

balance

WINTER ISSUE 2021

life, community, style.



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dimensions of
wellness



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Could Your Small Business Use Customized Financial Management Services?

All businesses, no matter what size, must operate with effective financial management. In larger organizations, a finance department led by a chief financial officer (CFO) fulfills this role. In many small businesses, a bookkeeper and/or the owner often fill this role. Many bookkeepers, while probably proficient in recording basic accounting transactions, often lack the core accounting knowledge necessary to interpret financial data and provide customized information to guide management decisions. And even if business owners have some accounting knowledge, they are frequently uneasy about what they do not know, and how a lack of complete financial data may contribute to incorrect decisions.

At Regal Wealth Advisors, we provide customized financial management services led by a licensed CPA. Our services span the range of basic accounting services to customized financial reporting and analysis, which includes the opportunity to utilize a fractional CFO. Our systems and services ensure that your accounting information is timely and accurate, so that we can deliver high-value management information—information that we thoroughly explain so that your financial management knowledge grows. This means you can move from managing your company to leading your company.

An added benefit of delivering these services within a wealth management firm—for we believe small business financial management services are a crucial element of valuable wealth management services—is our unique ability to provide guidance on various retirement plan options available to small businesses, and most important, their owners.

If you currently feel that improving your accounting and financial reporting systems will make you and your organization more effective, and if you want to ensure you are taking optimal advantage of retirement plan options for you and your employees, we believe we can help. Contact our team at Regal Wealth for a consultation.



Michael Zimmerman,
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President & Founder

John Packer,
CPA, MBA
Small Business Director



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For the past 10 months we've been at home. I do leave to go to the grocery store or run errands, but aside from the quick hour or two out in the real world, I'm at home trying to wear many hats — mom, wife, housekeeper, wannabe chef — all while working remotely full time.

When we were bringing this Wellness issue to life I tried to think more of my own well-being outside of our now-regular home routine. Last weekend my mom, my daughter, and I decided to go to lunch and shop at a new place in Strasburg and it was fantastic. The food was great and I even found a teepee for my daughter's room that has become our new favorite story time spot. Even though it was just a couple hours out of the house it was so wonderful to do things we always used to do without ever thinking twice about it.

Wellness can mean a lot of different things — eating right, exercising, paying off debt, time with friends, time alone, rearranging your living room, or a lunch date with family even if you still have your mom hat and a mask on.

I hope you can take some time to disconnect from the noise and enjoy our winter issue of Balance. Stay well!

Lindsey McCallum | Editor-in-Chief | LMcCallum@lnpnews.com



Published by **LNP MEDIA GROUP**.Inc.

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Advertising Director: **Chris Stahl**

Production: **Stacey Anderson, Carter Lynn Arnesen, Erica Feltenberger**

Subscriptions to **LNP/LancasterOnline**: Call 717.291.8611

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P.O. Box 1328, Lancaster, PA 17608-1328

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ON THE COVER

Portrait by Andrew Albright

Cover stars: **Rachel Ballentine and her daughters Kana and Kiyomi.**



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I LOVE THE HOME YOU'RE IN

With the housing market moving at breakneck pace, remodeling a current space is emerging as a more attractive option for potential homebuyers. But, starting a remodel project can be an intimidating undertaking.

Finding an advocate that can help you select contractors, set project expectations, and identify the best products for the job is an excellent way to overcome initial hurdles. And while they might not feel like the most obvious partner, developing a relationship with your local building material supplier can provide the support you need to seamlessly kick off your project.

GR Mitchell, located just 5 minutes south of Lancaster city, has been offering guidance to homeowners for over 50 years.

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Their equally long relationships with independent contractors and builders in the area have given GR Mitchell insight into which professionals excel at specific types of projects, giving you the inside track on who to trust in your home.

Their direct connection to a wide network of product manufacturers also allows them to easily pair your project with the right brand, style and price point. This can be particularly helpful if you're looking for the latest designs and technologies.

So whether you're looking to build a deck, remodel an existing kitchen, bath or basement, or even planning to construct an addition, checking-in with your local supplier can be a time/hassle/money-saving first call.

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Environmental

SET THE

Mood

BY KATINA KAUFFMAN

DINING



KITCHEN



DECOR



BEDROOM





textured lampshades and pillows; you might surprise yourself with fun combinations.

PLAY WITH LIGHTING

Lighting is an often-overlooked element that can have a huge impact on the mood and energy around you. Since every space reflects light differently, experimentation is key. Before you invest in new lighting, try redecorating your space with table lamps and floor lamps from other areas of your home. Play around with the number of lights, placement and brightness until you've found a combination that enhances your enjoyment of the space. Rooms with harsh, sterile overhead lights can suddenly become warm and welcoming with the addition of ambient table lamps. Don't forget to pay attention to the corners of your room. Adding a floor lamp to a dark, empty corner can create visual balance and make your room feel larger.

NAIL YOUR PROPORTIONS

Sometimes, a room can feel strange because the proportions are off. Do you have an oversized chair positioned next to a narrow, low-profile couch? Is the rug in your space too small to extend beyond the arms of your sofa? Do you have a small piece of art hanging on a large wall? All of these proportional conundrums can contribute to your room feeling off. As you make upgrades to your space, take measurements of your furniture and floor plan so that you know exactly what size items to buy. If you're not ready to invest in new pieces, try swapping items from other rooms in your home to achieve better proportions.

ADD A PERSONAL TOUCH

Decorating your home with items that are meaningful to you can instantly boost your mood. Souvenirs from your favorite travels, unique family heirlooms and gifts from close friends are all items that can be displayed throughout your home. Sentimental items are often the most interesting pieces of décor because they're usually more unique than store-bought accessories. Sometimes, items that are meaningful, like letters, clothing and medals, don't work well as home décor in their original form. For those items, adding a frame will instantly make any sentimental piece into a work of art that you can display around your home. If you have a set of china that you love but rarely use, take a couple of teacups or bowls out of your collection and use them as decorative indoor planters. Whatever the item might be, find a way to incorporate it into your space if it brings you joy.

The environment in your home can have an incredible impact on your overall wellness and the way you feel in your daily life. A well-designed space can elevate your mood, give you energy and create a feeling of comfort in your home. Because the "perfect" space is different for everyone, here are five design concepts that you can use as a guide to creating an environment in your home that inspires positivity in your life.

PERFECT YOUR COLOR PALETTE

Establishing a color palette is the foundation for a cohesive room design. If you want to use a cohesive palette to improve your current décor, begin by identifying which colors take up the most real estate in your room. Then, take a second look to identify other prominent accent colors that repeat throughout your space. Once you've established a palette of about five colors, remove items in your room that don't fit in. Then, work on adding items into your room that do. As you move through this exercise, your room should begin to look more cohesive and visually appealing.

ADD TEXTURE

Texture has the ability to add interest, depth and balance to a room. The textures in your space can also tell people how you want them to feel. A ski lodge is a great example of how key elements of texture, such as architecture, décor and textiles, combine to create a cozy feeling: an inviting leather chair, flannel blanket, stone fireplace and wooden mantel unite a diverse set of textures to form a warm environment. What feelings do you want your space to evoke? Consider your end goal and strive to pair the textures of your room with the style you have in mind. Experiment with rugs, throw blankets,

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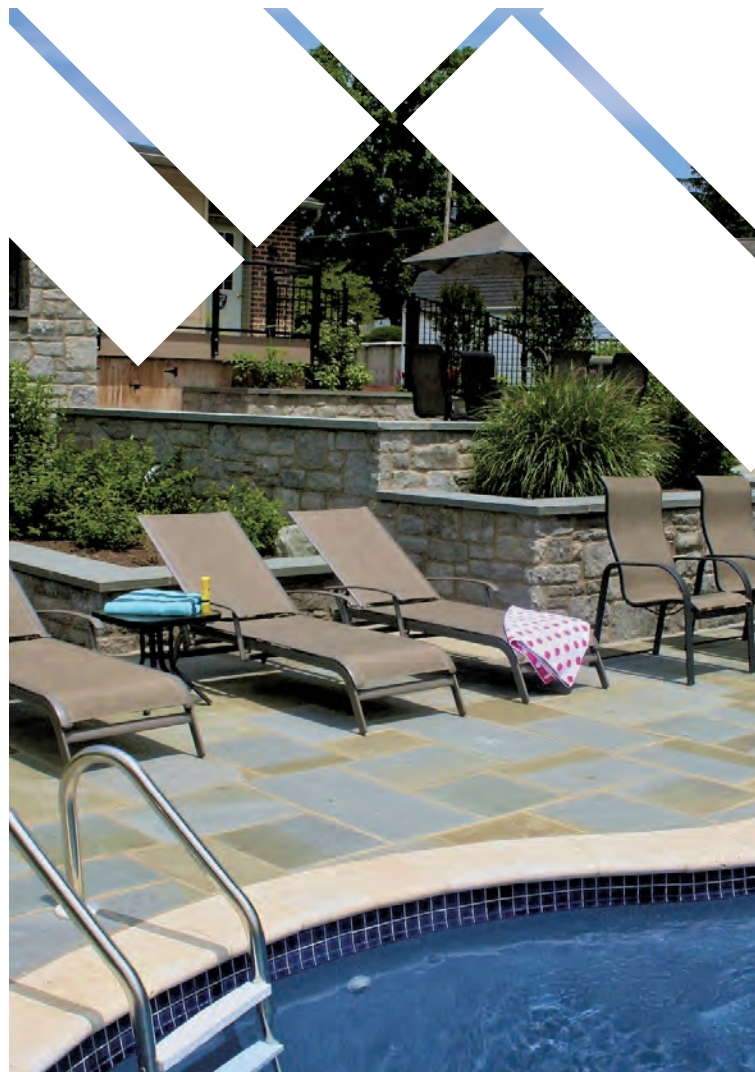
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ESCAPE OUTDOORS



“While backyard living typically takes a backseat to cozier indoor living over the winter months, February is the perfect time to start planning improvements to your outdoor space, especially if you want to be able to enjoy those improvements this summer,” says Steve Groff, owner of Steve Groff Masonry in Lancaster.

Outdoor living projects have been among the most popular trends for homeowners in recent years, according to the American Institute of Architect’s annual Home Design Trends Survey. And that has not changed over the past year, with more people living



and working at home.

“In 2020, we definitely saw a spurt in home projects because of the COVID-19 pandemic,” Groff says. If you’re looking to give your backyard a boost and add some curb appeal to your property, Groff has these suggestions for places to start:

SMART BACKYARD ADDITIONS

PATIO

A facelift can do wonders for an existing patio, whether it's leveling a sunken patio or repairing the mortar on a flagstone or brick patio to make it look like new again. If your patio is small, consider expanding it to create more space for entertaining.

Starting with a clean slate? The sky's the limit, Groff says. You can create something simple enough to accommodate a picnic table to a multilevel masterpiece designed

to the contours of your backyard, complete with terraces, planters and sitting walls. Materials run the gamut from concrete and concrete pavers to brick, flagstone, porcelain tile and travertine. Flagstone alone offers 15 or 20 varieties.

No matter the size of the patio, Groff suggests, "Incorporate a sitting wall to give your patio dimension and some seating options when you have larger crowds. It also defines the patio from the landscaping."

OUTDOOR KITCHENS

An outdoor kitchen includes a masonry structure that houses all of your cooking needs. One of Groff's most elaborate outdoor kitchen projects featured a built-in lobster broiler and two smokers to the tune of nearly \$100,000. If that's not in your budget, consider something as

simple as adding a built-in grill to your patio, he says. Depending on how much cooking you do outside, options in between those extremes might include incorporating a trash receptacle, a sink or other accessories to enhance your cooking experience.

FIRE PIT OR FIREPLACE

Adding a source of warmth can add weeks of enjoyment to your outdoor space in the spring and fall. In terms of cost, an outdoor fireplace can cost as much as \$10,000 more than a fire pit, but it has its advantages. "If you ever sat around a fire pit,

the smoke usually seems to get somebody," Groff says, "but with a fireplace, the smoke goes up the chimney." Depending on how elaborate the design of your outdoor living space is, a fireplace may simply look nicer, he says.

GETTING STARTED

No matter the size, an outdoor living space is a major investment. In addition to your budget, there are other things to consider when deciding on the size and design of your project, Groff says. The main one is how - and how often - you plan to use the space. "Do you typically have one birthday party a year with 20 people or are you throwing outdoor gatherings every

weekend during the summer?" he asks. This may determine the size of your entertainment area. You may also consider separating your features. Install the fire pit, for instance, away from the main patio to create an informal gathering area for teens. A multi-tiered project might include a level for dining, one for relaxing and entertaining, and one for the fire pit.

PLAN - AND DREAM

Maybe you just want to install a patio this year, but ultimately you'd love to add an outdoor fireplace, or even a pool, years down the road. It's important to plan with the future in mind. "We want to design

things to work toward the end goal," Groff says, noting it's easy to break outdoor living projects into three or four parts and accomplish them one at a time as your budget allows.

Steve Groff Masonry is a full-service masonry company that can take your outdoor living project from design to completion, including excavation, utilities, grading and planting grass seed. They will also work with third-party designers. For more information, visit stevegroffmasonry.com.

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Pictured Steve, Dawn, and
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D&D (OOM)

BY JED REINERT | ILLUSTRATION BY BAILEY WATRO

All my life, screens have been a place of escape.

Television, video games, the internet—all of these things helped my introverted side get some alone time.

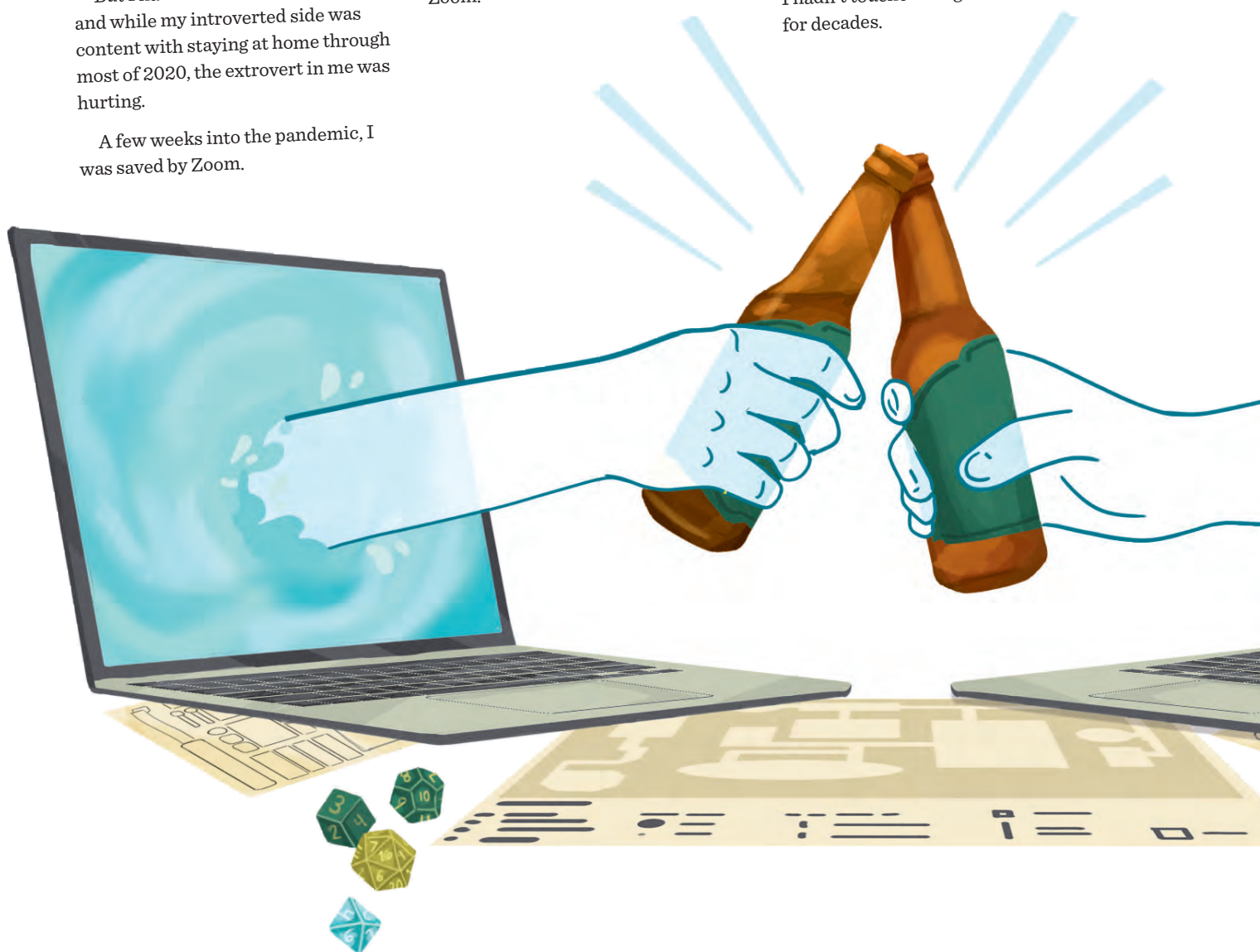
But I have an extroverted side, too, and while my introverted side was content with staying at home through most of 2020, the extrovert in me was hurting.

A few weeks into the pandemic, I was saved by Zoom.

I was a video-conferencing neophyte, but I learned that this new-to-me technology worked just fine not only for meetings, but for social activities as well.

Since April, I've been enjoying game nights and happy hours over Zoom.

First came the game nights. A few months before the pandemic, my wife and I joined four friends to start playing Dungeons & Dragons. I had been a huge D&D fan as a middle-schooler in the '80s (think the kids from "Stranger Things"), but I hadn't touched the game for decades.



It turned out that our current friends loved playing, and D&D nights became a great way to make sure we were seeing each other regularly and finding time to escape the annoyances of our mundane lives by joining together to kill imaginary monsters.

Until COVID-19. Then, we were sequestered in our homes.

But after a few weeks, we figured out how to make D&D work as a socially distant activity, thanks to Zoom and a webcam set up over the game board.

2020 the year screen time saved my social side

Now, we've played more D&D over Zoom than in person. And it may seem silly, but in a time when it's easy to drift apart from one another, we've seen our friendships grow closer through this game.

After Zoom game night was established, Zoom happy hour wasn't far behind.

This time, the regular group included several friends from college, guys who have scattered from Portland to New York, and who used to get together once or twice a year for dinner, drinks and plenty of catching up.

Thanks to Zoom, I'm now (virtually) seeing these friends monthly, and while a Zoom call isn't the same thing as a physical get-

together, I still get to see their faces, and talk and laugh and goof around with them over beers.

We even put together a collaborative Spotify playlist, with a mix of songs we loved in college and songs we love now. It gives us a jumping-off point for the types of conversations we used to have in college; just four guys sitting in a dorm room talking about music for hours.

And that's the key to using Zoom as a social escape hatch during the pandemic: You have to understand that it's not going to be the same as a face-to-face interaction, but it does let you capture a moment, a feeling, some little nugget of what it means to be a social creature surrounded by friends.

And in a year when screens can connect us to one another as much as they can help us escape from one another, sometimes that's enough.

LAUGHTER IS THE BEST MEDICINE ...

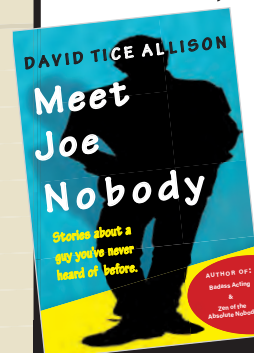


David Tice Allison's new book, *Meet Joe Nobody*, is a collection of narrative essays, perfect for a time in America when everyone could use a good laugh.

Meet Joe Nobody is an anthology of whimsical, offbeat, heartwarming, bawdy and sometimes hilariously-indecent stories from the author's life. There's something to satisfy every sense of humor — from twisted to refined.

The author invites you to be the first to read his essays on Lancaster before they're published in print!

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How is the HEALTH of YOUR BUSINESS?

3 Keys to Better Performance

Uncertainty. Change. Disruption.

These words can create a sense of unease and stress or they can create a sense of opportunity. When faced with the unexpected, is the health of your business going to help or hurt you?



No one was prepared to endure what was thrown our way in 2020, but every experience can lead to learning and growth. If you need help focusing on your process, people, or performance, let's chat, and begin the journey of improving the health of your business this year. Cheers to a healthy, happy, and successful 2021!

Whether you are looking to rebuild, repair, or reinforce your business in 2021, here are three keys that can improve the health of your organization.

#1 Process

Many businesses just "wing it" when it comes to sales, management, and operations. But having standard processes creates a repeatable path for every part of your business—even when facing uncertainty and disruption. Do you have the proper processes in place for your business? Are they documented and consistently followed? Do they work?



#2 People

People drive our mission, values, and performance. The success of an organization is directly proportional to the focus and resources of their people. Do your employees fit the culture, mission, and strategic plan of your business? Are you providing the tools, training, and support they need to do their job? Are your managers able to effectively lead their teams?



#3 Performance

Performance relies on holding everyone accountable (top to bottom), consistently following the processes, and routine tracking (Performance = Accountability + Consistency + Tracking). This formula can strengthen the health of our organization and help us manage it through change and uncertainty. We must inspect what we expect. Do your employees know what is expected of them daily? Are performance appraisals and feedback provided routinely? What tracking methods are you using to accurately measure success?



Greg.Orth@sandler.com





Since the late 1950s, when she graduated from college, Kathy Potier of Lancaster has spent many hours continuing her education.

She has been bolstering her intellectual wellness for decades by taking classes — even ones offered across the country and across the pond.

“I’ve always been doing something to learn something new,” Potier, a resident of the Homestead Village retirement community, says. “Always. I can’t imagine why anyone would not want to do that. ... It’s fun.”

For many years, Potier, who turned 85 in January, has taken classes ranging from architecture to women’s history through Quest for Learning. The program has been offering continuing education to Lancaster County seniors for more than four decades.

Having grown up in Allentown, Potier received bachelors and master’s degrees through her alma mater, Middlebury College in Vermont, and started her English teaching career there.

In 1967, she and her husband, Ron, moved their family to Lancaster, where she taught English and writing classes to students in Franklin & Marshall College’s evening program and Lancaster General Hospital’s nursing program and to engineers at RCA.

“And then, in ‘78, I went back to teaching (English) full

time at Manheim Township High School,” Potier says.

“But one of the best things about that was we were encouraged to take courses,” Potier says. “And so, I took some wonderful courses while I was teaching, in the summertime.”

She took classes for educators through the National Endowment for the Humanities, which took her to Alaska; Chapel Hill, North Carolina; and art museums in Philadelphia and Washington, D.C.

In 1980, she began working toward another master’s degree — this time spending three summers at Oxford in Britain.

Potier, who has three grown children and six grandchildren, retired from teaching in 1999. She and her husband traveled for a while after retirement.

And then she began taking classes through Quest, which, before the pandemic, were held Thursdays at a Lancaster church. *CONTINUED*

NEVER STOP learning

THE IMPORTANCE OF LIFELONG LEARNING

By Mary Ellen Wright | Photography by Quinn Staley

“ I’ve always been doing something to learn something new, always. I can’t imagine why anyone would not want to do that. ... It’s fun.

— Kathy Potier, a resident of the Homestead Village retirement community



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“There are basically two time slots, with a coffee break in the middle,” Potier says. “And there are four courses in each time slot. So you sign up for two courses each time.”

“They try to get a real spread in terms of topics and interests — the arts and sciences, history, political science,” Potier says. “They never seem to have any shortage of topics.”

Potier has taken many Quest courses on classical music, architecture, political science, history and art.

Her recent favorites have included courses about “what you didn’t learn in school about racism,” Beethoven, the Supreme Court, museums, film, America in the 1950s and “sort of a broad-brush history of women — feminism, etc.,” she says.

“I took a course offered by Elizabethtown professors, on ‘big data,’” Potier says. “That was one that I really didn’t anticipate that I could like, but I was curious enough, and I loved it. It was fantastic.”

“It was about ... over the past 20 years, how with computers it’s been so much easier to collect big data, and then how it is applied in different areas,” Potier says. “They talked about medicine and politics ... and finance and business, of course.”

“And, unless you don’t use a computer at all, you’ve got to figure your data is out there,”

Potier says. “That (class) was really interesting.”

Many Quest courses are taught by current and retired faculty members from higher-education institutions.

“There are always retired professors” teaching at Quest, she says. “If someone has gone into teaching for the right reasons, they’re not necessarily ready to give it up at age 65. Because what they like about it — most people — I think, is that in addition to liking teaching, they really enjoy (Quest) as a learning experience themselves.”

“And, of course they love teaching at Quest because the audiences are so interested,” Potier adds.

Other experts from the community — artists, architects and more — teach Quest classes, as well, she notes.

“We had a whole series on civics topics, and those were (taught by) people from the courthouse, agencies, volunteers,” she says. “So it’s not all college faculty.”

Area retirement communities often take busloads of seniors to downtown Lancaster for the Quest courses.

“The unique thing about Quest is that it is really local,” Potier says. “It’s really Lancaster,” and not affiliated with any larger program.

“I think that’s one of the biggest pluses about Lancaster,” Potier says. From the colleges to the libraries to the arts scene, “there are so many opportunities for learning here, without having to go very far.”

QUEST FOR LEARNING

Quest for Learning is a Lancaster organization that has been offering a wide variety of daytime continuing education courses twice a year — in spring and fall — for more than 40 years.

Spring Quest classes for this year are scheduled for March 25; April 8, 15, 22 and 29, and May 6.

The classes, offered on Thursdays over a six-week period, generally attract retirees because they’re held during the day. However, there are no age limits on who can take the classes.

There’s generally a nominal fee for the courses, which have long been held at Trinity Lutheran Church, 31 S. Duke St. in Lancaster. Because of the COVID-19 pandemic, classes went online in the fall, and were offered free.

To learn more about Quest for Learning visit questlanaster.org.



Kick Off 2021 Strong

Start this year off right by taking care of your lower limbs. As you exercise more, keep in mind the following tips:

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THE POWER OF SOCIALIZATION AND CONNECTION

When you think about staying healthy as you age, you probably think about exercising regularly, keeping up with physician check-up appointments, and eating well. While these are all excellent approaches to maintaining wellness, there is one tactic that many adults miss in their plan: making friends.

What Research Tells Us About Socialization

Research has demonstrated that connected seniors are healthier seniors. When older adults feel connected to their peers, they also feel less lonely, less isolated, and less depressed. However, the benefits of socializing with neighbors and friends don't stop at just emotional health. Physical health is directly affected too.

The National Institute on Aging has reported that feelings of loneliness in seniors cause:

- Increased incidence of high blood pressure and heart disease
- Increased cognitive decline
- Decreased immune system
- Increased risk of premature death

Further, even more recent research has linked increased hospital admissions for respiratory disease to seniors who are isolated. It's clear that socialization is a pillar of health in the retirement years, but it is difficult for many seniors to maintain a healthy level of socialization at home. Transportation challenges, coupled with friends who are too far to visit regularly, are two of the main reasons seniors find socialization difficult to add to their daily routine.



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“I HAVE ALWAYS
had the mindset
that I wanted to
help others.”

- Jarod B. John, MD
Neurologist

ARGIRES MAROTTI NEUROSURGICAL ASSOCIATES WOULD LIKE YOU TO KNOW MORE ABOUT DR. JAROD JOHN

I have always had the mindset that I wanted to help others. As a youth, I was influenced by several skilled physicians and also my mother who worked as a nurse. I believe this led me to study medicine.

My decision to pursue neurology was triggered by an unfortunate event in my life, my grandfather's stroke. I dedicated myself to learn about the human brain and was struck by how complicated it was but I never back down from a challenge.

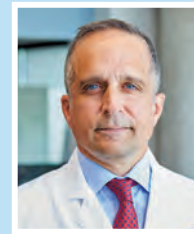
I have a deep understanding of the feeling of helplessness a patient and family can experience when dealing with a neurological disorder. My goal is to help my patients and their loved ones navigate through this con-

fusing and scary time to come up with a successful plan to improve their lives.

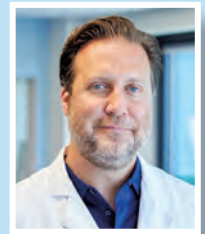
Fortunately, I have been well trained which has allowed me to be able to offer a variety of services to my patients ranging from medical management to procedures such as Botox, EEG, and EMG. I also am fortunate to work with our diverse group of dedicated physicians and staff that can offer neurological, neurosurgical, and pain management care all under one roof.

To reach Dr. John, or for more information on Argires Marotti Neurosurgical Associates of Lancaster, visit their website at <https://www.argiresmarotti.com> or call (717) 358-0800.

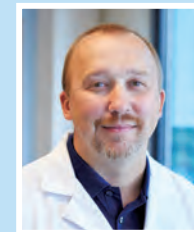
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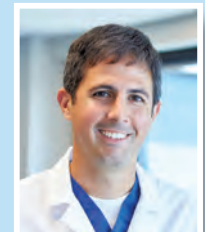
Perry J. Argires, MD, FACS
Brain and Spine Surgery



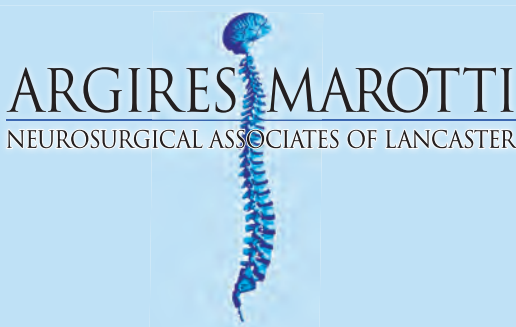
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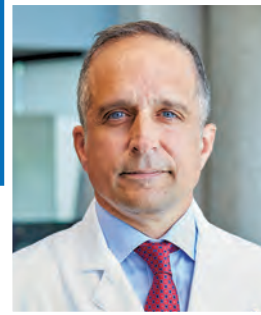
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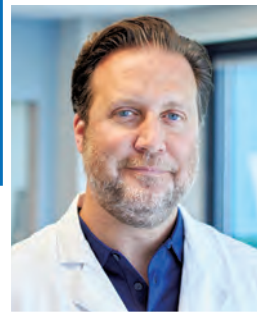
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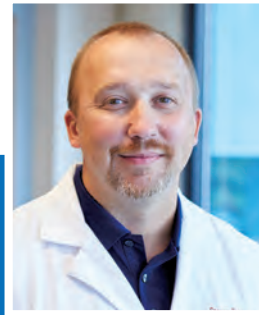
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Physical

The OBSTACLE

is the PATH — Zen Proverb

By Kevin Stairiker | Photography by Vinny Tennis & Simply Photography



Sometimes, all it takes to jump into an intimidating new fitness regimen is accidentally poking your head in the wrong door at the gym.

That's what happened to Krystal Hummer nearly a decade ago at the former YMCA in New Holland.

"I just kind of stumbled in and was like, 'What are these people doing?'" Hummer explains over the phone. "They were carrying logs around, using cement blocks to do bicep curls, using sledgehammers on tractor tires, that sort of stuff."

Though she turned to leave, the trainer called out and suggested she check out the class, called "Warehouse," to see how she felt. The class was buzzing about an upcoming Spartan Race, a then relatively new obstacle endurance race. Hummer's interest was piqued, so she decided to stick with the class and train for the race.

"I liked it because it was different," Hummer says. "I was out of breath at the end, but it wasn't the typical 'go on the treadmill for an hour,' it was cool stuff, so it kind of kept your mind off of what you were doing."

Years later, Hummer has not only participated in a wide range of extreme obstacle races, but done so at a high rate of competition. In 2015, Hummer competed in the Obstacle Course Racing World Championship in Ohio with over 1,600 people representing 26 countries. Though she didn't best all 50 of that races' punishing obstacles, she did finish the 10-mile race.

The obstacle that got her down? One called the "Sternum Checker," which is a horizontal tree trunk runners must vault over, which came right after an aquatic obstacle that had every competitor soaking wet in the winter.

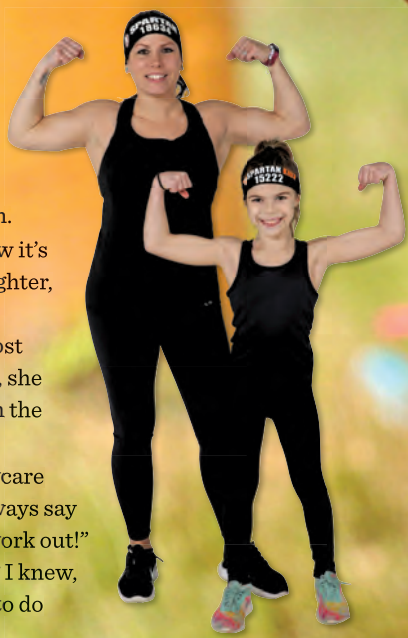
"All the tall European women are just hopping over [the log] like it's no big deal, and then all the five-footers were stuck," Hummer says. "I remember a bunch of us huddling together and feeling hypothermia setting in, and then they wrapped us in what I call the 'baked potato foil' to get warm." These types of races – punishing enough to earn allusions to Spartans and Goliaths, and legitimately dangerous enough in some cases to require the signing of a "death waiver" – are more than just an exercise for Hummer. She says



that the workouts, designed to challenge the individual but also encourage group participation, help with her anxiety and depression.

And not only that, but now it's a family activity – her daughter, Londyn, now 8, has been emulating her mom for most of her life already. At age 6, she completed her first race, in the children's division.

"At the gym when the daycare would close, she would always say "I wanna go see mommy work out!" says Hummer. "Next thing I knew, she was next to me trying to do what I was doing."



Though her current home gym setup is lacking compared to that initial "Warehouse" class – she says at one point she had a functional outdoor rope climbing station, but a squirrel chewed through the rope – she is still training for an eventual return to obstacle racing, hopefully in 2021.

"When you go up to a 10-foot wall, if you can't jump over it, someone is going to put their hand on your butt and push you over," Hummer says of the team spirit mentality that draws her back to competing. "Everybody helps each other. If you throw your hand down to help someone, you're not asking, 'Who'd you vote for?' or 'What's your religion?'" No one cares. We're just all out there feeling the same emotions."



That pain in your neck may be coming from your jaw

Learn about TMD pain and how a dentist can help

By Sally Reynolds

What is TMD?

If your molars are cracked and worn, you might think you need to get your teeth fixed.

If you have frequent headaches, you might think you need to take a headache relief medication.

In both cases, you might be wrong.

Symptoms such as worn molars, headaches, popping jaws, and neck or shoulder pain, may signal that you have temporomandibular disorders, or TMD. This collection of disorders centers on the functioning of the temporomandibular (jaw) joint and may also involve the airway.

To understand more about TMD, we spoke with Mary Burns, D.M.D. Dr. Burns serves on the faculty of Harvard University and Boston University and lectures internationally on the topic of TMD. Dr. Burns has been working with White Family Dental for five years, training their practitioners on a wellness approach to the dentognathic (teeth and jaw) system.

TMD can be a serious health issue, and not just because of pain in the jaw, neck and teeth, Dr. Burns says. TMD can cause other complications, such as sleeping problems, difficulty chewing, earaches, swelling on one side of the face, dizziness and hearing loss. "People can end up debilitated by TMD if you don't address it," she says.

How is TMD treated?

"Traditionally, the way dentists have treated patients has been pathology based, meaning someone comes in with a problem, they report symptoms and the dental provider addresses those problems," Dr. Burns says.

For example, if a patient has cracked teeth, the dentist will fix the teeth. However, this

approach might neglect finding the root cause of the cracked teeth.

"The way we look at treating the patient now is that we assess them from a global standpoint, head to neck," Dr. Burns says. The key to this approach, she says, is that it is wellness focused, not pathology focused.

To assess TMD in a wellness-focused manner, Dr. Burns says, "We measure the patient's head and neck three-dimensionally and evaluate where their alignment is off and then we realign and fix their bite. This can involve orthodontics, dentistry; sometimes it even involves surgery. We want to bring the patient back to their most biologically optimal condition. But it's not a quick fix. It's a therapy process that takes time."

Achieving this biologically optimal condition may also require attention to the airway's role in TMD. "One of the things that has come out in the past decade is that when the airway is challenged, people clench and grind their teeth in an unconscious effort to create a larger airway," Dr. Burns says.

This clenching and grinding can damage the teeth. "Over the years, dentists tried to find solutions to fixing the teeth, without finding solutions to the real problem, which was the breathing problem," she says.

The first step in treatment is creating a custom-made removable appliance that aligns the jaws and neck, but also helps support the airway, Dr. Burns says. "Once we finish that therapy, we reassess the airway."

For some people, the appliance is enough, Dr. Burns says. However, others may have a skeletal problem that requires orthodontics or even jaw surgery. Dr. Burns speaks from personal experience. She herself has had jaw surgery, which resolved her TMD and allowed her to avoid sleeping

with a continuous positive airway pressure (CPAP) machine at night.

Wellness at White Family Dental

Dr. Karen Otto-Sullivan has been practicing dentistry locally at White Family Dental since 2003 and is a graduate of Temple University School of Dentistry. She has been trained in TMD treatment by Dr. Burns.

"Dr. Burns has opened up our eyes as dentists to understand that there has been a missing link with how we treat our patients," Dr. Otto-Sullivan says. "It's not just about teeth. It's about the whole system and how it's connected and how we can fill in these missing pieces. It's very exciting!"

"The teeth aren't just about looking good," Dr. Burns says. "They are part of the whole system that makes the body work. The most important functions of the body are directly affected by how the head and neck are aligned, and the primary driver behind this is the teeth and jaw."

For White Family Dental, this means they are on the cutting edge of dental treatment. "There are only a small percentage of highly trained people doing this work," Dr. Burns says. "We would ultimately like to set up a teaching facility at White Family Dental to bring in other dentists to learn this type of care."

"New dental graduates don't necessarily even get a course in TMD," Dr. Otto-Sullivan says. "This is something that isn't taught in a lot of the schools."

Ultimately, the goal of White Family Dental is healthy, happy patients of all ages.

"We work on achieving optimal health for all our patients from ages 3 to 103," Dr. Burns says.



“ We work on achieving optimal health for all our patients from ages 3 to 103

— Mary Burns, D.M.D.

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pause

By Mickayla Miller

“A time to remember that it’s okay to just be, to be human and experience life. I don’t need to be doing something. As a society, we need to come to that realization, too.”

**— The Rev. Israel Buffardi, of the
Universalist Unitarian Church of Lancaster**

For many, 2020 has been an eventful year filled to the brim with lifestyle changes — some have taken on a new hobby, while others may have learned a new way to connect with friends.

For others, it's a year peppered with loss. Over 400,000 Americans have died due to the COVID-19 pandemic with over 800 of them being Lancaster County residents.

To cope with loss and help with mental health, a Yale Medicine study says that people should look into mindfulness, or, becoming in tune with one's thoughts, breath and actions. Mindfulness is included in many spiritual practices for its calming and healing effects.

The Rev. Israel Buffardi, of the Universalist Unitarian Church of Lancaster, spoke about the importance of spirituality and mindfulness, and taking ample time to pause and cope.

With everything happening right now in the world, with the pandemic, inequality, etc., what would you say is the importance of spirituality right now?

Spirituality is the thing that helps us connect to who we are and what our values are. The thing that helps us turn our attention back to who we are and what is most important to us in life: what we care about, our vision for the world and what we want it to be. Not the way the world is, but what we hope the world could become through our actions. It's what connects me to life itself, to other people, to being part of something greater than myself. There may not be a purpose to the world, but we can find a purpose. That's our purpose – to make meaning out of being here. We were born, one day we will die. In the meantime, let's try to make this existence as beautiful and meaningful as we can for each other. Spirituality is the reflective tool we use to ask those kinds of deep questions and find that meaning.

How do you personally distinguish religion from spirituality?

In some ways, effectively, I don't. I feel like they're two different ways to talk about similar ideas. However, I know that words carry a lot of weight and baggage for people. The word religion, for instance, means something very specific to a lot of people, and when they hear it, they think organized religion. For some people, that is a very negative thing. For some, it's really positive, because it is their path to leading the life they believe they need to live. Religion implies a bit more coordinated, communal practices.

What would your advice be to people who are struggling right now to find their purpose? Or, people who are feeling lost or losing their sense of self?

We live in a very capitalist society that tells us we're not valuable or lovable if we're not producing something or working all the time. This time is not a time for business as usual, not a time to keep going on as things always have been. People were calling this time the "Great Pause."

From a spiritual perspective, we have the idea of Sabbath. The modern understanding of that is that it's important to take a break, to stop. A time to remember that it's okay to just be, to be human and experience life. I don't need to be doing something. As a society, we need to come to that realization, too.

My advice is to recognize that this is not a normal time and that people might need more space to process their emotions and deal with things. Maybe you don't get as much work done, and that's okay. Not everyone has that privilege, of course. But that would be my request to all the bosses out there: give people a little more space and time. We have lost a quarter of a million people because of [COVID-19]. That is an enormous level of grief and mourning that we as a society need to hold space for.



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smilebuilderz

SIERRA VAN HOOK, GERMANSVILLE

Sierra drives over an hour for the dental care she receives at Smilebuilderz. Working with both Dr. Nikas and Dr. Park, she will have a new front tooth implant and smile in time for her March wedding.



“ I started with Dr. Nikas as a periodontal patient. I had a massive infection in one of my old crowns. He was the best dentist I ever worked with, ever. Every time I went there, he remembered when my wedding was, he remembered my name, that I had a far drive. He was very, very encouraging. He just really made the process so simple and easy and explained it in layman’s terms so I was a part of it and comfortable with the process. ”

JANICE JACKSON, LANCASTER

Janice, who has had crowns, implants and other dental work, says she appreciates that Smilebuilderz makes its patients part of the process and works with them to come up with a treatment plan – and a payment plan – when necessary.



“ I was with Smilebuilderz when Dr. Skiadas first opened the practice. I could tell right away it was a different type of practice,” she says. “My mom always says sugar and salt look just alike. When someone is very skilled and they’re craftsmen and everything they do matters to them, that’s when you feel the difference ... when you know that you have the expert in front of you, and that’s what I get from Smilebuilderz. ”

GEORGE KUNKLE

George was referred to Smilebuilderz a few years ago when he needed a permanent crown on his tooth, and he’s remained a patient ever since. He enjoys the flexible hours, the pleasant experience, and the fact that Smilebuilderz can take care of everything from a root canal to a routine checkup.

“ The people are courteous. I thought, ‘Boy, this is convenient and it’s one-stop shopping. They can do everything here. It makes it so easy. ”

success storiez



BILL BURREY, LANCASTER

Bill is smiling a lot more these days now that he has had multiple implants to replace his front teeth.

“ I used to have to keep my mouth closed when I talked. One by one my front teeth were deteriorating. What impressed me mostly was the two doctors, Dr. Nikas and Dr. Skiadas. Both doctors were very thorough ... They sat down and explained everything 100%. I've been very satisfied and I certainly have recommended other people to the practice. ”

DAN DONAHUE, LANCASTER

After 21 years in the U.S. Navy, Dan came home to Lancaster with a warning from his naval dentist that his teeth would fall out within 10 years if he didn't take care of them. After working with Dr. Tracy Sulc over the past decade, he now has a smile that he believes has helped him advance in his career.

“ I can smile and people say, 'Wow, your teeth look great!' Every tooth in my mouth, with the exception of the five bottom ones, are either implants or bridges or some other form of dental work, and they look amazing,” he says. “It's a solid smile that I'm proud of. Smilebuilderz was the origin of this smile. They treated me like gold. ”



RICH GARIPOLI, LITITZ

When playtime with his granddaughter led to a dental emergency, Rich needed help and Smilebuilderz came to the rescue.

“ I was scared to death. I used to do a lot of speaking. I was not going to go around with a noticeable issue to my front teeth,” he says. “They helped out really fast. The doctors were awesome. They took time out to talk and I felt very comfortable with them at all times. They did incredible work. Because of that, I'm going to them now as my full-time dentist. ”



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Her Job is Where her Heart is



BY MIKE ANDRELCZYK | PHOTO BY ANDREW ALBRIGHT

Hannah Linde grew up just miles from Solanco Neighborhood Ministries but didn't know anything about it until she went looking for an internship.

"It was kind of like a best-kept secret type of thing, but a really integral part of the community," Linde says of the Quarryville-based nonprofit dedicated to providing assistance to community members in crisis. "I had never seen my community like this before."

Solanco Neighborhood Ministries employs four full-time employees and has about 100 volunteers who stock the food pantry, work the community garden and distribute free meals for local elementary and middle school students to eat during weekends. They also run programs to help people with heating costs for their homes, connect people to helpful resources and provide many other services.

"It's a unique and special privilege," Linde says. "Because you're with folks at a very vulnerable time and they are inviting you into that, and for me that is very humbling. I'm very grateful for that."

The old saying "find a job you enjoy doing and you'll never work a day in your life" seems to apply to Linde – and though she says her job as a Community Support Specialist has changed to include lots of duties, she loves what she does. A big part of the reason she loves her job is because of the people she works with.

"It's so important to be surrounded by people that you like to see every day and want to wake up and work with and collaborate with and just do the day-to-day together," Linde says.

Linde realizes not everyone is so lucky and she's seen people struggling as the COVID-19 pandemic has hit Lancaster County.



“You’re with folks at a very vulnerable time and they are inviting you into that, and for me that is very humbling. I’m very grateful for that.”

“A lot of people are reaching out to us because they’re in need of help,” Linde says. “People who were never in need of help before are needing help with food or applying for assistance.”

She says she’s been inspired by the way the community has come together to help.

“We’ve been so blessed by our community that no need went unmet,” Linde says. “Everybody has been so good, like if we put out that we need these items for our food banks we see them in the drop-off room the next day.”

The pandemic has also cost a lot of people their jobs, so Solanco Neighborhood Ministries also acts as a liaison to employment resources. Associates can connect people to employers or even help with new clothes for a job interview.

“People are grasping at straws for whatever is available – and in the southern end, resources are scarce in many ways and jobs are one of them,” Linde says. “It’s important to look at the positives in the jobs that are available. I don’t know that we’re finding anybody their dream job, but we’re coaching them and encouraging them on how to use the gifts they already have and how to utilize them in any job.”

For Linde, her coworkers and the volunteers, the job is much more than just a paycheck. It’s about making a positive impact on the community and giving a helping hand to those in need.

“I love this place so much,” Linde says. “It’s where my heart is.”

Introducing Virtual Primary Care

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Many UPMC primary care providers and specialists offer optional video visits for patients who want to access health care from the safety and comfort of their homes, especially during the COVID-19 pandemic. Now patients who prefer the convenience of telehealth can make it their permanent choice for primary care.

A new practice, Virtual Primary Care—UPMC, offers all the benefits of a regular primary care practice online. The practice will include the following virtual care providers: Dr. Heather Morphy, Dr. Angeliqwe McKinney, Dr. Kimberly Lumsden, Alison Gillmen, PA-C, Christine Hudgins, CRNP, Stacey Gibson PA-C, Jennifer Marks, CRNP, and Kathy Daisy, CRNP.

They can treat patients via telehealth for most regular primary care needs, from chronic medical conditions like diabetes, high blood pressure, heart disease, high cholesterol and mental health concerns to acute issues such as sore throat, fever, sinus infection, bladder infection and rash. All you need is a smartphone or device, a MyPinnacleHealth patient portal account and an internet connection.

In cases where a virtual visit is not sufficient, patients can schedule an in-person visit with a primary care provider at a satellite location. The staff can also schedule lab tests, imaging studies, procedures, and referrals with specialists.

Virtual Primary Care—UPMC is perfect for college students, people with busy schedules, frequent travelers, those with transportation challenges, or anyone who prefers the convenience of telehealth. You might even be able to keep your Virtual Primary Care—UPMC provider if you move out of state.

Even those with more severe medical conditions can benefit from remote monitoring devices that allow their Virtual Primary Care—UPMC provider to monitor their condition and vital signs more closely.

If you need a lab test, imaging study, referral for a procedure, or a consultation with a specialist, your primary care provider will order the test for you. Our staff will help you with scheduling the test or procedure, and you would go to the site where the tests are normally performed. Your provider will

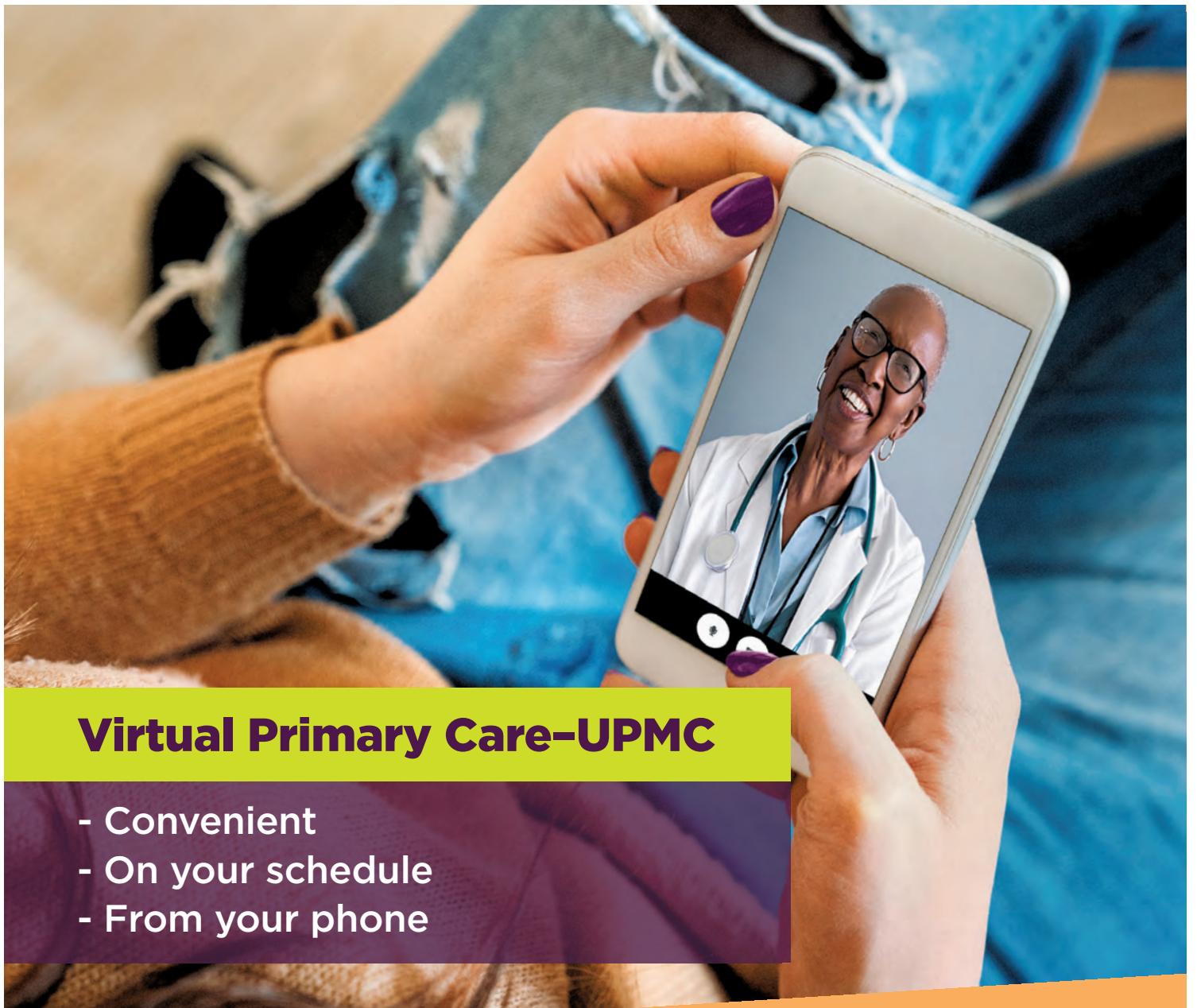
receive the results and they will be communicated to you, with any needed follow-up plans, in a timely fashion. Test results will also be available in our patient portal.

Practice hours are 8 a.m. to 5 p.m. Monday through Friday. The UPMC Pinnacle nurse advice call line is available 24/7, and provider on-call services are available evenings, overnight and weekends. On-demand video visits are also available without an appointment from 8 a.m. to 8 p.m. Monday through Sunday.

Virtual Primary Care—UPMC is open to all patients 18 and over. Regular insurance co-pays and deductibles apply. The practice cannot care for children under 18 due to their significant in-person health care needs and vaccination schedules.

New patients can sign up for a UPMC Pinnacle patient portal at mypinnaclehealth.org and schedule a new patient visit by calling 717-207-4800. Patients who already have a UPMC Pinnacle primary care provider can transfer to Virtual Primary Care—UPMC with no interruption in care.

For more information, please visit UPMC.com/VirtualPCPcentralPA



Virtual Primary Care-UPMC

- Convenient
- On your schedule
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There's one less reason to put off a visit to the doctor. By choosing a virtual primary care provider, you can manage your chronic and acute care needs without leaving your home or office. Stay connected to your PCP when it's convenient for you – without childcare, work, and traveling challenges. Use your smart phone, tablet, or computer to talk to your primary care provider. Maintaining your good health has never been easier.

If you need to be seen in person, you will be referred to one of our participating practices. New patients without a current PCP are welcome.

For more information visit UPMC.com/VirtualPCPcentralPA.

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Emotional

Let your LIGHT shine



By Caroline Muraro | Illustrations by Bailey Watro

Summer is a distant memory, the excitement of the holidays is over, the days are at their shortest and the coldest season is upon us – and I am fully feeling the winter blues.

I have an overwhelming desire to be wrapped up in a blanket, book in hand on the couch. I never want to venture out after dark – even when it’s only 5 p.m. A sense of a general malaise envelops my very being.

It is during these dark days of winter that I find myself feeling like a hibernating bear, saying “no” to social activities and wanting more of the food that comforts me but isn’t healthy.

This winter, the COVID-19 pandemic and its restrictions have put me even more deeply into the blues.

I don’t recall the exact year that I realized this was an annual pattern for me, although I know it was sometime in my 30s. I can now count on this mood starting soon after daylight saving time ends. Even multiple cloudy days in non-winter months can put me into a low mood, so clearly the sunshine is something my body craves. I feel my happiest, with a bounce in my step, when the

forecast doesn’t include clouds, fog or rain.

It’s maddening that my mood is tied to the weather, something I can’t control. I know I am not alone with these winter blues, and for those who suffer from a more serious kind of depression known as seasonal affective disorder (SAD), the winter months can be even worse.

Luckily winter and the short days don’t last forever, so over time I’ve come up with strategies to overcome these feelings and get me through until March when that much-needed daylight returns.

I am an avid walker and love getting out and listening to a book or music - or just nature - as I walk. Sometimes I’ll explore nearby trails, other days I’ll just stick to my own neighborhood. Regardless of the location, these outdoor walks are key to my mental health, and I have learned to keep walking through all kinds of weather. All it takes is comfortable footwear, a coat, hat and gloves, and anyone can get outside and feel their mood elevate.

Three years ago, a coworker who excels at acrylic painting inspired me to paint for the very first time. I ran out and purchased a painting starter kit, watched YouTube videos on how to paint and I continue to improve my skill and challenge myself. During the long days of winter I can happily sit at my easel and paint for hours, fully absorbed in my project and completely freeing my mind of stress and embracing the time indoors. The dark hours of winter are the perfect time for anyone who’s a lapsed artist – or just wants to challenge themselves creatively – to take up a new hobby, or return to an old one.

Lastly, to combat the desire to binge on those bad carbohydrates, I have found a passion for making soups in the winter months, trying all kinds of recipes and keeping a binder and notes on the ones I would love to make again. Nothing beats a great bowl of hot soup (with some freshly baked bread) to bring cheer to winter months.



When the days get shorter and we have less sunlight, an over-production of melatonin can contribute to that tired, low-energy feeling. Those who have seasonal affective disorder, or even the milder version we generally refer to as “winter blues,” have difficulty regulating serotonin, which is the brain chemical responsible for balancing mood. According to research, women are four more times likely to experience SAD than men, with the average onset taking place between the ages of 18 and 30.

COMMON SYMPTOMS OF SAD INCLUDE:

- Depressed mood, low self-esteem
- Loss of interest or pleasure in previously enjoyable activities
- Appetite and weight changes
- Feeling angry, irritable, stressed, or anxious
- Unexplained aches and pains
- Changes in sleeping pattern
- Difficulty concentrating
- Fatigue and lack of energy
- Use of drugs or alcohol for comfort
- Feelings of sadness, hopelessness and despair

TREATMENTS:

Regular exercise, in daylight if possible, is often a more effective treatment than medication for mild to moderate depression.

Exercise can also help improve sleep and self-esteem.

Don’t suffer alone, reach out to family and friends, and try to participate in social activities even when you don’t feel like it.

Light therapy, a treatment that focuses on exposure to sunlight or artificial lights designed to mimic sunlight, often can help people who are dealing with SAD. A safe and easy therapy, it is often recommended before antidepressants to help cope with seasonal depression.





“Years ago, addiction had caused so much harm in our relationship that we were unrecognizable to one another and we decided to part ways. At the time, it seemed like a profound loss, but it ultimately started each of us on the path to recovery. As individuals, we each sought support through professional and community resources that guided us on separate journeys of self-discovery and healing. We learned how to be whole and how to love ourselves, breaking the cycle of addiction and codependency. When fate crossed our paths again, we were able to build a new and better relationship based on what we had learned. Not two halves of a whole, but rather two independent individuals who could support and love one another by practicing the principles of recovery: Honesty, open-mindedness, and willingness. —*Timothy and Lindsey Gageby*”

In Lancaster County, recovery is a vital part of our healthy community. About 1 in every 8 people has a substance use disorder, but this is a treatable medical condition with strong chances of recovery with the proper supports and resources. Lancaster Joining Forces and many community partners are working together to prevent overdose deaths and promote recovery. Visit lancasterjoiningforces.org for more information about our community initiatives to prevent overdose deaths.



“ My recovery has been an ever-evolving journey. When I started this journey I was homeless, jobless, friendless, penniless, and possessed an empty soul that wandered the Earth in pain. I was blessed to have found recovery and been transformed over the past decade into a passionate, loving, kind, integral individual that strives to bring others through the pain and suffering of active addiction. Today recovery comes with a responsibility to help others find what was freely given to me. It is a simple concept. “You have to give it away to keep it.” Today is a new day and a fountain of hope and opportunity to be better than I was yesterday.

— Matt O'Reilly | Outreach Coordinator for American Addiction Centers



“ Recovery to me means healing from the past to walk whole into a brighter future. I do not recover alone; God, my family, and my community help me to recover. Marcus Garvey once said, “Progress is the attraction that moves humanity.” I believe that my personal program of recovery is one of progress, not perfection. I use my faith in my higher power and the love I have received along this journey to build a life I always dreamed of. I cannot keep what I have found to myself so I also use my experience to educate and advocate for others.

— Andrea Hatton

To find treatment and recovery support services, visit Compass Mark at compassmark.org/find-help. Check out the Lancaster County Recovery Alliance at lanastercountyrecovery.com for community events and recovery resources.

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BUDGET

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BY KEVIN STAIRIKER
PHOTO ILLUSTRATION BY VINNY TENNIS & ANDREW ALBRIGHT

One of life's toughest challenges can be attaining financial stability. Of course, there is no magic number to hit when people decide they've earned enough money, or have enough of a nest egg to stop worrying about it. That doesn't mean that the average person can't achieve monetary goals, however. Take, for example, Gina Melasecca. Melasecca, 28, is the

Systems and Operations Manager at LNP Media Group. In her relatively short time as an adult with a full-time job and college loans, Melasecca has been able to set modest goals that allow her and her husband to live frugally but without having to make major sacrifices. Read on for some of her tips for achieving financial wellness.

ON BEGINNING THE PROCESS OF PAYING OFF LOANS:

"I left college with \$30,000 in loans and paid them all off in less than 5 years. While in repayment for my loans, I also bought my first car and paid off the 72-month loan in 17 months. For a long time, I felt like the monthly payments I was making were barely chipping away at the debt, and then **I would hit milestones like \$10,000 paid off** and start to see that I was actually getting there.

My motivation to pay off my debts so quickly was fueled by wanting to get those debts down to zero so that I could live more comfortably and start an emergency savings account."

ON SETTING GOALS:

"When setting goals, financial or otherwise, it's important to **break down the goal into small steps**, so I had to figure out what amount I would need to set aside from each paycheck in order to reach my goal for the whole year. The more money I save, the more I want to keep saving, because I imagine all the things I could do if I saved more. For example, with the housing market being so competitive for buyers, I hear that a lot of realtors are accepting the offers from buyers who pay cash. Someday in the future when we buy a new house, maybe we'll have the advantage of being able to pay cash."

ON THE ESSENTIAL ASPECTS OF HER FINANCIAL WELLNESS:

"One is that my husband and I are financially independent from each other. When we got married two years ago, we never combined accounts, we don't have both names on our bills, and we don't have any shared finances. **We split everything evenly based on our income**, and that works for us. The other part is **not having kids**, which is a big part of my ability to have paid off my debts so quickly and remain comfortable."

ON PLANNING FOR THE FUTURE:

"The only thing I'm really aiming to do with my emergency savings is to be able to **pay for health insurance, cost of living, food, and other necessities** if I become unemployed or injured or something. For non-emergency savings, I don't think there will ever be a day when I think I've saved enough money and can stop. The more money I have saved, the more possibilities I have. The tricky part for me will be recognizing an acceptable time to actually spend some of that money."

ON THE INFLUENCE OF HER PARENTS:

"My parents have had a really positive influence on my financial wellness. **Seeing what they had to sacrifice just to get by encouraged me to earn and save enough money to be more comfortable.** They also had little 'rules' when I was living with them in between college semesters. I had to pay rent, except instead of putting my rent money toward living expenses, they saved it all and gave it back to me when I moved out, to have a little starter money. When I was studying abroad in Europe one semester, they kept all my money in an account and would wire certain amounts to me every other week."

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