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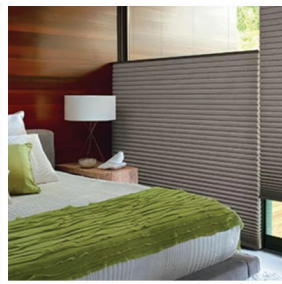
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## FROM THE EDITOR

By ANGEL CHAVEZ

# Was death abolished out of your life?

It sounds a language from another dimension, foreign to our natural ears, yet it is for us to be acquainted and appropriate. Our spirit understands it because It's language from the Holy Spirit to our spirit.

“For God has not given us a spirit of fear, but of power and of love and of a sound mind. Therefore do not be ashamed of the testimony of our Lord, nor of me His prisoner, but share with me in the sufferings for the gospel according to the power of God, who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began, but has now been revealed by the appearing of our Savior Jesus Christ, who has abolished death and brought life and immortality to light through the gospel,...

*2 Timothy 1:7-10*

**ABOLISHED IN THE DICTIONARY MEANS:** Put an end to, do away with, get rid of, scrap, end, stop, terminate, eradicate, eliminate, exterminate, destroy, annihilate, stamp out, obliterate, wipe out, extinguished, quashed, expunged, extirpated, annulled, cancelled, invalidated, nullify, void, dissolved, erased, deleted, rescinded, repealed, revoked, overturned, discontinued, removed, withdraw, retracted, countermanded, excised, dropped, jettisoned, vitiated, abrogated, deracinated. I like them all. Pick your choice...

**WHO HAS ABOLISHED DEAD? JESUS DID. THAT WAS HIS MISSION AND HE SAID IT IS FINISHED! NOW, IT IS UP TO US TO SEARCH OUT DEEP IN OUR SPIRIT THE FULL MEANING OF IT. AND, WHEN WE FIND THAT OUT IT WILL AFFECT US ACCORDINGLY.**

Most Christians are looking for a time in the future to enter eternity.

Some others have entered eternity the instant when they received Jesus. Because Jesus is the Kingdom of God and eternity. Eternity with God for Christians was established on resurrection morning.

**SO, THEN, DEAD HAS BEEN OPERATING ILLEGALLY?**

“Jesus said to her, “I am the resurrection and the life. He who believes in Me, though he may die, he shall live. And whoever lives and believes in Me shall never die. Do you believe this?” *John 11:25-26*

Everyone, a Christian that is, must make their own deep study. And, at the very least we should keep in mind that there are many available ways of going, I am tired of the old fashion way of dying.

**OLD FASHION WAY OF DYING?** Yes, visiting doctors, hospitals, getting old, getting bit up to dead. You know the traditional way. The illegal way.

Here some other ways that seem more proper for a Christian to go up: **The Moses way:** “Moses was one hundred and twenty years old when he died. His eyes were not dim, nor his natural vigor diminished.” *Deuteronomy 34:7*

**The Elijah Style:** “Then it happened, as they continued on and talked, that suddenly a chariot of fire appeared with horses of fire and separated the two of them; and Elijah went up by a whirlwind into heaven.” *2 Kings 2:11*

**The Enoch's Style:** “So all the days of Enoch were three hundred and sixty-five years. And Enoch walked with God; and he was not, for God took him.” *Genesis 5:24*

There are other ways to go for a Christian that break the mold. I will talk about those maybe in the next article. My point is that if we are The Temple of the Holy spirit, if we

*continued page 30*

# COVER STORY

## Kim Jones

RPh, Registered Mental Health Counselor Intern



**16**  
COVER STORY



**18**  
Prescription Drug Abuse



**22**  
Seniors and Driving

# CONTENTS

STUART • SEPTEMBER 2023 • VOLUME 10 • ISSUE 9

## ON OUR PAGES



**5** ➤ **KIDS**

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



**8** ➤ **SCIENCE & TECHNOLOGY**

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



**10** ➤ **NUTRITION**

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



**12** ➤ **FITNESS**

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



**14** ➤ **HEALTH & WELLNESS**

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



**22** ➤ **SENIOR LIVING**

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



**26** ➤ **HOME IMPROVEMENT/REAL ESTATE**

>> Advice and information, home construction. Real Estate. Tips for decorating your home and more.



**28** ➤ **WEALTH/LEGAL/BUSINESS**

>> Ways to manage your hard earned dollars as well as legal advice on a variety of topics.



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# Situations That Cause Common Family Conflicts

Source: betterhelp.com

Writer Leo Tolstoy once observed that “All happy families are alike; each unhappy family is unhappy in its own way.” This may be true in the sense that families are complex units made up of complex individuals, and the ways in which they relate to each other and the circumstances in which they find themselves are unique. One family’s issues may be completely distinct from another’s.

That said, however, there’s a set of broad patterns that tend to cause conflict across many families—whether biological or chosen. To compound the issue, many lack the tools to handle these challenges in a healthy way. Read on for eight of the most common sources of conflict in families, along with steps you can take to try and address or cope with them.

## Signs Of Unhealthy Family Conflict

Every family will inevitably face conflict from time to time. However, those that go unresolved or that are dealt with in unhealthy ways can take a toll on members and their relationships with each other. They can lead to chronic stress levels (which can lead to health problems), mental health challenges, and even estrangement.

If this sounds like your family, you’re not alone; 2019 statistics reflect that 70–80% of US adults consider their families to be dysfunctional in some way.

Some signs of ongoing family conflict that’s not being handled in a healthy way can include:

- Passive-aggressive behaviors
- Sweeping issues ‘under the rug’
- Frequent bickering and/or fighting
- Disagreements frequently escalating to yelling/screaming



- Frequent periods where some members aren’t speaking to others
- A lack of trust between members
- Codependent behavior
- Abuse of any kind

If you or someone you know is experiencing abuse in any form, you can contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) for immediate support, advice, and assistance.

## 8 Common Causes Of Family Conflict

If you’ve recognized that your family is experiencing conflict, identifying the root cause can be the next step toward managing it. Although many people are already aware of what’s causing the core conflict within their family, it can be helpful to see some of the most common ones listed out—both to provide insight into how multiple issues can overlap and interact, and to take comfort in knowing that you’re not alone in your experience.

### 1. Parental Relationship Problems

Parents who are constantly fighting—whether they’re still together or separated or divorced—can cause tension for all members. One parent who is in an unhealthy relationship with someone can also be distressing for the other members to observe.

### 2. Financial Concerns

Many families face serious challenges in meeting the basic needs of all members. Whether it’s because of systemic issues, job loss, inability to work, uncontrolled spending, gambling problems, or another reason, stress and conflict related to money and bills is common.

### 3. Health Conditions

When one or more family members is experiencing a health challenge - from a chronic physical condition to a mental illness to a disability - it can affect the others. Stress and worry as well as providing care and paying medical bills can sometimes result in tension.

### 4. Toxic Behaviors

Sometimes, stress or dysfunction in a family can be traced primarily to the toxic behaviors of one member. For example, someone who frequently engages in manipulation tactics, dishonesty, scapegoating, or similar behaviors can be extremely difficult or even dangerous to live with. These can be personality traits or signs of certain personality disorders.

### 5. Unaddressed Trauma

In most cases, trauma that has not been effectively and healthily recognized, processed, and healed will cause issues in a person’s life in some way. A family unit

*continued page 21*



**JENNY FIELDS, CFA**  
 MARTIN COUNTY PROPERTY APPRAISER  
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## What is a Granny Flat?

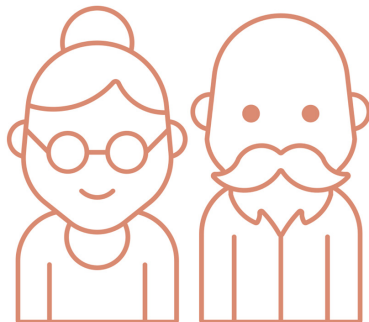
A Reduction in Assessment for Living Quarters of Parents or Grandparents is referred to as a “Granny Flat.”

Homeowners that currently have an existing homestead exemption and build a living space to accommodate parents or grandparents, may be eligible to receive the

Granny Flat benefit. The Granny Flat benefit is a reduction of assessed property value, and consequently a savings in property taxes.

This reduction of assessed value applies only to new construction or reconstruction completed after January 7, 2003.

- The construction shall be complete, and the parent/grandparent needs to occupy the addition on or before January 1st of the year they are applying for.
  - At least one parent/grandparent is 62 years of age or older on January 1st of the year they are applying for.
  - The parent/grandparent cannot receive homestead exemption or residency-based benefits on any other property in any other State, County or Taxing Authority.
  - An application is to be submitted before March 1 of the year for which the property value reduction is to be granted. Annually, the homeowner benefitting from the Granny Flat property value reduction is required to submit an affidavit affirming that the parent/grandparent still occupies the Granny Flat living space.
  - The property value exempted from taxes cannot be more than the increase in assessed value from the construction or reconstruction OR 20% of the total assessed value of the property, whichever is less.
- For more information about this tax saving benefit, please visit our website at [www.pa.martin.fl.us](http://www.pa.martin.fl.us). ♦



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## Traveling? Birth Certification in MINUTES!

Now that most of the nation is getting over COVID restrictions, those that have felt trapped and can’t wait to travel will start traveling again. With children out of school for the summer, citizens will be flying home to visit and spend time with friends and family.

At our Palm City branch office, we offer a nifty service called “Birth Certify” to our TSA clients to get their birth records certified in minutes, in order to process their TSA √ KTN number.

Simply find your birth-state on the map. The dates shown represent the specific time-frame the state is able to certify birth records. States shown in gray do not currently offer birth certify service. The dollar amount shown on the specific state’s picture is the amount that you will be charged to have your birth records certified. We simply call on the phone and are able to certify your birth records in minutes, so we can process and have your TSA √. KTN number issued. The applicant must know their mother’s maiden name.

TSA precheck saves travelers from waiting in long lines at the airport, especially at heavy travel times, and speeds passengers through physical screening. This is for domestic flights only within the US. Passengers do not need to take off their shoes, belt, or empty their backpack. Airlines no longer offer randomly chosen courtesy PreCheck.

Our taxpayer’s are extremely pleased and happy that we have added and brought these innovative and customer friendly services to Martin County to serve them better! Enjoy your SUMMER VACATIONS! ♦



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## Check Your Voter Information

I am pleased to share that my staff and I are diligently working in preparing for the 2024 presidential election cycle.

As your Supervisor of Elections, I am encouraging all registered Martin County voters to use this time to become familiar with our user-friendly website, [www.MartinVotes.gov](http://www.MartinVotes.gov) and take the time to "Access Your Voter Information" from the very comfort of your own home.

From this link voters can view, verify, and update the following information:

- Voter specific Election Day polling location
- Precinct specific sample ballot
- 2024 election dates
- Request to Vote by Mail
- Review/update voter registration information
- Check the status of your Vote by Mail ballot
- View precinct statistics/office holders

During this off-election cycle, it is my goal to provide you with accurate information as you prepare to make "your choice" in 2024!

If there is anything my staff or I can do to better assist you, please call our office at 772-288-5637 or visit us online at [MartinVotes.gov](http://MartinVotes.gov), for more information. ♦

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## Beat the Summer Heat!

Summer is winding down, the kids are back in school, and I know all my readers have created great memories with their families and loved ones. Relationships and people are everything. My son, Max, and I had a wonderful trip to South Carolina for a national basketball tournament, the stuff dreams are made of. This season we are experiencing excessive heat everywhere around us. The enemy of the automobile is heat. This month I have a few tips that will help everyone, and of course if you come to any of my shops, we can most certainly help you out.

Batteries do not like high heat. The lifespan of a battery for your vehicle has already been shortened with the advancements to the automobile. Twenty on board computers is the norm now combining that with all the electronics and safety devices batteries last about two years. That's right two years, now add high heat and its life can be shortened even more. Get your battery checked by a knowledgeable technician and you could avert a breakdown, which none of us need!

The air conditioning system on your vehicle has been working overtime this summer with the excessive temperatures. What does that mean, you ask? Working pressures are higher in the system and the condenser and compressor have been at their peak. Having your air conditioning system checked and inspected by a licensed professional can make all the difference. Let's catch the small things before they turn into the big things. Big things in my world always mean more money and many times this can be stopped. Having a trained professional looking is just as important as making the decision in the first place to have your system looked at. Be kind to your car and bring it to Crown. We will treat you and your car like royalty.

Your engine does not like to be overheated, just like us people. The natural heat produced by the gasoline combustion process needs to be removed from the engine. This is done by the cooling system. All vehicles have a cooling system that needs to be maintained. When it is hot out this system must work that much harder, resulting in everything from the water pump to the coolant being taxed to the limit. Your car will smile and thank you when the cooling system is operating at peak efficiency. Get it looked at, get your engine coolant changed or serviced, it's a must do. And of course the Crown guys and gals can get you in and out...done right!

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# WHAT IS VPN?

## How Does It Work?

Source: geeksforgeeks.com

### What is VPN?

**VPN stands for the Virtual Private Network.** A virtual private network (VPN) is a technology that creates a safe and encrypted connection over a less secure network, such as the internet. A Virtual Private Network is a way to extend a private network using a public network such as the internet. The name only suggests that it is a Virtual “private network” i.e. user can be part of a local network sitting at a remote location. It makes use of tunneling protocols to establish a secure connection.

### How does a VPN work?

Lets understand VPN by an example:

Think of a situation where corporate office of a bank is situated in Washington, USA. This office has a local network consisting of say 100 computers. Suppose other branches of the bank are in Mumbai, India, and Tokyo, Japan. The traditional method of establishing a secure connection between head office and branch was to have a leased line between the branches and head office which was a very costly as well as troublesome job. VPN lets us overcome this issue in an effective manner.

The situation is described below:

- All 100 hundred computers of the corporate office at Washington are connected to the VPN server(which is a well-configured server containing a public IP address and a switch to connect all computers present in the local network i.e. in US head office).
- The person sitting in the Mumbai office connects to The VPN server using a dial-up window and the VPN server returns an IP address that belongs to the series of IP addresses belonging to a local network of the corporate office.

- Thus person from the Mumbai branch becomes local to the head office and information can be shared securely over the public internet.

- So this is the intuitive way of extending the local network even across the geographical borders of the country.

We will explain to you with an example. Suppose we are using smartphones regularly. Spotify-a Swedish music app which is not active in India But we are making full use of it sitting in India. So how?? VPN can be used to camouflage our geolocation.

Suppose the Ip address is 101.22.23.3 which belongs to India. That's why our device is not able to access the Spotify music app. But the magic begins when we used the Psiphon app which is an android app and is used to change the device IP address to the IP address of the location we want(say US where Spotify works in a seamless manner).

The IP address is changed using VPN technology. Basically what happens is that your device will connect to a VPN server of the respective country that you have entered in your location textbox of the Psiphon app and now you will inherit a new IP from this server.

Now we typed “what is my IP address”? Amazingly the IP address changed to 45.79.66.125 which belongs to the USA And since Spotify works well in the US, so we can use it now being in India (virtually in the USA). Is not that good? obviously, it is very useful.

- VPN also ensures security by providing an encrypted tunnel between client and VPN server.
- VPN is used to bypass many blocked sites.
- VPN facilitates Anonymous browsing by hiding your IP address.

*continued page 20*





## Streamlining Business Processes with Automation

Automation is becoming an increasingly popular way to streamline business processes and increase productivity. Automation can help businesses automate tedious and time-consuming tasks, reduce manual errors, and increase efficiency. Automation is an effective tool for businesses of all sizes, from small startups to large enterprises.

When it comes to streamlining business processes with automation, there are several key benefits for businesses to consider. Automation can reduce overhead costs, improve customer service and support, and increase the accuracy and consistency of data across all departments. Additionally, automation can help improve the overall speed of processes and operations, reduce manual labor costs, and enhance employee engagement.

There are a variety of different ways businesses can use automation to streamline their processes. Automation can be used to automate routine tasks such as filling out forms, managing customer accounts, and processing payments. Automation can also be used for more complex tasks such as data analysis, predictive analytics, and customer segmentation. Additionally, automation can be used to create automated workflows and rules to streamline processes such as customer onboarding, marketing campaigns, and order fulfillment.

When it comes to implementing automation, businesses should start by evaluating their current processes and identifying areas where automation could be beneficial. They should also create a plan for how they plan to implement automation, including which technologies they will use and what processes they will automate. Additionally, businesses should consider the resources they have available, such as budget and personnel, to ensure the automation process is successful.

Streamlining business processes with automation can provide a number of benefits for businesses of all sizes. Automation can help reduce costs, improve customer service and support, and increase the accuracy and consistency of data across all departments. Automation also helps streamline processes and operations, reduce manual labor costs, and enhance employee engagement, making it an effective tool for businesses looking to increase productivity and efficiency. ♦



By Angel Moncada  
President of  
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# TYPE 2 DIABETES: KNOW YOUR RISK

## Ultra-processed foods may cancel out benefits of Mediterranean diet

Source: medicalnewstoday.com

- **The Mediterranean diet, which is rich in fiber and healthy fats and low in sugar, is currently viewed as one of the best diets for people with type 2 diabetes.**
- **But a new study suggests that the negative effects of a diet rich in ultra-processed foods may outweigh the benefits of following a Mediterranean diet.**
- **Ultra-processed foods refer to food items that have been heavily processed and contain several food additives.**

A new study suggests that people with type 2 diabetes should not be focusing only on the fiber, fat, and sugar contents of their food but reduce or eliminate ultra-processed foods from their diet.

Current advice for managing type 2 diabetes mostly focuses on eating foods high in fiber, healthy fats, and low in sugar.

Two specific diets are often recommended: the Mediterranean Diet and the DASH Diet. These diets give a lot of importance to specific food groups like whole grains, legumes (like beans and lentils), nuts, fruits, and vegetables.

A 2023 review<sup>Trusted Source</sup> of 107 studies concluded that higher intakes of fish, whole grains, fiber, and n-3 polyunsaturated fatty acids were inversely associated with all-cause mortality in individuals with type 2 diabetes.

The new study, published in the American Journal of Clinical Nutrition, found that a diet rich in ultra-processed (highly processed) foods increases the risk of death for people with type 2 diabetes, regardless of adherence to the Mediterranean diet.

These findings add to the growing body of evidence that high consumption of ultra-processed foods may cause premature death.

## Studying ultra-processed foods' effect on type 2 diabetes

Several studies have shown that diets rich in ultra-processed foods increase the risk of developing type 2 diabetes. However, no study has investigated the relationship between ultra-processed foods and mortality in people already diagnosed with type 2 diabetes.

This was the relationship that researchers at the Institute for Research, Hospitalization and Health Care (IRCCS) Neuromed in Pozzilli (Italy) set out to investigate.

The Neuromed study used data from the Moli-sani Study, which collected data from 24,325 people aged over 35 and living in the south-central Italian region of Molise between 2005 and 2010.

From the Moli-sani cohort, the Neuromed researchers identified 1,065 individuals who had type 2 diabetes at study entry. These individuals had been followed up for a median period of 11.6 years.

Using data from a comprehensive food intake questionnaire, the researchers calculated the percentage of ultra-processed foods to total food intake. They also assessed how healthy each person's overall diet was by using the Mediterranean Diet Score.

### What are ultra-processed foods?

The term 'ultra-processed foods' is based on a food classification method called NOVA.

The NOVA system divides foods into four groups according to the extent and purpose of food processing rather than in terms of nutrients:

- **Group 1** contains "unprocessed or minimally processed foods," namely the edible parts of plants or animals that have been taken straight from nature
- **Group 2** contains "culinary ingredients," such as salt, oil, sugar, or starch, which are produced from Group 1 foods
- **Group 3** contains "processed foods," such as freshly baked bread, canned vegetables, or cured meats, which are obtained by combining Group 1 and Group 2 foods.
- **Group 4** contains "ultra-processed foods". This refers to products that are made with substances derived from Group 1 foods through heavy processing (e.g., hydrolyzed proteins, maltodextrins, hydrogenated fats) and contain several food additives, such as colorings, preservatives, antioxidants, flavor enhancers and sweeteners.

*continued next page*



According to the NOVA system, products considered to be ultra-processed include, but not limited to:

- carbonated drinks, infant formulas, and other highly-processed beverages marketed as “milk” or “fruit” drinks
- packaged snacks and mixes such as potato chips, candies, cookies, cake mixes, breakfast cereal, etc.
- ready-to-heat or “instant” products, such as cup noodles, frozen pizza, hot dogs, and other reconstituted meat products

**Ultra-processed foods increase risk of death**

The researchers found that, on average, 7.4% of the participants’ total food intake consisted of ultra-processed foods.

Individuals who ate the most ultra-processed foods (≥10.5% and ≥9% of total food eaten by females and males, respectively) had a higher risk of death from any cause and from cardiovascular disease compared to those who ate the least ultra-processed foods, and the risk increased with increasing ultra-processed food consumption.

The link between higher ultra-processed food consumption and higher mortality risk remained even when comparing individuals whose diets had similar nutritional compositions, as reflected by their Mediterranean Diet Scores.

Marialaura Bonaccio, Ph.D., study first author and epidemiologist at IRCCS Neuromed, explained to Medical News Today that “there are several potential mechanisms that could explain the observed associations between UPF [ultra-processed foods] and poor health outcomes.”

**Managing T2D with diet: Study implications and limitations**

Dr. Bonaccio told MNT that while traditional advice on the management of type 2 diabetes focuses on the nutritional composition of foods, these findings suggest that people should also seek to limit their consumption of ultra-processed foods.

Dr. Michael Lean, Professor of Human Nutrition at the University of Glasgow, who was not involved in the study, considers it to be a “well conducted” study but is “not persuaded that the processing is hazardous” for a number of reasons.

Prof. Lean pointed out that “this is a study of associations, not causes,” and the role of other factors in causing mortality cannot be ruled out.

Another possible explanation for why people who ate more ultra-processed foods died sooner, according to Professor Lean, is that “people who eat more processed foods are the same people who eat less whole foods and traditional meals. So maybe the entire study is actually missing the point that traditional foods are protective.”

Finally, he explained that this could be a case of reverse causality. Professor Lean explained that people with diabetes might be “advised to eat transportable ‘snacks’ between meals which are often heavily processed and packaged”. People whose diabetes is “more severe, less well controlled, or needs more medication, [...] are more likely to die and may well change their diets to have more of these foods.

Despite his reservations, Professor Lean told MNT that his personal preference is to “enjoy whole foods and traditional meals, and seldom, almost never, buy processed foods.”



**Could new food labels be useful to improve diet?**

Some experts believe that adopting the NOVA food labeling system Trusted Source to inform consumers about the level of food processing (on a scale of 1 to 4) would help to limit the consumption of ultra-processed foods. Currently, several countries use the Nutri-Score front-of-package nutrition label, which indicates the nutritional value of a product on a scale of A to E.

When asked about the usefulness of such food labels, Dr. Bonaccio told MNT: “Currently, the front-of-pack nutrition labels are exclusively focused on the nutritional composition of foods (looking at content of fat, salt, sugar, fiber) with no mention to the degree of food processing. Our data also indicate that a truly effective nutrition labeling system should also warn about the food processing.” ♦

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# Boomers Can Achieve Better Health with *superfoods*



Source: armyresidents.com

## What makes a food “super”?

The trademark of most of the super foods is that they are packed with vitamins, minerals, fiber, “good” fats, and/or lean protein. On top of that, many are loaded with antioxidants. Diets rich in antioxidants are frequently associated with the prevention of cancer, inflammation, neurodegenerative diseases, and cardiovascular disease—all issues of concern as we age.

### Berries

Many varieties of berries are high in vitamins, fiber, and flavonoid—a powerful antioxidant that boasts anti-inflammatory and cancer-fighting immune system benefits. In addition to berries’ antioxidant properties, a 2013 research study out of the Harvard School of Public Health in Boston showed that women who ate three or more servings of blueberries and strawberries each week reduced their risk of heart attack by up to one-third. Another berry, avocado (yep, it’s a berry!) is also high in blood pressure-controlling potassium, lutein for eye health, and monounsaturated fat, which is the “good” kind that helps lower bad cholesterol.

### Dark chocolate

When it comes to this bittersweet indulgence, moderation is the key. While dark chocolate is rich in antioxidant flavonoids, it is also high in fat and calories. A few morsels here and there can have cancer-fighting benefits, but too much will result in weight gain, which has numerous negative effects on seniors’ health. Stick to the higher percentages of cacao as these varieties usually have a higher concentration of flavonoids but have less added sugar.

### Kale

Kale and other dark green leafy vegetables are renowned for their low-calorie/high fiber content, while also providing vitamins

A, C, E, and potassium. But it is kale’s abundance of carotenoid, an antioxidant that protects cells and may help halt the early stages of cancer, that escalates it to the super food category. In fact, studies have shown that eating two to three servings of green leafy vegetables like kale per week may lower the risk of stomach, breast, and skin cancer, making it one of the top cancer-fighting foods. These same antioxidants have also been proven to decrease the risk of heart disease.

### Nuts and legumes

Nuts and legumes (like peanuts) are great sources of plant-based protein, fiber, and heart-healthy polyunsaturated and monounsaturated fats (“good” fats), but many people shy away from nuts because of their high fat content. However, clinical research suggests that moderate nut consumption is unlikely to contribute to obesity and may in fact aid in weight loss. Other epidemiologic studies have correlated nuts with reductions in coronary heart disease, gallstones, diabetes, hypertension, cancer, inflammation, cholesterol levels, and blood pressure. With their bevy of cardiovascular benefits, the American Heart Association recommends getting four servings a week of unsalted nuts like almonds, peanuts, pistachios, and walnuts.

### Olive oil

Despite the high fat content, moderate amounts of olive oil are a key ingredient in the world-famous Mediterranean diet. People in the Mediterranean region who regularly consume olive oil have longer life expectancies and lower risks of heart disease, high blood pressure, stroke, and inflammation, compared to residents of North America and Northern Europe, and the monounsaturated fatty acids (MUFAs) found in olive oil may be the reason why. MUFAs have been shown to lower total cholesterol and low-density lipoprotein cholesterol levels. And for those with type 2 diabetes, studies have shown that MUFAs can help regulate insulin and blood sugar levels.

### Red wine

This one is probably the most hotly debated among the super foods list. Like with chocolate, moderation is key to any health benefits of el vino since high alcohol consumption can cause increased triglyceride levels, high blood pressure, and liver damage...not to mention wine’s high calorie count. Yet numerous studies have shown that moderate amounts of red wine can lower the risk of diabetes, heart attack, stroke, and heart disease. It’s thought that the antioxidant resveratrol found in red wine may be responsible for preventing damage to blood vessels, reducing bad cholesterol, and preventing blood clots. But it’s not all rosy news: some studies have suggested red wine increases the risk of certain cancers and dementia, while other studies found a decrease. So the jury is still out on whether a glass of red wine should be a part of the doctor’s orders for a healthy diet.



*continued page 30*



## Insulin Resistance, Pre-diabetes, Diabetes

by PAULINE FORSHEE, RDN LDN  
Joy Rising Nutrition  
www.joyrisingnutrition.com

Have you been diagnosed with insulin resistance, pre-diabetes, or type 2 diabetes? Are you confused between the three? Let me try to clear up some of the confusion. When explaining the difference, I use an analogy of a car's dashboard and indicator lights. Insulin resistance is similar to the low tire pressure light. When the light comes on many of us are able to put air in the tire and then the light goes off. We can fix the problem easily with only a minor inconvenience. Insulin resistance often can be reversed with lifestyle and dietary changes.

Pre-diabetes is similar to the check engine light. Most of us know when the light comes on, we need to take the vehicle in for service because the care is beyond our own ability. With help from a professional, the problem is often resolved, and the light goes off. Similarly, pre-diabetes may be reversed with the guidance from medical professionals and alterations to our diet and lifestyle.

However, sometimes we drive with the check engine indicator light on for too long and our vehicle breaks down. When this happens, we need to call a tow truck and our vehicle is taken to the experts for repair. This is similar to pre-diabetes progressing into the disease, diabetes.



Diabetes is non-reversible but can be managed. Many people are able to manage their type 2 diabetes with lifestyle and dietary changes. However, sometimes medications are necessary. The easiest way to explain diabetes is the analogy of a lock and key.

There are two pathways to unlock the body's cells and get sugar from our bloodstream into our cells. The first and most important pathway is our pancreas. The pancreas produces insulin, which unlocks the body's cells that moves sugar from our bloodstream into our cells. The secondary pathway is exercise. ♦

**If you have been diagnosed with type 2 diabetes, it is important to seek the care of a trained medical team. This team may include an endocrinologist, primary doctor, and registered dietitian. For more information, go to the American Diabetes Association at diabetes.org.**



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I am unashamedly a Christian that uses sound evidence based research along with the Bible to inspire, motivate, and empower change. I am a registered dietitian nutritionist and hold a degree in Early Education and a Bachelor of Science in the field of Dietetics and Nutrition. I have taught internationally and have been the keynote speaker at conferences, seminars, and retreats. As a former missionary, pastor's wife, and church leader, I know first hand the pressures of self-induced perfectionism. I joyfully call myself a "recovering perfectionist." God isn't finished with me yet and He isn't finished creating a joyful life for you either!



W. Pauline Forshee, RDN, LDN

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But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. - Isaiah 40:31



# EXERCISE TO RELIEVE STRESS AND ANXIETY

Source: [adaa.org](http://adaa.org)

The physical benefits of exercise - improving physical condition and fighting disease - have long been established, and physicians always encourage staying physically active.

Exercise is also considered vital for maintaining mental fitness, and it can reduce stress. Studies show that it is very effective at reducing fatigue, improving alertness and concentration, and at enhancing overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate.

When stress affects the brain, with its many nerve connections, the rest of the body feels the impact as well. Or, if your body feels better, so does your mind. Exercise and other physical activity produce endorphins - chemicals in the brain that act as natural painkillers - and also improve the ability to sleep, which in turn reduces stress.

Scientists have found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. About five minutes of aerobic exercise can begin to stimulate anti-anxiety effects.

## Relationship of Exercise to Anxiety Disorders

Stress and anxiety are a normal part of life, but anxiety disorders, which affect 40 million adults, are the most common

psychiatric illnesses in the U.S. The benefits of exercise may well extend beyond stress relief to improving anxiety and related disorders.

Psychologists studying how exercise relieves anxiety and depression suggest that a 10-minute walk may be just as good as a 45-minute workout. Some studies show that exercise can work quickly to elevate depressed mood in many people. Although the effects may be temporary, they demonstrate that a brisk walk or other simple activity can deliver several hours of relief, similar to taking an aspirin for a headache.

Science has also provided some evidence that physically active people have lower rates of anxiety and depression than sedentary people. Exercise may improve mental health by helping the brain cope better with stress. In one study, researchers found that those who got regular vigorous exercise were 25 percent less likely to develop depression or an anxiety disorder over the next five years.

## Exercise as Part of Therapy

According to some studies, regular exercise works as well as medication for some people to reduce symptoms of anxiety and depression, and the effects can be long lasting. One vigorous exercise session can help alleviate symptoms for hours, and a regular schedule may significantly reduce them over time.

*continued next page*

Although exercise has a positive effect for most people, some recent studies show that for some, exercise may not have a positive effect on anxiety or depression or may not make a strong impact on long-term mental health.

Like all forms of therapy, the effect can vary: Some people may respond positively, others may find it doesn't improve their mood much, and some may experience only a modest short-term benefit. Nonetheless, researchers say that the beneficial effects of exercise on physical health are not in dispute, and people should be encouraged to stay physically active.



**Fitness Tips: Stay Healthy, Manage Stress**

The most recent federal guidelines for adults recommend at least 2½ hours of moderate-intensity physical activity (e.g. brisk walking) each week, 1¼ hours of a vigorous-intensity activity (such as jogging or swimming laps), or a combination of the two.

If you have an exercise program already, keep up the good work. If not, here are tips to get you started.

- 5 X 30: Jog, walk, bike, or dance three to five times a week for 30 minutes.
- Set small daily goals and aim for daily consistency rather than perfect workouts. It's better to walk every day for 15-20 minutes than to wait until the weekend for a three-hour fitness marathon. Lots of scientific data suggests that frequency is most important.
- Find forms of exercise that are fun or enjoyable. Extroverted people often like classes and group activities. People who are more introverted often prefer solo pursuits.
- Distract yourself with an iPod or other portable media player to download audiobooks, podcasts, or music. Many people find it's more fun to exercise while listening to something they enjoy.
- Recruit an "exercise buddy." It's often easier to stick to your exercise routine when you have to stay committed to a friend, partner, or colleague.
- Be patient when you start a new exercise program. Most sedentary people require about four to eight weeks to feel coordinated and sufficiently in shape so that exercise feels easier. ♦



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An Interview with

*Kim Jones*

## RPh, Registered Mental Health Counselor Intern

### Hi Kim, please give us a brief introduction.

Hi I'm Kim. I am a licensed Registered Mental Health Counselor Intern. I am also a licensed Pharmacist for more than 23 years adding experience in the health care and wellness industry.

I am the mother of two adult children, two adult stepchildren, happily married and a local business owner. I am a Kentucky girl. Born and bred in the Blue Grass state. I was raised in Mt. Sterling, a small town where everybody knew everybody. I had a very wholesome upbringing and relish when I can visit my family and friends who still reside there.

### Please tell us about your family.

As I mentioned previously, I'm from Kentucky where a plethora of my family and friends still reside.

My father was a retired veteran, and my mother was a retired real estate agent that have both passed away. I have two older brothers, one of which is still in Kentucky and one who resides in South Carolina.

I met my husband Tim on the Treasure Coast and am happily married for over 12 years, he is the love of my life. He is the director of sales operations for a global organization in the healthcare industry. I have two adult children and two adult stepchildren. My daughter works as a client specialist in the aviation industry, and my son is a sophomore at USF Tampa in the engineering program. My Stepson is a sheriff for the St. Lucie County sheriff's office, and my stepdaughter is a Registered Nurse and lives in Georgia.

### What brought you to the Treasure Coast?

I now live on the Treasure Coast in Stuart, Florida where I own a local independent pharmacy and have a private practice in which I provide Mental Health Counseling.

My love of pharmacy started at the age of 13 when I began working in my cousin's pharmacy. Throughout the years working there allowed me to become passionate about helping others. My cousin inspired me to attend Midwestern University, Chicago College of Pharmacy, in Downer Grove, Illinois where I graduated in 1999 with my pharmacist degree.

After graduation, I accepted a pharmacist position in Sarasota, Florida and shortly after migrated over to the Treasure Coast.

In 2014, I purchased the Prescription Shop of Stuart and moved my family to Stuart. Owning the Prescription Shop for almost 10 years has allowed me to integrate into this lovely town and become part of the community while striving to service their pharmacy healthcare needs. Additionally, I have a private mental health counseling practice in Stuart and Jupiter.

### What do you love about what you do?

I love people and I've always loved helping others. As a pharmacist and a therapist, I often deal with people when they are ill or struggling with something in their life. I have enjoyed working in a healthcare role for over 24 years in various aspects of pharmacy including specialty, mail-order and independent community. This has allowed me to get to know my patients and work with them to live a healthier life.



My pharmacy career has focused on the physical aspect of health and wellness. Now I have expanded into a mental health wellness role by offering therapy in a private practice setting.

I enjoy working with clients in assisting them to see how their feelings, thoughts, choices, and actions affect each other to achieve emotional/mental wellness. I am passionate about helping people and as cliché as it may sound, I truly want to help people find their best self and live their best life.

### **How did you get into Mental Health Counseling and Private Practice?**

Roughly 15 years ago I considered going back to get my master's degree in mental health counseling or social work. However, I had 2 young children and a great career in pharmacy, so I decided it wasn't the right time.

Several years ago, I went through a tough, personal situation in which I sought counseling. Working with my therapist not only helped me get thru the rough time but also continued helping me function better in my day-to-day life. I learned to think differently about things, which helped me feel better, and ultimately I was happier. This made me realize I was ready to expand my knowledge and abilities to help others.

I attended Palm Beach Atlantic University and graduated in December 2022 with my master's degree. I feel like I have a unique situation where I can better understand and help clients who are taking medications for their mental health due to my knowledge and years of experience as a pharmacist. Additionally, while I was pursuing my master's degree, I served a year internship at Sandy Pines Hospital where I counseled kids aged 6-17 in an inpatient hospital setting.

### **Tell us a little about your private therapy practice.**

I have pursued training in Eye Movement Desensitization and Reprocessing (EMDR) therapy. This treatment technique involves using bilateral stimulation while you process traumatic memories. EMDR therapy strives to help clients heal from trauma or other distressing life experiences. This therapy can be very powerful in helping clients heal. I admit I went to this training with a "trust but verify" approach. I was somewhat skeptical as to how quickly moving your eyes back and forth or holding vibrating devices in your hands while thinking about a disturbing memory could aid in reprocessing the event. Well, I did the therapy myself and was astounded at the results. I plan to continue pursuing certification in this treatment technique as I have seen the positive results it has had in many people's lives.

I take a person-centered approach to each client's treatment based on their specific situation, customizing the treatment based on my clients' individual strengths and targeted areas of change. Some of the therapies I incorporate into sessions include: EMDR therapy, Cognitive Behavioral therapy, Solution Focused therapy, a touch of humor and other techniques.

I currently practice out of two locations in Jupiter and Stuart which allows me to expand my accessibility to clients. For those who prefer online or cannot make it into the office, I offer counseling via telehealth. I accept some insurances and offer self-pay for sessions. My goal is to provide my clients' a safe space while helping them move past what is holding them back. I would love the opportunity to help you find your best you.

### **What is your plan for the future?**

My life and career experiences have led me to pursue my passion to help clients work through struggles to find balance and sustainable positivity in their future. I am committed to helping clients work towards achieving a higher level of functioning, happiness, and balance in their life.

Florida requires graduates to practice as an Intern for a minimum of two years post-graduation to fulfill their duties for licensure. During this time, I am licensed to provide mental health counseling under a licensed supervisor with one hour of supervision required per week. After the two years are over and all requirements are met, I will continue practicing as a licensed counselor but will no longer be required to have supervision.

I plan to continue furthering my training and certification in EMDR in hopes of becoming an EMDR trainer myself. Additionally, I hope to develop continuing education training courses for therapist and pharmacist. These trainings will focus to help therapist better understand the medication piece and help pharmacist gain a better understanding of the mental health aspect of their patients. I also intend on keeping my pharmacist role as an independent community pharmacist. Independent Pharmacy allows me to spend more time getting to know my patients in an effort to better serve them.

### **What is your philosophy on business and life?**

My philosophy on business is to treat others as you want to be treated yourself. In my private practice and at the Prescription Shop, I believe in "caring for you like family."

My philosophy on life is to Work Hard, Be Nice, and Always do the right thing, even when it hurts. Laugh as much as you can. Always love and enjoy being loved.

### **What is your best advice to the community?**

In an ever-changing, fast-paced society that we live in, it is important to focus on both your physical and your mental health. Caring for both will help you live a healthier, happier life. Don't be afraid to ask for help or seek help when you need it. Not everyone was raised with the concept of seeking therapy or counseling when they are struggling. You are smart for recognizing the struggle and seeking assistance for working through it. ♦

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# THE MOST COMMONLY ABUSED PRESCRIPTION DRUGS

Source: gatewayfoundation.org

When you think about substance abuse or addiction, what do you consider the most commonly abused drugs? Are **heroin, marijuana, methamphetamine** and **cocaine** on the top of your list? Although these drugs are widely abused, you must also consider prescription medication. Sadly, millions of people abuse and develop addictions to the medications found in their family medicine cabinets.

When you or someone you love suffers addiction to prescribed medication or other drugs, you need help from a quality treatment center. The prescription drug abuse treatment centers Illinois provides can help people end their addictions to opioids and other drugs.

## About Prescription Drug Abuse

The United States is in a prescription drug addiction epidemic. This drug abuse and addiction have swept the nation because patients often seek quick ways to fix problems like chronic pain. Sadly, unaware doctors or those too willing to prescribe opioids freely have introduced millions of people to these highly addictive drugs. Opioids top the list of drugs that are commonly abused, even being high on the list of most commonly abused drugs of all kinds.

But opioids are not the only problem prescription medication. A wide variety of medications exist that lead to other types of substance use disorders. For example, these include central nervous system (CNS) depressants, like those used for anxiety and sleep problems. Also on the list are stimulants prescribed for problems like ADHD.

When a doctor prescribes medication, most people believe it is safe to use the drug. But using some of these drugs for too long, in higher doses or more frequently than prescribed can lead to severe addiction.

## Most Commonly Abused Drugs Prescribed by Doctors Today

Among the most commonly abused drugs prescribed by doctors today are the opioids, CNS depressants and stimulants described above.

But as marijuana legalizes for prescribed medical use, it too will soon appear on the list of most commonly abused prescription drugs. This is a change from its place as an illicit street drug, only. Now marijuana will rank high for abuse, among both prescribed and street drugs.

## Today, the most commonly abused prescription drugs are:

- Painkillers, including fentanyl, hydrocodone, morphine and oxycodone
- Barbiturates like Nembutal
- Benzodiazepines like Valium and Xanax
- Sedative-hypnotics like Ambien
- Anti-depressants like Zoloft, Prozac, Lexapro and Paxil
- Stimulants like Dexedrine, Ritalin, Adderall and Mydayis

Although it wasn't their original intention, many of these have become highly addictive prescription drugs. Even when used correctly, there is always the potential for abuse and addiction. Simply put, some patients find themselves abusing the system so they can use prescription drugs to get high.

While these may be the most addictive prescription drugs, at least according to the latest information available, this isn't an exhaustive list. It's possible to abuse over-the-counter drugs as well, depending on what they contain and their application.

## What Are Over-the-Counter Drugs?

Over-the-counter drugs are defined as any medication that you can purchase at a grocery or drug store without the need for a prescription. Some commonly abused medications include cough and cold medicines like dextromethorphan or pseudoephedrine, and motion sickness pills like dimenhydrinate. According to industry statistics, roughly 3.1 million people between the ages of 12 and 25 have used over-the-counter cough syrup to get high, without the need for a prescription.

*continued next page*

While these might not be counted as the most commonly abused pills or drugs in the country, there are a growing number of people who are seeking help for over-the-counter drug addiction and abuse as well.

### Signs of Prescription Drug Abuse

What are some of the most common signs of prescription drug abuse? It will vary from person to person, but someone who is living with addiction may start to exhibit changes in mood or behavior, from hostility to aggression to anxiety, just to name a few. They may lose interest in other possible treatment methods that the drugs were prescribed for and may experience withdrawal symptoms if they can't get their prescription filled. Depending on what they're addicted to, the individual might act more energetic or less. Stimulants like those listed above tend to give the individual extra energy, while painkillers and anti-anxiety medications may slow them down dramatically.

Those struggling with addiction to the most commonly abused prescription drugs may also find themselves using more than the recommended amount of their medication and may try to refill it faster than their insurance or pharmacy will allow. They may also create vague symptoms or even lie to their doctor to get more refills.

### For Prescription Drug Addiction, You Need Help

The only way out of addiction to these medications or other drugs is through treatment in a licensed drug addiction rehab center. While in treatment, you need a variety of therapies, educational sessions and support to understand your addiction and how to prevent relapse. You also learn essential coping skills, life skills and communication methods for a more stable and productive future.

### Programs and therapies essential to recovery from addiction include:

- Withdrawal management
- Inpatient, Outpatient and IOP programs
- Cognitive Behavioral Therapy
- Dialectical Behavioral Therapy
- Medication Assisted Treatment
- Certified Dual Diagnosis Treatment
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Gateway understands your addiction, whether you abuse the most commonly abused drugs or less often abused ones. Whatever your substance use disorder, you find the right treatments and therapies for strong recovery at Gateway Florida or other locations throughout the United States. Call 888.605.1981 now to learn more about how millions of people have put substance abuse behind them, thanks to Gateway's help. ♦

## MOST ABUSED PRESCRIPTION DRUGS FOUND ON THE STREET

### CODEINE

33 million+ people use codeine every year.

4.7 million report non-medical use each year.

### XANAX

50 million prescriptions were written for Xanax in 2013.

Prescription rates have risen over 9 percent yearly.

124,902 EMERGENCY ROOM VISITS in 2010 were due to the recreational use of Xanax. THAT IS MORE THAN DOUBLE THE 57,419 VISITS IN 2005.

### OXYCONTIN

83% of the world's OxyContin is consumed by the United States.

1 in 20 American teens has taken the drug without a prescription.

### ADDERALL

Non-prescription use of Adderall by adults went up by 67% in 2006 - 2011, according to a study by Johns Hopkins.

ER visits skyrocketed by 156% at the same time.

### VICODIN

5.3% of 12th graders reported Vicodin abuse in 2013.

OVER 131 MILLION Americans had a prescription to Vicodin in 2012.

Sources:  
<http://www.dpft.org/resources/NSDUHresults2008.pdf>  
<https://hub.jhu.edu/2016/02/16/adderall-abuse-rising-young-adults/>

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## U.S. CONSTITUTION

by DR. BRENDA MacMENAMIN, DCE  
Professor, Christian Leadership University

### Sound of Freedom?

Recently, 15 of my friends and I were able to call 160 Treasure Coast churches to share the Human Life Protection Amendment with them. We had varying responses from them, but mainly these four:

1. Some hung up.
2. Some said they did not want to “get political”.
3. Many thanked us and said they would pray about it, or immediately said that they would petition “this Sunday”.
4. Many asked how they could help and volunteered to share the message of Life in various ways.

Now why would someone representing Jesus Christ to the community hang up on someone asking for their help in rescuing children? It is possible that this woman was responsible for an abortion and is hurting herself. This is not uncommon. The Good News is that in the Treasure Coast many Christians and churches support Care Net’s ministries to women and families in crisis. They have a special ministry for women who have had abortions and still suffer from the trauma. (Please reach out to: [redemptingfreedom@carenettc.com](mailto:redemptingfreedom@carenettc.com)).

Why would a Church not want to “get political” and carry the Lord Jesus Christ’s love and law into public-policy setting? I am sure these pastors know that first of all, as we disciple our children, they are able to withstand the attacks and seduction of the enemy. This is not easy to do in this culture presently. But it is done through the Church, through relationship, through training parents how to train their children. This cannot be done through law. But having said that we must also be Salt & Light to the world. It is not easy to “occupy” until Jesus comes back. Sometimes we get rejected. But this is part of entering into the sufferings of Christ. We are His hands and feet on the street and in law-making, policy setting situations.

This is what the founders had to do during the tyranny of King George III. They had Samuel Adams write up the “Natural Rights of the Colonists, as Men, as Christians and as Subjects.” In the very first line, Samuel Adams asserts: “Among the natural rights of the Colonists are these: First, a right to life...”

May our laws return to His mercy and justice and prevail in our nation to protect the innocent and punish the guilty as laid out for us in Romans 13:1-5.

I will share more about the third and forth responses next month. Until then, you may join the growing Army of Life here: <https://humanlifefl.com/churches/>.

May God Almighty bless our efforts to end this injustice forced upon us and our little ones. Father help us, in Jesus’ Mighty Name, AMEN!! ♦

**For His Glory! Dr. Brenda MacMenamin, DCE**

### VPN cont.

- Also, most appropriate Search engine optimization(SEO) is done by analyzing the data from VPN providers which provide country-wise stats of browsing a particular product. This method of SEO is used widely by many internet marketing managers to form new strategies.

#### What is VPN used for?

Do you need help determining when you should use a VPN? Let us shed some light on the subject and show you how the best VPNs can revolutionize your online activities.

- For Unlimited Streaming: Love streaming your favourite shows and sports games? A VPN is your ultimate companion for unlocking streaming services like Netflix or Hulu. Access all the content you desire and never miss a moment of your beloved NFL games.
- For elevating your Gaming Experience: Unleash your gaming potential with the added layer of security and convenience provided by a VPN. Defend yourself against vengeful competitors aiming to disrupt your gameplay while improving your ping for smoother, lag-free sessions. Additionally, gain access to exclusive games that may be restricted in your region, opening up a world of endless gaming possibilities.
- For Anonymous Torrenting: When it comes to downloading copyrighted content through torrenting, it’s essential to keep your IP address hidden. A VPN can mask your identity and avoid potential exposure, ensuring a safe and private torrenting experience.
- For supercharging your Internet Speed: Are you tired of your Internet speed slowing down when downloading large files? Your Internet Service Provider (ISP) might be intentionally throttling your bandwidth. Thankfully, a VPN can rescue you by keeping your online activities anonymous, effectively preventing ISP throttling. Say goodbye to sluggish connections and embrace blazing-fast speeds.

#### Are VPNs legal or illegal?

Using VPN is legal in most of the countries. The legality of using a VPN service depends on the country and its geopolitical relations with another country as well. A reliable and secure VPN is always legal if you are not intended to use it for any illegal activities like committing fraud online, cyber theft, or in some countries downloading copyrighted content.

China has decided to block all VPN(Virtual private network) s by next year, as per the report of Bloomberg. Many Chinese Internet users use VPNs to privately access websites that are blocked under China’s so-called “great firewall”. This is done to avoid any information leakage to rival countries and so as to tighten the information security.

*This article is contributed by Shivam Shukla. If you like GeeksforGeeks and would like to contribute, you can also write an article using [write.geeksforgeeks.org](https://write.geeksforgeeks.org) or mail your article to [review-team@geeksforgeeks.org](mailto:review-team@geeksforgeeks.org). See your article appearing on the GeeksforGeeks main page and help other Geeks. ♦*

## family conflicts cont.

that experiences trauma together—such as war, a natural disaster, or the sudden death of a loved one—or vicariously through one member may experience conflict that arises as a result of this unaddressed pain. This can be especially true for various forms of intergenerational trauma.

### 6. Unhealthy Expectations

Family members who feel pressure to conform to unhealthy and/or impossible standards may experience negative effects as a result. For example, a household where everyone is expected to perform perfectly in school or work, never express negative emotions, or never bring up conflict can eventually cause members to disengage or lash out.

### 7. Too Much Or Too Little Time Together

Families that have to live in close quarters and spend most or all of their time together are liable to face conflict, as many learned during the COVID-19 lockdown. On the other hand, families that are so busy or live so far apart that they rarely get to spend quality time together could also end up experiencing conflict.

### 8. Poor Or Nonexistent Communication

Healthy, honest, frequent communication is widely considered to be the foundation of healthy relationships of all types. Families without it are likely to experience recurrent conflict as issues that arise may not be properly addressed and members may not feel heard.

## Addressing Family Conflict

After you've uncovered the root of the conflict your family is experiencing, the next recommended course of action is usually to engage in open communication about it with your family members. If you're wondering how to resolve family conflict, setting aside a time when you can calmly and reasonably bring up the issue(s) without being aggressive or accusatory can be effective in some cases. Although you may not be able to solve all the issues with one conversation, it can represent a first step toward collaborating to create a happier, healthier family dynamic together over time.



However, sometimes it's not feasible or not safe for one person to communicate something that's been bothering them to the others. Some family members may be resistant to even speaking openly about it, much less working toward solutions. Others may engage in extreme reactions that make it difficult to ever get to the root of the problem. In cases like these, therapy could be a next step to consider.

## How Therapy Can Help

Families that are willing to engage in therapy can rely on a family therapist to guide the discussion and the handling of conflict. This type of healthcare professional can equip members with techniques to help with things like communication, problem solving, and stress management that they can use in the present conflict and in the future. They can also identify and address any mental health challenges that could be affecting any member and, in turn, their family. If you're interested in locating a family therapist in your area, you can find directories of licensed providers online or ask your physician, friends, or community members for a recommendation. ♦

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# WHEN SHOULD SENIORS STOP DRIVING?



## 7 WARNING SIGNS

by DAILY CARE EDITORIAL TEAM - DAILYCARING.COM

### Worried about senior driving safety?

It's common for adult children to worry about an aging parent's driving skills, but it can be tough to start that conversation. It's a sensitive topic, especially for older adults who fear losing their independence or being seen as incapable.

Before making any assumptions, keep in mind that many older adults can still be safe drivers well into their 80s and 90s. But it's also common for seniors to have impaired vision, hearing problems, slower reaction time, and health conditions that can make driving difficult or downright dangerous.

With an activity as risky as driving, it's best to be proactive and regularly assess your parent's driving ability. It can be tough to admit that they're declining, but it would be a terrible tragedy if they got into an accident and seriously hurt themselves or someone else.

We explain when to talk with seniors about their driving, what

factors make driving more risky for seniors, and share 7 warning signs that seniors should stop driving.

### How to know when seniors should stop driving

If you ask outright, your aging parent probably won't want to talk about their driving ability. You're more likely to hear that they're just as skilled as they were when they taught YOU to drive! A better approach is to look for warning signs before having a discussion. That helps you to know if you need to insist on talking about it because there are real reasons to be worried or if the conversation can be delayed because their driving skills are still going strong.

### What makes driving more risky for seniors?

To assess your older adult's driving ability, it helps understand normal changes in the body that can make driving more risky for seniors. Being aware of these changes helps you identify potential problems

with their driving. And even though there's no average age to stop driving, these normal age-related changes in the body can increase the risk of having a car accident.

#### Physical changes

- Decreased vision, impaired hearing, and slower reflexes make it harder to see, hear, and respond to other cars or pedestrians.
- Pain or stiffness in the neck or back make it difficult to turn and see clearly when changing lanes or checking for pedestrians.
- Leg pain, leg weakness, or reduced mobility makes it harder to switch between gas and brake pedals and press hard enough.
- General loss of strength can make fast, accurate steering more difficult.

#### Cognitive changes

- Slower reaction time means taking more time to notice merging cars or responding when the car ahead slows or stops.
- Multi-tasking ability decreases so it's more difficult to drive safely and keep track of road signs, signals, other cars, pedestrians, and other "normal" distractions.

### 7 warning signs that seniors should stop driving

#### 1. Their car has fresh dents and scrapes

A good place to start is by examining their car. Are there recent dents and scrapes? Do you see any damage on their mailbox, fence, driveway area, or garage door?

If you can, try to find out if their auto insurance rates have changed or if they've gotten any traffic tickets or warnings.

#### 2. Their driving habits have changed

Significant changes in driving habits are definite red flags. For example, are they rolling through stop signs when they used to always come to a full stop? Do they now change lanes without even glancing at their blind spot? Has a lifetime seatbelt wearer stopped buckling up?

#### 3. They're straining to see

Being able to see well is essential to safe driving.

If your older adult has a vision problem like cataracts, macular degeneration, or glaucoma, they definitely won't be safe behind the wheel no matter what they say.

Other issues could also interfere with their ability to see.

Can they see over the steering wheel? Losing height to osteoporosis or a curved spine can make this a challenge.

And if they're stiff or in pain, they might have a hard time turning to check their blind spot or rear view for lane changes or backing up.

#### 4. Driving has become stressful, confusing, or exhausting

If your older adult is working hard to compensate for any physical challenges, driving can become stressful and tiring. They might also show signs of confusion, anger, or be easily distracted.

*continued page 25*

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# What Not to Say to Somebody with Dementia

Words can be helpful and uplifting, but also hurtful and frustrating depending on the situation. Here, we look at some words and questions to try to avoid when talking to a person with dementia.

Source: alzheimers.org



**F**or a person living with dementia, language and communication can become more difficult over time. The type of difficulties a person will face as dementia progresses will be different for each individual.

The type and stage of their dementia will also be a factor. While the person living with the condition may have difficulties with finding the right word, the words that other people use are important too.

Good communication can be key to helping somebody to live well with dementia. Here are a few of the words and questions it may be best to avoid in conversation.

## 7 things to avoid saying to somebody with dementia

### 1. 'Remember when...?'

While it can be tempting to try and jog the memory of somebody living with dementia, this kind of question is often a reminder of memories lost. It can also sometimes feel like the person is being

tested.

This can be a frustrating or painful experience, and there's also no evidence that prompting the person in this way will help them to recall or hold on to memories. It can be pleasant and comforting to talk about the past, however, it's usually more helpful to lead the conversation and allow the person to join in.

**Try this instead:** Instead of posing a question, try leading with 'I remember when...'. That way, the person can search their memory calmly without feeling embarrassed, then join in if they like.

### 2. 'I've just told you that'

It can be difficult answering the same question several times, especially when you are trying to keep frustration or upset from your voice.

However, reminding the person that you have just answered their question will not help them retain the information for next time, it is likely to just remind them of their condition. This can be distressing for you both.

**Try this instead:** Try to answer repeated questions calmly and patiently. If you feel the need, take a break, and remove yourself from the conversation for a while.

Remember that the person cannot help repeating themselves, and it is important for them to feel heard and understood.

### 3. 'Your brother died 10 years ago'

A person living with dementia may forget about a past bereavement or ask for somebody who has died. Reminding them of a loved one's death can be very painful, and they may react as though hearing the news for the first time all over again.

How to respond to these types of difficult questions will vary for different circumstances, however, it's always important to show sensitivity and minimise any distress.

**Try this instead:** Try not to avoid the question, as this can cause the person to feel more anxious. For some, encouraging them to talk about the person they are asking about can be comforting.

Find out how the person is feeling, sometimes asking about a particular family member or friend is due to the person having an unmet need.

### 4. 'What did you do this morning?'

Avoid asking too many open-ended questions about the past, as it could be stressful for a person with dementia if they can't remember the answer. While it might seem polite to ask somebody about their day, it's better to focus on what's happening in the present.

**Try this instead:** Instead of asking them about their day, speak briefly about your day and give them time to ask you questions about it.

They might then offer information about what they have done. Talk to them about the present and use items in the environment such as photos or ornaments to stimulate conversation.

### 5. 'Do you recognize me?'

It can be distressing when somebody with dementia doesn't recognise you, especially if you have a close relationship with them. Remember that it is likely to be upsetting for them to not recognise people around them too.

Asking the person if they know who you are can make them feel guilty or anxious if they don't remember or offended if they do.

*continued next page*



**dementia** cont.

**Try this instead:** The way you greet somebody with dementia might change depending on the stage of their condition – judge for yourself but keep it friendly. A warm hello could suffice, or it may help to say your name and your relationship to them.

**6. ‘Let’s have a cup of coffee now, then after that we can go for a nice walk and get lunch in that café you like in town!’**

Long, complex sentences can be difficult to grasp for somebody with dementia. It’s difficult to process several ideas at once as cognitive abilities slow down, so it’s better to give directions or instructions one step at a time.

**Try this instead:** Use short, simple sentences as much as possible. Avoid speaking in loud environments and wait until you have the person’s full attention before you start a conversation.

**7. ‘Do you need some help with that, love?’**

Words like ‘love’, ‘honey’ and ‘dear’ can sometimes be patronising for people living with dementia. This is particularly true if this is not how they were referred to before having dementia. This is sometimes referred to as ‘elderspeak’ and can cause older people to feel infantilised.

**Try this instead:** Always remember the person behind the dementia, using their name as often as appropriate. This helps keep their dignity intact and aids concentration too. ♦

**warning signs** cont.**Signs that cause concern include:**

- Getting lost more easily, even in familiar areas.
- Struggling to back up or turn the car around.
- Having trouble seeing or keeping track of traffic signals, road signs, or pavement markings.
- Mixing up the gas and brake pedals or pressing them both at the same time.
- Not being able to tolerate any distractions.
- Responding slowly to unexpected situations.
- Having road rage or causing other drivers to honk.

**5. They’re having close calls**

If your older adult has had several narrowly missed accidents, that’s a sign that their driving skills are deteriorating. This could be happening because they’re misjudging gaps in traffic, misreading traffic signals or road signs, or underestimating the speed of oncoming cars.

**6. Driving at night makes them nervous**

If your older adult has become reluctant to drive at night, it’s a sign to pay closer attention to their overall driving skills.

**7. Other people are getting scared**

If your older adult’s friends or other relatives aren’t comfortable riding in their car anymore or say something to you about their driving, pay attention to those concerns. **It’s not a good sign when people are scared to ride in the car!** ♦



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# Your air conditioner isn't built for this heat. 5 tips can boost performance

Source: npr.org

**W**ith much of the country in the grips of a massive heat wave, many people who have air conditioners in their homes are running them overtime.

But these extreme temperatures present a significant challenge to AC systems, which engineers and installers say are really only designed to keep indoor temperatures about 20 degrees cooler than outside.

With temperatures in many parts of the U.S. well in excess of 100 degrees Fahrenheit in recent days, that can pose a big problem, says Srinivas Garimella, a professor of mechanical engineering at Georgia Tech.

“Most new systems in the U.S. are designed for a 95 degree day. That’s a hot day, but we’re having more and more of those days,” he says.

Under these conditions, “your efficiency drops and you actually lose a little capacity, which means the unit is going to run non-stop.”

## All air conditioners work the same

Garimella explains that all air conditioners work on the same basic principle - a cold, low-pressure refrigerant evaporates and absorbs heat from a room and then is compressed before condensing and releasing the heat by way of an outdoor heat exchanger. The refrigerant is then recycled in a closed loop.

He compares the energy required to do this to climbing a mountain. The hotter the outdoor temperature, the more effort (and energy) needed to make the climb. “So, the higher the ambient temperature, the more the compressor has to work, the more electricity [is] needed, and the problem just keeps getting compounded,” he says.

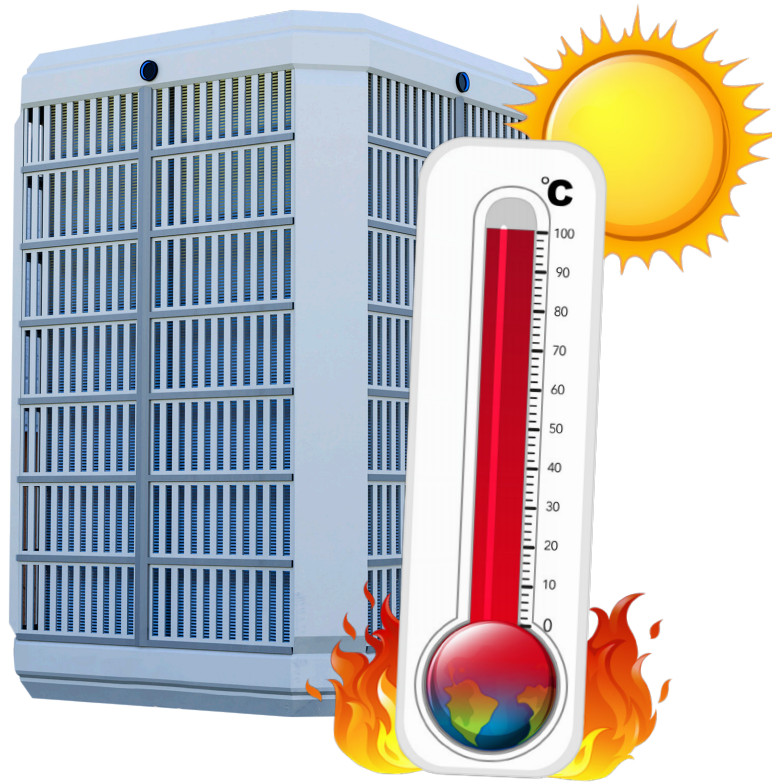
Compressors work less efficiently at higher heat, which means they need more power to do the job. Higher humidity also places “a humongous additional load” on an air conditioning system, he says.

Simply installing a bigger air conditioner might sound like a solution to the problem. Not so, according to Reinhard Radermacher, a professor of mechanical engineering at the University of Maryland.

It may be fine on the hottest days, but “if 90% of the time [an air conditioner] is oversized,” it’s not efficient, he says.

## Getting the most out of your air conditioner

Even so, there are some things you can do to maximize your air conditioner’s effectiveness even as it struggles to keep things cool.



- Don't fool with the thermostat. Set it at a desired, comfortable temperature — say, 72 degrees F — and leave it alone. “If you keep it at a low level just running all the time, it is far more efficient” than throttling the thermostat, according to Garimella.
- Clean filters and the coils on the outdoor heat exchanger. Dirty filters impede air flow, and dusty coils make it harder for the heat exchanger to work efficiently. “A lot of people do not maintain their basic unit. If you can keep a real good clean outdoor coil, it definitely helps the air conditioner remove the heat,” Barry says.
- Turn off heat-producing appliances. “During the hottest part of the day, turn off anything that produces heat such as stoves, dishwashers, lights, etc.,” according to Fritts, a heating and air conditioning company based in Georgia.
- Run a ceiling fan. “The sensation of comfort comes from [both] the temperature of the air and the breeze that’s blowing at you.” A ceiling fan definitely helps, Garimella says.
- Cool down at night and shade the windows. “Cool down the house at night as much as possible. And then when the sun comes up in the next morning, shade all windows [and] keep the windows and doors closed as much as possible,” according to Radermacher.

Beyond those basics, there are longer-term solutions, such as better insulation and using trees to shade a house, Radermacher says.

Also, variable-speed compressors, which are found only in more expensive ACs, work more efficiently than single-speed compressors, Garimella says.

Systems with variable-speed compressors “will only function at the capacity that is needed for the house. And that makes a very big difference in its efficiency and its capability to keep up with the load,” he says.

What about new air conditioning technologies? There’s “no silver bullet” on the horizon, Radermacher says. “There’s a bunch of new technologies under way, but they all have to follow the same dynamics” as current air conditioning systems, he says. ♦

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# Do you use payment apps like Venmo, CashApp, or Zelle? ...Read this

Ever send money through an app like Venmo, CashApp, or Zelle? They make it easy to send money fast to friends or family. But what happens when it's a scammer on the other end?

Once you link a payment app to your debit card, credit card, or bank account, you'll be able to send money to your friend's or family member's account through the app (or with Zelle, from your bank account to theirs). Typically, you're sending money to people you know. So how do scammers convince you to send them money, too?



Scammers often pretend to be a loved one who's in trouble and asking for money to deal with an emergency. Or a scammer might say you won a prize or a sweepstakes but need to pay some fees to collect it.

In another scam involving Zelle - a bank-to-bank transfer app - scammers pose as your bank and tell you there's a problem with your account. To "protect" your

account, the scammer tells you step-by-step instructions to transfer money from your bank account into a new account in your name. But that new account really belongs to the scammer, so after you make the transfer, your money will be gone.

The truth is, sending money through a payment app is like sending cash - it's very hard to get it back. Make sure you know who you're sending money to when you use a payment app. If you're not sure whether you're dealing with a scammer, contact the person, bank, or business at a phone number you know to be real to ask if they sent you the request. And know that your bank will never contact you to tell you to transfer money or to ask for personal information or passcodes. Learn more at [ftc.gov/phishing](https://ftc.gov/phishing).

And don't pay someone who insists that you can only pay with a gift card, cryptocurrency, payment app, or a wire transfer service like Western Union or MoneyGram. If you think you paid a scammer, report it to the payment app. Then report it to the FTC at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov). ♦



# Improve your inner lie detector

From the slew of untruths we happily tell ourselves every day, to the lies we tell others and the lies we're told, our capacity to deceive and be deceived is alarming.

Americans lost a record \$3.1 billion to scams in 2022, and many studies suggest that women are still more at risk of becoming victims of online fraud than other genders.

We don't have any control over who lies to us, but we do over the way we receive and interpret the information.

In this article, author and neuroscience expert Annie McCubbin helps you to recognize the cognitive flaws that allow us to be deceived and offers some failsafe strategies using critical thinking to keep your internal lie detector in top shape.

## WE NEED AN ANTI-SCAM VACCINATION

We're in the middle of a scamming pandemic. We can't stop the scammers scamming. What we can do is vaccinate ourselves by understanding how they take advantage of our cognitive biases.

It's an unfortunate truth that in the world we live in, so much scammy marketing and pseudo-spiritual nonsense is aimed at women.

Women are still more at risk of becoming victims of online fraud than other genders. An American study found that females are 50% more likely than males to report identity theft, and identity theft victims over 65 years of age were almost exclusively female.

Scammers are getting smarter, and we're ashamed of our gullibility. In 2022, \$568 million in scams were reported to Scamwatch, and it's estimated this represents only 12% of money lost to scams.

A whopping 87% of the victims never reported. Why? We're embarrassed. We shouldn't be. We are designed to trust other people. We're tribal. We need people to survive. Our intrinsic nature betrays us.

## WE HAVE A STONE AGE BRAIN

Our brains are awash with cognitive biases which are unconscious errors in thinking. These biases are strikingly pervasive and make us putty in the hands of scammers. We are stuck with a stone age brain trying to make sense of the complex world we live in.

We think our rational brain is in charge when, in fact, it is our unconscious emotional drivers that are calling the shots. We've all picked up a call and found a potential scammer on the other end. This is just the beginning of the story. Falling for it can be avoided.

Disturbingly, once our brains have bought the lie that the guy on the phone is genuine, or the potential partner we've just met is amazing, or the online offer is too good to pass up, it's difficult to take a step back. Reason being is that once our brains have decided something, consistency bias kicks in. We are disinclined to change our minds about something. We don't like to be seen as inconsistent.

## UH OH, JASON IS CALLING

We are primed to believe that Jason who's called and says he's from the bank is the real deal. He's charming and sounds certain.

Perhaps you went to school with a guy called Jason. He was charming and confident. Your brain is now under the thrall of confirmation bias. This is where your brain cherry-picks the



*continued page 30*

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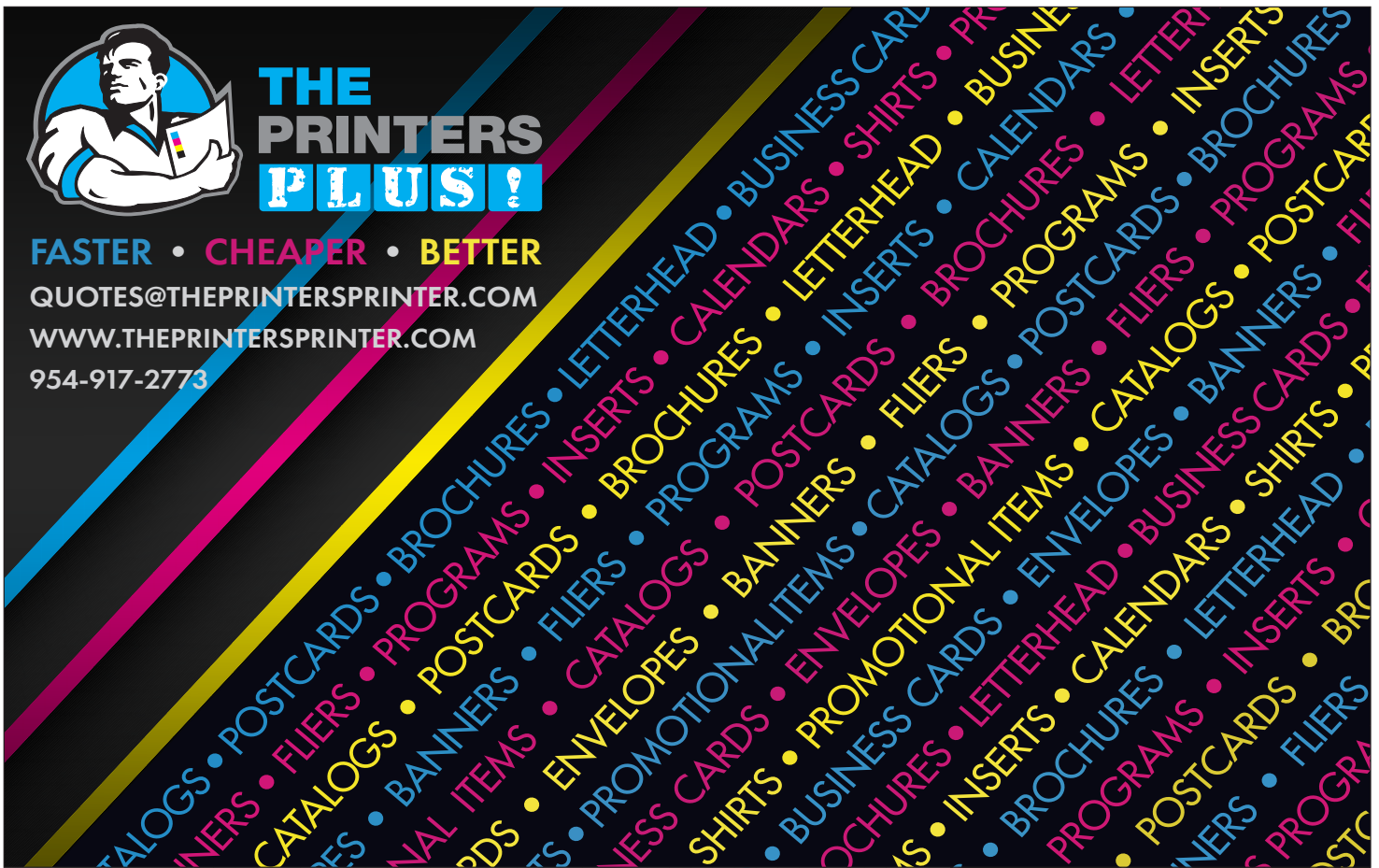
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## lie detector cont.

available data to confirm what you already think, and so the scam begins.

We are suckers for charm and authority. In the face of a charming individual, we suspend our critical thinking. And we are naturally predisposed to be compliant in the face of authority, so using words and images that evoke a trusted organisation – like a bank – makes us more vulnerable.

All this is happening at the subconscious level. An authoritative-sounding voice can circumvent any scepticism we may have about the person on the phone.

“But I am smart,” I hear you say. You may well be, but intelligence is no defence. It doesn’t matter how smart you are. Our defences are undone by our brain wiring.

### THINK ABOUT YOUR THINKING

Liars are out there, so when you find yourself inclined to give away some information to someone on the phone, or to buy a wellness product online, or to agree to go on a second date even if you had a creepy feeling from the first, slow the process down.

Give yourself the time to invest in metacognition: thinking about your thinking.

In the absence of meta-cognition, we trust our gut. Women, especially, are told that our intuition is a hotline to the truth. The cold fact is that sometimes our intuition is on the money and sometimes it’s way off. If our habit is to perennially trust our gut and allow ourselves to be driven by our feelings, we’re going to get scammed.

So, if you’re about to agree to something on offer, stop. Where’s the evidence that the offer is real? Where is the proof that they are who they say they are? Or that what they promise is credible?

Test your reasoning. How have you come to your conclusion? Is this a rational decision or are you going with the way you feel? If it sounds too good to be true, it probably is.

If it is an important decision, go outside your bubble. Talk to someone that won’t automatically agree with you. They may be able to see the potential deception that you cannot.

Regulations and spam filters are not enough to protect us. We need to understand how tricky and entrenched these biases are.

As negative as this might sound, somewhere, someday, you’re going to be someone’s target. Be prepared. ♦

## from the Editor cont.

are a new creation in Christ Jesus, if we are one spirit with Jesus Christ, if we are the light of this world, If we have been translated from the Kingdom of darkness into the kingdom of our Lord Jesus; Then, for sure, we have better options. I will be suggesting those options in the next Edition, so we can all meditate on it: For now, there is only one important thing to worry about, Make the following prayer clear and loud, and you will enter into His kingdom. Where Justice, joy and peace is the norm. ACQUIRE HIS NATURE BY PRAYING OUT LOUD:

*Lord, I do believe that Jesus of Nazareth took my place in the Cross. Lord, I am sorry for all my sins against you and against my own life, please forgive me. I believe Jesus was raised on the third day for my justification. Jesus, I receive you as my Lord and Savior. Your Holy blood cleanses me right now and God gives me a new heart and eternal life. Now my name is written in the book of life, guaranteed by the following written law: “That if you confess with your mouth that Jesus is Lord and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation” Romans 10:9-10*

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

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## super foods cont.

### Salmon

The American Heart Association recommends eating at least two 3.5 ounce servings per week of fatty fish, like salmon. That’s because salmon is low in saturated fat but high in omega-3 fatty acids, a “good” fat which can decrease the risk of abnormal heartbeats, reduce triglycerides, and slow plaque growth in the arteries. Omega-3 fatty acids also may help lower seniors’ risk of heart disease, depression, dementia, and arthritis. The bottom line on super foods

For seniors, good nutrition is key to staying healthy and active as you age. In fact, a sensible diet rich in fruits, vegetables, lean protein, low-fat dairy, and super foods can help prevent or slow the progression of many of the diseases and conditions that are so common among seniors, including high blood pressure and cholesterol, arthritis, and certain cancers. ♦

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*- Clifford Huston - Sewall’s Point, FL*

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