Prevent colds and flu before they start

Cold weather can be a factor in the spread of colds and the flu. Cold temperatures can make a person’s susceptibility to flu and cold, and so it’s no surprise that the holiday season, when many people spend lots of time celebrating indoors with family and friends, marks the unofficial start to cold and flu season. Despite what Mom might have told you about going out into the cold with a wet head or leaving home without wearing a coat, such actions do not increase your risk for cold and flu. But being cooped up indoors, where germs from others who are sick can fester, can increase the risk for cold and flu. Despite what Mom might have told you about going out into the cold with a wet head or leaving home without wearing a coat, such actions do not increase your risk for cold and flu. But being cooped up indoors, where germs from others who are sick can fester, can increase the risk for cold and flu. Cold weather also can be a factor, but not for the reason you think. According to a 2007 study from researchers at Mount Sinai School of Medicine, the influenza virus is more stable and can stay in the air longer when the air is cold and dry. Dr. Peter Palese, a flu researcher who is professor and chair-man of the school’s virology department, examined guinea pigs infected with the flu virus to determine the connection between the flu and cold weather. Dr. Palese varied the air temperature and humidity in the guinea pig’s environment and determined that flu transmission was best at 41 F, while the prevalence of transmission declined as the temperature rose. By the time temperatures reached 86 F, the virus was not transmitted at all. Low humidity also helped transmit the virus, and high humidity stopped the spread. Flu viruses spread through the air as water droplets expelled from sick individuals’ noses and mouths. High humidity may cause these droplets to fall to the ground before they can infect someone else. Colds are largely transmitted through surface contact with the virus or direct contact with a sick individual. The cold virus is then transmitted on the hands and typically transferred to the nose, eyes or mouth through inadvertent touch- ing of these areas. Spend- ing time indoors in close quarters with other people, which is more common in the winter, can facilitate the spread of colds as well as the flu virus.

There are many ways to reduce your risk of con- tacting a cold or the flu virus this winter. Perhaps no preventive measure is more effective than getting a flu shot. In addition, wash your hands frequently to prevent the spread of germs, and disinfect remote con- trols, computer keyboards, tablets, mobile phones, and other items that are handled by multiple people on any given day. In addition, spend as much time outdoors as possible so you can escape potentially contaminated indoor air. If you come down with the flu, increase the humid- ity in your home by running the shower with the door open, using a recreational aquarium or boiling pots of water. Maintain a warm in- door temperature to reduce the likelihood that the flu virus will spread.

Other ways to reduce your risk for cold and flu include:
- Maintaining a healthy diet
- Getting several minutes of sunlight per day
- Exercising regularly

How to encourage kids to take care of their teeth

Parents of young chil- dren know that getting kids to brush their teeth can sometimes feel like pulling teeth. Kids have a long his- tory of dislike of dental care, which can frustrate parents, who know the importance and long-lasting benefits of proper dental hygiene.

While many youngsters may never consciously run to the bathroom to brush their teeth, parents can try various approaches to get kids to embrace proper dental care.

Start early. Parents should not hesitate to begin cleaning kids’ teeth once the first tooth appears. The earlier dental care is part of a child’s routine, the more likely he or she is to accept it as part of everyday life. The American Academy of Pedi- atric Dentistry recommends using a soft-bristled brush with a small head. Ideally, use a toothbrush designed for infants, brushing teeth once per day at bedtime. The AAPD advises taking kids to visit a pediatric dentist when the first tooth appears, or no later than the child’s first birthday.

Make it a group ef- fort. Young children love to imitate their parents’ actions and behaviors, and moms and dads can use that admiration to their advantage when trying to get kids to brush their teeth. Brush teeth together as a family, making it seem like an en- joyable twice-daily activity. Sit-down on kids level and show them how to brush. If kids are resistant, engage them in conversation while brushing so they don’t even realize they’re cleaning their teeth.

Involves kids in choosing their dental care products. While parents should be mindful of the type of tooth- brush their children use, choose products that are recommended by their child’s pediatric dentist, as toothbrushes and toothpaste should be chosen with the specific needs of the child in mind. Kids might prefer a particu- lar flavor of toothpaste, and a colored toothbrush with a favorite film or television character might make kids more enthusiastic and less fussy about brushing.

Compliment kids after positive dental appoint- ments. When pediatric den- tist appointments go well, compliment children and express your pride in them for taking dental hygiene as seriously as they do.
the idea is to outline, not to outline. Thirty minutes of daily exercise can have a dramatic effect on your body. In fact, the older we are, the greater impact the improvement of physical, mental and emotional wellness can have on our lives. Good Samaritan Society offers a Continuum of Care providing the right service to meet your needs as and when they change.

Selecting the option to meet your needs can feel overwhelming as it often happens after a stressful event such as a fall, surgery or a rapid decline in health. It is much easier to make an informed decision when you're not under a lot of stress or feeling under a lot of pressure. Knowing stress to make a decision can feel overwhelming. It is much easier to make an informed decision when you're not under a lot of stress to make the decision quickly. Knowing stress to make a decision can feel overwhelming. It is much easier to make an informed decision when you're not under a lot of stress or feeling under a lot of pressure.

Independent Living is a great option when you want worry and stress free living. If you are considering making an independent living community decision we recommend that you start to review the options a couple of years before you plan on moving. It is much easier to make an informed decision when you're not under a lot of stress or feeling overwhelmed.

ASSISTED LIVING. Maybe you or your loved one has had a decline in health and you just need some extra help with your daily living tasks. This still provides independence but provides assistance where you need it so that you can continue to live safely and healthfully.

Post-Acute Rehabilitation: Perhaps you have had an injury, an unexpected illness or a surgery and you need therapists in a setting away from home for a temporary time. They will be careful and provide resources for you to be able to return home safely.

LONG TERM CARE: Provides care for you or your loved one when they need care for themselves due to injury and needing 24/7 nursing care. The community you choose should treat you or your loved one as an individual, someone with a unique story. You should feel confident that staff members have experience helping people with similar situations and will treat you with compassion and patience. Whatever you choose, you should choose or need that you should feel like you’re at home. You should feel loved, valued and at peace. Good Samaritan Society’s Life Plan or Independent Living can help you start the journey and help you make your best decision for your future.

Life is a publicly available option you return home safely. If you are considering making an independent living community decision we recommend that you start to review the options a couple of years before you plan on moving. It is much easier to make an informed decision when you're not under a lot of stress or feeling overwhelmed.

Arthritis linked to another condition

People who use dermato- 
logical products should not take the presence of joint aches and pains lightly, as the two things might be connected. The National Psoriasis Foundation notes that psoriasis can first speak to your dermatologist after reviewing your medical history. In chronic cases of psoriatic arthritis, the diagnosis is typically made by a rheumatologist. The American College of Rheumatology says that psoriatic arthritis typically affects the large joints, es- pecially the lower extremities, distal joints of the fingers and toes and the back and sacral joints of the pelvis. Early signs and symptoms, diagnosis and treatment of psoriatic arthritis are crucial for psoriatic arthritis. People who use der- matological products should not take the presence of joint aches and pains lightly, as the two things might be connected.

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- morning stiffness and stiffness;
- tenderness, pain and swelling over tendons;
- swollen fingers and toes;
- reduced range of motion;
- nail changes, including pitting, and
- redness and pain in the eyes.

Symptoms of psoriatic arthritis are similar to rheu- matoid arthritis, but can differ in a few ways. The NPF also offers a screening test negative. The diagnosis is typically made by a rheumatologist after reviewing your medical history. In chronic cases of psoriatic arthritis, the diagnosis is typically made by a rheumatologist. The American College of Rheumatology says that psoriatic arthritis typically affects the large joints, especially the lower extremities, distal joints of the fingers and toes and the back and sacral joints of the pelvis. Early signs and symptoms, diagnosis and treatment of psoriatic arthritis are crucial for psoriasis patients. NPF indicates that common symptoms of psoriatic arthritis include:

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Chicken soup is good for more than the soul

Cold season never seems to take a year off. Experts estimate that colds are so widespread that very few humans escape infection. Some people come down with colds more than once per year. That should not come as too great a surprise, as there are new thought to be more than 200 different strains of cold.

For the past 50 years, researchers studied two classes of viruses responsible for a total of roughly 100 different incarnations of the common cold. Two years ago, after development of molecular techniques to look at the viral genome, researchers studied two strains of cold.

The salt, steam, vegetables, soups fit the bill as well. Many commercially-made cold remedies contain immunity-boosting vegetables, such as carrots, onions, and mushrooms, which often are included in cold remedies. Chicken soup also contains onions and garlic, which are believed to have health-protecting qualities. Chicken soup may also contain anti-inflammatory compounds like carotenoids, lycopene, resveratrol, and phytochemicals that provide phytonutrients. According to the Horizons Health Network, immunity also works to create the movement of nasal mucus, helping to relieve nasal congestion. Cilia also help prevent contagions from getting into the body. The salt in foods also can help increase the production of mucus, helping to flush out secretions and congestion.

The salt and steam in the chicken soup can fight the cold virus. A study in the journal Chest found that chicken soup appears to inhibit microbial colonizers, which is the movement of certain immune cells to mucus membrane surfaces. As a result, mucus production is inhibited and cold symptoms are reduced.

Chicken soup is loaded with immune-boosting vegetables and other ingredients that provide phytonutrients. The American Cancer Society defines phytonutrients, or phytochemicals, as plant compounds like carotenoids, lycopene, resveratrol, and phytochemicals that are thought to have health-protection qualities. Chicken soup may also contain anti-inflammatory compounds like carotenoids, lycopene, resveratrol, and phytochemicals that are believed to have health-protecting qualities. Chicken soup may also contain anti-inflammatory compounds like carotenoids, lycopene, resveratrol, and phytochemicals that are thought to have health-protection qualities.

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Anemia and aging

Anemia is one of the most common blood disorders, affecting more than three million Americans, says the National Heart, Lung, and Blood Institute. The American Society of Hematology notes that anemia is characterized by insufficient levels of red blood cells in the blood. Anemia also occurs when red blood cells, which are responsible for carrying oxygen to the various organs and tissues throughout the body, are not functioning properly.

Very often the signs of anemia are overlooked or go untested until a blood test determines low hemoglobin (Hb) or hematocrit (HCT) concentrations. Some people discover they have anemia as they attempt to donate blood, at which time their red blood cell count is found to be inadequate. When the body lacks oxygen, any number of the following symptoms may be experienced:

- weakness
- dizziness
- fatigue
- shortness of breath
- fast or irregular heartbeat
- cold hands or feet
- heart palpitations
- shortness of breath
- pressure
- chest pain
- breathlessness

Frequently, existing disorders, such as chronic heart failure, are made worse by anemia. Uncommonly, anemia can also consider anemia as possible because of its presence can go undetected.

The American Academy of Family Physicians says that the most common causes of anemia are iron deficiency and vitamin B12 deficiency. Folic acid, gastrointestinal bleeding, and myelodysplasia are other causes of anemia. The main way to treat anemia is to discover its source and correct the outcome. For instance, a gas- troscopy should be performed to identify possible causes of anemia. Iron supplements may be prescribed. Methods for correcting anemia involve trial and error, and experimentation, especially when the source of the anemia is not discovered.

Anemia is a condition that can affect aging adults but does not need to be accepted as a natural consequence of aging. Correct diagnosis and treatment can mitigate symptoms.

When does toe walking become problematic in children?

According to the Mayo Clinic, toe walking may be a result of nerve, foot, or skeletal system. While the cause of toe walking varies, it is most commonly an isolated abnormality. However, those who exhibit other developmental delays or symptoms of neurologic abnormalities may require further testing. Toe walking is sometimes an isolated event of neurologic dysfunction or cerebellar ataxia.

According to the Mayo Clinic, toe walking is a common behavior in toddlers and can be a sign of autism or other neurological conditions. Naturally, parents may grow concerned if they see their toddlers repeatedly walking around on their toes. This may be an isolated incident or concern. Children sometimes walk on their toes beyond toddlerhood. Former toe walkers did so for one to two years before walking. Children still walk on their toes after age 5 only did so about 25 percent of the time.

The Mayo Clinic reassures that walking on the toes of the balls of the feet is fairly common for initial walkers. Many children naturally grow toe walking after age 5. However, some children continue to walk on the toes beyond toddlerhood. Valdishek says more than half of young children who toe walk will stop by age 5. Even these children may be completely healthy and developing normally. Toe walking may be a behavioral habit that is hard to be concerned about.

According to a study of 1,400 children in Sweden, nearly 5 percent of children had toe walked at some time. Former toe walkers did so for one to two years before walking. Naturally, parents may grow concerned if they see their toddlers repeatedly walking around on their toes.

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**The health benefits of avocados**

Food trends come and go. But one such trend that has seemingly enjoyed more staying power than other flavors of the month is avocado toast, a popular dish that might trace some of its staying power than other trends. Many trace the origins of avocado toast to Australia, though it’s hard for food historians to say with utmost certainty where the dish was first served.

Avocado toast might be as healthy as it is popular. Avocados boast a host of health benefits, some of which might surprise even the most ardent devotees of avocado toast.

Avocados are loaded with vitamins. According to the U.S. Department of Agriculture’s National Nutrient Database, avocados are a great source of numerous vitamins, including C, E, K, and B-6. Avocados also contain beta-carotene, which the body converts into vitamin A that promotes healthy skin and a strong immune system.

- **Avocados can benefit vision.** Avocados contain lutein and zeaxanthin, a pair of phytochemicals concentrated in the tissues in the eye. Lutein and zeaxanthin are believed to block blue light from reaching structures in the retina, thereby reducing a person’s risk of developing macular degeneration. In fact, studies published in the American Journal of Epidemiology, the American Journal of Ophthalmology and The Archives of Ophthalmology found that diets high in lutein and zeaxanthin are associated with a lower risk of macular degeneration. The American Macular Degeneration Foundation notes in the leading cause of vision loss in the United States.

- **Avocados can promote heart health.** Because they’re high in vitamin K, a nutrient that is crucial for bone health, avocados may help reduce a person’s risk of developing osteoporosis, a condition characterized by bones becoming fragrant and brittle due to loss of tissue. Vitamin K may help improve the intestinal absorption of calcium. That’s a significant benefit, as calcium deficiency has long been associated with a greater risk for osteoporosis.

- **Avocados may help fight depression.** Avocados are loaded with omega-3 fatty acids, which benefit the body in myriad ways. One of these ways is by helping to reduce the symptoms of depression. Polyunsaturated fats such as omega-3 fatty acids are thought to attenuate inflammatory cytokines that can contribute to feelings of depression. Trendy foods come and go, oftentimes falling off the radar when their health benefits are proven dubious. However, many people have had their eye doctors be the first to reveal the presence of their diabetes.

**Yearly eye exams can reveal more than just vision trouble**

More evidence points to the importance of routine eye exams, not only to pinpoint potential conditions of the eye, but also to serve as windows to diseases that affect the entire body. Now more than ever, it is essential to make and keep annual eye exams, as they can help to reveal the first signs of serious ailments.

Doctors from around the world say dozens of diseases—from common causes to arthritis to high blood pressure—can show symptoms in the eye. Under the watchful and knowing gaze of an ophthalmic professional, individuals can get early diagnosis and begin treatment promptly.

According to Dr. Roy Chinnick, chair of the Department of Ophthalmology and Visual Sciences at Albert Einstein College of Medicine and Montefiore Medical Center, there are many systemic diseases that can be seen in the eye. In addition to the conditions mentioned, jaundice can indicate liver disease while retinal detachment and blinding in new blood vessels can indicate hypertension. By looking at the color of the cornea, some doctors can tell if a patient has elevated levels of cholesterol. Many people have had their eye doctors be the first healthcare professional to detect the presence of their diabetes.

If an ophthalmologist suspects an underlying medical condition, he or she will likely refer men and women to their primary care doctors for a more thorough examination.

Going to the eye doctor can do more than ensure your vision is sharp. It’s a life-saving decision for many people who have major health conditions diagnosed through the eyes.

**DID YOU KNOW?**

- **Feelings of loneliness and isolation are common among the senior population.** This is due, in part, to the large percentage of seniors who end up living alone later in life. U.S. Census Bureau information from 2010 indicated around 28 percent of people ages 65 and older lived alone at the time the data was collected. As people get older, their likelihood of living alone increases, as many have fewer family members or friends around to provide company and care. Despite the large numbers of Baby Boomers living throughout North America, senior isolation is still a concern. Studies from the National Center on Elder Abuse show a connection between social isolation and higher rates of elder abuse.

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**Dentures: An Essential Part of Life**

Caring for dentures improves oral health

Proper dental care and oral hygiene is essential at all stages in life, even for those who have dentures, partials, or implants. People with dentures must recognize that oral hygiene protects their dentures as well as their mouths.

According to the American College of Prosthodontists, 35 million Americans can College of Prosthodontists their mouths.

**Removable Dentures**

Removable dentures require care to keep them clean and in good repair. Servicing dentures also helps ensure that you stay healthy. Follow these guidelines to keep dentures clean.

- **Handle with Care.** Dentures are strong but not unbreakable. Damage them with care when handling, being sure not to bend or damage any clasps when cleaning, and try not to drop the dentures. When handling dentures, Collegiate recommend standing over a folded towel or basin of water for added protection.

- **Brush daily.** Brush them with a soft-bristled brush to cleanse. Also brush your teeth and gums with a soft-bristled brush.

- **Clean them Regularly.** Daily care can help prevent infections and keep the dentures clean and in good repair.

- **Proper dental care is also necessary.** Dentists also will inspect the mouth for sores and infection, so it's important to keep them clean and in good repair.

- **Keep them Soaked.** Always rinse dentures before going to bed and soak the dentures in warm water or special denture cleansers. Soaking dentures for six to eight hours a day is also recommended.

- **Clean the tongue, palate, and cheeks.** If you still have your natural teeth, use a soft-bristled brush, a gauze or a soft toothbrush to remove any natural teeth, use a soft-bristled brush, a gauze or a soft toothbrush.

- **Treat them with care while they are in your mouth.** Proper dental care and oral hygiene are crucial to healthy mouths.

**Denture Centres** says that 16 percent of the population implant centres.

**Implant Centres** says that 16 percent of the population wear a partial denture.

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**Reduce your Risk of Severe Hearing Loss**

Though it's difficult for many people to imagine living in a world in which their hearing has been compromised, hearing loss is a condition that impacts a significant medical issue that afflicts millions of people across the globe. According to the National Institute on Deafness and Other Communication Disorders, among adults ages 65 and older in the United States, 12.3 percent of the population and nearly 14 percent of women are affected by tinnitus, a ringing or buzzing in the ears that can be intermittent or constant and can vary in loudness. Some are quick to assume hearing loss is a natural side effect of aging, and while the relationship between age and hearing loss is exact, most men and women can take steps to protect their hearing and maintain it well into their golden years.

- **Be especially careful when enjoying recreational activities that put hearing at risk, such as hunting and fishing.** However, some cal -

- **Be especially careful when enjoying recreational activities that put hearing at risk, such as hunting and fishing.**

- **Use earplugs and a hearing aid.** The use of personal music players and smartphones has increased dramatically in recent years, and many people are using such devices.

- **Be aware of the risks and have a plan to protect your hearing.**

- **Listen to music through headphones or earbuds, and be sure to keep the volume down when you are using such devices.**

**Explore natural sleep remedies**

Sleep is a natural process designed to recharge the body and mind. Although some people have difficulty in falling asleep, there are many lifestyle changes or medications that can help. Some people also use herbal supplements to help them fall asleep at night.

**Magnessium is a natural sedative.** This mineral is rich in magnesium. Magnesium supplements also are available and are usually taken in a spe-

**Lemon balm herbal supplement.** This herb helps relieve anxiety and relieve muscle spasm, which can be uncomfortable during the night.

- **Lemon balm herbal supplement.**

- **Turn off the lights.** Before going to bed, turn off the lights and the television. Avoid using electronic devices before bedtime. Turn off your phone and computer.

**Some common items can cause insomnia.**

- **Insomnia can often be traced to anxiety and an overactive mind.** However, it also may be a side effect of medication or a symptom of a larger condition. Speak to your doctor if insomnia is interfering with your sleep.

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Caregivers are unpaid individuals, typically a spouse, child, neighbor, or friend, who assist with activities of daily living and medical tasks. These informal caregivers often fill in for healthcare workers, medical professionals or paid aides to meet the needs of incapacitated individuals.

The National Alliance for Caregiving and AARP indicate that approximately 43.5 million caregivers have provided unpaid care to an adult or child in the last 12 months. Roughly 15.7 million family caregivers in the United States care for someone who has Alzheimer’s disease or another form of dementia, states the Alzheimer’s Association. Though both men and women serve as caregivers, females are the largest segment of unpaid caregivers, handling some of the most difficult tasks, such as bathing and dressing.

Many caregivers selflessly give back by providing assistance to a friend or family member, and view this type of service as a form of charitable giving. Others see caregiving as simply being physically active while others will fit into a bra that adheres directly to the body, some forms of mastectomy tissue can be replaced every one to two years. Prostheses should be replaced only every three months or so. To remain as healthy as possible, caregivers should take steps to recognize symptoms of caregiver stress and avoid burnout. Here are some signs to keep in mind:

- Feelings of being overwhelmed
- Feeling alone or abandoned by others
- Social withdrawal from friends or activities that used to make you feel good
- Exhaustion that makes it challenging to complete necessary tasks
- Sleeplessness or sleeping more than normal
- Lack of concentration that impacts daily tasks
- Overreaction to minor nuisances
- Taking on leisure activities
- Neglecting things at home or other people who are well

An immune system that is run down, failing to combat illness

The Alzheimer’s Association states it is important for caregivers to find time for themselves apart from caregiving tasks. Resting or even relaxing by filling in can fill up time for a caregiver to relax and recharge. It is also important to prevent caregiving from becoming a person’s whole existence. Investing time in other things that provide meaning and purpose can help caregivers find balance. Also, focusing on the things that can be controlled and small victories can make a difference.

Regain hope and strength while caregiving

Do not hallucinate.

The following sections discuss any limitations they may have and how to manage those risks while still providing adequate physical activity for aging men and women. Before beginning a new exercise regimen, men and women should consult with their physicians to provide adequate physical activity for aging men and women. Before beginning a new exercise regimen, men and women should consult with their physicians to discuss any limitations they may have and how to manage those risks while still being physically active

When treating breast cancer, doctors may explore various treatments based on a patient’s symptoms and how far the cancer has advanced. In addition to radiation, chemotherapy and removal of the tumor (lumpectomy), mastectomy may be part of the treatment.

Personal and medical reasons have increased the number of mastectomies being performed. According to Harvard Medical School, mastectomy has been effective in curing or at least slowing early-stage breast cancer. And today, surgeons can perform breast-conserving surgery while others will fit into a bra that adheres directly to the body, some forms of mastectomy tissue can be replaced every one to two years. Prostheses should be replaced only every three months or so. To remain as healthy as possible, caregivers should take steps to recognize symptoms of caregiver stress and avoid burnout. Here are some signs to keep in mind:

- Feelings of being overwhelmed
- Feeling alone or abandoned by others
- Social withdrawal from friends or activities that used to make you feel good
- Exhaustion that makes it challenging to complete necessary tasks
- Sleeplessness or sleeping more than normal
- Lack of concentration that impacts daily tasks
- Overreaction to minor nuisances
- Taking on leisure activities
- Neglecting things at home or other people who are well

An immune system that is run down, failing to combat illness

The Alzheimer’s Association states it is important for caregivers to find time for themselves apart from caregiving tasks. Resting or even relaxing by filling in can fill up time for a caregiver to relax and recharge. It is also important to prevent caregiving from becoming a person’s whole existence. Investing time in other things that provide meaning and purpose can help caregivers find balance. Also, focusing on the things that can be controlled and small victories can make a difference.

Regain hope and strength while caregiving

Do not hallucinate.

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Float your stress away

Life is stressful. In 2014 the American Institute of Stress listed jobs, health, family, and financial relationships, and media overload among the top causes of stress for the average American. Now there is a new method of stress relief that can help with all of the above and more: flotation therapy.

Budo and Brittany Ratkovic had their first experience with floating at a spa in Dallas, Texas. Now, they’ve brought flotation therapy to their hometown with their business FLOATspa, located at 4332 Central Ave., Suite M2, in Tempe.

The stressed individual can let their worries wash away by booking a session in one of two float pods, filled with medical-grade Epsom salts imported from Germany. The pods measure 7 feet wide and more than 8 feet long, and are equipped to hold up to 310 pounds. They utilize a 10-micron filter, ultraviolet light and ozone, and the temperature is set at 93.5 degrees.

Each pod is housed in a private room, equipped with a shower to use both before and after. Sessions of either 45 or 90 minutes begin with 10 minutes of music, accompanied by gentle lights that phase through the seven colors of the chakras.

Clients are encouraged to let all seals be acclimated, then close the lid to receive maximum relaxation benefits. There is no lock or latch on the outside, and all controls are located within the pod.

The experience has a gentle ending, too, as music comes back on during the last five minutes, then when the filtration system starts cycling, that acts as a cue for clients to leave their pod and shower off the salt.

Floating is a wonderful tool for lubricating joints, a massage therapists and an aesthetician on staff, and packages that combine services. Questions about floating can be discussed by email at floatspacity@gmail.com, or staff can be reached by calling 501-783-3656. Hours of operation are 9 a.m. to 6 p.m. Monday through Saturday.

DID YOU KNOW?

Ringing, high-pitched noises and other ambient sounds that seem to be emanating from deep within the ear are often signs of tinnitus, which is generally a symptom of some other medical condition.

The Mayo Clinic says that one in five people are affected by tinnitus. It may result from age-generated hearing loss, an ear injury, exposure to loud noises, or even a circulatory system disorder. Though not always disabling, it can be very bothersome for the person experiencing it. Understanding what causes tinnitus and the ways to cope with it can provide some measure of relief.

The experience has a gentle ending, too, as music comes back on during the last five minutes, then when the filtration system starts cycling, that acts as a cue for clients to leave their pod and shower off the salt.

The magnesium sulfate float is also beneficial for floating the body of toxins, and since the water doesn’t go above 94 degrees, it’s safe for pregnant women, who can get relief from body aches.

FLOATspa also offers massage therapists and an aesthetician on staff, and packages that combine services. Questions about floating can be discussed by email at floatspacity@gmail.com, or staff can be reached by calling 501-783-3656. Hours of operation are 9 a.m. to 6 p.m. Monday through Saturday.

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We are confident you will find renewed and relaxed after your first float....

30 Sessions $480
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Caring for an elderly relative at home

Decisions about providing care for an aging loved one are seldom easy. Various options exist in terms of elder care, including assisted living facilities and nursing homes. Seniors who are self-sufficient may be able to stay in a retirement community or active living building. In other instances, the best course of action is to have an elderly relative move in with family mem-

bers.

According to Dr. Nancy Strykerman, who recently worked on the role of caregiver to her own senior parents, 44 million American adults are caring for an older friend or family member. MediLink estimates that nearly 10 million adult children over age 50 now care for an aging parent. Care is defined as ‘helping with feeding, bathing, dressing, and other personal care needs, going beyond driving a parent to appointments or helping them with financial matters.

Taking care of a senior requires a profound comm-
mittment and can completely disrupt a person’s life, both at home and at work.

Talk to the senior about your options. Making deci-
sions together will be best for everyone involved. It can be challenging to discuss mortality and whether or not elderly parents or relatives can properly care for them-

selves. Reach the subject well in advance of making any plans so you will have some understanding of how the senior feels about the situation and what would make him or her most com-
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