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THE MILLSTONE TIMES THE FAMILY TIMES: MONMOUTH • OCEAN • MIDDLESEX

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# Sky Zone Trampoline Park In Lakewood Opens

# Just a short drive from Toms River, Brick, Jackson and Ocean County's surrounding shore points

Sky Zone Trampoline Park opened the 100th park worldwide. On Saturday, May 9th we celebrated our Grand Opening (we opened to the public April 15th) in Lakewood to offer a thrilling and awesome experience for the whole family atop a court of connecting trampolines. Sky Zone Lakewood, is Ocean County's first trampoline park with nearly 30,000 square feet of space in a climate controlled facility, featuring 40 foot high ceilings and capacity to permit approximately 200 guests jumping per hour. Families are welcome to hop into Sky Zone Lakewood to check out the wildly popular activity that has the whole country bouncing off the walls!

Sky Zone's newest park provides Ocean County residents with the ultimate awesome play experience. The all-walled trampoline courts are designed for optimal air time with popular activities such as Open Jump, offering a court of connecting trampolines where the sky is the limit, Ultimate Dodgeball, for a fresh new take on that favorite childhood pastime, Sky Slam which gives everyone the opportunity to slam dunk a basketball and SkyRobics, an innovative fitness class that burns up to 1,000 calories in one hour. Freestyle flyers can also practice their moves as they soar into the giant Foam Zone. Sky Zone is available for every kind of outing including birthday parties, dodgeball tournaments, fundraising events, corporate team building, and memorable class field trips. All ages, shapes and sizes are invited to HAVE FUN, FLY SAFE at Sky Zone.

Birthday parties are filling up so call 609-398-4SKY to book your party or event in 2015 NOW.

- The "Official Trampoline Park of the Lakewood BlueClaws
- ONLY one mile south of the stadium at the corner of Oak and New Hampshire
- Come visit Sky Zones 100th Park! Book your Open Jump online to reserve your spot and avoid wait times

The new Sky Zone Trampoline Park is located at 1001 New Hampshire Ave, Lakewood. Operation hours are Tuesday through Thursday from 4:00 p.m. to 9:00 p.m., Friday from 4:00 p.m. to 11:00 p.m., Saturday from 10:00 a.m. to 11:00 p.m., and Sunday from 10:00 a.m. to 9:00 p.m. For more information on Sky Zone Lakewood, please visit www.skyzone.com/ lakewood or call (609) 398-4SKY.

#### About Sky Zone, LLC

Since 2004, Sky Zone, LLC has created and built the world's first all-walled trampoline playing court - a concept so unique it was awarded United States Patent No. 5,624,122. Sky Zone, LLC currently has over 95 franchises open across the United States, Canada, Mexico and Australia. Sky Zone Trampoline Parks feature a wide array of fun, fit and low-impact activities ranging from Open Jump, Ultimate Dodgeball and SkyRobics fitness classes to birthday parties, corporate events and other group outings. The franchise has been awarded various accolades, including being ranked 55 on the Forbes America's Most Promising Companies list, 152 on the 2014 Inc.'s 500/5000 List, "Best Gym Alternative" by Vegas Seven Magazine, "2012 Locals Choice for Kid's Birthday Party" by Southbay Magazine and one of Entrepreneur's 2013 "Fresh Concepts Livening Up Franchising." For more information on the company or franchising opportunities, please visit www.skyzone.com



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# **THANKS, DAD** June 21 is the day we celebrate everything Dad does for our family.

rom homework to mowing the lawn and everything in between, we depend on our fathers to handle many tasks around the house.

We also look to Dad for family leadership, finances and emotional support. On this special day in the middle of summer, we celebrate the differences made by our fathers, both young and old, new and veteran.

# An Official Holiday

It took nearly six decades, but Father's Day officially joined Mother's Day as a national holiday in 1972.

A bill seeking to garner national recognition of the holiday was introduced in Congress in 1913 but didn't pass. After another failed effort in 1924. President Richard Nixon signed Father's Day into law in 1972. Decades later, the holiday has become one of the nation's most popular — and one of the most expensive. The National Retail Federation estimated that American consumers spent more than \$12.5 billion on Father's Day in 2014.

# What Dad Really Wants

The consumer insurance website Insure.com conducted a 2014 survey of Dads everywhere to find out what makes the perfect Father's Day gift. Here's what they found:

Dinner at your town's favorite restaurant: 31% Weekend getaway with the whole family: 27% Electronics: 26% Tickets to a show or sporting event: 26%

A weekend getaway with the wife: 25% Power tools: 21%

Breakfast in bed: 19% Gift card: 16% Sports memorabilia: 15% Alcohol: 13% Weekend getaway with the guys: 13% Car care equipment: 12%

Fitness equipment: 11% Weekend getaway by themselves: 11% Barbecue grill: 10% Cigars: 10% Books: 8% Room remodel: 5%



# Hip Jersey Shore Moms

ave you ever wondered where to find the latest hip things to do with your child? Looking for a night out with your spouse but not sure of the place? Could you be the mom that's looking for fresh organic home grown produce right here in NJ? Looking for family fun events for the whole family? Where are the best places to shop? This column is going to be the place for you. I'm a mother of two of a 10 year old girl and 6 year old boy. I have been an Ocean County resident for 10 years. I spend most of my time taking care of my son who has a rare genetic disorder. In my free time I'm writing, reading, singing and sitting at the beach or in a yoga class.

Each month I'm going to take you inside Monmouth and Ocean County like never before. I'll be taking you inside boutiques, events, mommy play dates, farms, yoga classes, how to up cycle those old shoes or things you think are trash and much much more.

With summer approaching I will leave you with something I've been doing with my daughter since she was in kindergarten. The school year is coming to a close shortly. It's time to start those "summer wish lists." You can start

these at any age. I found it helpful because it taught my kids that although the school year was over didn't mean it was time for sleeping in and being lazy. We put down 5-10 things we must do during the summer. We start our wishes lists in June. If this is your first time keep it simple and no pressure. Here are 5 quick ideas for your summer wish list... Have fun!

## A Lighthouse;

Ocean and Monmouth County have some great ones with short drives! Sandy Hook Lighthouse is the perfect first trip to a light house with a short walk around the light house and even a short movie all about why and when the lighthouse was used.

If you feel more adventurous take the trip to Barnaget lighthouse you won't be sorry.

## A Rescue Zoo:

Popcorn zoo is located in Forked River and is one of the largest rescue animal hospitals in New Jersey. It opened in 1977. It's nestled on acres of quiet land. When you arrive you are greeted by volunteers who take your donation and hand your children a bag of Popcorn! How adorable is that! Across the parking lot is a perfect spot for picnics with tables to make your day complete.

#### An Old Book Store;

The paperback exchange in Belmar

If you haven't gone here before you're in for a real treat ... Literally. Grab a book and then head next door to the bakery for a sweet treat.

The biggest A+ about this store is that you can trade your old books! What better of a summer reading lesson for your child than introducing them to such a fun place. Making reading fun and such an event like the paper exchange will not only make your child love reading but make them think it's a party!

# A Trip to Where You Grew Up!

Yes, you read correct! There's nothing like showing your child where you grew up. Taking them to that very place where you were when you were their age leaves a lasting impression on their little hearts. Picturing mommy or daddy running and playing like them is pretty cool. It's a day that's soul-perfection!

#### A Sculpture Garden;

There's a spectacular place in Hamilton that is well worth the travel too. Walk the acres of land sculpted by not only works of art but beautiful trees, flowers and the picture perfect lake with lily pads. Stop along the way for some ice cream along the lake and ask for a picnic lunch to be made for you. All you need is a blanket. It's truly fun for the whole family!





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# Are My Kids Watching Too Much TV?

By Brianna Siciliano

elevision is a great source of learning and entertainment for children, but too much television may not be healthy. The American Academy of Pediatrics recommends that children under the age of 2 do not watch television, and that children around the ages 2 through 6 only watch one to two hours of television a day. Is this realistic? Yes. Do most families follow this recommendation? Probably not. Media sources are everywhere today. No matter where you are, you most likely have a television, tablet, or smart phone handy, and with those sources of electricity come games, videos, and more. Past generations grew up without all of these media sources, keeping busy with building blocks and their imaginations, and they turned out fine. Limiting television time is not a terrible course of action to take.

In some cases, limiting the television shows your child watches is a better solution than limiting the time your son or daughter watches TV. While there are television shows that represent great messages like sharing with others and learning educational lessons in a fun way, there are also dangerous shows that promote fighting and violence. Research shows that children who are entertained by violence and fighting become desensitized over time, causing them to brush off the seriousness of bullying. Other outcomes of watching violence are increased anxiety, fear, aggressive behavior, sleep deprivation, and attention and academic problems. If your child is using his or her limited television time to watch violent shows, than there is no benefit of limiting his or her TV time. Instead, it might be best for you to add child blocks to your television and make it impossible for young ones to watch harmful shows.





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# THE ULTIMATE GIFT: INVOLVEMENT

Having a child does not automatically make you a quality father. It is what you do with the special privilege that defines you as a dad.

Research shows that by simply being around, a father can better his child's chances of making a positive life.

In a study examining father involvement, researchers found that father-child contact was associated with better socio-emotional and academic functioning. This report, published in the Journal of Family Psychology, also found that children with more involved fathers experienced fewer behavioral problems and scored highest in reading achievement.

## **Powerful Statistics**

This Father's Day is another opportunity to devote a few minutes to realizing how lucky you are to partake in the joy of fatherhood and just how important your role is.

## **Involve Yourself**

The greatest action you can take as a father is about as simple as it gets: Stay involved.

Father involvement in schools is associated with the higher likelihood of a student getting mostly A's in class, according to a report from the of



<sup>©</sup>FOTOLIA

U.S. Department of Education National Center for Education Statistics.

This doesn't mean you have to become a member of the school board or even the Parent-Teacher Association. You can involve yourself by attending parent-teacher meetings or other school functions, such as sporting events or plaus.

Your presence can make a difference in your child's commitment to education. Why wouldn't you want to be part of something so powerful?

# **Fatherhood Pledge**

President Barack Obama has encouraged fathers across the nation to sign a fatherhood pledge.

When you take the president's pledge, you'll receive updates, tips and tools from fatherhood organizations, prominent dads and other supporters of responsible fatherhood.

Completing the pledge requires about 20 seconds of free time and can help revive your commitment to your family. Take the pledge at www.fatherhood.gov/pledge.



# **DAD'S FAVORITE PASTIME: EATING**

# Research by the National Restaurant Association shows that more than 50 million Americans celebrate Father's Day by dining out.

eing served and enjoying great food is a treat for any Dad. If you're the one picking up the check for the special meal, you may be in luck. Many restaurants will offer Father's Day specials to draw customers on a very competitive day in the food and beverage industry.

Start checking your local newspaper for restaurant advertisements early. Many owners will start taking out ads weeks ahead of time to make their prices even more attractive for the special day.

# The Numbers

Dinnertime is the overwhelming preference for dads when it comes time to having their Father's Day meal, reports the NRA.

Key findings in a recent survey found:

 Sixty-seven percent of diners will choose to go out during the evening.

- Twenty-four percent go out for lunch.
- · Eleven percent head out for breakfast.
- · Ten percent of fathers are lucky enough to go out for more than one restaurant meal.

# Where to Go

Fathers are truly creatures of habit when deciding where they will enjoy their special meal. More than half of them will opt for their favorite restaurant if given the choice, according to the NRA.

Alternatively, only 13 percent choose a restaurant they haven't been to before. This should give you, the gift-giver, an idea of what Dad is hoping for if you plan on coordinating a surprise trip out to eat!

**Popularity of Dining In** While many dads choose to hit the town for their meal of recognition, even more choose to dine in. Doing so can help save money - not only for Dad but for everyone coming together for the special day.

You can opt for a thick steak from your local meat shop or fresh fish from your favorite grocer. Ask Dad if there are certain sides or desserts he would like, and you can have just as special of a time at home.







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# Can I Protect My Child from Developing Swimmer's Ear?

he weather is heating up, the sun is shining, and the bathing suits are out. Swimming season is here! Unfortunately, there can be a downside to swimming: ear infections. It is common for children who spend a lot of time in the water to develop swimmer's ear (medically known as otitis external), in which water sits in the ear canal and leads to irritation—and infection—of the child's outer ear. The difference between swimmer's ear and middle ear infections (medically known as otitis media) is that middle ear infections occur behind the eardrum, happening when bacteria and fluids from the child's nose and throat collect there. This happens after a child has a cold or flu during the winter. To summarize, middle ear infections occur in the winter because of a cold or flu, while swimmer's ear infections occur after water block up in the ears while swimming.

There are ways to prevent outer ear infections, including:

- having your child tip head to the side and let the water drain out of ear once above water
- having your child wear removable earplugs to keep ears dry
- having your daughter wear a bathing cap that cover ears and hair

Do NOT clean your child's ears with cotton swabs, or put any other objects like bobby pins in your child's ears, if your child has swimmer's ear. Doing this can scratch the skin of the ears and allow bacterias or fungus to enter the ear. Ear wax is good for ears, often protecting ears from developing swimmer's ear.

If you suspect your child has developed swimmer's ear, have a doctor examine your child to confirm the diagnosis. Once diagnosed, your child will be most likely be prescribed antibiotic ear-drops for treatment. Keep your child out of the water until the infection has cleared (which usually takes around four to seven days).



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# The Green Leaf Pet Resort & Hotel Celebrates 3 Years

By Susan Heckler

f you were not at The Green Leaf Pet Resort & Hotel on May 16th, you missed a great time. In celebration of their 3rd anniversary, Shelly & Donna Leibowitz opened the facility to the public for a funfilled day.

Thanks to Mother Nature being in a cooperative mood, the day was filled with sunshine and warmth. Over 1,000 families with their dogs came, strolled the 56 acres and enjoyed the day between 11am and 3pm. There were 35 vendors and exhibitors and fun for all. Just to name a few of the vendors and exhibitors participating: All Fur Paws Animal Hospital, S.A.V.E. Animal Rescue, Furrylicious, Critter Crusaders, Champion Pet Photos, Eric Boling - Certified Canine Chiropractor, Veronica's Doggie Delights, Wildlife Rehabilitation Specialists, and many more!

If you have ever been to The Green Leaf Pet Resort & Hotel, you know that the Leibowitz's do not do anything less than excellent in everything they plan. The day consisted of live music by Brian Kirk & The Jirks, open Bar-B-Q for all, fun contests, Police K9 demonstrations, open agility tryouts, open swimming in our indoor pool, the grand opening of our Nature Trails, facility tours, photos with The Trenton Thunder dogs Rookie & Derby, pet adoptions, face painting, balloon animals, and more! Longtime client Shelby was also honored. Shelby is a loving, 5 year old Visla owned by Jenn and Joseph Fichner of Cream Ridge. Human visitors and 'dognitaries' all had a blast.

Shelly has over 40 years of experience in the pet care industry and leads the industry with the level of care and service he provides. The facility is one of those 'you have to see it to believe it' places. To see many photos of the event or for more information, check out The Green Leaf Pet Resort on Facebook.



# Celebrate! Manalapan Day!

# Saturday June 20th 3 to 10 pm at the Manalapan Rec Center













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# Manalapan Day is June 20th

by Susan Heckler

he long awaited Manalapan Day 2015 is just around the corner. June 20th will mark the date of the best day your family ever had!! This free event is open to everyone. According to event chair Marty Gelfond, "With David Cassidy being our main stage headliner, we expect this to be the biggest Manalapan Day Ever!"

The gates will open at 3pm and the evening will close at 10pm with an amazing firework spectacular. This free event is sponsored by the Manalapan Arts Council, a volunteer run organization. Among the growing list of corporate sponsors is none other than Gunther Publication's The Monmouth, Ocean and Middlesex Family Times! Tommy G of The Tommy G Show on radio 1450wctc, the new destination for laughs and conversation, is Master-of-Ceremonies.

The Manalapan Arts Council has thought of everything a family could ask for to make their day memorable. Free parking and shuttle-bus transportation to parking lots at the Covered Bridge 1 Clubhouse, and Manalapan High School will be provided throughout the day.

The Main Stage and Second Stage will host local bands throughout the day, playing a variety of music to suit all tastes. They will also be featuring student groups and talented singers from our own high schools in the district.

Featured on the main stage will be 70's television heartthrob from The Partridge Family, David Cassidy. You all remember David's chart-topping songs as Keith Partridge and as a solo artist, including "Doesn't Somebody Want To Be Wanted," "I Woke Up In Love This Morning," "Breaking Up Is Hard To Do," "I Think I Love You", "Cherish," "Could It Be Forever," "How Can I Be Sure," "Rock Me Baby" and "Lyin' to Myself." David's music touches every generation. Rock your retro and watch your children enjoy the same tunes you played at their age.

Enjoy the pony rides, petting zoo, carnival games and food vendors to satisfy every palate. Come hungry and indulge in ice cream, kettle corn, pizza, sausage and peppers, gyros, fried oreos, funnel cakes, and fresh squeezed lemonades.

Meet your elected officials and volunteers from the various committees and commissions in Manalapan. New Jersey Lottery will be selling tickets and offering free promotional items. Shop from your local vendors and you can even vote for the Manalapan Arts Council Photography Contest People's Choice Award.

The Manalapan Arts Council is requesting that all who come to enjoy a FREE day of fun think of those less fortunate and donate high-protein canned goods and other non-perishable items for the Samaritan Center. The Samaritan Center helps our friends and neighbors in need and you can help feed a hungry family. Please donate generously!

We hope to see you there!!





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The GHE Gels really had a wanderful annum, mingling with cleared (from left to right) Care Guerlar, Uaite Lube, Device Papere

Gunther Publishing Enterprises Inc., which produces three local publications, hosted an event on April thirtieth at the prestigious Bella Vista

Country Club in Marlboro, NJ. Cami Gunther, owner of GPE, Inc., wanted to take the opportunity to thank all of her advertising customers by hosting a special night to show her appreciation for their continued business.

Bella Vista Country Club, owned and operated by Anthony and Gary Beshara, provided the food and the atmosphere for the event, which included a cocktail hour, open bar and an unlimited amount of

By Pam Teel

food throughout the night. Singer and songwriter Matthew Williams entertained the crowd with a medley of songs throughout the evening. Perfect Party Rentals provided a photo booth available for the guests where they could create a lasting memento of the occasion. It was a night where many professionals and business owners got to mingle amongst each other, make new friends and contacts, network their businesses, and meet the GPE Staff.

# **Outdoor Movie Screens for the Ulitmate Party Scene**

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# **Throw a Party**

# One of the best ways to celebrate the dads in your life is to do just that — celebrate.

hrowing a party for Dad can be easy and fun and will show that you are grateful for everything he does for the family. Be sure to cover all the bases when planning your party, including picking out Dad's favorite food, drinks and activities. Send an invitation to someone Dad hasn't seen in a while. Holidays are the perfect time to bring people back together after long periods of time. Plan plenty of time in advance, however, if you're trying to bring someone in from out of the state or across the country.

Summertime is the prime travel season, so finding affordable airline tickets can be a difficult task without the proper planning.

# **Weekend Warrior**

In most parts of the country, the average temperature in June is about 75 degrees, according to the National Climatic Data Center. This is perfect weather for a game of flag football or a round of golf.

If the father in your life is a weekend warrior — and which Dad isn't, really? — coordinating a fun outdoor activity can the be perfect way to celebrate his special day. From whiffle ball to badminton, a competitive sporting event helps create lasting memories and helps keep everyone in shape.

## **Involve Multiple Generations**

One of the greatest family traditions of Father's Day can be getting multiple generations of dads together in the same place. Finding ways to bring together grandfathers, fathers, sons and even grandsons can be difficult throughout the year.

Everyone has their own engagements and family commitments, making schedules hard to coordinate.

Father's Day can offer the perfect opportunity to gather all of these special family members at the same place, be it at your home, a restaurant or an outdoor festival.





# Grandparents Are Special

# Reasons Grandparents Are Raising Grandchildren

By, Krusha Vaiyda

Grandparents are faced with the responsibility of caring for their grandchildren for a variety of reasons. These include parental death, substance abuse, divorce, incarceration, mental health problems, teen pregnancy, abandonment, military deployment, and the involvement of social services due to child abuse or neglect. Nearly all of these families are formed due to a family crisis where the parent is unwilling or unable to care for the children. Grandparents often assume the role of parents to keep children within the family, save them from further harm, and keep them out of the foster care system.

# Ways to Help Your Loved One Transition to Assisted Living

s your loved one getting ready to move into an assisted living community? That can be a difficult time emotionally, both, for the senior and the family members. How can you help make it easier for your parent or relative so that they actually look forward to the transition into their new home?

#### Here are some useful tips from the experts at Adult Care Advisors;

**Make the new room a familiar setting:** We all have our favorite items that remind us of home. Walking into a bare room could make your loved one take an instant dislike to their new home in the assisted living community. Make sure you prepare the room ahead of time to make it seem as much like home as possible.

Help staff deliver more personalized care: Take the time to share your loved one's likes and dislikes as well as routine with the staff at the assisted living community. Having this knowledge ahead of time will allow staff to deliver better, more personalized care and help your senior settle in comfortably.

Work ahead of time with staff on an emotional care plan: Your loved one is likely to experience anxiety and a waning sense of self-esteem when moving into an assisted living community. Trained staff are good at managing those emotional needs but they need to be made aware of your senior's specific needs, so do this before you move your loved one into their new home. A well-thought out plan will work nicely towards helping seniors adapt to the new environment and establish their sense of identity.

**Create a communications calendar:** Your loved one may or may not ask the question, but you can be sure they are wondering how often they will see you and other family members, how often you will call them, if and when can they visit you, and so on. Come up with a calendar and display it where they can see it easily.

**Don't show your own anxiety:** It's easy for your loved one's anxiety to become more intense when they sense that you are anxious too. Even though it is not rational, it is normal to feel somewhat guilty when leaving your loved one for the first time. Remember, you felt like that on your child's first day at kindergarten too! Know that you are doing the right thing and exit with an energetic, enthusiastic smile that will make your loved one feel more relaxed.



# Positive aspects of grandparents raising grandchildren

As primary caregivers for their grandchildren, grandparents are able to have a closer relationship than they might have if the children lived with their parents. Today, many families are separated by distance; therefore, some grandparents and grandchildren do not have strong ties. Grandparents who take on the responsibility of their grandchildren have an opportunity to develop a close relationship with their grandchildren.

By living in the same household, grandparents have the opportunity to pass on their wisdom, stories, memories, traditions and family history directly to the grandchild. This can help grandchildren feel more connected to their family and its history. The grandchild can develop a sense of where their family came from and hear stories about their parents when they were young. Grandparents have a wonderful opportunity to teach their grandchildren and a chance to learn new and exciting things from them.

Since 2008, the federal Fostering Connections Act states that states must first look to kin when a child is removed from the home due to abuse and neglect. This requirement does allow grandparents to be considered as a placement for their grandchildren when the family has experienced a crisis. The grandparents can work with child and family services to keep grandchildren within the Family.



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# Additional support for grandparents raising grandchildren

Grandparents can access a variety of information via the Internet and through state agencies the New Jersey Aging Services, Department of Health and Human Services. For grandparents or for friends, teachers, and social service staff who know of grandparents raising grandchildren, the following information and Internet resources may be of assistance.

#### National Extension Website for Family Caregiving

http://www.extension.org/family\_caregiving. There is a special section on Raising Grandchildren. In addition there is information on the eXtension website on parenting

#### American Association of Retired Persons (AARP)

#### www.aarp.org.

AARP provides information on financial assistance for grandparents, becoming the best grandparent, support groups in local communities, and other resources.

#### **Generations United**

www.gu.org.

This advocacy organization works on family issues across the lifespan. They have a specific link to information on grandparents raising grandchildren.

#### **Children's Defense Fund**

www.childrensdefense.org.

The CDF educates the nation about the needs of children and encourages preventive investment before they get sick or into trouble, drop out of school, or suffer family breakdown.

#### CYFERnet

http://www.cyfernet.org/.

CYFERnet is designed to be used by anyone who needs comprehensive children, youth, or family information including: educators, researchers, parents, youth agency staff, community members, human services and health care providers, students, policy makers, youth, or media.

#### **Fostering Connections**

http://www.fosteringconnections.org/.

This site discusses the federal Fostering Connections Act and services.Grandfamilies State Law and Policy Resource Center

http://www.grandfamilies.org.

This is a website that was developed and maintained by several national organizations. Laws pertaining to grandparent are available from all 50 states.

#### **Grandfamilies of America**

http://www.grandfamiliesofamerica.com/.

Grandfamilies of America is a national organization that is staffed and governed solely by relative caregivers.







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Tip: For a fun, easy thank-you note that's a cut above e-mail, send a snap of your happy kid with a new toy or a pic of the giver's child having fun at your kid's birthday party.

# Best Product For New Parents!

# RaZbaby Keep It Kleen Pacifier

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# Best Book For Your Kid's Nook

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by Sherri Duskey Rinker, Tom Lichtenheld (Illustrator)

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goodnight. One by one, Crane Truck, Cement Mixer, Dump Truck, Bulldozer, and Excavator finish their work and lie down to rest so they'll be ready for another day of rough and tough construction play!



# Best Toys To Send Grandkids At Camp

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Games are great for older campers or counselors with down time. Time's Up! is made for three or more players, and the

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# A Lesson On Self-Esteem: feeling Good About Your/elf

It is very important to be proud of yourself and like yourself. When people are happy with themselves, they have self-esteem. If you like yourself, you will always be happy and more people will like you too!

#### My name iz

Some things I am good at are: 1 2 3 4	
I feel good about myself when I:	I was very proud of myself this year when I:
2	2
4	4



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Kids have great imaginations that can lead them in many directions. They can show their creativity in the way they dress, style their hair, decorate their room, choose accessories, or show a passion and preference for certain colors.

They may show an understanding of how things fit



together, enjoy the challenge of reassembling them in an unusual way, literally thinking outside the box! Ask most artists, architects, interior designers, clothing, textile costume and set designers or animators why they do what they do, or why they are successful, chances are they had the opportunity to nurture a childhood passion!

Does you child have a 'passion for fashion'? We've got two fabulous classes to choose from: FASHION DESIGN & ILLUSTRATION and FASHION DESIGN & SEWING for kids ages 8 -14. One or both of these classes are sure to please, and pique your child's interest in this exciting world of creative design.

Our FASHION DESIGN & ILLUSTRATION class is encouraged and motivated by Ms. Gail's expertise from decades of working as an artist/designer in the children's clothing industry in NYC. Her passion takes her students through the design process as she helps them find their own creative voice and express themselves. They will learn how to display their ideas by creating trend boards and fashion illustrations which will allow them to select their inspiration from photos, fabric swatches, patterns and anything that sparks their imagination.

Among the class projects are idea challenges such as red carpet concepts which include various elements needed to create a 'head to toe' theme. Other concepts may be seasonal, topical, special occasion or holiday oriented. It has been our experience and pleasure to notice that it is absolutely amazing to see what our

students accomplish when we give them creative confidence as they exceed their own expectations! FASHION DESIGN & SEWING. Ms. 'Kat' will share her creative energy as she leads her students in this skill-oriented class. Students will learn the process of designing, draping and basic pattern making. They will then have their designs converted to clothing as they proceed to the sewing sessions, first learning hand sewing techniques and progress to machine sewing. Their projects will be tailored to fit their interests and abilities to ensure success as they learn new skills. Their sense of accomplishment as they see their designs become a reality is a joy to see!



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Not all kids love the outdoors and the adventures they may find there along with the heat and humidity. They would rather stay inside to have fun and enjoy creative activities here!



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Scout Parties! Kids earn their badges as they create and learn new skills!

# LIFESAVING HOME IMPROVEMENTS Bu Vincent G. Cerio

s we say goodbye to frigid temperatures and snow, many of us are turning our attention to sprucing up our homes. If you are considering a home improvement project this spring, think about the dual function of beautifying your home while also adding security. There is no better time to make your home stronger and safer for you, your family and your keepsakes all at the same time!

What if the safest room in your house could also be a beautiful room where your family watches TV every day or you entertain guests?

When most people think of a storm room or safe room, a bunker usually comes to mind. Bunkers weren't visually appealing, but times have changed. New technology now makes it possible for a beautiful TV room, home office, game room or wine cellar to be the safest room in your home - providing protection where you spend the most time. After all, the best safe room should function just like any other space in your home – until you need it.

Having this added safety provides peace of mind and shelter when disaster strikes – from severe

weather events or other dangerous conditions like a home invasion, fire or burglary. In addition to adding safety, installing a safe room during your project could increase the value of your home, creating additional resale value.

Hurricane season begins on June 1, so why not plan ahead? Make sure you have a safe, protected place to go during a severe weather event, or a safe place to store your valuables if you have to evacuate - or when you go on vacation.

Here are a few things to consider when incorporating a safe room into your home improvement project:

# CHOOSING A PLACE IN YOUR HOME

The beauty of adding a safe room to your home improvement project is the ease in which you can incorporate it into your plan to finish a basement or add a room. In order to ensure your safe room is sturdy to withstand any and all disasters, the room should be windowless and securely anchored to a concrete foundation or slab. Make sure your shelter is installed by a trained and licensed installer.

continued on page 26



GUNTHER

# LIFESAVING HOME IMPROVEMENTS

# AVAILABLE AMENITIES

To get the biggest bang for your buck, a safe room should function just like any other room in your house, and accommodate heating, cooling and electrical outlets. A storm shelter like the DuPont<sup>™</sup> StormRoom<sup>™</sup> with Kevlar® can do just that - increasing the room's functionality.

Consider what activities will occur in the room, and what valuables you wish to protect to determine a size that works best for you. Room sizes typically range from 4' x 4' to 12' x 12'.

You should also consider avoiding a storm room that has a step, or other barrier that would make it difficult for someone with special needs to enter. When an emergency presents itself, the speed in which you can access the room is critical.

# COMMUNICATION

Many storm shelters are made of steel, and impede cell phone and WiFi signals. But, what good is your safe room if you can't stay connected with the outside world in an emergency? A DuPont<sup>™</sup> StormRoom<sup>™</sup> with Kevlar® does not interfere with radio, phone or WiFi signals, so you can be sure to stay in touch if disaster strikes.

## ADDED PROTECTION

Are you only seeking to protect against natural disasters, or are manmade storms something else to consider? Aside from keeping you safe inside an entry-proof room, storm rooms can be treated to protect against ballistics and fire, and be fitted with an electronic keypad that can even be concealed with a decoration such as a framed picture. Combined, these layers of protection can keep you - and what matters most to you - safe in virtually any type of emergency.

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# JUNE

# Keep Your Parents Busy

Sunday	Monday	Tuesday	Wed
	1 "Dine with the Dinosaurs" at the Adventure Aquarium during the Camden County Chamber of Commerce's 21st annual Taste of South Jersey event. This year the Aquarium has been invaded with prehistoric creatures of the sea during our Dinosaurs of the Deep exhibit! Walk this limited time exhibit (closing June 30) and taste offerings from the Chamber's participating eateries in this year's Taste of South Jersey competition.	2 RUSTED ROOT AND THE WAILERS 7:30 p.m. until 10:30 p.m. State Theatre 15 Livingston Avenue, New Brunswick, NJ	Freehold Idol at Downtown
7 Keyport GardenWalk June 6th - June 7th, 2015 American Legion Dr. Keyport, NJ 07735 732-687-9519	8 Family Movie Night and a visit to your favorite ice cream place	9 Spring Speaker Event- NJ Covered Bridges. Twsp of Ocean Board of Education Offices. Old Oakhurst School Auditorium, 163 Monmouth Rd., Oakhurst 732-531-2136	Freehold Idol at Downtown
14 "3 Hour Tour" Sunday Afternoon Mansion Tour May 3rd - Sept.6th, 2015 Classic Wooden Charter Boat Mariner 8 Simon Lake Dr., Atlantic Highlands 732-337-9292	15 Check out family volunteer opportunities to give back to your community	16 Blue Claws home game vs Delmarva 7:05 p.m. Bring Grandparents!! Howell Township Night Senior Day Tuesday- Seniors will receive a free hot dog, chips, and soda voucher. Baseball bingo will be played throughout the game.	Visit the open daily
<b>21</b> Drop by the Manasquan Reservoir, Howell, and see if sailing is for you. The Park System will provide the captain, you provide the crew. Limited number of boats are available; maximum three people per boat. Sailors 8 and up welcome with an adult. Sailboats leave dock by the Visitor Center at 10 a.m., 11:30 a.m., 1 p.m. & 2:30 p.m. The cost is \$35 per boat; cash or check only.	22 Eco Kayak Drop-In Tour of the Navesink River at the Claypit Creek section of Hartshorne Woods Park, Middletown. Novice paddlers welcome. All equipment is provided - single and tandem kayaks are available	23 Metro Designer Showhouse 10:00 a.m 4:00 p.m. Support the Alzheimer's Association, Greater New Jersey Chapter while enjoying a designer show house event like no other! The Pearl at Edgewater Harbor, 45 River Road, Edgewater, NJ 07020	Garden Club of Seaside Garden Third Ave., 917-579-6213
28 Win & Wine Festival - June 27 & 28 Make sure to come to the Monmouth Park Racetrack for a weekend of racing, local crafters, and wine tasting with various New Jersey wineries. You don't want to miss this event! Dates: June 27th & 28th, 2015 Address: Monmouth Park Racetrack; 175 Oceanport Ave., Oceanport	29 What's happening at Jenkinson's Aquarium?	30 Wander the Grounds for Sculpture	
	P	lease check with all venues to confir	m dates

29

# 2015



nesday	Thursday	Friday	Saturday
3 Hall of Records in Freehold 7:30 p.m.	<b>4</b> Bayshore Greek Fest June 4th-June 7th, 2015 38th Annual Greek Heritage Festival 20 Hillcrest Rd. Holmdel, NJ 07733 732-739-1515	5 Be More Chill May 30th-June 21st, 2015 Two River Theater 21 Bridge Ave. Red Bank, NJ 07701 732-345-140	<b>6</b> Annual SummerFest in the Park Community Park Bridge Ave. Point Pleasant, NJ 08742 732-295-8850
10 Hall of Records in Freehold 7:30 p.m.	<b>11</b> West Side Story June 11th - June 21st, 2015 Axelrod Performing Arts Center 100 Grant Ave. Deal Park, NJ 07723 732-858-8106	12 Barnegat Kids Crab and Fishing Contest Barnegat Public Dock 427 E. Bay Ave., Barnegat, NJ 08005 609-548-6319 609-698-1302	13 New Jersey Seafood Festival June 12th - June 14th, 2015 Silver Lake Park 5th & Ocean Aves. Belmar, NJ 07719 732-747-4449
<b>17</b> Philadelphia Zoo 9:30-5:00 p.m.	18 Downtown Freehold Thursday Concert Series presents Jersey Four 7:30 p.m 9:30 p.m. Hall of Records	19 New movie "Inside Out" opens!!	20 Barnegat Summer Concert Series Barnegat Public Dock 7-9 pm 427 E. Bay Ave., Barnegat 609-698-0080
<b>24</b> Spring Lake Annual Tour Spring Lake	25 Downtown Freehold Thursday Concert Series presents Amish Outlaws 7:30 p.m 9:30 p.m. Hall of Records	26 Casino Pier Beach Bucket & Photo Scavenger Hunt Casino Pier 800 Ocean Terrace Seaside Heights, NJ 08751 732-793-6488	27 Doo Wop Extravaganza: Jay Siegel's Tokens, The Chantels, Cleveland Stills & The Dubs, Vito Picone & The Elegants. Great Auditorium, Pilgrim & Ocean Pathways, Ocean Grove 732-775-0035

and times incase changes were made after print.





# WHAT DADS REALLY DO

# Think of everything Dad does around the house. What value would you put on his efforts? It can be downright impossible to calculate.

The consumer insurance website Insure.com does this for us every year. It affixes a value to the typical fatherly chore by calculated wages using Labor Department pay-scale statistics. Last year, the Father's Day Index put Dad's chore value at \$24,103, which is an increase from

2013's \$23,344 value.

How are these numbers calculated? Home repairs, for example, are figured using wage information for maintenance and repair professionals. Removing spiders from the house correlates wage-wise to an exterminator's salary, and so on.

# More Childcare & Housework

One reason for the recent increase in Dad's worth around the home is the increasing need for him to pick up the slack on housework and childcare.

A Pew Research Center study released in 2013 found that fathers are devoting more hours than ever to child care and housework — nearly 20, in fact, compared to 6.5 hours in 1965.

Conversely, mothers are spending more weekly hours working than they were in 1965 and have become the primary breadwinners in four of 10 American families, according to Pew.

# **Dad's Favorite Chores**

Insure.com asked a group of dedicated dads to rank their favorite chores around the house. Here's what they came up with: Barbecuing/cooking: 22 5% Doing family finances: 5%

Car maintenance; 4%

Fixing plumbing: 2%

Moving furniture: 2%

Being a scout leader: 3%

Pest removal (spiders, gross bugs): 3%

Barbecuing/cooking: 22 5% Helping with homework: 17% Driving: 14% Coaching a team: 9% Assembly of toys, bookshelves, etc.: 9% Fixing broken things around the house: 6% Mowing the lawn, landscaping, snow removal: 5%



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# DINING DECISIONS: Are you giving your body the very best?

A healthy body needs nutrients (like vitamins, minerals, proteins, carbohydrates) for growth, development, energy, and running all of our body systems. Those nutrients should come mainly from the food you eat. Just as cars need gasoline to run, your body needs food to keep it going. But not just any food. To be your healthiest, and to look and feel your best, you need to give your body the right kinds and amounts of fuel.

What we choose to eat should keep us strong, give us energy, and help us look and feel our best.

# **DINING DECISION GAME**

It's lunch time and your in the school cafeteria and you need to decide on 3 healthy meal choices that will keep you fuelded up for a busy day.

Which 3 items are the healthiest choices to chose?

1. tater tots	4. bag-of-chips
2. orange	5. milk
3. hot pretzel	6. sandwich

#### Test your nutrition smarts.

#### If you chose:

- Tater tots: Poor choice. Tater tots are filled with salt and fat and offer your body littler nutrition and energy.
- 2. Orange: Great choice. Fruits offer your body vitamin c and little calories.
- 3. Hot Pretzel: Poor choice. Hot pretzels have no protein and are high in calories.
- Bag-of-chips: Poor choice. Processed foods that are high in sodium and chemicals are called "empty calories". Foods with empty calories offer no nutritional value.
- Milk: Great choice. Milk is high in calcium and fills you up! Milk gives your bones strength too.
- Sandwich: Great choice. Sandwiches made with whole grain bread, protein and green vegetables are a perfect well balanced meal at lunchtime. Sandwiches offer your body fiber, vitamins and protein.







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## INGREDIENTS

Cooking spray or oil mister 4 medium zucchini (200g each), ends trimmed 3 large egg whites 1/4 teaspoon kosher salt Freshly ground black pepper 1 cup seasoned whole wheat bread crumbs 2 tablespoons grated pecorino romano cheese 1/4 teaspoon garlic powder

**Note:** For best results, bread the zucchini in two batches so the crumbs don't clump up. Divide the bread crumbs in half. Bread the first two zucchinis, then dump the crumbs and use the remaining crumbs to finish breading the last two.

# From Your Garden Recipe Baked Zucchini Sticks

Serves: 4 | Serving Size: 16 sticks (1 medium zucchini)

Zucchinis are very low in calories and provide high levels of antioxidants in addition to being a good source of potassium, vitamin A and vitamin C.

# DIRECTIONS

- Preheat the oven to 425°F. Spray 2 large baking sheets with oil.
- Cut each zucchini into 16 sticks about 4 inches long and about 1/2-inch thick for a total of 64 sticks. Put them on paper towels to blot excess moisture.
- In a small bowl, season the egg whites with the salt and black pepper to taste; beat well.
- In a medium-sized shallow bowl, combine the bread crumbs, cheese and garlic powder. Dip the zucchini sticks into the egg whites, and then into the bread crumbs, turning to coat well.
- Place the breaded zucchini sticks in a single layer on the prepared baking sheets and spray the tops with more oil.
- Bake until golden brown and tender in the center, 23 to 25 minutes.

## **INGREDIENTS**

1 1/4 cups all-purpose flour (about 5.6 ounces)
1/4 cup chopped walnuts, toasted
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon nutmeg
Dash of ground cloves
Dash of ground ginger
1/4 cup brown sugar

Family Friendly Food Carrot Cake Pancakes Serves 6 (2 pancakes each)

Give breakfast a wake-up call with these healthy pancakes. At only 310 calories per serving, this nourishing breakfast that will motivate your family to get out of bed!

> 3/4 cup low-fat buttermilk 1 tablespoon canola oil 1 1/2 teaspoons vanilla extract 2 large eggs, lightly beaten 2 cups finely grated carrot Cooking spray 3 tablespoons butter, softened 2 tablespoons honey

# DIRECTIONS

Weigh or lightly spoon flour into dry measuring cups, and level with a knife. Combine flour, walnuts, baking powder, cinnamon, salt, nutmeg, cloves and ginger in a large bowl, stirring with a whisk.

In a separate bowl, add brown sugar, buttermilk, oil, vanilla extract and eggs. Stir until well combined.

Add sugar mixture to flour mixture, stirring just until moist. Fold in 2 cups grated carrot.

Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon 4 (1/4 cup) batter mounds onto pan, spreading with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 minute or until bottoms are lightly browned. Repeat procedure twice with remaining batter.

Combine butter and honey in a small bowl and serve with pancakes.

# IS YOUR CHILD GETTING ENOUGH CALCIUM?

Calcium is the building block on which children grow strong bones, teeth and muscles, yet nearly 85 percent of girls and 60 percent of boys between the ages of 9 and 18 do not get the recommended daily amount of this essential mineral.

he lack of calcium in the diet can lead to health problems in children — both now and later in life. For this reason, it is important for parents to ensure their child is getting enough calcium in their daily diet.

# How Much Calcium Do Children Need?

The amount of calcium children need on a daily basis is dependent upon their age. The Office of Dietary Supplements recommends the following amounts of calcium for children by age:

0-6 months – 210 milligrams

7-12 months – 270 milligrams

1-3 years – 500 milligrams

4-8 years – 800 milligrams

9-18 years – 1,300 milligrams

The most effective way for children to consume calcium is through a calcium-rich diet. Children also need vitamin D to help absorb calcium more efficiently.

The recommended dose of vitamin D for children of all ages is 400 International Units (IUs) each day. Many foods, including lowfat milk, yogurt and fortified cereals, provide added vitamin D along with calcium.

Vitamin D is also made by the body from exposure to the sun. Only 15 minutes a day in the sun will provide children with one day's worth of vitamin D.

# Why Children Need Calcium

First and foremost, children need calcium to build strong bones. Bone development is crucial from infancy through the teen years. After that, calcium in necessary for maintaining strong bones. If children do not build healthy bones while they are young, it places them at a greater risk of fractures and osteoporosis later in life.

Young children who do not get enough calcium are also at risk of developing rickets, a bone-softening disease that can cause poor growth, bowed legs and muscle pain and weakness.

Calcium is also important for strong teeth, muscles, blood vessels, hormone and enzyme secretion and a healthy nervous system.

# Eating a Diet Rich in Calcium

Drinking milk and eating dairy products such as yogurt and cheese are excellent ways to ensure children get enough calcium in their diet. However, if your child is lactose intolerant or you choose to children to get enough calcium through other foods.

Dark green leafy vegetables, broccoli, white beans, almonds and calcium-enriched cereals, soy milk, rice milk and orange juice are all good choices for adding calcium to the diet.

Other sources of calcium for families not on a restricted diet include:

Sardines	Tofu
Salmon	Cotta <mark>ge cheese</mark>
Spinach	Kale
Ice Cream	Puddin <mark>g</mark>

Children should avoid sodas, too much sugar, caffeine and excessive sodium in their diets because these things can interfere with the absorption of calcium in the body.

In most cases, children get enough calcium through a balanced, healthy diet. However, if your child is unable to eat dairy or is on a restricted diet, it may be necessary to add a calcium supplement to his diet.

Talk to a doctor before giving your child a calcium supplement because too much calcium in the diet through supplementation can cause health problems.

Watching your child's diet and including foods rich in calcium are the best ways to ensure he is getting what he needs to build strong bones and grow up healthy.

# Health, Wellness & Regeneration Non-Invasive Pain Treatment, No Surgery – No Cortisone



ountless Americans endure debilitating pain every day. We live longer and therefore have much higher chance to experience painful conditions than our ancestors.

"Pain is a symptom," says Dorota M. Gribbin, M.D., Assistant Clinical Professor at Columbia University - College of Physicians and Surgeons, Chairman of Physical Medicine and Rehabilitation section at Robert Wood Johnson University Hospital at Hamilton and Medical Director of Comprehensive Pain and Regenerative Center. "In order to manage pain effectively, it is essential to pinpoint its cause." Named one of the best doctors in the New York Metro Area by Castle Connolly Medical Ltd. for 14 consecutive years between 1999 and 2013, the pain management specialist uses a minimally invasive approach to outsmart tough pain. Her first step is to obtain a global understanding of the patient, including

Dorota M. Gribbin, MD

specific complaints and past medical and social history. Next come diagnostic studies such as blood tests, xrays, MRI and electro diagnostic studies (EMG/NCV).

#### REGENERATE RATHER THAN REPLACE! STEM CELLS, PLATELETS RICH PLASMA (PRP) AND PLATELETS POOR PLASMA (PPP)

Regenerate rather than replace your joints, tendons, muscles, skin, and wounds with Regenerative Injection Therapy with Growth Factors in Platelets Rich Plasma (PRP) and Kinines in Platelets Poor Plasma (PPP). PRP therapy strengthens and heals arthritic and strained joints, tendons, ligaments, muscles, and skin — including nonhealing wounds and aging skin of your face. PRP injections can be performed all over the body. It is a natural regenerative method of treatment of sports injuries, arthritic joints, lower back pain, disc disease, tennis elbow, carpal tunnel syndrome, ACL and meniscal tears, shin splints, rotator cuff tears, plantar fasciitis, iliotibial band syndrome, pyriformis syndrome, tennis/golfer's elbow, sprained or torn muscles and neck/back pain including disc disease (herniated nucleus pulposus).

PRP/PPP is also used in aesthetic medicine to erase scaring, reduce fine lines, and heal sunspots, alopecia, balding, and even premature aging. This regenerative healing process lasts longer than traditional fillers and is the patient's own blood platelets, which stimulates the body to heal more effectively and naturally.

When PRP is injected into the damaged area it stimulates the tendon or ligament causing mild inflammation that triggers the healing cascade. As a result new collagen begins to develop. As this collagen matures it begins to shrink causing the tightening and strengthening of the tendons or ligaments of the damaged area.

Alex Rodriguez, of the NY Yankees received PRP injections after a recommendation from fellow professional athlete Kobe Bryant of the LA Lakers. The procedure is in complete compliance with major league baseball regulations and the pro athlete went on to finish out the season strong.

#### PROLOTHERAPY

Prolotherapy is a method of injection treatment designed to stimulate healing. Various irritant solutions are injected into the ligaments, tendons, and joints to encourage

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- TPIs nonsteroids trigger points injections
- RFA Radiofrequency Ablation: alleviate the pain with elevated temperature
- Pure PRP/PPP Platelets Rich Plasma/Platelets Poor Plasma
- Medical Weight Loss
- Esthetic Medicine
- Stem Cells Regenerative Treatment
- Fall Prevention Program

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repair of damaged tissue. Hackett describes prolotherapy as strengthening "the weld of disabled ligaments and tendons to bone by stimulating the production of new bone and fibrous tissue cells..."

25% Dextrose (Solution of sugar with a local anesthetic). Is injected to tendon/ ligament area this method heals the ligaments and tendons by making them stronger and thicker. No corticosteroids are used. This is an effective treatment for all joints and ligaments and all age patients. Depending on the body part ultrasound and or fluoroscopy guidance may be used. Three to six sessions every 1-2 weeks are required.

#### **RADIOFREQUENCY:**

A Revolutionary Modality in the Treatment of Painful Conditions and in Body Regeneration & Rejuvenation.

Surgery should be the last resort. Most painful conditions are treated conservatively with a nonsurgical approach. In addition to medications, physical modalities (ultrasound, TENS, massage, exercise) and injection techniques RADIOFREQUENCY is a revolutionary technology which incapacitates the conduction of pain and also treats cellulite, tightens the subcutaneous tissue and erases scars and wrinkles.

Radiofrequency ablation of the median branch sensory nerve "turns off" a small nerve, which conducts pain. It is used for effective treatment of pain with long lasting results. The outcomes are amazing: years of pain relief, lowering or eliminating the need for pain medications. Skin tightening, nonsurgical face-lift and smoothing of the skin surface have proven to be effective in the treatment of acne scars and sun damaged skin as well as cellulite and excessive fatty tissue.

Remember, you do not need to live with your pain. Pain treatment does not need to involve dangerous medications or surgery. You do not need plastic surgery or painful derma-abrasions to erase years from your face and body.

If you have been suffering from pain and want to improve your quality of life, please consider treatment by Dr. Gribbin who specializes in the comprehensive diagnosis and treatment of painful conditions, regenerative medicine, medical weight loss and the newest aesthetic medicine techniques of rejuvenation and anti-aging medicine.

#### FALL PREVENTION AND BALANCE DISORDERS TREATMENT:

More than 90 million Americans have experiened a balance disorder. 30% of people over age of 65 will fall each year. That number increases to 50% for people over age of 85 ! Falls account for more than half of accidental deaths among the elderly. 30% of falls in population over 65 year result in hip fracture. 30% of surery for hip fracture result in heart attack, stroke or pulmonary embolism. 50% of patients after hip fracture and hip surgery don't survive first year. According to the American Academy of Orthopedic Surgeons 30-40% of all falls can be prevented. Diagnosis and treatment of dizziness and disequilibrium are now available. State of the art diagnostic studies: posturography and VNG testing are followed with customized balance and gait retraining with safety and vestibular adaptation training.



# **START A HEALTHY HABIT**

# With Father's Day coming up, it is the perfect time to make a mid-year resolution to start a healthy habit.

Even just one habit change can have you on your way to a longer, healthier life. With your family members depending on you, is there a better gift you can give to yourself and yours?

"But I'm healthy and not overweight," you may be saying to yourself as you read this. Good for you, but chances are there is a father, brother or friend in your life who isn't in such good shape.

Become a motivation for them by bringing them out on a hike or bike ride with you. Invite them over for a healthy meal to celebrate Father's Day, and encourage them to make healthy changes.

Obesity is on the rise, and it's a major risk factor for heart disease and stroke, diabetes and some types of cancer. The time is now to make a change.

# Add Some Exercise

It does not take much exercise to get you feeling stronger and more in shape. You can find little ways to add physical activity throughout your day.

Do you have an extra 20 minutes during your workday to take a brisk walk around the building? Can you walk to your work lunch this afternoon instead of driving or taking a cab?

Maybe you'll be attending your grandchild's baseball game this weekend. Park far away from the diamond and walk instead of parking alongside the field. You'll see changes in your weight and physical abilities just by consistently making these slight adjustments to your activity levels.

# **Portion Control**

Especially when eating out, the portion sizes we are consuming can oftentimes be too large for what is recommended for a healthy diet.

Remember that there is nothing wrong with taking half of your meal home for tomorrow's lunch or dinner. And sharing is caring. If you're concerned about the portion on your plate



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# **Fun With Phonics "LE" Vocabulary Words** Write a sentence using each of the "le" words below.

cable
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fable
adorable
beetle
bendable
cable
table
cattle
doodle
dribble
male
<sup>t</sup> Challenge: Put the above words in alphabetical order







# FOR THE MUSICIAN

# Can Dad carry a tune? Does he like to rock behind his tricked out drum set? Maybe a trip to the music store is in order on Father's Day weekend.

Many local businesses close on Sundays, so if you're planning to take Dad to pick out a new instrument, you may want to consider the Saturday prior to his special day.

Give him a budget and let him pick out that new acoustic guitar or snare drum. Even smaller gifts, such as a guitar strap, drumsticks or a banjo book of sheet music, can be great additions to Dad's musical collection.

# **Play Together**

Whatever it is he chooses for his gift, the fun part of going to the music store is playing with the display instruments.

Don't just get Dad a gift card, but accompany him to the store and jam for a while. Most local music shops will allow you to sit behind the drums or pluck away at an acoustic guitar or bass. Playing music together is a great way of sharing your interests with friends and family members, while also doing something you enjoy.

## Lessons

Maybe Dad isn't particularly music savvy but has always wanted to be. The gift of professional lessons can turn his interest into a skillset in no time.

Start with your downtown music stores to check their rates and lessons offered. You also can look around online for positive reviews of local private instructors or ask friends and family members if anyone they know would be interested in helping out.

# **Concert Tickets**

The next best thing to playing music is watching talented artists play music. Surely Dad has a favorite band or two that will be making a stop in a nearby city during the fall.

June is a perfect time to surprise Dad with tickets so he can start planning his concert adventure now. Make sure to consider others in your family who would like to go. The more the merrier in a concert setting.







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