January 2019
A Special Supplement to
The Malone Telegram

Health, Mind & Body

Stay Mentally Fresh Throughout Your Workday
Understanding Depression and its Triggers

3 TIPS to overcome those aches and pains

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Energy levels tend to ebb and flow throughout a typical workday. A cup of coffee may provide some caffeine-infused spark in the morning, but a big lunch can squash energy later in the afternoon. Waning mental sharpness as the workday progresses can compromise productivity, making it more difficult for workers to complete projects on time. That, in turn, can contribute to stress. In fact, in its ‘2017 Stress in America’ survey, the American Psychological Association found that 58 percent of Americans say work is a significant source of stress.

Staying mentally fresh during a workday can pay a host of benefits, and the following are just a few ways to maintain mental focus until quitting time.

- Exercise regularly. The physical benefits of routine exercise are well documented. But even the most ardent fitness enthusiasts may not realize just how big an impact physical activity is having on their brains. The Harvard Medical School notes that exercise stimulates regions of the brain that release a chemical called brain-derived neurotrophic factor, or BDNF, which rewires memory circuits so they can function better. A stronger memory can help workers recall project details and deadlines more easily, even as the workday draws to a close.

- Avoid the “quick fix.” Relying on a beverage or snack to provide a quick mental boost may end up compromising your mental sharpness. Foods and beverages that are high in sugar may provide an immediate energy boost, but that spike is almost instantly followed by a crash that can adversely affect your mental sharpness. Stick to healthy snacks, such as fruits and vegetables, and avoid late afternoon cups of coffee, which studies have shown make it harder to fall asleep at night, thereby compromising your energy levels the next day.

- Take a walk outdoors. Spending some time outdoors during a lunch break, or even a quick, post-lunch stroll around the office grounds, can provide a break for the brain. That break can help the brain refocus, improving productivity as a result. One great way to get outdoors during busy workdays is to conduct meetings outside when the weather permits. This gives everyone a chance to recharge their brains in the great outdoors, and few people would prefer a dusty conference room to a nearby park or picnic area outdoors.

Various strategies can help working professionals maintain their mental sharpness throughout the workday.
Metro

Calorie-conscious individuals may wonder if eating at night or after a certain time can derail their diets and fitness regimens. The jury is still out on whether eating at night can pack on the pounds or not, with various health recommendations contradicting one another. However, if one does choose to snack at night, there may be a smart way to do so.

The U.S. Department of Agriculture’s Weight Control Information Network says that a calorie is a calorie no matter when it is consumed. That means it doesn’t matter if calories are consumed in the morning, afternoon or evening. It is how many are consumed and the amount of physical activity individuals perform that will affect their weights. Conversely, the Academy of Nutrition and Dietetics says they’re not sure if a calorie is a calorie no matter when it is consumed. Their research and data from the University of Pennsylvania School of Medicine’s Center for Weight and Eating Disorders indicates that when food is consumed late at night the body is more likely to store those calories as fat and gain weight rather than burn it off as energy. Certain animal studies show that food is processed differently depending on the time of day it was consumed.

But what is a person to do when hunger pangs hit at night and one fears that their rumbling stomach may interrupt their sleep? According to the nutrition and fitness experts at MyFitnessPal, powered by Under Armour, stick to a snack that is between 100 and 200 calories. Choose a food that is high in protein, fiber or healthy fats, which will be more likely to keep a person satiated throughout the night. Apples and peanut butter, string cheese and fruit, or whole grain crackers and Greek yogurt can be healthy, satisfying nighttime snacks. Avoid sugary, calorie-dense foods, which may be hard to digest and can compromise sleep quality.

More studies may be necessary to determine the relationship between body weight and snacking at night. In the meantime, nighttime snackers should choose healthy foods when reaching for a late night bite to eat.

INTRODUCING INTERVENTIONAL PAIN MANAGEMENT SPECIALIST
Lukasz Chebes, MD

Dr. Chebes is new to the North Country, relocating from Las Vegas where he worked in Interventional Pain Management for Southwest Medical. Dr. Chebes treats patients suffering from acute, subacute, and chronic pain, including painful conditions of the spine and peripheral joints. His comprehensive approach includes both conservative measures and minimally invasive interventional procedures, and aims to reduce reliance on medications and more invasive surgical options.

Dr. Chebes earned his medical degree from The Ohio State University College of Medicine, Columbus, OH. He completed his Anesthesiology residency and Pain Medicine fellowship at the University of Illinois at Chicago. He is double board certified in Anesthesiology and Pain Medicine.

Learn more and watch a video about Dr. Chebes at CPHospital.org/Chebes
Understanding depression and its triggers

Many people periodically have bad days when they just seem to be in a bad mood. When a bad mood isn’t short-lived, this might be a potential indicator of depression.

Depression is a common mental disorder that, according to the World Health Organization, affects more than 300 million people across the globe. The WHO notes that despite the fact that there are known and highly effective treatments for depression, fewer than half of those suffering from depression receive such treatments. Furthermore, in many countries, fewer than 10 percent of people with depression receive treatment.

Learning about depression and how to recognize its symptoms may compel people battling it to seek treatment for this very common and treatable disorder.

WHY DO I HAVE DEPRESSION?

Everyone has a bad day here or there, but people with depression may wonder why theirs are more than just a bad day. The WHO notes that depression is a byproduct of a complex interaction of social, psychological, and biological factors. Exposure to adverse life events, such as unemployment, the death of a loved one or psychological trauma, can increase peoples’ risk of developing depression.

Depression also may be caused by physical conditions. The WHO says cardiovascular disease can lead to depression.

What are the symptoms of depression?

The Mayo Clinic notes that one in 10 people whose depression goes untreated commit suicide. That only highlights the importance of recognizing the symptoms of depression and acting once any have been identified or suspected. Symptoms can include:

- Difficulty concentrating, remembering details and making decisions
- Fatigue
- Feelings of guilt, worthlessness and helplessness
- Pessimism and hopelessness
- Insomnia, early-morning wakefulness or sleeping too much
- Irritability
- Restlessness
- Loss of interest in things once deemed pleasurable, including sex
- Overeating or appetite loss
- Aches, pains, headaches, or cramps that won’t go away
- Digestive problems that don’t get better, even with treatment
- Persistent sad, anxious or ‘empty’ feelings
- Suicidal thoughts or attempts

Anyone who has exhibited any of the aforementioned symptoms or even those who haven’t but suspect they might be suffering from depression should visit a physician immediately. The WHO notes there are a variety of treatments available to people who have been diagnosed with depression, and doctors will determine which might be the best for each patient. To make that determination, doctors may inquire about the duration and severity of symptoms as well as family history and whether or not the patient has a history of drug or alcohol abuse.

Depression is a common mental disorder that too often goes undiagnosed. Seeking help the moment symptoms are detected or suspected can help people overcome the disorder.

Did you know?

Brief breaks during the work day can dramatically improve one’s ability to focus on a task. A 2011 study published in the journal Cognition found that brief mental breaks can improve focus on a prolonged task. The study’s authors tested participants’ ability to focus on a repetitive computerized task for 50 minutes under various conditions. The control group performed the task without breaks or diversions. The switch group and non-switch group memorized four digits before performing the task and were directed to respond if they saw one of the digits on the screen while performing the task. The switch group was the only group to be presented with the digits twice during the experiment, and both groups were tested on their memory of the digits at the end of the task. Most participants’ performance declined considerably over the course of the 50-minute task. However, the performance of those in the switch group did not decline at all, as the two brief breaks to respond to the digits allowed them to maintain their focus throughout the experiment. The researchers behind the study concluded that the switch group’s performance was steady because the brain is built to detect and respond to change, and its performance will actually suffer if it must maintain prolonged attention on a single task without taking a break. Professionals with a lot on their plates may see their performance improve by taking frequent mental breaks throughout the workday.

Nina Pierpont, MD, PhD

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Simple ways to look and feel your best

At the dawn of a new year, many people resolve to reach for new heights. On the path to personal growth or improvement, one may find that making a few adjustments can greatly increase confidence and satisfaction.

The adage ‘don’t judge a book by its cover’ can inspire people to look beyond the outer shell to what lies beneath. However, how a person presents himself or herself undeniably has an impact on how this person is perceived. Therefore, individuals can make small changes that improve how they look and feel about themselves. This, in turn, may make people more self-assured.

- Undergo a teeth-whitening treatment. A bright, welcoming smile portrays friendliness and confidence. People who hide their smiles because of yellowing teeth can find that investing in at-home whitening strips or gels, or working with a dentist for professional whitening services, can dramatically change their looks.

- Skip the pockets. Rely on clothing that is pocket-less, especially if you’re prone to putting hands in pockets. Body language experts say that people put their hands in their pockets when they are uncomfortable or unsure of themselves. Keeping one’s hands free can project more confidence in all they do.

- Get a tailored wardrobe. Ill-fitting clothing may tell others you don’t care about your appearance, even if you do. Sometimes off-the-rack clothing just doesn’t fit as well as a person may hope, especially if that man or woman is between sizes. Working with a tailor or seamstress to make clothing fit better can help people feel more comfortable in everything they do.

- Practice better posture. Standing tall with shoulders back and head held high can do everything from project assertiveness to help clothes fit and fall better.

- Properly groom your brows. Men and women both can benefit from well-tended brows. These eye-framing wonders are one area on the face people tend to notice first. It pays to keep them well-groomed and neat.

- Start exercising. Exercise does wonders for not only maintaining a healthy, fit body, but it also can improve mood. These suggestions are relatively easy tweaks to help a person put forth his or her best self.

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Who Wants to Live Forever’ is a song that appeared on the 1986 album ‘A Kind of Magic’ by the rock band Queen. The song often sparks conversation about the potential benefits of immortality. Immortality may not be possible, but many people aspire to improve their chances to live a long and prosperous life. A study published in the journal Lancet analyzed data from the 2016 Global Burden of Diseases project to generate life expectancy predictions from 2017 to 2040 for most countries. The United States saw the largest decline in ranking among high-income countries, as life expectancies in the United States are projected to fall from 43rd in 2016 to 64th by 2040, with an average life expectancy of 79.8. Life expectancy in the U.S. has dropped in each of the past two years, according to annual reports by the National Center for Health Statistics. But there may be hope for Americans yet. Doctors and scientists continually study the lifestyles of people who outlive their life expectancies. While genetics can play a role, so can following healthy habits, which have been identified to promote longevity.

- Avoid drug use. Accidental drug overdoses contributed to 63,600 deaths in the United States in 2016, according to the National Center for Health Statistics. Usage of prescription opioids and heroin has skyrocketed in recent years. Drug use also may exacerbate mental illnesses, potentially making drug users more vulnerable to suicide.
- Limit alcohol consumption. Some evidence suggests that light drinking can be good for cardiovascular health. However, a paper published in the Lancet suggests every glass of wine or pint of beer over the daily recommended limit will cut half an hour from the expected lifespan of a 40-year-old. The paper says the risks are comparable to smoking. Simple, healthy lifestyle changes can help people increase their life expectancies.

Did you know?

Fat has a bad reputation. Many people hear the words ‘fat’ or ‘fats’ and immediately think the worst. Fats go by many names, including lipids, fatty acids, vegetable fats, animal fats, and oils. While some fats can be harmful when consumed in excess, many fats are actually helpful to the body. Educating oneself about the different types of fats can make for a more well-rounded diet.

- Saturated fats: These are solid at room temperature and tend to come from animal products and processed foods. A large intake of saturated fats can increase a person’s risk for cardiovascular disease and stroke.
- Monounsaturated fats: This ‘healthy’ fat may lower LDL cholesterol and keep HDL cholesterol at higher levels when saturated fats are held in check.
- Polyunsaturated fats: These fats also are considered good for cardiovascular health and are commonly known as the omega-3 and omega-6 fatty acids that are found in certain seeds, fatty fish and nuts.
- Trans fats: Trans fats are synthetically manufactured by adding hydrogen to liquid vegetable oils to make them more solid. They are not good for a person’s health, but they have been widely used in the past because they tend to be stable and inexpensive and can improve shelf life of processed products. It is important to distinguish between helpful and harmful fats so a body gets the healthy fuel it needs.
Do you feel panicked if you leave home without your mobile phone in hand? Do you find it difficult to sit in the house without browsing the internet on your devices? Are your children spending much of their classroom hours on tablets? Screen time has taken over most people’s daily lives, but at what cost?

A 2014 report from Nielsen found that adults log a total of 11 hours of screen time per day. Delaney Ruston, a physician and creator of the documentary ‘Screenagers,’ which explores young people’s use of digital devices, discovered kids spend an average of 6.5 to eight hours per day looking at screens. All of this time glued to digital devices has profound effects on physical and mental health, and many experts are advising people to cut back on the time they spend on their devices.

**BRAIN DAMAGE**

Multiple studies indicate that spending considerable time on screens can produce atrophy (shrinkage or loss of tissue volume) in gray matter areas of the brain, according to reports in Psychology Today. These are regions of the brain where processing occurs. One of the most affected areas includes the frontal lobe, which governs executive functions like planning, prioritizing, organizing, and impulse control. Another vulnerable area is the insula, which is tied to a person’s capacity to develop empathy and compassion for others. Research also shows that white matter can be compromised, which translates into loss of communication between cognitive and emotional centers within the brain.

**VISION PROBLEMS**

Staring into screens for extended periods of time can damage areas of the eyes and result in computer vision syndrome, which is characterized by strained eyes, blurred vision, and headaches. The Multi-Ethnic Pediatric Eye Disease Study, conducted by researchers and clinicians from the USC Eye Institute at Keck Medicine in collaboration with the National Institutes of Health, has found that exaggerated screen time and insufficient sunlight exposure has more than doubled incidences of myopia (nearsightedness) among American children in recent years.

**SLEEP DISTURBANCES**

University of Gothenburg psychologist Sara Thomee, a lead researcher into the effects of screen time on the body, says the blue light from digital devices suppresses the sleep-promoting hormone melatonin, keeping people from having restful sleeps.

**OVERSTIMULATION**

Screen time can cause hyperarousal, which may be more notable in children than adults, according to research published in Psychology Today. Regular amounts of screen time can cause the brain to be in a state of chronic stress, which can short circuit the frontal lobe. This may lead to addictive behaviors, rage, inability to recover from minor frustrations, and hyperactivity.

Screen time is profound and may be hurting minds and bodies. Many people have set goals to reduce the time they spend on electronics to improve their personal health.
Many new programs are available at fitness centers that allow fitness-minded individuals to test their mettle. Recently, one of the more popular fitness regimens is HIIT, and it’s probably available at a fitness center near you.

HIIT is an acronym for High Intensity Interval Training. The American College of Sports Medicine says HIIT held steady among the top fitness trends for 2017. The crux of HIIT is sustained, intense exercise followed by active recovery periods. WebMD says that HIIT can be used with any type of cardio workout, including rowing, jumping rope, stair climbing, and more. Many gyms also build programs around HIIT that may include “boot camp” workouts that utilize equipment or body weight exercises to burn calories.

A typical HIIT training session lasts about 30 minutes. Workouts are performed at 80 to 90 percent of a person’s maximal heart rate, which is the number of times the heart will beat in a minute without overexerting itself. Recovery periods are not entirely rest. They tend to be shorter than active periods, and come in at around 40 to 50 percent of the maximal heart rate. The workout will alternate between the working and recovery periods.

HIIT workouts can be effective at boosting metabolism and helping people burn calories faster. They also help to develop physical endurance. The science behind the workouts has to do with EPOC, or excess post-exercise oxygen consumption. The fitness lifestyle resource Daily Burn says that HIIT will help burn more fat and calories than regular steady workouts because EPOC\0x2008 is an oxygen shortage in the body that occurs during the intense portions of the HIIT workouts. During recovery, the body will ask for more oxygen, creating an afterburn and a metabolic disturbance. The fitness guide Fitness Blender states that the intense training will result in the body burning calories at a higher rate for up to 48 to 72 hours after exercising.

People may see greater results by doing HIIT workouts three times a week for half of the duration than they would if they were performing more typical workouts more frequently. For those whose schedules are already jam-packed, HIIT can be a more efficient way of exercising.

HIIT requires a strong baseline fitness level, so beginners or those who have been out of the gym for some time are urged to start slowly. Also, since HIIT causes high demand on the heart and respiratory systems, so it’s essential to discuss the regimen with a doctor to find out if HIIT is a smart choice depending on your medical history.

Those considering participating in HIIT workouts are urged to discuss the possibilities with a knowledgeable trainer at a neighborhood gym.

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For many people, another new year means another resolution to lose weight. But the months go by, and the weight stays on. So what can you do?

Take back your life. Find out if weight loss surgery is right for you.
Banish belly fat and improve cardiovascular health

The way to a person’s heart may be through his or her stomach in more ways than one. Doctors have tied heart health to the abdomen, and having extra pounds around one’s middle can be detrimental to cardiovascular well-being.

Excess visceral fat in the belly, something doctors refer to as ‘central adiposity,’ may have potentially dangerous consequences. While the link between belly fat and heart health has long been associated with men, women may be even more vulnerable to the adverse health effects of belly fat. A study published in March 2018 in the Journal of the American Heart Association examined 500,000 people between the ages of 40 and 69. Participants had their body measurements taken, and then were kept track of for the next seven years. During that period, the women who carried more weight around their middles (measured by waist circumference, waist-to-hip ratio or waist-to-height ratio) had a 10 to 20 percent greater risk of heart attack than women who were just heavier overall.

Belly fat is particularly dangerous because it doesn’t just include the insulating, or subcutaneous, fat under the skin. It is largely visceral fat that also surrounds the organs in the abdomen. Harvard Medical School reports that visceral fat is metabolically active and has been strongly linked to a host of serious diseases, including heart disease, diabetes, cancer, and dementia. Visceral fat is like an endocrine organ that secretes hormones and a host of other chemicals linked to diseases that can affect adults. One substance is called retinol-binding protein 4 (RBP4), which has been tied to an increased risk of coronary heart disease. In 2015, a study published in the Annals of Internal Medicine found that normal-weight people with excessive belly fat had a higher risk of dying of heart disease or any other cause compared with people without central obesity.

The online health and wellness resource Medical News Today says doctors determine belly fat to be a problem when a woman’s waist measures 35 inches or more and a man’s 40 inches or more. MRIs also can be used as a fat analyzer and will be judged on a scale of 1 to 59. A measurement of 13 and under is desirable.

The Mayo Clinic advises that poor diet and fitness habits can contribute to belly fat. As people age, they may have to make more drastic changes to their diets and exercise regimens to counteract changes in their metabolisms. Eliminating sugary beverages, watching portion sizes, counting calories, doing moderate aerobic activity daily, and choosing healthier foods can help tame visceral fat. Also, doctors may recommend those who are stressed to try stress-busting techniques, as stress also may be tied to excessive belly fat.

Belly fat should not be overlooked, as its presence can greatly increase a person’s risk for various diseases.

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3 tips to overcome everyday aches and pains

1. BEGIN A WELL-ROUNDED EXERCISE REGIMEN.
   Regular exercise that includes both strength training and cardiovascular exercise increases blood flow and helps build a strong core. A strong core supports the spine and reduces the pressure on it, making it less likely people who sit for long stretches at a time will end their days with lower back pain. Routine exercise also helps other areas of the body by keeping muscles loose and flexible. Before beginning a new exercise regimen, men and women, especially those with existing aches and pains, should consult their physicians about which exercises they should do and which they might want to avoid.

2. EMPLOY RICE.
   RICE, which stands for rest, ice, compression, and elevation, can help men and women overcome the aches and pains that result as the body ages and tendons begin to lose some of their elasticity. RICE might be most helpful for people who have been diagnosed with tendinitis. Athletes over 40 who engage in activities that require repetitive motion might need to take more days off between rounds of golf or other competitive and/or repetitive activities. If tendinitis flares up, take some time away, icing any sore areas, wrapping them in bandages, and elevating them while resting. Athletes rarely want to sit on the sidelines, but a few days off can go a long way toward alleviating the pain associated with tendinitis.

3. RECOGNIZE YOUR BODY MAY DEVELOP SOME LIMITATIONS.
   Age should not prevent you from being physically active, and numerous studies have touted the benefits of continuing to exercise into your golden years. However, as the body ages, muscle fibers become less dense, resulting in a loss of flexibility that increases the risk of injury and/or soreness. As men and women grow older, they shouldn’t abandon activities like gardening or strength training. But they may need to scale back on the intensity with which they perform such activities. Doing so can prevent the kinds of muscle strains associated with aging.

Pain affects more than one billion people across the globe. But some simple strategies can help people overcome pain and enjoy a rich quality of life.

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Did you know?

Alzheimer’s disease, the most common form of dementia, is often mistaken as something that only affects aging men and women. While the Alzheimer’s Association notes that age is the biggest risk factor for Alzheimer’s, the group also warns that even men and women nowhere close to retirement age can develop the disease. In fact, the Alzheimer’s Association reports that, in the United States alone, roughly 200,000 people under the age of 65 have early-onset Alzheimer’s disease. According to the Alzheimer’s Association, many people with early-onset are in their 40s and 50s. Recognizing that Alzheimer’s is not just for retirees but capable of affecting younger men and women with families and careers is important, as the Alzheimer’s Association points out that healthcare providers typically do not look for signs or symptoms of Alzheimer’s in young people. In such people, symptoms of Alzheimer’s may be incorrectly attributed to stress. Adults who suspect they might be suffering from early-onset Alzheimer’s should have a comprehensive medical evaluation, which may include a neurological exam and/or brain imaging, conducted by a physician who specializes in Alzheimer’s disease.

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How to overcome workout boredom

Metro

Even the most ardent fitness enthusiasts sometimes lack the motivation to exercise. Various factors, including boredom with a fitness regimen, can affect one’s motivation to hit the gym.

Boredom with a workout can sometimes be overcome by an especially effective workout. But for those instances when boredom is difficult to overcome, men and women who want to stay in shape can try these strategies.

■ Join a sports league. A workout doesn’t have to be limited to the weight room or the cardiovascular area of your local gym. If your motivation to workout is waning, consider joining a competitive sports league. Many fitness facilities even offer adults sports leagues on their premises facilities even offer adults.

■ Take along your tablet. Many fitness facilities now include WiFi internet access with the cost of a membership or competitions only take place once or twice a week, be sure to supplement your participation with more traditional workouts on off days.

■ Periodically change your regimen. It’s easy to get bored with a workout if you’re always doing the same repetitive exercises. Speak with a personal trainer at your gym and ask for some advice on how to switch things up and still meet your fitness goals.

There’s more than one way to get fit, and periodically changing your exercise regimen can be a great way to shake things up and reinvigorate your interest in exercise.

■ Set new goals. Boredom with a workout regimen sometimes creeps in because people have achieved their initial fitness goals and haven’t set new ones. Whether you have lost the amount of weight you set out to lose or can now squat as much as you set out to squat, set new goals so you have a new carrot dangling on the end of your stick.

Nearly everyone encounters workout boredom at one point another. Various strategies can help you overcome such a malaise and reinvigorate your enthusiasm for exercising.

3 ways oatmeal can benefit your body

Metro

Oatmeal is one of many options people have when sitting down to breakfast each morning. Though brand name cereals or staples like bacon and eggs might be the most popular choices at the breakfast table, few foods pack as nutritious a punch as oatmeal.

Instant oatmeal might be found in the pantries of many households. But it’s important to note that packets of instant oatmeal are often loaded with sodium and sugar, which can compromise the nutritional benefits of the oats. In fact, WebMD says some instant oatmeal packets contain as much as eight teaspoons of sugar per serving. Store-bought plain rolled oats, or steel-cut oats, are typically nutritious and low in both sugar and sodium.

Oatmeal can provide a great start to your day and pay other dividends as well, though it’s important that consumers read package labels so they are getting the nutritional benefits of whole grain oats without the added sugar and sodium. The following are three of the many ways a morning bowl of oatmeal can benefit your body.

1. Oatmeal can help lower ‘bad’ cholesterol.

According to the Mayo Clinic, oatmeal contains soluble fiber, which can reduce the absorption of cholesterol into the bloodstream. And it doesn’t even take much soluble fiber to reap such benefits. Five to 10 grams of soluble fiber per day has been shown to decrease low-density lipoprotein cholesterol, which is commonly referred to as ‘LDL’ or ‘bad’ cholesterol.

2. Oatmeal is loaded with vitamins and minerals.

The online medical resource Healthline notes that oats contain a well-balanced nutrient composition that can help people get well on their way to consuming their recommended daily intake of various vitamins, minerals and antioxidants. For example, half a cup of oats contains...
3 fun ways families can get fit together

Oatmeal

Oatmeal, so long as it isn’t instant oatmeal, is one of the rare foods that’s both filling and low in calories. That makes it an ideal choice for those who want a filling breakfast that won’t affect their waistlines. Oatmeal is filling because of its fiber content. Unlike other carbohydrates, fiber does not break down into sugar once it’s consumed. When fiber is consumed, it absorbs water and takes up space in the stomach, leading to feelings of fullness that can prevent overeating.

The nutritional benefits of oatmeal make it a must-have item for anyone who wants to start their day off in a healthy way.

1. START DANCING.

Dancing isn’t just a fun activity, it’s also a very healthy one. While dancing might often be categorized as a recreational activity, such a categorization overlooks the many health benefits of cutting a rug. Dancing is a great cardiovascular exercise that works multiple parts of the body. Routine cardiovascular exercise has been linked to reduced risk for heart disease and other ailments. In addition, a 2009 study from researchers in South Korea found that hip hop dancing can boost mood and lower stress.

2. SCHEDULE DAILY EXERCISE TIME.

Parents and their children are as busy as ever, so it makes sense to schedule family exercise time just like you schedule family meals or outings to the museum. Kids who compete in sports may already get enough physical activity each day. The CDC recommends children participate in at least 60 minutes of physical activity each day, so kids who aren’t playing sports can spend an hour each day sweating alongside mom and dad.

3. WALK AFTER DINNER.

Families who routinely dine together can delay doing the dishes to walk off their meals. A walk around the neighborhood after dinner provides solid family time, but it’s also a great way to stay healthy. A 2017 study from researchers at the University of Warwick that was published in the International Journal of Obesity found that people who took 15,000 or more steps each day tended to have healthy body mass indexes, or BMIs. That’s an important benefit, as an unhealthy BMI is often a characteristic of obesity.

Getting fit as a family can be fun and pay long-term dividends for parents and children alike.

Volunteerism in the Adirondack Region

For more information, please call us at (518) 563-0028 or stop into our office to see what opportunities are available.

United Way

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Save your face one exercise at a time

Hunger can be a formidable foe, especially for people attempting to lose weight. When hunger strikes, various appetite-control strategies can help people avoid overeating or eating during those times when boredom is more to blame than an empty belly.

■ Eat slowly. When a person eats, a series of signals are sent to the brain from digestive hormones secreted by the gastrointestinal tract. These signals produce a feeling of pleasure and satiety in the brain, but it can take awhile for the brain to receive them. By chewing slowly, people can give the signals more time to reach their brains, potentially preventing them from overeating.

■ Choose the right snacks. The right snacks can make it easier to eat more slowly. Instead of reaching for potato chips or pretzels, both of which can be eaten quickly and picked up by the handful, choose snacks that are both healthy and require a little work. Carrots, hummus, or baked tortilla chips with low-fat salsa or bean dip are low-calorie snacks that also require some work between bites. The time it takes to chew between bites affords more time for the digestive tract to release signals to the brain that you’re full.

■ Reach for fiber first. Another way to conquer hunger without overeating is to reach for fiber before eating other parts of your meal. Vegetables are rich in fiber, but since veggies are often served as side dishes, many people tend to eat them only after they’ve eaten their main course. That can contribute to overeating. Fiber fills you up, so by eating the high-fiber portions of your meal first, you’re less likely to overeat before your brain receives the signals that your stomach is full. Consider eating vegetables as an appetizer or, if the entire meal is served at once, clear your plate of vegetables before diving into the main course or other side dishes.

■ Drink water. Perhaps the best, and least expensive, way to control appetite and ensure you don’t overeat is to drink more water. A 2010 study funded by the Institute for Public Health and Water Research that included 48 adults between the ages of 55 and 75 found that people who drank two eight-ounce glasses of water right before a meal consumed 75 to 90 fewer calories during the ensuing meal than study participants who did not consume water prior to their meals. Over the course of 12 weeks, participants who drank water before meals three times per day lost roughly five pounds more than those who did not increase their water intake.

Controlling appetite does not have to be a complex undertaking. In fact, some of the simplest strategies can be highly effective.

Strategies to control appetite can help you limit intake

Zion Market Research says the global anti-aging market was valued at $140.3 billion in 2015 and is expected to reach $216.52 billion in 2021. Although medical procedures and products sold at drug stores and by cosmetics retailers have their benefits, exercise also may provide some benefits, especially as it pertains to one’s face and appearance.

Some dermatologists warn that pulling the face in the wrong directions through exercise actually may speed up the process of wrinkling and premature aging, making face exercises a trend to avoid.

People who are currently on the fence may want to focus on movements that will strengthen facial muscles. Doris Day, M.D., author of the book ‘Skinfluence,’ says to try a facial movement where you look like you’re going to laugh or smile but don’t actually follow through. This raises eyebrows and targets those muscles and the ones by the ears that pull the skin back. Adopting a neutral face at rest is helpful as it helps prevent wrinkled brow and lines from frowning.

The jury is still out as to the efficacy of facial exercise for wrinkles reduction. Combining facial stretching with a healthy diet and use of sunscreen and resolving to stay hydrated might help reduce the appearance of aging.

Metro

Hundreds of billions of dollars are spent each year on anti-aging and anti-wrinkling treatments in an effort to improve one’s appearance and mask potential signs of aging.

A new Northwestern Medicine study published in JAMA Dermatology is the first scientific study to test the premise of facial exercise and its effects on appearance. The study found that a daily or alternate-day 30-minute facial exercise program sustained over 20 weeks improved the facial appearance of middle-aged women, resulting in a younger appearance.

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Strategies to help manage your stress

Stress is an issue that knows no geographical boundaries. The Regus Group reports that stress levels in the workplace are rising, with six in 10 workers in major global economies experiencing increased workplace stress. Workers forced to take on too much work or those tasked with performing jobs beyond their abilities might not be able to do much to quell those demands. However, they can employ various strategies to manage their stress.

- Embrace planning. A 2011 survey from psychologist Robert Epstein asked more than 3,000 participants in 30 countries which stress management technique was most effective at helping them overcome their stress. Epstein discovered that participants felt planning was the most effective way to manage their stress. Planning is essentially a proactive approach to managing stress and fighting it before it even starts. Smartphone apps make it easier than ever to schedule your time. Utilizing such apps or opting for the more traditional route by using a day planner can be a highly effective way to manage stress.

- Practice cognitive reframing. Cognitive reframing is another effective stress-management technique that involves changing the way you look at something so your experience of it changes. Psychologists note that cognitive reframing is effective because the body’s stress response is triggered by perceived stress and not actual events. So by reframing the way you perceive a potentially stressful event, you can change your body’s response to it. This technique is most effective when people are mindful of their thoughts, particularly those that might be negative or stress-inducing.

- Take breaks. A heavy workload may compel people to sit down at their desk and keep working until quitting time. However, that approach takes both a physical and emotional toll. Sitting for long periods of time without getting up not only increases a person’s risk for various diseases, but it also can contribute to something known as decision fatigue. Decision fatigue occurs when someone must make frequent decisions throughout the day. Without a break, such persons’ abilities to reason becomes compromised, and they may end up making poor decisions or feeling less confident in their decisions, which may increase their stress levels. Frequent breaks, even if they’re just brief walks to get a glass of water, can help avoid both the physical and emotional effects of stress.

Stress affects people across the globe. Learning to manage it can make people happier in both their personal and professional lives.
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