you.

Some guidelines to keep in mind

Make certain that you or another adult is in the kitchen at all times when your child is helping out.

When your child pares vegetables, show her how to point sharp edges away from her to avoid accidents.

Explain how she should weigh and measure ingredients.

Use the rear burners when cooking on the stove. Make sure that pot handles are turned inward so children can't accidentally knock them off the stove.

Teach your child the importance of using potholders when touching hot saucepans and other items.

Shut off the oven and burners when you're finished cooking. ♦



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What Happens When You Don't Eat Your Vegetables?

A growing body of research shows that eating your vegetables might be more important to your health than you thought. The U.S. Department of Agriculture reports that most Americans don't consume the recommended four to five daily servings of vegetables, which might explain why nutrients such as the dietary fiber and certain vitamins and minerals common to vegetables also are underconsumed. If you're among those who don't eat enough vegetables, these ongoing nutritional deficiencies might affect your short- and long-term health.

Weight Gain and Malnutrition

Because vegetables should form a large part of your diet, their absence might be filled by higher-calorie foods that promote weight gain and nutrient imbalances. Eating more animal-based foods and fried snack products, for instance, increases your caloric and fat intake. The narrower range of vitamins and minerals in these foods compared with vegetables could leave you deficient in potassium, magnesium and vitamins A, C and K. Attendant health problems include high blood pressure and night blindness.

Becoming

overweight increases your risk for many chronic diseases.

Digestive Problems

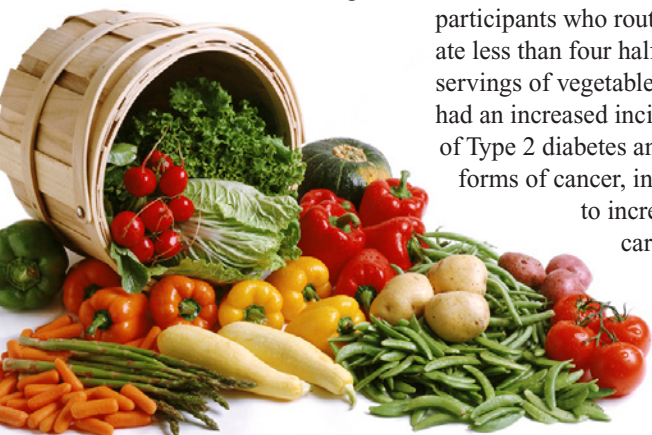
Vegetables are major sources of dietary fiber, a food element considered beneficial to digestive quality. The National Institutes of Health links low fiber intake to digestion problems that include constipation and diverticular diseases. Chronic constipation can cause hemorrhoids and tissue damage. Diverticulitis and diverticulosis can cause pain, infection and colon damage that might require surgical treatment.

Cardiovascular Problems

Among the research that associates low vegetable intake with heart disease, a 2010 study published in "Circulation" found a correlation between low childhood intake and adult arterial disease. The arterial stiffness recorded is characteristic of atherosclerosis, a potential precursor to heart attacks and strokes.

Additional Chronic Diseases

Nutrient and caloric imbalances might contribute to the development of other health conditions, including obesity, a risk factor for disease in its own right. According to a 2005 study published in "Preventing Chronic Disease" in May 2011, participants who routinely ate less than four half-cup servings of vegetables per day had an increased incidence of Type 2 diabetes and some forms of cancer, in addition to increased cardiovascular risk. ♦



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Too Depressed to Work Out? The Gym May Be the Best Medicine.



Physical activity of any kind has been shown to help treat the symptoms of depression. The only challenge? Many people suffering from depression find that depression symptoms keep them from sticking to a fitness routine, creating a catch-22 that keeps them mired in negative emotion and away from the squat rack.

That could change if mental health providers start prescribing exercise the same way they'd prescribe any other medicine, according to a new study from Michigan State University.

Researchers asked 295 patients receiving treatment at a mental health clinic about the effects exercise has on their emotions. The results were unequivocal: More than 80% of the patients felt that exercise often helped reduce anxiety, and improved their mood.

Nearly half of the patients said they'd be interested in having a one-time discussion with their therapist about exercise, and many said they'd want ongoing advice about it. Overall, 85% said they'd

like to exercise more. Despite that, more than half of them cited their moods as a reason they don't get more exercise.

"Physical activity has been shown to be effective in alleviating mild to moderate depression and anxiety," lead author Carol Janney said, according to the MSU press release. "Current physical activity guidelines advise at least 30 minutes, five days a week to promote mental and physical health, yet many of those surveyed weren't meeting these recommendations."

Mental health providers may not have the expertise to prescribe actual exercise programs, but partnering with trainers or exercise facilities could be an effective approach for mental health providers to support their patients' desire to work out more, said senior author and professor emeritus in psychiatry Marcia Valenstein. More than half of the patients surveyed in the study expressed interest in getting help from a trainer and said that physical activity was something that their doctors rarely discussed.

"This is a missed opportunity," Valenstein said. "If we can make it easier for both therapists and their patients to have easier access to physical activity services, then we are likely to help more patients reduce their depression and anxiety."

If you suffer from depression and have days where the last thing you want to do is work out, get motivated—to talk to your doctor about it. Remember: Those are the days when you could probably use a good sweat session the most. ♦

8-MINUTE

Fat Loss!

Most of us exercise more than we actually need to. Sure, if you want to finish an Ironman triathlon, run a marathon, or compete in some crazy competition such as the CrossFit Games, then you'll need either amazing genetics or a lot of time on your hands to exercise.

But if you just want to burn fat, get a better body, and target trouble spots, you'd be surprised at how little you can actually exercise, especially when you use the strategy you're about to learn in today's episode – which allows you to get fast fat loss with just 8 minutes of exercise..

How to Use Tabata Sets

Have you ever tried incorporating something called "Tabata training" into your routine? If you want to learn how to lose fat fast with just 8 minutes of exercise, then you'll need to be familiar with this style of training.

Tabata sets, which are appropriately named after Dr. Izumi Tabata, involve 4 minutes of intense exercise. During those 4 minutes, you alternate between 20 seconds of your maximum effort and 10 seconds of complete rest. Here's a video of me demonstrating a Tabata set.

You can do a number of exercises with Tabata training – including jump squats, push-ups, sprints, cycling, elliptical – you name it! The key is to go as hard as you can possibly exercise during the 20-seconds-on and then rest for the

continued page 20



THIS IS MY STORY

From 305 Pounds at Age 59
to a Jazzercise Instructor at Age 79

By DEIDRE HENRY



EATING HEALTHY COMBINED WITH EXERCISE PAYS OFF!

I was 59 years old and over 300 pounds in 1996. My physical and psychological well-being was declining. My cardiologist suggested a gastric bypass, I was facing with borderline Diabetes Mellitus Type II and Coronary Artery Disease.

That is when I decided to take matters into my own hands. I started a Mediterranean diet and a fitness plan. The journey was long and rigorous, but my determination and persistence helped me achieve my weight loss goal of 150 pounds.

Years later, I maintain my goal weight and live a happy healthy life. I am active in the community of Ocean Breeze, I write poems for the Stuart Newspaper and connect with readers weekly.

As Jazzercise Instructor, I empower my fellow seniors to stay fit and healthy. I am humble when I get complemented on my looks, but what really makes me happy is when I can get somebody else to commit and take charge to being healthy.

Connect with Deidre at: 772.261.7058



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Busy Woman's Guide:

What I Learned About Being Naked

By DR. DARRIA GILLESPIE, MD

"Naked is trending and sexy right now," was the marketing email subject line. No surprise there - from ads featuring barely covered naked celebs to totally naked "dating" reality shows - **getting naked gets attention.**

I'm feeling naked. But I feel neither trendy nor sexy, and I'd rather not have this attention. I'm wearing a thin blue gown, ballet flats and sitting in a cold waiting room for a biopsy, because "the mammogram showed an abnormality." There are five other women, all in similar garb in the waiting room, and right now the labels on our clothes in the dressing room—and their sizes—don't really matter.

Suddenly, this body of mine - the one that I criticize because my calves aren't more muscular or my thighs more toned, or... well, that all seems frivolous and even ungracious. Especially when I consider everything this self-criticized body does right, all day long: my heart beats 60 times a minute and naturally speeds up when I stand up after the nurse calls my name. Every minute, my lungs inhale and exhale 14 times (aside from when I'm holding my breath during the procedure). At the same time, my brain secretes hormones that turn my stomach to butterflies as I wait for my results.

Even though I rarely give it much credit, my body just keeps keeping on, doing it's thing, not requiring a thought from me: enabling a spontaneous smile at a friend, raising my arms to embrace a loved one, crouching to lift up my little girl or climbing the Great Wall of China. These things are just so effortlessly possible that it's too easy to forget the miracles within.

Until we're suddenly stopped - stopped by a few concerning (and not even visible), cells. Why does it require a moment of such fear that it takes our breath away to make us grateful for that breath?

It wasn't always this way. There was a time when most of us as toddlers ran around naked,



thrilling in the joy of running from our exasperated parents. Wheeee! Now we mainly see the "wrong" on the outside, completely losing sight of what's fantastic on the inside.

Every once in a while, let's remember to get naked. (Watch it, Hollywood, I'm speaking metaphorically here. I'm still a girl from the South—please put your shirt back on). I mean, let's deepen our

focus—off of the thighs or schnozzes or frizzy hair—and instead on our breath, our cells. Take a little moment for a "Wheeee!" of thanks. My body may not be Hollywood airbrushed perfect, but it does a great job of getting me where I want to go, and—thanks to biopsy results that came back benign—it's breast cancer-free.

And nothing is sexier than that. ♦

Quiz: Breast Cancer Basics - 20 Questions

- True or false: Some women with breast cancer show no physical symptoms at all.
☐ True
☐ False
- How long could a tumor be growing inside the breast before it becomes a lump a person can actually feel?
☐ 6 Months
☐ 1 Year
☐ 5 Years
☐ 10 Years
- In stage 2 of this type of breast cancer, the cancer cells spread beyond the breast and into the lymph nodes. Which kind of breast cancer is it?
☐ Invasive breast cancer
☐ Ductal carcinoma in situ (DCIS)
☐ Both types will have spread to the lymph nodes at stage 2
- What is the survival rate of breast cancer when caught early (before it spreads beyond the breast)?
☐ 27%
☐ 54%
☐ 72%
☐ 98%
- Which of these are NOT risk factors for breast cancer?
☐ Underwire bras
☐ Deodorant
☐ Breast Implants
☐ None of the above
- When does breast cancer in men typically occur?
☐ Between ages 40 and 50
☐ Between ages 50 and 60
☐ Between ages 60 and 70
☐ Men cannot get breast cancer

continued page 20

ASK DR. LIZ



Dr. Liz Perry - Primary Care Physician and D.O.M., Master's Degree, Harvard University, 20+ years as a Healthcare Consultant, a Global Traveler and Journalist
Contact Liz at 561-563-0300.

Q & A

FERTILITY

Q: I want to have a baby, but I'm having difficulty getting pregnant. Can you please give advice on how you recommend us to become pregnant?

Dr. Liz: Yes! One of the best ways to become pregnant, is to do so through the use of Traditional Chinese Medicine. By using Acupuncture and Herbs many people are able to conceive a child who otherwise have been unsuccessful doing so. Better yet, it is often fast and effective.

Q: Really? How does it work?

Dr. Liz: It's incredible how effective Acupuncture alone works for fertility success! Whether the woman is experiencing irregular menstruation, or the man has a lower than optimal sperm count, Acupuncture can help both scenarios. Acupuncture is not only shown to effectively regulate menstruation, it can also boost male sperm count by over one million in a single visit.

Q: Incredible! How many visits are required to get long term sustainable results?

Dr. Liz: We normally get results for a pregnancy in less than 6 months, normally within 90 days! Depending on the situation, we work with the couple to create what they most desire – a happy, healthy family.

Q: What happens if I have PCOS, endometriosis or fibroid tumors?

Dr. Liz: We have excellent success in many cases. It's best for you to come in for an evaluation.

Q: What about in vitro fertilization?

Dr. Liz: Some of our patients will use both modalities to become pregnant – in vitro fertilization and acupuncture treatments. Others just come to us for personalized acupuncture and herbal treatments. Either way, using Acupuncture greatly increases the odds of fertility success! We often get results in half the time, at half the price.

Q: Do you recommend specific types of foods to increase fertility?

Dr. Liz: Yes, I sure can. I often recommend lots of fresh fruits and vegetables, along with red organic grass-fed beef.

Q: Why the red meat, Dr. Liz?

Dr. Liz: Red meat, specifically beef, is rich in iron. Often times women are blood deficient, or slightly anemic, which makes it more difficult to conceive and then hold the baby. To optimize the ability to conceive a healthy child, and then to carry the fetus full term, one of the things we do is ensure they have a good amount of Red Blood cell count (RBC) and Hemoglobin.

Q: Are there other foods you recommend for a healthy pregnancy?

A: I also encourage women to eat figs, berries, particularly strawberries, beans, sweet potato, and seaweed.

Q: Are there foods that should be avoided?

Dr. Liz: Yes. It's best to stay away from alcohol and sugar. Thank you Dr. Liz for helping me and so many others with our fertility issues! I'm coming to see you for my treatment, and I'm bringing my husband! We are excited to optimize our chances for having the family we so dearly want! We can't wait to see you.

Dr. Liz: My pleasure!



Interview with

DR. LEIGHAN TALTON

Whole Life Direct Primary Care Redefining Your Expectations for Medical Care

Hi Dr. Talton, please give us a brief introduction about yourself, and your family.

My name is Leighan Talton, DO. I have been married 10 years to my husband, Jat, and we have 3 kids and a dog. Matthew and Natalie are 4 yo twins, Patrick is 2, and our pitbull puppy, Bailey, is 5 months. We live in Palm City, and my kids attend Temple Beit Hayam preschool.

When and why did you move to the Treasure Coast?

I am a 4th generation Floridian. I was born in Stuart, as were both of my parents, Tracy Howard and Francie (Houk) Howard. I was lucky enough to attend all Florida schools, so I really never left! After my residency at St. Vincent's in Jacksonville, my husband suggested we move back to Stuart to have my parent's help raising the babies. We love being so close to my family (at least I think he does.)

What do you love about what you do? Can you tell us about your specialty?

I chose Family Medicine because I love people. There is a saying that the few who choose family medicine as a specialty were either the child of a Family Doctor or are the first doctor in their family. I'm the latter.

I love this job because I enjoy relationships. I love knowing about my patients and their loved ones, and I enjoy helping them live their best lives.

I recently started my own practice, WholeLife Direct Primary Care. DPC is a practice model nation-wide where patients pay doctors directly for services. When you remove insurance from the relationship between primary care doctors and patients, it

feels a lot more like it should. I call it "New, Old-fashioned" medicine. I am able to spend more time with each patient, call them myself about results and problems, and see them quickly if needed. I still refer them to specialists, but I am able to do so with a personal handoff. Overall, the result is that patients feel the connection between us, and they also feel in-control of their care again. Many people think Direct Primary Care or Concierge Medicine is only for rich people or sick people, but it's really for people who are tired of feeling like a number. I am pleasantly surprised that very young people sign up for my services, because they see the value in having their doctor very accountable to them and their time.

Please give us a short story about how your specialty has helped the Community.

I am glad that people may start to have options again for primary care. Everyone should be able to choose the kind of care they want, not to have it dictated to them by their insurance coverage. DPC physicians are accountable to their patients only, not a system or a bottom-line. If my patient needs to be scheduled for an hour-long visit, or to be seen



in their home, I am happy to do that without charging extra. People are so happy to see the return of the home visit by a trained physician. I'm not too young to know who "Marcus Welby, MD" was, and patients get a kick out of seeing me on their doorstep.

The data shows that good primary care by physicians saves money and lives. I have respect for my specialist colleagues and their expertise, but my expertise is my patient. Being in a solo-practice means the buck stops here, which is the way I always viewed my care. I am humbled by the trust my patients put into our relationship. I work hard every day to earn it.

What are your future plans?

Keep growing and doing good work! I opened in May of this year and so far, have exceeded our benchmark for enrollment. Staying small is one of the things that makes this type of practice special, so my plans are to grow smartly and continue to provide accountable care.

What is your philosophy on business and life and what recommendations can you share with the community?

I recently returned to my residency to speak to the young physicians in training. I told them several key points. 1. Know your value. 2. Work like you own the place, because one day you may. 3. Your name is your brand-protect it! 4. Love your patients and give them your heart. 5. Create a circle of support from your fellow physicians and community.

My favorite part of family medicine is that I think I often gain as much from my relationship with the patient as I feel they get from me. I have been the recipient of so much love and wisdom from them- Parenting and marriage advise, hopes and regrets in life... these are special bonds that this field has allowed me to make. My philosophy? "Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." - Buddha. ❖

For any questions about our services, please call Dr. Leighan Talton, DO at: 772.283.1200, or visit Whole Life Direct Primary Care: 1001 SE Monterrey Commons Blvd. Suite 100, Stuart, FL 34996.



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Celebrate National Nurses Week!

May 6-12, 2019 is National Nurses Week. iCare Magazine would like to salute those men and women who rarely get the respect and recognition they truly deserve.

WHAT IS NURSING? WHAT DOES A NURSE DO?

Nursing includes a range of specialties and definitions that vary from country to country. Broadly speaking, a nurse is a person who has formally been educated and trained in the care of the sick or disabled. Nursing also includes several other fields of medicine, including the prevention of disease, caring for and monitoring as well as advising pregnant women, etc.

According to the International Council of Nurses:

“Nursing encompasses autonomous and collaborative care of individuals of all ages, families, groups and communities, sick or well and in all settings. Nursing includes the promotion of health, prevention of illness, and the care of ill, disabled and dying people. Advocacy, promotion of a safe environment, research, participation in shaping health policy and in patient and health systems management, and education are also key nursing roles.”

Some agencies highlight the duty of nurses to assist individuals in performing activities that contribute to health, recovery, or peaceful death, that the patients would perform if they had the strength, will, or knowledge required.

Nurses strive to achieve the best possible quality of life for their patients, regardless of disease or disability.

Nurses use clinical judgment to protect, promote, and optimize health, prevent illness and injury, alleviate suffering, and

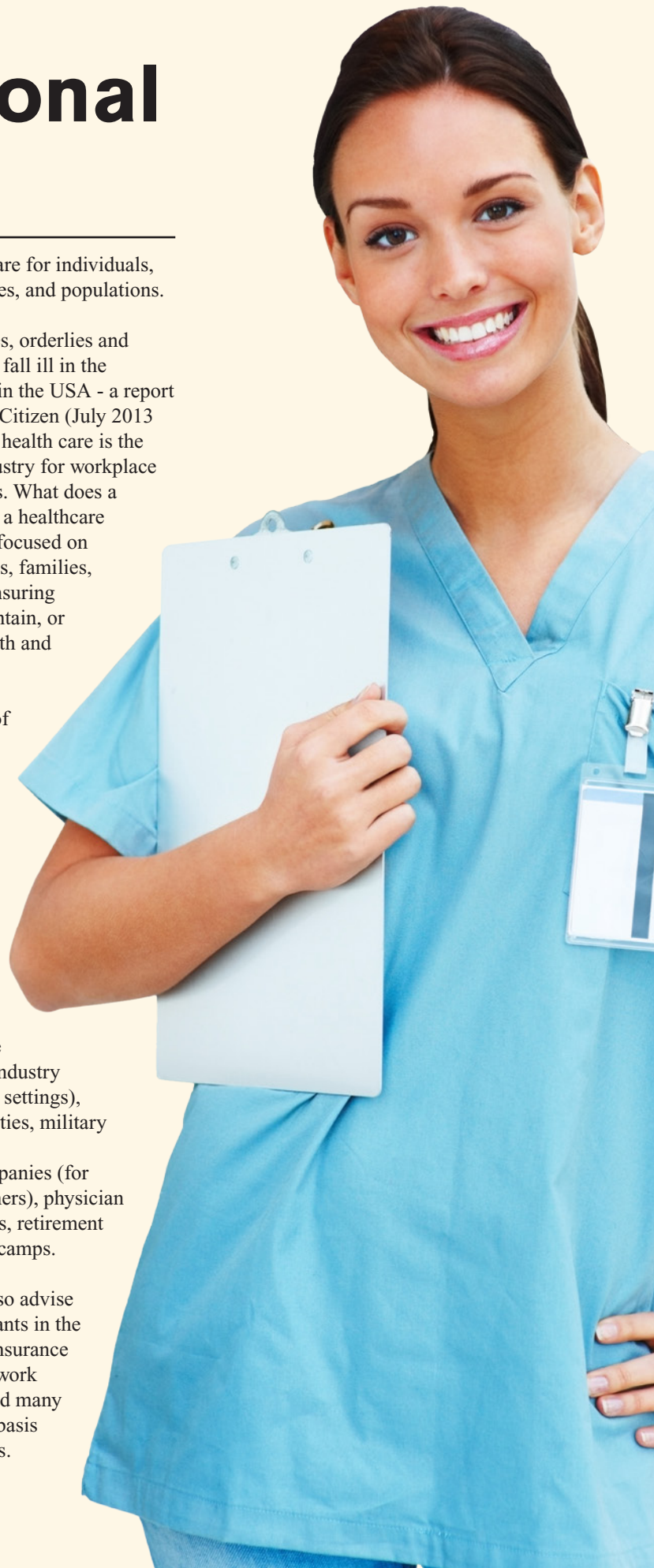
advocate in health care for individuals, families, communities, and populations.

653,000 nurses, aides, orderlies and others are injured or fall ill in the workplace annually in the USA - a report published by Public Citizen (July 2013 issue) informed that health care is the most dangerous industry for workplace injuries and illnesses. What does a nurse do? A nurse is a healthcare professional who is focused on caring for individuals, families, and communities, ensuring that they attain, maintain, or recover optimal health and functioning.

Nurses are capable of assessing, planning, implementing, and evaluating care independently of physicians, and they provide support from basic triage to emergency surgery.

Nurses may practice in: clinics, cruise ships, hospice facilities, hospitals industry (occupational health settings), long-term care facilities, military facilities pharmaceutical companies (for example, as researchers), physician offices private homes, retirement homes, schools and camps.

Some nurses may also advise and work as consultants in the healthcare, legal or insurance sectors. Nurses can work full- or part-time, and many work on a per diem basis or as traveling nurses.



What are the different types of nurses? The formal classification for nurses differs from country to country.

In the United States:

Nurses can be broadly classified as: licensed practical nurses (LPNs), registered nurses (RNs) or advanced practice nurses (APNs)

Licensed Practical Nurses (LPNs) - usually have 18 months to two years of training and must pass state or national boards to renew their license. These nurses perform both simple and complex medical procedures, but they must operate under the supervision of a RN or physician.

LPNs can administer most medications, take measurements, keep records, perform emergency life-saving techniques like CPR, and administer basic care.

Registered nurses (RNs) - have a diploma, associates, or bachelor's degree in nursing, many hours of clinical experience, and they must pass state board examinations before earning the title of registered nurse. These nurses often supervise LPNs, orderlies, and nursing assistants.

RNs provide direct care and make decisions on the care required for healthy, ill, or injured people. They provide scientific, psychological, and technological knowledge in the care of patients and families in several health care settings.

Advanced practice nurses (APNs) - are RNs with advanced education, knowledge, skills, and scope of practice. These professionals usually possess an advanced degree in nursing and have additional qualifications.

As certified nurse midwives (CNM), nurse practitioners (NP), clinical nurse specialists (CNS) or certified registered nurse anesthetists (CRNA), APNs perform primary health care, provide mental health services, diagnose and prescribe, carry out research, and teach the public and other medical professionals. ♦

What Your Job Can Do to Your Heart

By DR. MICHAEL ROIZEN, MD



The funny thing about your heart not being in your job is that your job finds a way to affect your heart anyway. When researchers looked at men who felt unfairly treated at work, those who kept their feelings inside had more than twice the risk of a heart attack as those who coped in other ways.

We're not recommending that you yell at your boss or kick any dogs. Instead, find strategies that dissipate the anger. Don't wait. Anger and hostility can also cause high blood pressure and constrict your blood vessels, which can lead to problems, including impotence. (More than one-quarter of U.S. adults have prehypertension.

If you're unable to tackle the problems with your manager, your HR department, or your colleagues, at least try these anger-management tools:

Do the opposite. Instead of swearing at someone who cuts you off, consider that there might be a reason -- maybe he just got a call that his wife is in labor. Don't use that finger; empathize with the poor guy about the 24,619 diapers he is going to have to change.

Choose smart words. Steer clear of words like "never" or "always." Statements like "This machine never works!" or "You're always forgetting things!" not only are inaccurate but also make you feel that your anger is justified because there's no way to solve the problem.

Get real with your expectations. Don't blame yourself for things that are out of your control, and don't blame your boss for things that are out of her control. ♦

Quiz: Breast Cancer Basics - 20 Questions cont.

7. True or false: It is not possible to get invasive breast cancer after being diagnosed with DCIS.
☐ True
☐ False
8. True or false: Most women who develop breast cancer have a family history of the disease.
☐ True
☐ False
9. Besides a family history, what else is considered a risk factor for breast cancer?
☐ High bone density
☐ Having your first child after age 35
☐ Being younger than 12 at the first time of your period
☐ None of the above
10. Which of the following does not increase your risk of breast cancer?
☐ Breastfeeding
☐ Miscarriage
☐ Age of menopause
☐ None of the above are risk factors for breast cancer.
11. Walking how many minutes a day can lower your risk of breast cancer?
☐ 20 minutes
☐ 40 minutes
☐ 60 minutes
12. Which of the following increases breast cancer risk?
☐ Gaining weight after 18
☐ Gaining weight after menopause
☐ Both 1 and 2 are correct
☐ None of the above
13. What foods are known to reduce breast cancer risk?
☐ Cruciferous veggies
☐ Citrus fruits
☐ Whole grains
☐ All of the above
14. Moderate physical activity can reduce breast cancer risk by ____ percent.
☐ 10%
☐ 20%
☐ More than 40%
15. What is the best way to do a self-exam?
☐ Standing up
☐ Lying down
16. At what age should a woman begin getting yearly mammogram screenings?
☐ 35
☐ 40
☐ 55
☐ It depends
17. How likely is a woman to develop breast cancer if she carries a mutated BRCA1 or BRCA2 gene?
☐ 10 to 62 percent
☐ 20 to 76 percent
☐ 30 to 85 percent
18. Which of the following tests may be beneficial for women with dense breasts?
☐ MRI
☐ Ultrasound
☐ Digital mammography
☐ All of the above
19. True or false: All breast cancer patients will need surgery.
☐ True
☐ False
20. Which of the following is true of a cyst?
☐ Typically is non cancerous
☐ Increases your chance of getting breast cancer in the future
☐ Is more common in women in their 20s

Answers on page 30

Fat Loss! cont.

10-seconds-off. Tabata training is not only a great way get a better body fast, but it will also significantly boost your metabolism and improve both your aerobic and anaerobic (sprint-style) cardiovascular and muscular endurance.

In fact, in Dr. Tabata's 1996 study, published in the journal of Medicine & Science in Sports & Exercise, subjects improved their fitness by 28% after just 6 weeks of training, with 5 days of Tabata sets each week. I've also written an article about how even extreme athletes can benefit by including Tabata sets and high intensity interval training in their training routine.

The 8-Minute Fat Loss Workout

Now, are you ready for the Get-Fit Guy spin on the classic Tabata set? Here's how it goes:

Step #1: Begin your workout with a single 4-minute Tabata set that "warms up" your entire body and works nearly every muscle group. This can be accomplished with exercises such as burpees, squat to overhead press, or dumbbell walking lunges. The key is to burn as many calories and work as many muscles as possible in that short 4-minute time frame.

Step #2: After you've finished that first Tabata set, take a breather if you need it (which you probably will if this is your first experience with Tabata training!). Rest for 1-2 minutes. Then, as soon as you're ready, do another Tabata set, but this time, focus on the one trouble spot that you really want to work.

For example, in Step 2, you could do:

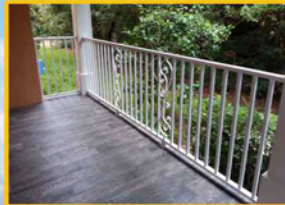
- Narrow-grip push-ups to work the back of your arms (triceps)
- Overhead presses to work your shoulders
- Mountain climbers to get a flat stomach
- High step-ups to work your butt
- Dumbbell incline chest presses to work your upper chest

The list goes on and on, but you get the idea. That second set is your chance to laser target a specific area you want to change on your body. The key to "spot reducing" a specific body part is to not simply work that body part, but to also incorporate in the same workout some kind of exercise that burns lots of calories and works lots of muscles. And that is why this potent one-two combo is so effective!

Of course, if you have more than 8 minutes to spare and you want even better results, I'd recommend you include a good warm-up and cool-down into your workout. ♦

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Seasonal Allergies and Seniors

While we all look forward to the more pleasant weather that marks the beginning of spring, for many individuals, the enjoyable climate comes with a price in the form of seasonal allergies. Sadly, even if you have never experienced seasonal allergies before, you cannot assume you are immune to them.

Doctors state that allergies can develop at any age, and although it's not known exactly why, the prevalence of adult-onset allergies in the United States is increasing. One theory is that repeated exposure to certain allergens can actually increase sensitivity over time, rather than decrease it as one might think.

For senior citizens, it is especially important to look for the signs that come with seasonal allergies. These include sneezing, runny nose, congestion, and itchy and/or watery eyes. If you notice them, speak to your doctor right away, as allergy symptoms can be particularly dangerous to seniors with cardiovascular issues. Additionally, a doctor will be able to recommend treatments other than antihistamines, which may not be recommended for seniors due to the potential side effects.

Regardless if allergies are familiar to you or something you are experiencing for the first time, the following tips can help get you through allergy season more smoothly.

- Nutritionists believe that by eating foods known to fight inflammation, you can decrease some of your allergy symptoms. These foods include apples, flax seed, ginger, leafy greens, walnuts, and anything high in Vitamin C.
- Use online weather sites to monitor pollen levels, and plan outdoor activities for days when the pollen counts are projected to be at their lowest.
- Although you will be tempted, you should avoid opening your windows during allergy season, as it will increase the amount of pollen and mold entering your home or vehicle. Use your air conditioning instead.
- If you are someone who likes to hang your clothes outside to dry on a line, revert back to using your clothes dryer during allergy season. Unfortunately, if you leave your clothes outside to dry, they can soak up pollen, ragweed, and other airborne allergens like a sponge.
- Wash your hands after being outdoors. When you come inside after an extended period of time outdoors, take a shower to wash the pollen out of your hair and change into fresh clothes. This will prevent pollen from spreading around your home. Wear sunglasses when you are outdoors to keep pollen and other airborne irritants out of your eyes. ♦



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Experience Works operates the **Corporation of National and Community Service** funded program in St Lucie County. A part of Senior Corps, RSVP is America's largest volunteer network for people 55 and older, with more than 300,000 volunteers impacting communities nationwide. RSVP volunteers choose where they want to volunteer, along with the type of work and number of hours. They also receive insurance for the time they are volunteering and are recognized for their service through annual volunteer appreciation luncheons.

To volunteer with RSVP, call 772-249-3206 or visit www.nationalservice.gov/seniorcorps.

WEDNESDAYS: BINGO at the Council Hall at the Knights of Columbus, 4PM

Doors open 4PM, game begins at 6:30PM. Food and drinks are available for purchase or bring your own snacks! Call 772-878-7514 for more information. 451 SW Ravenswood Lane, Port St Lucie

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FRIDAYS: BINGO at the Council Hall at the Knights of Columbus, 4PM

Doors open 4PM, game begins at 6:30PM. Food and drinks are available for purchase or bring your own snacks! Call 772-878-7514 for more information. 451 SW Ravenswood Lane, Port St Lucie

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Reasons Why Your Home Is Not Selling!

You've listed your home in the market and nothing is happening: not a single showing, not a single offer. There are many reasons why your home isn't selling which can range from your pricing to your photos or even your real estate agent.

In this article, we isolate the problem and find answers to this often urgent question, 'why is my home not selling?'

1. You Priced It Too High

Today's home buyers are informed. They do research online, they keep up with home prices, and they know when a house is overpriced. Buyers are generally not going to be wasting their time viewing an overpriced home. They value their time and their house hunting starts from home (or more precisely, at work) on the internet!

Even if you do manage to fool them into coming to view your house with either crafty descriptions and exaggerated photography, and they find it's not

what they expected, they'll feel deceived and won't make an offer.

Buyers usually know, even better than sellers, why a home isn't selling. When pricing a home, a smart seller will try to think like an informed buyer, thus avoiding false (and often emotional) price justifications.

Solution: Make sure that you and your agent are aware of the value of the home in the market so you can price it accordingly.

2. Your Home isn't Up to Par

The fastest way to turn away a potential buyer is to leave your home in poor condition with obvious signs of deferred maintenance.

What are the signs of deferred maintenance?

Stained ceilings, missing roof shingles, uneven flooring, cracks in the walls, and dry rot are all common signs of a home that has been neglected. These issues are big red flags and you better believe they'll quickly turn away a potential buyer.

Solution: If your goal is to sell a home quickly and for asking price, you may want to make sure it is in the best condition without deferred maintenance – and not just base the price on square footage. Buyers are looking for value for their money. There are some home improvements which will bring a seller a good return on investment and encourage buyers to pay a good price.

3. Noxious Odors in the Home

People quickly develop impressions of a property when they first get their sights on the home.

Unpleasant odors will turn off a potential buyer.

Most of us only think of cigarette smoke when unpleasant odors are mentioned, but there are so many other things to look at including:

- Spicy foods
- Old carpets
- Old furniture
- Pet hairs and their bedding odor



All of these items have the potential to trap bad odor and retain them for a long time.

Solution: Thankfully, the odors can be eliminated with a little bit of cleaning and some quick use of Google. A great way to know whether the smells are gone for sure is to have a few unbiased people come into your home for a 'smell test.' Be cautious about scented candles to cover up odors as they can be equally as offensive as other odors that exist.

4. Your Listing Photos are Lacking

It's said that one picture is worth a thousand words- and the same applies in real estate. In fact, 90% of buyers make a decision on whether to view a house just by taking a quick look at the listing photos.

If there are very few photos or no photos at all, or if the photos aren't good enough, potential buyers will move on to the next listing. According to Multiple Listing Service, homes with few or poor photos

are bypassed, while homes with numerous, good-quality photos get noticed.

Solution: Take quality, professional photos; where neither you or the camera or the flash is visible. Utilize wide-angle lenses for interior shots. Use plenty of light showing off every room's best features. And if you're not a skilled photographer, enlist the services of a professional.

5. The Home Has Too Many Days on the Market

Potential buyers often ask how long a property has been in the market. They then use this information to compare the property with other nearby homes in the area. A home that has excessive days on the market often avoided by most prospects.

Solution: if your home has spent too many days on the market without many showings or offers, this is the time to have a serious talk with your agent. It's time to either adjust the price. Also,



discuss the marketing strategy with the agent to ensure there is plenty of internet marketing.

Takeaway

It can be extremely frustrating for a home to sit on the market without any offers. Now, is the time to take a step back and consider every aspect from the eyes of an informed buyer. This is the best way to know why your home selling efforts aren't fruitful and are able to fix the problems early on. ♦



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HELP YOUR CHILD BUILD EXCELLENT CREDIT BEFORE GRADUATION

By MICHELLE GIBSON

When I was 21 I went to buy a car and couldn't get financing. Not because I had bad credit, but because I had no credit at all. Up until that point in my life I paid cash for everything. I had no clue no credit would prevent me from getting any type of loan. I assumed everyone started with good credit and either improved it or destroyed it.

So when I had children one of my many goals was to teach them about finances and help them build excellent credit before graduating high school. The last thing I wanted was for my children to start their adult life in debt with poor credit because once that hole is dug it's not easy to get out of it. Our oldest son had excellent credit by the time he graduated high school and I'm confident our younger one will too. Here's how we did it.

Teaching children financial responsibility starts at a young age. It sounds cliché, but a lot of kids think money grows on trees and there's a never-ending supply. My children truly didn't understand the value of a dollar until we made them spend their own money to buy things they wanted.

One of my children could spend every dime he had while the other would buy something and before getting to the car wanted to return it. No matter if you have a spender or a saver you need to start teaching them the difference between "needs" and "wants." Yes, technically it's their money, but this is where parents need to step in and teach their children how to make good financial decisions.

2. Odd Jobs

We never gave our children an allowance, but we did have them do odd jobs for money. From pulling weeds to painting a room, whatever was age appropriate at

the time. We also always set a budget of how much we would spend on the things they needed. If they wanted something over the budget they had to cover the difference. Once they were old enough to get a job they did. Even if it's only one or two days a week for a few hours it teaches responsibility.

3. Open a Savings Account

Once they start saving money it's time to open up a savings account and deposit their money. This is where they learn how to deposit money, withdraw money and balance a checkbook. We opened up a student virtual wallet account for our children through PNC and it has three categories; spend, reserve and growth. I love the categories and it's one more way to teach children about financial responsibility and how to manage their money. If they're saving for something specific they can deposit money into their spend account and if they want to save they can deposit it into their growth account, which pays interest.

4. Authorized User

I never thought about adding my children as authorized users on our credit cards, but one of my clients recommended it. This alone started establishing credit for both of my children. By the time my oldest graduated high school his credit score wasn't just good, it was excellent solely because he was an authorized user on two of our credit cards.

Now, you'll only want to consider this option if you have great credit. If your credit isn't great it could negatively impact an authorized user's credit. Also,



keep in mind the cardholder is responsible for all charges. So if your child is an authorized user and you decide to give them the card, you'll be responsible for any charges they make.

5. Open a Credit Card

Once they are old enough it's time for them to open up a credit card in their name. Odds are they won't have to look far because they'll start to receive countless credit applications in the mail. This too was another teachable moment that we discussed with our son. There are four main factors we looked at; fees, interest rate, limit and rewards. For me the interest rate is irrelevant because they should never be accumulating debt, but fees and rewards do matter. There are a lot of credit cards out there with no fees, but great cashback rewards.

Final Thoughts

As I Realtor I have seen countless people get denied for a mortgage. The sad part is a majority of them thought they had good credit, turned out they didn't. Had these people been taught about financial responsibility and improving their credit the outcome may have been different.

This is why it's so important we teach our children financial responsibility at a young age and keep teaching them into adulthood. No two children are alike, so you may have to tailor how you teach financial responsibility, but it can and should be done. ♦

A Mother's Love cont.

ENDURING THE TORMENT AND CRUCIFICTION OF HER SON IS UNIMAGINABLE. (GOD?... DIDN'T YOU SAY MY SON WAS TO BE A KING AND REIGN FOREVER?)-That is the bit in my hearth in parenthesis.

MARY KEPT HER HEART TUNED WITH THE HOLY SPIRIT. We can see this at the time Jesus launched His Ministry of Miracles. Jesus first miracle started with Mary's command to the servants: "Do whatever he says".

John 2:5

DURING ALL THESE TIMES, MARY KNEW HOW TO KEEP ALL HER SIBLINGS TOGETHER (*Mark 6:33*). I KNOW IT BECAUSE I SEE HER TAKING SMALL VACATIONS WITH ALL HER FAMILY (*John 2:12*) AND THEN ALL TOGETHER WAITING TO BE FILLED WITH THE HOLY SPIRIT IN OBEDIENCE TO JESUS' COMMAND TO ALL FOLLOWERS.

"Do not leave Jerusalem. Wait for what the Father has promised. You heard Me speak of this. For John the Baptist baptized with water but in a few days, you will be baptized with the Holy Spirit." *Acts 2:4,5 Jesus*

"These all continued with one accord in prayer and supplication, with the women and Mary the mother of Jesus, and with His brothers". *Acts 1:14*

ACCEPTING OUR FREE REDEMPTION BY GRACE AND BEING FILL WITH THE HOLY SPIRIT IS A NATURAL SEQUENCE FOR ALL FOLLOWERS IN ORDER TO BE ABLE TO FULLFIL OUR OWN PERSONAL CALL. WHICH CALL? NO ONE LEFT BEHIND! THAT IS GOD'S HEART BIT!

"It pleases God Who is the One Who saves. He wants all people to be saved from the punishment of sin. He wants them to come to know the truth. There is one God. There is one Man standing between God and men. That Man is Christ Jesus. He gave His life for all men so they could go free and not be held by the power of sin." *1 Timothy 2:3-6*

FOLLOW MARY'S EXAMPLE AND DO WHAT JESUS TELLS YOU TO DO!

Pray in faith and obedience: Lord, I do believe that Jesus of Nazareth took my place in the Cross. Lord, I am sorry for all my bad choices, please forgive me. I believe Jesus was raised on the third day for my justification.

Jesus, I receive you as my Lord and Savior. Your Holy blood cleanses me right now and God gives me a new heart and eternal life. Now my name is written in the book of life, guaranteed by the following written law:

"That if you confess with your mouth the Lord Jesus and believe in your

heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation" *Romans 10:9-10*

If you made this prayer, email me at: icarepublications@gmail.com. I would love to share your joy and send you material for balanced growth in the grace of the Lord. Also, send this letter to anyone you know as a testimony of your faith. ♦

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Margot Graff
Executive Director

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Family in the historic East Stuart community. The family is already contributing to Habitat's sweat equity requirement of 300 volunteer hours. They will purchase the home with a no-interest, 30-year loan from Habitat for Humanity of Martin County and their monthly mortgage payments to the organization will be used to build more Habitat.

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The 2019 Habitat for Humanity of Martin County Women Build home will be built with the Krumfolz

FLEA AND TICK SEASON IS HERE HOW TO BE PREPARED!

By JACOB OLESEN



Most gardening buffs look forward to spring and summer when the weather turns warmer and flowers bloom aplenty. However, to a dog or cat owner, these warmer months also spell the advent of flea and tick season. During this period, many tiny parasites appear into one's home and torture not just the pets but humans as well.

In this guide, we will study how timely preparation can help you protect your

beloved pets during the flea and tick season. A bit of prevention can go a long way in keeping your pets safe and healthy.

How to prepare for the flea season

Fleas and ticks are often hard to prevent and control, especially since they are able to thwart even the most professional methods and efforts of pest control. Additionally, and rather unfortunately, we humans are directly responsible for bringing these tiny pests inside our homes,

mainly during the flea and tick season. We unknowingly create an environment that is conducive to the growth and well being of these parasites.

People in urban areas often wonder how their pets acquire fleas despite not being in contact with other animals. The answer lies in the fact that owners are usually walking the pet near tall grasses, weeds, trees etc. These trails/areas are invariably swarming with fleas and ticks and often the city public park maintenance is not up

to required standards. The grass is rarely mowed or trimmed to a proper height. All this leads pets to be infested with fleas, ticks and other parasites. Therefore, it is essential for pet owners to provide clean, well maintained and hygienic surroundings for their pet, especially during the beginning of tick and flea season.

Let us look at some important ways of achieving this:

- Refuse and garbage areas must be sealed, tightly shut and kept as clean as possible. This will limit wild animals from inhabiting these areas, so that there is lesser likelihood of them bringing in fleas and ticks.
- Bird baths and feeders also bring in ticks and fleas during the flea season. Try and limit these visitors in your yard and prevent them from sharing your pet's food or water.
- Lawns, trees and bushes must be well-trimmed. Garden fences may be used for limiting the pets' access to the garden areas.
- There are many flea and tick preventing solutions and sprays available for outdoor usage. An example is the beneficial nematodes solution that can be sprayed around the garden to prevent fleas and ticks during the season.

- If you pet is housed inside dog houses/kennels, make sure you clean these from time to time as these can be breeding grounds for parasites. Inside your home too, make use of diatomaceous earth powder or Borax powder on carpets, rugs and pet bedding to kill fleas, eggs and larvae.
- As per your vet's advice, do use flea/tick shampoos, drops, powders or pills for the pets before the flea and tick season arrives, as these can also help prevent many parasitic infestations.

Spot-on flea and tick prevention

Another important part of preparation for the flea and tick season includes spot-on application for pets using preventive medications. Here are a few guidelines and safety precautions to follow when using these during the flea and tick season.

- Talk to your vet about using a product that offers both flea and tick prevention (like Frontline).
- Do not use products meant for dogs on cats and vice-a-versa as some of these can be downright harmful to the other species.

- Follow the label instructions on the products and use the right quantity based on the weight of the animal.
- Use the product weekly/daily/monthly during the flea season, as mentioned on the product label or by your vet.
- If your pet is sick, pregnant, lactating, old or diseased, talk to your vet about usage of the right preventive spot on treatment.
- Watch your pet closely especially if it is your first time using such products. Generally, hypersalivation is a common side effect, but if your pet starts to vomit or seems unusually lethargic or anxious, wash off the product immediately and seek veterinary help.
- If you have multiple pets, apply the product on both. Keep the pets separated for a few hours or until the product dries, else they might accidentally groom each other and ingest the product.

Remember: flea season usually peaks during the warmer months whereas some species of ticks can be found all-year round, depending on where you live. Therefore, it is best to use preventative flea and tick products right at the beginning of the flea season or as per the guidance and advice of a vet. ♦

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Happy
Mother's
Day! From
Marina,
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Cooper

Quiz: Answers

1. True

This is true. There are some situations where there are no physical symptoms and the breast cancer is detected by a mammogram. However, if you experience a lump in the breast, thickening of the breast skin, rash or redness of the breast, breast swelling, new onset of breast pain, dimpling around the nipple or on the breast skin, nipple discharge or lumps in the underarm area, talk to your doctor.

2. 10 Years

Tumors in the breast can grow slowly. In some cases, by the time a tumor is large enough to feel, it may have been growing for as long as 10 years. However, some tumors are more aggressive (and grow more rapidly) than others.

3. Invasive Breast Cancer

It's important to know the difference between invasive cancer and non-invasive cancer (ductal carcinoma in situ). While stage 1 of invasive breast cancer is confined to the breast, stage 2 occurs when abnormal cells inside the ducts or lobules break out into nearby breast tissue, allowing the breast cancer cells to spread to the lymph nodes. DCIS is when abnormal cells grow inside the milk ducts, but have not spread to nearby tissue.

4. 98%

The five-year survival rate for breast cancer that is caught before it spreads beyond the breast is now 98 percent. That's why it's crucial to have regular breast self-exams and annual mammograms.

5. None of the above

Despite Internet rumors, none of the above have been proven to cause breast cancer.

6. Between ages 60 and 70

Breast cancer in men is rare (about 1 percent of all breast cancer cases), but it does happen. Getting older increases the risk of male breast cancer, and typically is detected in men between ages 60 and 70. Other risk factors include men with Klinefelter's syndrome, the BRCA2 gene mutation, alcohol problems, liver disease and obesity.

7. False

This is false. After treatment for DCIS, there is still a chance for invasive breast cancer to develop. The risk is higher with lumpectomy plus radiation than with a mastectomy.

8. False

This is false. Most women who get breast cancer have no family history of the disease. However, a woman whose immediate family had breast cancer does have an increased risk.

9. All of the above

All are risk factors for breast cancer. Other risk factors include, getting older, a personal history of breast or ovarian cancer, having a previous biopsy showing hyperplasia, never having children, current or recent use of birth control pills, starting menopause after age 55 and being overweight after menopause or gaining weight as an adult.

10. Miscarriage

Using hair dye, having an abortion or miscarriage or getting breast implants do not increase your risk of breast cancer.

11. 20 minutes

In one Los Angeles study, women who did any physical activity such as walking for just 20 minutes a day had a 38 percent lowered risk of early stage breast cancer.

12. Both 1 and 2 are correct

Weight gain during adulthood increases the risk of breast cancer. One study found that women who gained 55 pounds or more after age 18 had nearly 50 percent greater risk of breast cancer, and a 22 pounds or more weight gain after menopause increased breast cancer risk by nearly 18 percent.

13. All of the above

All of the above. Cruciferous and dark, leafy green vegetables such as spinach, broccoli, cauliflower and Brussels sprouts; fruits -- especially citrus, berries and cherries; whole grains; beans and legumes can all reduce breast cancer risk.

14. More than 40%

A study published in the March 2009 issue of the Journal of Sports Sciences showed that moderate or vigorous exercise reduced breast cancer risk by 44 percent. Another study says that moderate exercise decreased the risk of breast cancer recurrence, progression or development of a new primary cancer.

15. Lying down

A proper self-exam is done lying down instead of standing up. When lying down, the breast tissue spreads evenly over the chest wall and is as thin as possible, making it easier to feel all of the breast tissue. Lie down on your back, place the right arm behind your head. Use the finger pads of the three middle fingers of your left hand to feel for lumps in the right breast, using overlapping dime-sized circular motions to feel the breast tissue.

16. It depends

Mammograms are the most effective breast cancer screening tools today. According to the American Cancer Society, annual mammogram screenings are optional for women ages 40-44, and should be performed yearly during the ages of 45-54, then every other year after 55.

17. 30 to 85 percent

About 5 percent of all breast cancer cases occur in women under age 40. Women who carry the mutated BRCA1 or BRCA2 gene may have a 30-to 85-percent chance of developing breast cancer in their lifetime. Women with a high risk of breast cancer should talk to their doctor about genetic testing, screening tests or risk reduction options.

18. All of the above.

Women with high breast density are up to five times more likely to get breast cancer than women with low breast density. Regular film mammography may miss cancers in these women, so ultrasound, MRI and digital mammography may be used to find hard-to-spot cancers. If you have dense breasts, ask your doctor which tests may be right for you.

19. True

This is true. The stage of breast cancer will determine the treatment, but all breast cancer stages include either a lumpectomy or more extensive surgery such as a mastectomy.

20. Typically not cancerous

A cyst, a fluid-filled sac that feels like a lump or a tender spot, is most often found in women ages 30 to 50 and/or in postmenopausal women taking hormones and is typically not cancerous. A cyst doesn't increase your chance of getting breast cancer in the future.

15 WAYS cont.

6. Do Zumba or another workout plan together every day.

7. Have your child meet you at the park after work each day for a few rounds of basketball.

8. Get a pass to the local public swimming pool. Encourage your children to head up to the pool by mid-morning to avoid the heat and the crowds.

More Ideas

9. Have your child write a story over the summer months.

10. Host a sprinkler party with the neighborhood kids.

11. Work with a neighborhood organization or nursing home to do service work together as a family. Community service is a great way to keep your child active while also learning valuable lessons in philanthropy and humility.

12. Encourage your teens to get a part-time summer job or volunteer at the library, rec center or church. They will learn time management and financial responsibility.

13. Do a home improvement project together. You and your kids can paint a bedroom wall, repurpose old furniture or plant a garden.

14. Take a cooking class together. Some are designed for children as young as 10.

15. Tour the area museums. Forbes.com featured the top 12 best children's museums in the U.S. Plan a day trip (or longer) to some of them this summer. Most museums offer a free admission time, such as Wednesday nights or the first Friday of every month.

The best thing you can do for your kids this summer is spend time with them. The bonding, activities and relaxation will be good for them, and for you. ♦





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