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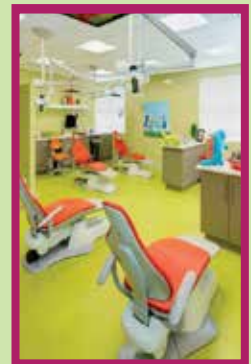
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WHAT'S HAPPENING

February & March 2018

By Gabriella Mancuso

- Feb 15-** Seal and Waterfowl Walk-Sandy Hook, NJ. Drive to different locations on a tour of the winter wildlife on Sandy Hook Beaches.
- Feb 16-** TAO: Drum Heart- a show combining music and Japanese art. State theatre @ New Brunswick 8pm-10pm
- Feb 17-** Boat Sale+Expo-Edison, NJ. Missing summer days? This expo includes a beautiful and large selection of boats for everyone.
- Feb 18-** Peking Acrobat at NJPAC
- Feb 19-** Family Day-State Theatre @ New Brunswick, NJ. A day filled with performances, activities, games, foods and fun.
- Feb 20-** Frozen In Ice at Skylands Stadium- A festival filled with everything ice! Ice sculptures, slides, games and foods & drinks. Starts at 11 am.
- Feb 21-** Monmouth Museum Member Miniatures: Big Art in Small Packages-Monmouth Museum @ Lincroft, NJ. This art show consists of sculptures on a smaller scale and by very talented, local artists.
- Feb 22-** African American History Month At The Constitution Center- The Constitution Center presents exhibits that will teach about the history of Africans Americans 9:30am-5pm.
- Feb 23-** Documentary Film Series-Secaucus, NJ. At the Secaucus Public Library they will be screening a selection of environmental movies. 7pm-9pm
- Feb 24-** Grounds for Sculpture- Hamilton, NJ. Stroll through outdoor/indoor art exhibit with your family and friends.
- Feb 25-** Dr.Seuss' Birthday Bash-Lakeshore Learning Store @ East Brunswick. Celebrate Dr. Seuss' birthday with crafts and activities. 10am-3pm
- Feb 26-** Newport Skates @Jersey City, NJ. Enjoy this outdoor skating rink with a beautiful view of NYC, fun for the whole family!
- Feb 27-** Shopkins Live! @ State Theatre New Brunswick, NJ. Go and see a performance by everyone's favorite Shopkins.
- Feb 28-** Ski the Peak Tours-Brick @ NJ. Ski and Snowboard on the slopes of Brick, NJ 24 hours a day.
- March 1-** Culinary Classes @ HCCC Family & Kids- The Culinary Conference Center in Jersey City, NJ is offering culinary classes for families to make food and have fun. 1pm-5pm
- March 2-** Keller Williams @ White Eagle Hall Jersey City, NJ- A performance filled with music, fun and tons of enjoyment. 8pm-12am
- March 3-** Dr. Seuss Birthday Breakfast @ Liberty Hall Museum. 11am-1pm. Celebrate the birthday of the famous author Dr. Seuss. Includes crafts, activists and food for all!
- March 4-** Second Annual Holi Festival-Cora Hartshorn Alboretum 12pm-5pm Celebrating the festival of colors and music @ Short Hills, NJ.
- March 5-** Visit the Planetarium! Robert J. Novins Planetarium-Toms River, NJ. Experience planets & stars like never before in wonderful, new exhibits. 10am-2pm
- March 6-** American Bridal Show @ Point Pleasant Beach, NJ
- March 7-** Ice Age Late Night at the Rutgers Geology Museum-Rutgers Geology Museum New Brunswick, NJ 4pm-8pm. Learn about the Ice Age through different activities (all ages)!
- March 8-** INTERNATIONAL WOMANS DAY!!! Support your strong and fearless girls by reminding your favorite women how important they are!!!
- March 9-** Art in The Park-Trenton City Art Museum of Ellarsile Mansion Trenton NJ. Art classes for parents and children taught by local artists; create and have fun! 10am-11:30am
- March 10-** DAYLIGHT SAVINGS!!!! Turn your clocks back because longer nights and warmer weather is on the way!!!
- March 11-** Visit Liberty Science Center!-Jersey City, NJ. Open from 9am-4pm, come and experience science in an exciting, fun and awesome way! Multiple exhibits and extractions!
- March 12-** Crowns @ Matthews Theatre-McCarter Center Princeton NJ. Enjoy this wonderful production with family and friends!
- March 13-** Marvel Universe Live!-Prudential Center Newark, NJ. Live action Marvel Superhero show including all your favorite evil fighters on one stage!

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FEBRUARY 19TH - 23RD :

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Apps To Help Children Learn To Love Reading

There are many ways to use apps for learning to read from phonics and memorizing sight words to exploring new books and tracking reading minutes.

One great way to help children learn to read is to be sure they are read too often ideally for at least 20 minutes a day while they're learning to read. It's a great bonding experience between parent and child and a great part of any child's bed-time routine. These days, parents and teachers also can get some help from technology. Many libraries offer MP3-type devices that read books to children. It's a sort of modern audiobook.

An e-reader also is a great way to give children access to a variety of digital books.



APPS FOR EARLY READERS

- Bookster will read a story to children and allow them to record themselves reading and then play it back. It keeps children engaged with interactive features and adjusts to the child's reading level.
- Super Why Phonics Fair employs characters from the popular PBS children's TV show to help kids get a grasp on the letters of the alphabet and, later, spelling, all while playing games.
- Bob Books, the popular line of learn-to-read books that introduces sight words to children, offers apps that feature its simple artwork that slowly comes alive with color as children learn to read and spell.
- Starfall.com's accompanying app uses games, videos and songs to help children master vowel sounds and begin to read mini books.
- LightSail works with a school's library to let children check out digital books and reports readers' progress with reading comprehension to their teachers.

As with all things digital, it's important to keep tabs on children's use of reading technology. The American Academy of Pediatrics recommends that children ages 2 to 5 view 1 hour or less per day of "high-quality programs" on screens.

In a 2014 report, Common Sense Media warned that the research about digital reading and e-reading hasn't kept pace with the technology and researchers don't yet know the effects of taking children's reading experiences into the digital realm.

Common Sense Media suggests that research should consider whether digital reading reduces parent-child interaction during reading, whether it encourages children to read and whether children are adequately engaged in the story.

These are important considerations to keep in mind when deciding how much of a role screens should play in a children learn-to-read experiences. After all, there truly is no real substitute for cuddling up with a good book.



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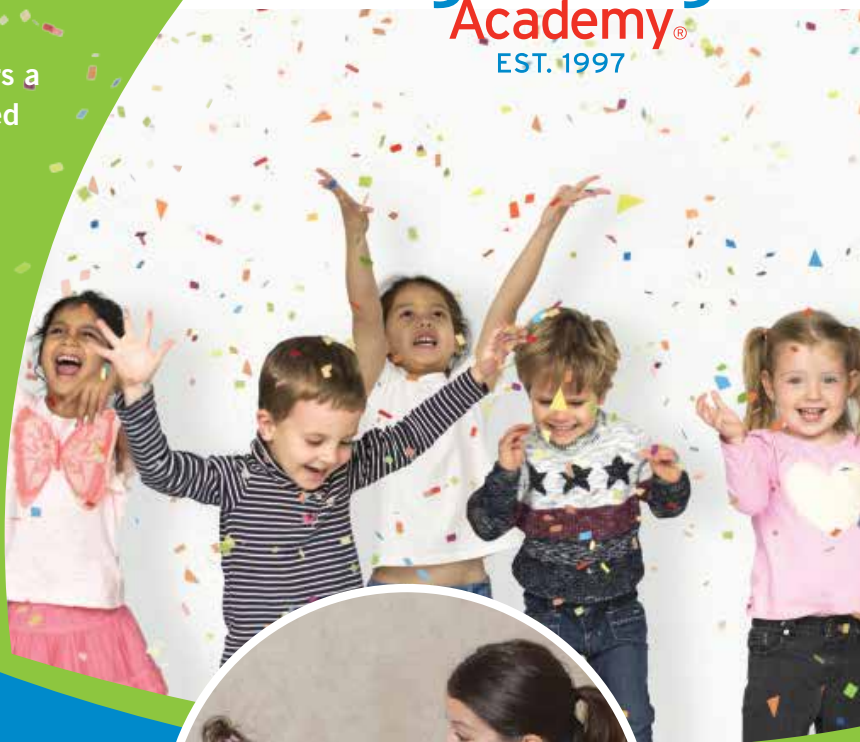
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The Importance of Having Cousins

By Pam Teel

They always say, nothing should be more important than family and that includes cousins. They're like the siblings that you never had, and you love them just the same. They aren't meant to be people that come in and out of your life when it's convenient. They are meant to be there forever, no matter the distance.

In the past, when people all lived in the same area, you would get to know your cousins' children and your second and third cousins, but nowadays, everyone is so spread out all over the country, you might be lucky to know one or two people in your extended family outside of your first cousins and maybe their children. With great DNA sites like Ancestry.com you are now able to connect with first and second cousins that you never knew ever existed. It's interesting and fun to fill in the family history blanks.

Most people grow up close to their first cousins. They look forward to seeing them around holidays and weddings and unfortunately funerals. Anytime they can all get together is a special time. Cousins are some of the most important people we will ever have in our lives. They understand us, they love us unconditionally, and they share some of the most amazing experiences with us. Whether you are with your cousins 24/7, or you're just getting close with each other, cousins are huge blessings in our lives.



Here are some reasons why cousins are the best.

1. **Siblings usually police what you do, and don't want to get involved, whether it's good or bad, but your cousins will join in on your plot no matter what it is.**
2. **Cousins will give you advice like a best friend would.** They are Lifelong Friends. Friends come and go, but cousins are family—cousins are forever. Cousins will always be there for you.
3. **Visiting your cousins is more like a choice instead of a requirement.** Siblings, you have to live with, and you're stuck in a house with them. On the other hand, you can always go to your cousin's house whether you want to hang out with them or escape from your siblings.
4. **You might not see your cousins all the time, but when you do, it's always a good time together.** Not all of us live down the street from our cousins and get to see them every day, but when we do see them, it is guaranteed to be a good time. You and your cousins instantly click, kind of like you all haven't gone a single day without seeing each other.
5. **Cousins are forever.** Your cousins are like your siblings; they will always have a place in your life. Whether or not you see your cousins every day or talk to them every day, they will always and forever have your back -- just like how your siblings should! You will always cherish the memories you create with your cousins and will look back on these memories and laugh or cry together about them.
6. **Cousins are forever and are huge blessings in our lives.** They can act As Replacement Siblings. Not everyone is lucky enough to have siblings. So when that is the case, cousins can be essential to the family dynamic. Cousins have An Understanding. You and your cousins will always understand your dysfunctional family dynamics. No matter how crazy a situation gets, you have each other to share it and get through it.
7. **Cousins Can Help You through Rough Times.** Cousins will be there to talk with you, laugh with you, and comfort you when you need it most. They are the Family you need when you just lost a loved one. They are there to remind you that you have not lost all of your family because they still got you and they are grieving for your lose just as much as you. Cousins can be that extra love and support you need.

If you haven't been in touch with your cousins lately- email them, facebook them, call them! Give them a great big nod- just for being there!!!!

Get to Know CASA and Meet Guillermo

CASA, court appointed special advocates, is a group of community volunteers who have been appointed by the family court and have undergone training. These volunteers all have a similar interest of advocating for abused and neglected children that have been removed from their homes. The Family Court Judges delegate each child to a CASA volunteer where they then aim to maintain their emotional, physical, and educational well-being by monitoring where they are placed. Volunteers stay with each case until it is closed and the child is placed in a safe, permanent home.

Our advocates change children's lives. Lives like Guillermo, who was trafficked to the United States from Ecuador when he was 11 years old and forced into manual labor, to pay off family debts. He was made to work every day and not allowed to attend school. Finally, after five years Guillermo escaped and contacted the local police. Child Protective Services then helped him move into a youth homeless shelter as an emergency placement. Our CASA volunteer, Noelle, was assigned to Guillermo a month later. Noelle quickly realized how much support Guillermo needed and didn't hesitate to act. Guillermo, on top of having no family connections, spoke very little English and had not gone to school since he was 10 years old. Noelle began making frequent visits to the school and shelter to assess his emotional, physical and educational needs. She developed strong relationships with school personnel and his caseworker to find him a safe, permanent home. As a result, Noelle identified a parent whose son was Guillermo's best friend, who ultimately became Guillermo's foster parent. Guillermo now resides with his friend and the family considers him one of their own. Despite being out of school for so long, due to the stability offered at his new home and the partnership Noelle formed with the school, Guillermo is thriving and will have the opportunity to graduate with his peers in a community that cares about him and a family that loves him. Volunteers are the most important resource any community organization can have, but ours are truly essential to our mission. Volunteers like Noelle provide a judge with recommendations and a carefully researched background of the child and their needs, which assists the court in making an informed decision about that child's future. This past year, 97% of recommendations made by CASA volunteers were accepted by the judge. The work of our volunteers truly makes a difference in a child's life. Thanks to our generous donors and 258 trained-volunteers, we could serve 352 children this past fiscal year. While we are proud of serving 11% more children with 22% more advocates, we know there is so much more to do. The number of children entering the child welfare system continues to rise substantially. More than 1,000 of our communities' most vulnerable children living in foster care and residential facilities still need a CASA volunteer.



This year, CASA is hosting a "The Wizard of Oz" theme Red Shoe Gala, where guests are encouraged to wear red shoes to symbolize home. Dorothy's journey through Oz can be compared with that of a child's life — a child who faces an uncertain fate. As in "The Wizard of Oz," the characters of the Tin Man, Cowardly Lion and Scarecrow each play a role in getting Dorothy home safely. Please join us for great music, silent and live auction and dining on Saturday, March 24, at 6:00pm at the Cobblestone Creek Country Club (formerly Green acres Country Club) in Lawrenceville, NJ. For more info, call 609-434-0050 and visit us on the web at www.casamb.org.



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Meet Meghan



My name is Meghan McFadden and I am the new **Equine Facilitated Psychotherapist**. I am very excited to work with Laurie, Susie and the staff at Special Strides. I received my undergraduate degree in Psychology from Rider University and a master's degree in Social Work from University of Southern California. Prior to this position I worked as a Mental Health Counselor at Oaks Integrated Care in Trenton, NJ, as an Assistant Family Service Worker at Department of Child Protection and Permanency, Camden, NJ and as a Mental Health Counselor at Preferred Behavioral Health in Lakewood, NJ.

My connection with horses started at a young age. By identifying with these dynamic, strong animals I could express myself both physically and emotionally. My horse and I could form a trusting relationship. Combining my

love for horses with my education and work experience is what led me to a career in **Equine Facilitated Psychotherapy or EFP**.

Horses have always played a part in human interactions whether at work or for pleasure. Now they are also playing the role of therapeutic medium through Equine Facilitated Psychotherapy. EFP is a powerful methodology providing, counseling services to those interested in therapy outside of the office setting. The horse can provide feedback in a way that enables the individual to investigate their communication and attachment styles along with their personal strengths. Horses provide honest reflection in the horse/human relationship. This allows individuals to see their influence on others in a very clear manner, thus fostering change.

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Summertime Baseball Camp

By Lauren Kolacki

Make this summer an opportunity for your son to grow as a baseball player and as an individual. Sending him to baseball camp is more than just a good time. Here he will experience structure and discipline while building friendships that will last a lifetime. Baseball camp is a chance for young boys to work on the mechanics of the sport. They will practice skills while learning new ones. This generation was born into a technology ruled time. Attending camp will give your child a break from his screens and controllers and a chance to experience the outdoors, distraction free. Baseball camp allows for young boys to establish independence and develop self-esteem. If you are looking for your son to advance this summer, start looking into baseball camps near you.

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PREPARE YOUR CHILD... AND YOURSELF FOR CAMP!

For parents, the most heart-racing, adrenaline pumping moments happen when you let go and watch your child try something on his or her own. The moment the training wheels come off, the first trip down the driveway on the skateboard, the time our children ride the school bus – these are more than just memories, these are critical moments that define growth and change. For many families, the first time they send their child to camp is one of the biggest let go, hold your breath, and watch them soar moments in childhood.

In today's world of high-tech kids and families who have a constant connection to each other, it's essential to take the time to emotionally prepare for camp. It is, of course, important to prepare the first-time camper, but families need to make sure that Mom, Dad, younger siblings at home – virtually everyone – is ready to adjust to camp life. The American Camp Association® (ACA) provides the following tips to help ease first-time families into the camp experience:



- **Parents** – As parents, it is important to focus on the positive aspects of camp. Remember that separation is natural, necessary, and inevitable – what better place to have that first experience than in a caring and nurturing environment designed specifically for children? Parents can also focus on the amazing benefits of camp – an experiential education like no other teaching valuable 21st century survival skills like leadership, teamwork, problem-solving, and interpersonal communication. “The greatest gifts that parents can give their child are independence and resiliency,” said Peg Smith, ACA’s former chief executive officer. “Parents should remember that by choosing camp they are giving both.”
- **Siblings** - Bob Ditter, family therapist and one of the nation's leading experts on camp, cautions it is likely that the child left at home will experience separation anxiety and truly miss his or her sibling. To help them prepare, be sure to talk about the upcoming separation. Before the eldest child leaves for camp take a picture of your children together that the sibling can keep in their room or carry around. Remind your children about the communication they can have with each other through letters and postcards.
- **Other family members** – Be sure that everyone is aware of the upcoming experience. Let family members know how to contact camper if they are interested through letters and care packages — make sure they are aware of any communication policies the camp may have, i.e. no phone calls or restrictions on what can be sent in a care package. In addition, an increasing number of camps are using Web sites to display photos or video during the camp session. According to ACA's 2011 Emerging Issues Survey, 75 percent of responding camps indicate that they post photos or videos to a Web site for families to view. Forty-five percent indicate that they post information, photos, and videos to social media outlets like Facebook. Families should be sure to ask camp directors about these options.

Camp is an equal opportunity life-changer. By sending a child to camp, families are truly giving a gift that lasts a lifetime. By taking steps to mentally prepare for camp, families not only keep from getting “kid-sick” for their camper, but they can stay positive about the camp experience – which goes a long way toward helping first-time campers adjust to life at camp. And just like taking off the training wheels, the moment families see their camper radiating confidence and joy they will feel that burst of pride and gratitude that they allowed their child this experience.

For more information about preparing for the summer camp experience, or to Find A Camp, parents can visit www.ACAcamps.org. This online resource for families includes expert advice, information on health and safety, and ACA's searchable database of over 2,400 ACA-Accredited® camps.

Contact Public Relations at 765.346.3391 or pr@ACAacamps.org to interview an ACA spokesperson for more information about the essential camp experience. For customizable public service announcements or article reprints, visit our Media Center at www.ACAacamps.org/press-room/.



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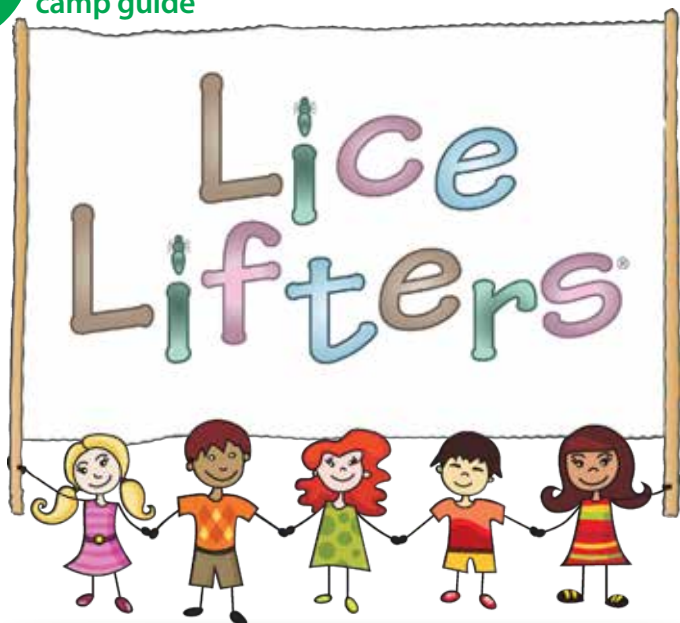
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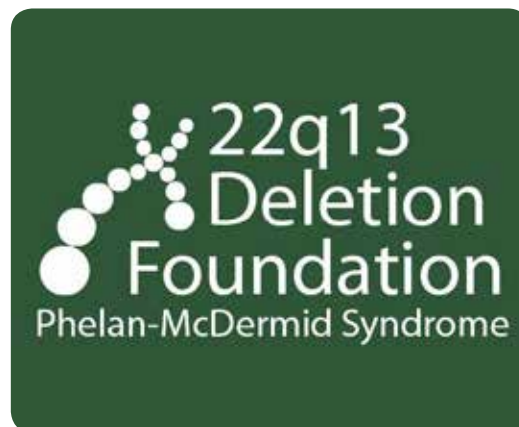
What is Phelan-McDermid Syndrome?

By Lauren Kolacki

First characterized in 1985, Phelan-McDermid Syndrome (PMS), is a rare neurodevelopmental disorder where there is breakage and rearrangement within the 22nd chromosome. Chromosomes are found in the nucleus of all body cells and are responsible for carrying genetic information for the growth and development of everyone. The deletion of 22q13, results in an inversion that depresses cognitive, intellectual, and physical growth which alters speech, motor skills, and muscle tone.

Phelan-McDermid Syndrome is usually first characterized by hypotonia, which is low muscle tone in a newborn, but is also discovered when children have a lack of developmental milestones such as; rolling over, sitting up, walking, or talking on time. Those who are diagnosed with PMS may possess behavioral abnormalities that mimic autism. These include, animosity towards changes in routine, sensory sensitivity, repetitiveness, chewing, delayed speech, etc.

Unfortunately, there is no specific treatment for this syndrome. Each symptom can be treated specifically with the help of pediatricians, neurologists, nephrologists, gastroenterologists, immunologists, orthopedists, physical or occupational therapists, and speech/language pathologists. It is important to spread awareness of this rare disease to provide support for those experiencing it and to educate those who will be affected in the future. If you have a child with these symptoms, please speak to your physician.





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5. NJ Kids on the Go

<https://www.njkidsonline.com>

NJ Kids on The Go is a website where you can customize the directory to your specific needs. For example, "Special Needs Activities in Central Jersey." It provides a long list of events and occasions for your individualized search.

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GROUNDING:

A technique to reduce anxiety in the moment

By Lauren Kolacki



The more we understand our anxiety and can name what emotions are causing it at any given moment, the more capable we will be to help our Self. While education on anxiety doesn't make it go away, it does make it less scary and more predictable.

We all know anxiety is uncomfortable. And we all experience anxiety in different ways. Some people feel jittery, some people feel it in their stomach or intestines, some people feel it in their heart area. Some people feel it in their head in the form of dizziness, headaches, foggiess, confusion and more.

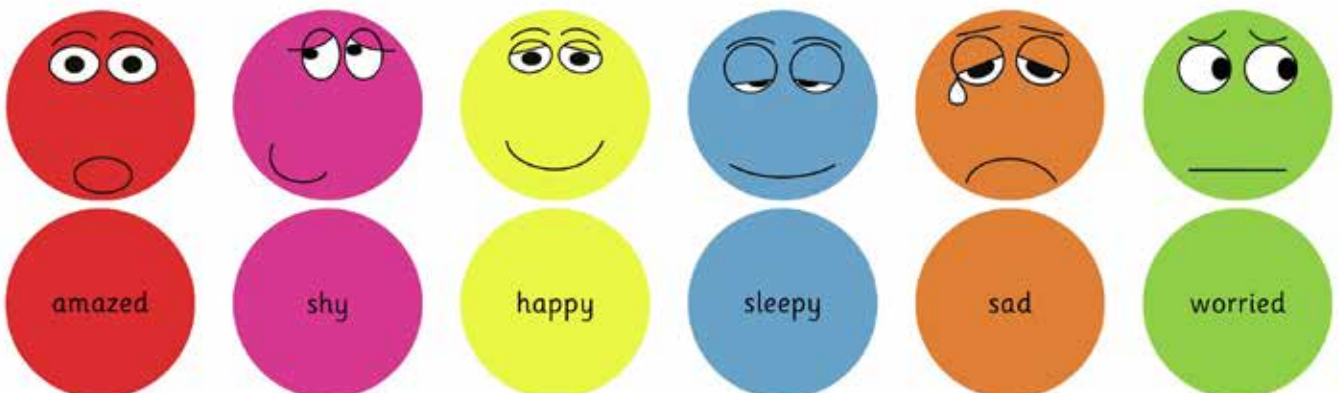
Below are times we can anticipate feeling some anxiety:

When we give up using a defense in favor of dealing with the underlying emotions. For example, let's say I typically avoid (defense) asking for what I want but decide I really would get more from life if I asserted my needs. The first few times I ask for what I want, I will likely have a spike in my anxiety.

Core emotions that we are not used to arise. For example, if I am frightened of my anger but try to feel it in my body, I will likely get anxious and experience some sort of physical tension or constriction as my anxiety tries to squash or constrict my anger.

When many core emotions or inhibitory emotions or conflicts arise, I am likely to experience anxiety. Again, my mind is trying to block the whole upsetting experience and anxiety is the signal.

CORE EMOTIONS



..continued on page 23

..continued from page 22

When you feel overwhelmed and anxious try this simple quiet practice that you can do anywhere in public or private:

1. Shift from thoughts or images from the past or future to being in the present moment. By sensing your feet on the ground. Literally and immediately focus on the soles of your feet, feeling the ground with them. This is called grounding. It is as simple as feeling your feet on the floor. If you want to do more, go to step 2.

2. As you sense your feet on the ground, take 5 or more slow, deep breaths using belly breathing.

3. Without casting judgment, but radically accepting what you find, try to name each core emotion under the anxiety. Don't search for logical thoughts. Instead, search your emotional world which is in your core or rest of your body. Literally ask your Self, "Am I sad?" "Am I angry?" "Am I scared?" "Am I disgusted?" "Am I joyous?" (Yes, Joy can cause anxiety!) "Am I excited?"

4. Name and validate each emotion you find. There can be more than one emotions and often there is when anxiety is very high.

Remember that listening to your body and connecting with yourself is the most important way to reduce your anxiety.



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Acupuncture for Seniors

By Brianna Sicilian

Acupuncture is an organic process where insertion of needles in the specific points of the body help the body's energy flow and correct imbalances. As a senior, one of the best investments you can ever make is improving your health and well-being. Investing in acupuncture can be the best investment yet.

The benefits of acupuncture are outstanding. Treatments can help numerous injuries and illnesses, including: pain management, back pain, shoulder pain, anxiety, addictions, depression, migraines, neck pain, arthritis, respiratory illness, chronic fatigue, tendonitis, dental pain, etcetera. As a senior, you want nothing more but good health and painless days, and with acupuncture treatments, your dreams of better health can come true.

Acupuncture is great for people of all ages, especially seniors. The acupuncture points are placed at certain points to simulate muscles, simulate nerves, muscles, and connective tissues, which work together to increase the body's natural painkillers and improve blood flow, thus lowering (and possibly eliminating) medications needed to get through daily tasks painlessly. For seniors, the best outcomes of acupuncture treatments are the boosting of energy and the relief of specific pain symptoms. Once a senior's treatments are completed and the benefits of the treatment hit him or her, the senior will forget all about the pain that he or she used to suffer from when doing tasks such as climbing the stairs, getting out of bed, walking for a long period of time, etcetera.

Life is so much more enjoyable without pain, so why let yourself suffer? If you are willing to give acupuncture treatments a try, do not hesitate to look into the best licensed acupuncturists near you.



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WINTER BINGE WATCHING

Some Shows Worth Mentioning

By Pam Teel

Stuck home in a snowstorm? Too cold to go outside? Now is the time to catch up on all the top TV series and Netflix originals that you never had time to keep up with. In the era of streaming television, no single platform has offered an easier way to watch your favorite shows, including exclusive properties, than Netflix. There are enough shows on Netflix that you'll never be able to plow through all of them before something new comes out. In fact, Netflix has made it so easy to watch your favorite content, from crime dramas to stand-up comedy, that the internet entertainment company has invented a whole new term for television on its own: the binge watch. Whether you're up until the wee hours streaming old seasons of Grey's Anatomy, or you're spending your weekend watching the newest Marvel superhero crime shows, Netflix has got you covered for all your entertainment.

NETFLIX

Content that is either produced or co-produced or distributed by Netflix on their services exclusively is called a Netflix Original. Some noteworthy Netflix original series to check out include: House of Cards- Political drama, Orange is the New Black- Comedy drama, Marvel's Jessica Jones, Marvel's Luke Cage, Marvel's Daredevils, Marvel's The Iron Fist, Marvel's the Defenders and Marvel's the Punisher, Stranger Things- sci-fi horror, Narcos- crime drama, and Bloodline- crime drama.

Some favorites to watch that have already seen a series ending include- Longmire, Hemlock Grove, Lilyhammer, and Marco Polo.

Comedy series shows that are streaming on Netflix and getting rave reviews are Schitts Creek, with Eugene Levy and Katharine O'Hara, about a rich family of four that loses all of their fortune and ends up living in a beat up motel in rural Schitts Creek. Santa Monica Diet, starring Drew Barrymore and Tim Oliphant, about a loving wife and mother who somehow ends up turning into a zombie. One thing a zombie needs to survive is fresh meat; need we say more! Vice Principals, about two unorthodox Vice Principals who form a bond to take down the current new principal. Which one will be chosen to replace her when they finally drive her out of the school? Crazy Ex-girlfriends, starring Rachel Bloom, combines romance and musical numbers. Show deals with her mentally instability and her quest for love.

Some favorite series stand outs that are a must watch include, Curb Your Enthusiasm, adult sitcom humor from Larry David, creator of Seinfeld, The Outlander Series, based on the bestselling novels written by Diana Gabaldan. The show is a British- American drama TV series about an English combat nurse from 1945 who is mysteriously swept back in time to 1743 to the moors of Scotland. Then of course there's everybody's favorite, Games of Thrones, which is an American fantasy drama television series. It is an adaptation from the Song of Ice and Fire Novels by George R.R. Martin.



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Virtual Reality Fitness Machines

By Susan Heckler

Virtual reality is a computer technology which uses specifically designed headsets and/or environments projected through multi-media to generate realistic images, sounds and other sensations that simulate a user's physical presence in a virtual or imaginary environment. You have seen this in the gaming industry for years and it has been a huge success.

Take this high-tech idea and project it into the workout environment in combination with physical environments and props and voila...you have, Virtual Reality Fitness! This wonder of wonders takes you 'out of the gym' and into any place you prefer to be working out. You can be biking in your field of dreams or stair mastering the Himalayas. The variation of where and when fools your mind into a state of exploration rather than hum drum workout place.

If you think of how Wii Sports made an athlete out of anyone, so can these virtual reality fitness machines. Also called "Immersive Fitness", the world is your yoga mat. VR takes you out of the gym and into a place of exploration and imagination. Your mind is so busy absorbing where you are that you are stressing less about what you are doing, and the time passes by so much faster (and better)! You choose the time and place, and let VR take you away.



Exer-tainment isn't a new concept but it certainly is improved. High cost and limited imagery have caused the old products to fail. The companies have stepped up their game with new technology and lower costs to make the equipment a success. The graphics are amazing, and the choices are wide.

There are still the traditionalists who prefer watching CNN or reading while they put in sweat equity building their bodies and their health. The price tag is up there, make no mistake.

You also have socially interactive VR fitness where you are in a group with others who are working out using the same programming. You can bike in a group in your head. You can join VR fitness classes with instructors and classes projected onto a screen which has already penetrated some thousands of clubs worldwide. Even Zumba got in on the act a few years ago.

Gamers are not the only ones who Got Game. Fool my mind into working out harder and smarter and make me a healthier person...I dare you! Pardon me while I go back to exploring the world on my stationary bike.

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Is Stress a Metabolism Booster for Men?

Although it is a popular belief that stress can speed up a slacking metabolism, recent studies have shown that it can have quite the opposite effect. Everyday stress is a normal part of our lives today, and can help to encourage your body to start producing the appropriate amounts of chemicals to keep you balanced. However, many people experience stress levels that exceed the “normal” amount – which can slow your metabolism and have a negative effect on your weight loss/management goals.

In a recent study published in the Journal Biological Psychiatry, the theory of stress and depression contributing to obesity was tested. Two separate 9.5 hour sessions were conducted; the first session they received either a highly-saturated fat meal or a high oleic sunflower oil meal. Their stresses from the prior day were assessed by the Daily Inventory of Stressful Events.

Within the 6-hour difference between one day prior of stress versus no stress, the results had translated into that extra calories could add an average weight gain of 11 pounds a year!

Stress and depression can not only have a negative impact on us mentally, but it is also clearly a contributor to the obesity epidemic.

Remember to always speak with your doctor if you feel overwhelmed and never stop taking any medication without your doctors' approval.



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Why should I choose early orthodontic treatment for my child with a palate expander?



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crowding. If the upper jaw is too narrow, there is not enough room for all the permanent teeth to erupt, which results in crowding, crossbites, underbites, or an edge-to-edge bite. Palatal expanders will not prevent the need for braces when all the permanent teeth erupt, but often times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop. As the palate begins to expand, it creates more room in the mouth for all of the teeth and the remaining teeth can begin to shift into position and will be far closer to their final position. A palate expander will reduce treatment time too. Different factors can lead to narrow upper jaw growth such as thumb-sucking, tongue thrusting or mouth breathing due to enlarged tonsils. Although these problems may look harmless, they may have serious long-term consequences on aesthetics and both dental and physical health. Palatal expanders often

times will eliminate the need for extraction of permanent teeth to create space or invasive jaw surgery to correct the growth discrepancy after the jaws fully develop and often makes the difference between a good orthodontic result and a great orthodontist result. Please contact our office with any questions or to schedule a complimentary first examination to determine if your child would benefit from this type of treatment.

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QUESTION:

We have always heard of UV protection from the sun but now they are talking about harmful blue lights. What does this mean to me and my health?

ANSWER:



Dr. Steven Linker, OD

UV is short for ultraviolet, a color on the light spectrum. This light is electromagnetic radiation, which is present in sunlight (even through cloud cover), and also produced by electric arcs, and specialized lights such as mercury-vapor lamps, tanning lamps, and black lights. UV light is associated with suntan, freckles and sunburn on skin which are the familiar effects of over-exposure to it, along with higher risk of skin cancer. It has similar effects to your eye and is known to be responsible for cornea burns and cataracts.

Less known is the effect blue lights have on your health. Blue lights are found inside and outside in your environment. It is naturally emitted by the sun but also comes from fluorescent bulbs, and LED screens like your computer and phone. Blue or Blue-violet is very close to Ultraviolet and is penetrating and harmful to your eyes. It has been linked to damage to the retina, causing long term visual impairment such as Macular Degeneration. It has been estimated that without protection, by the year 2050 over 265 million people could suffer with this condition.

While we are all susceptible to these rays, children are particularly vulnerable. Their eyes are developing and they are exposed more-so due to their lifestyle. They are three times more exposed, spending more time outdoors. Their pupils are larger, letting more harmful rays in and a younger lens is more crystalline and transparent, letting in more light than an adult.

Visionaries in the optical field have come up with a clear solution to harmful exposure to UV and blue rays. They have developed no-glare protective lenses that filter out the harmful rays. We carry Crizal Prevencia No-Glare lenses which provide 25 times more UV protection that going without eyewear. Not only does it help protect the sensitive tissue, it also reduces glare which aids in night vision.

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In Trend How to Fray a Pair of Jeans

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- Chalk
- Ruler
- Fabric scissors
- Sandpaper

First, slip on your jeans and mark with chalk your desired length. For an ankle-revealing crop, we suggest a hemline that stops roughly two to three inches above your ankle.



After you have decided where you want to crop a pair of jeans, mark with chalk. This can be done while you are standing in front of a mirror or you can take off your jeans and lay them flat to mark. Measure the length between the chalk mark and the hemline with a ruler to make sure you have both sides even. Cut with a pair of sharpened scissors. Then tease out the loose threads with your fingers while brushing over the cut hem with sandpaper. The more you brush the more you fray!



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Best Beard Foods for Men

A truly epic beard is all the rage now. If you are looking to grow one quick leave it untouched for the first 4-6 weeks, wash it regularly use of beard oil.

There are also foods that promote beard growth.

Since facial hair growth is almost completely regulated by male hormones (testosterone and DHT), eating foods that increase the levels of these two hormones, and increase the bodily utilization of these so-called androgens, is the real way to stimulate facial hair growth naturally.

- 1. Eggs:** Eggs are very high in quality protein which is one of the essential building blocks of hair.
- 2. Orange Juice:** It's high in fructose which has been shown to lower the amounts of sex hormone binding globulin (SHBG), which is a hormone that binds testosterone and DHT, making them less active in the body and thus leave more free-testosterone and free-DHT into the bloodstream to attach to hair follicles and make them grow thicker and stronger.
- 3. Potatoes:** They are a clean and gluten free source of quality carbohydrates and carbohydrates are what your body needs in good amounts to produce testosterone, as well as DHT (the main hormone behind facial hair growth).
- 4. Brazil Nuts:** They are one of the best foods that help grow facial hair because of the very high amount of the mineral selenium which speeds up beard growth because selenium increases testosterone.
- 5. Beef:** Meat is good for testosterone production and therefore also beard growth. Red meat is a great source of saturated fat, the main fatty-acid needed for testosterone synthesis helping your body to naturally maintain the building material for hair growth.
- 6. Sorghum:** It's also one of the unknown foods that help promote beard growth because it converts testosterone into DHT, the more potent beard growing hormone.

So, make sure you stock up on eggs and OJ. Cook with more potatoes and eat lots of beef. Remember your beard is made from protein and fat, but it's also heavily reliant on Vitamins B5, B3, and B9. That means lean meats, nuts, egg yolks, milk, and plenty of leafy greens will keep your beard healthy and shiny too.



E-Cigs, Flavored Tobacco & Your Kids: What You Should Know

With an increase in vape usage among teens, it is important to share validated information and resources.

What is an E-Cigarette or Vape?

A "substitute" for a cigarette or traditional "marijuana joint" that has become popular with teenagers due to easy concealment. Vaping is the act of inhaling and exhaling the aerosol, often referred to as vapor, which is produced by an e-cigarette or similar device. The term is used because e-cigarettes do not produce tobacco smoke, but rather an aerosol, often mistaken for water vapor, that consists of fine particles. Many of these particles contain varying amounts of toxic chemicals, which have been linked to cancer, as well as respiratory and heart disease.



According to the Center on Addiction, teens are using vaping devices to smoke marijuana or hash oil instead of nicotine liquids. The vaporized marijuana smoke has little smell, which makes it hard to detect.

Why should I be concerned as a parent of a teen?

Teenager use of e-cigarettes is on the rise due to accessibility (internet, stores) and easy concealment. Teenagers are inhaling a multitude of toxins including nicotine, Volatile Organic Compounds (VOCs), and THC (marijuana) in large quantities using e-cigarettes and vapes. Marketing companies are targeting teenagers by promoting e-cigarettes and vapes as a "healthier alternative" to cigarettes or a traditional joint.

In the past few decades, anti-tobacco lobbyists including the American Cancer Society's advocacy organization, have made great strides in banishing the seductive advertisements that once lured people to smoking.

Certainly, fewer people are lighting up conventional (combustible) cigarettes these days. Even our kids -- and that certainly is a great victory. But a new genre of noncombustible, candy-flavored smoking products is hitting the market -- and slick, provocative pinup ads are sneaking up on us once again. The target? Our children.

According to the CDC's National Youth Tobacco Survey, the decline of regular cigarette smoking among our kids has gone together with a sharp jump in the use of e-cigs.

"We're seeing alarming number of kids using flavored products of all kinds, such as hookahs and e-cigs," says Cliff Douglas, Vice President for Tobacco Control and Director of the Tobacco Control Center at the American Cancer Society. "The industry is producing these products using thousands of flavors, like watermelon and gummy bear, many of them clearly designed and aggressively marketed to appeal to and reach youth."

The U.S. Food and Drug Administration (FDA) has banned all flavoring in conventional cigarettes, except menthol. However, federal regulations to prohibit e-cig promotion and sale to youth are not yet in place.

Vaping: Reglamorizing Smoking?

E-cigs can be designed to look like a cigarette, cigar, or pipe; however, some resemble a pen or even a USB device, which means students could stash them easily into a backpack. They deliver nicotine and other chemicals and flavors into the lungs using water vapor, not smoke. Manufacturers and users refer to the act as "vaping," not smoking, but Douglas says it looks the same. "The products are designed to create a very visible vapor, even more visible than cigarette smoke. This has created a whole new era of unfettered marketing concerning e-cigs that is re-glamorizing the act of smoking."

And that's one of the many worries: Vaping ads -- along with sweet lollipop-like flavors -- are enticing our kids to use the nicotine products in the same way cigarette ads lured us or our parent's decades ago. According to the National Youth Tobacco Survey, about 7 in 10 U.S. middle and high school students were exposed to e-cigarette advertisements in 2014. They were most likely to see the ads in retail stores, followed by the Internet, TV and movies, and newspapers and magazines.

At the same time, battery-operated e-cigs are soaring in popularity among kids. In 2014, nearly 2.4 million of them vaped. Among middle and high school students who used tobacco, about 80% used at least one flavored tobacco product (e-cigs, hookahs) within the last 30 days, according to a survey of kids ages 12 to 17 published early online October 13, 2015 in Journal of the American Medical Association.

Some worry vaping could serve as a gateway to using other tobacco products. The same JAMA survey found that most students started with a flavored product before trying any other type of tobacco. Would they ever have done so if they weren't introduced to that item first? It's hard to say. But there's legitimate concern. More than half of the students who used e-cigs in the last 30 days also used multiple tobacco products.

Begin talking to your kids about the dangers of tobacco and nicotine starting in elementary school. Tell them about the dangers of addiction and how tobacco use can hurt their lungs and their overall health. Parents are encouraged to talk to their kids about flavors. Tell them how it can seem like candy, but it's not. Teach them how to say no and develop ways to reward them for doing so.

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Best Lip Trends

Lipsticks are a must in the world of makeup. No look is ever truly complete without the pop of red, shimmer of gold, or a striking pink. However, lip trends change every year. Once it was the year of glosses, then it was the popping "Taylor Swift" red, and then it transitioned to liquid mattes. Things come and go and a lot of these trends are still used today! With 2018 around the corner, that means more trends are coming to light. Isn't it time to be on top of them?

Trend 1: The Glass Lips

Refinery29, a site for all fashion and beauty lovers, states that heavily glossed lips are very in trend right now. There are images floating everywhere of models rocking the heavily glossed look on the runways. Even Rihanna, who dropped the most sought out makeup brand of the year, made sure all her models wore the "glass lip" as they modeled her designer clothing line for spring 2018. Fenty Beauty has a huge line of glosses, if you wanted to get Rihanna's exact look. However, glosses are sold everywhere and this look can be accomplished so easily.



Trend 2: Cupid's Bow

Adding highlighter to the Cupids bow has been in trend for ages. However, Refinery29 states that makeup artists are taking this to a whole new level. Makeup artists are now making the Cupids Bow the focus point of the look. Just put on a dark lipstick with a bright liquid liner on the Cupids bow, and your makeup look will be amped up immensely.



Trend 3: Bright Colors

Bright colors are in for the 2018 season. It is all about being bold and taking risks this year. Maybe it is time to purchase a nice fuchsia or a brighter pink!



Trend 4: Blood Red Lips

Red lipstick has always been a popular color, however, this year things are a little different. The blood red color is being seen on so many models as they walk down the runway. It is very bold and a shade that exudes confidence.



Trend 5: The Peach

Finally, this color is going to take 2018 by storm. It is neutral, minimalistic, yet a very trendy shade. Selena Gomez, a role model and a fashion icon to many, has been seen rocking the peachy lip look. It is an easy look to pull off if you want to be just like Selena!



The trends are constantly changing and are hard to keep track of at times. This list will have any makeup lover ready to take on 2018 in a flash!

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The Family Dining Room Is Back

By Stefanie Maglio

For most busy families, "dining" together has been reduced in recent years to grabbing a plate of food at a kitchen island or on an ottoman in front of the television. But there are signs that we are heading back to the dinner table. Families across the U.S. are becoming more aware that grabbing meals without sit-down dining is affecting family's time together as well as their health. Many young families are looking for a more structured family dinner hour around a real table where conscious conversations and conscious eating can occur.

"I see more and more families looking to create a dining space that is comfortable and open. My clients, no matter what their age, are looking for larger dining tables and a larger space. It's a space focused on conversation and eating," says interior designer, Jodi Gold of J Gold Interiors of CNJ.

A separate dining room is on many homeowners' wish lists. In the January 2017 Home Buyer Reference survey, 73 percent of those who responded said the dining room was "essential or desirable," according to a spokeswoman for the National Association of Home Builders.

But how do families turn the dining room from a stiff backdrop for elaborate holiday celebrations into a warmer more casual and more approachable space? This is easy. Opening up living space and saying good bye to the formal dining room as a separate area in homes is the newest trend. Larger dining tables that are less formal are also a growing trend. People today are thinking and planning for every day life style needs and less of formal dining.



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Chocolate Avocado Smoothie for Weight Loss

For a lusciously creamy smoothie, this blended avocado drink was made famous by Kourtney Kardashian! It is full of healthy fats and potassium and tastes beyond delicious and has many health benefits. Avocados can also help lower blood pressure, banish bloat, quell hunger pangs and is one of the few foods that can aid rapid weight loss efforts. Makes 1 serving.

Ingredients:

- ½ avocado
- 1 banana
- 1 cup chocolate milk, of choice

Directions:

1. Add avocado, banana, and chocolate milk to blender and blend until smooth.
2. Pour into a glass, and enjoy!



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Sundae Funday

Need a sweet treat for a snack or dessert? This healthy low-calorie recipe will satisfy your craving and is ready in less than 5 minutes.

INGREDIENTS:

- 1/2 cup fat-free frozen yogurt
- 1 tablespoon blueberry jam (Blueberry Jam)
- 1 tablespoon fat-free caramel topping
- 2 tablespoons light or fat free whipped topping
- 1/2 tablespoon chopped nuts

DIRECTIONS:

1. Place ice cream in bowl.
2. Place jam on ice cream and follow with caramel, then whipped cream.
3. Add nuts on top.



Tasty 3-Ingredient Flourless Chocolate & Blueberry Banana Muffins

Chose to your liking almond, walnut, hazelnut or peanut butter. They are all high in Omega 3 fatty acids, which have been shown to lower LDL cholesterol and provide other cardio protective properties. In addition to providing healthy fats, nuts also contain high amounts of fiber, protein, Vitamin E, and a variety of essential minerals. These muffins are a great snack food and can be used as a vegetarian protein source.

Ingredients

- 9 bananas
- 1 ½ cup nut butter, of choice
- ½ cup cocoa powder
- 1 ½ cup blueberry

Preparation

1. Preheat oven to 350°F.
2. In a bowl, mash the bananas with a fork.
3. Add nut butter and mix until combined.
4. Divide the batter into two bowls.
5. Add cocoa powder to one bowl of batter and mix well.
6. Add the blueberries to the other bowl of batter and mix well.
7. Add the batter to a muffin tin.
8. Bake for 18-20 minutes.
9. Let muffins cool.
10. Enjoy!



2018 Garden Resolutions

By Nicole Iuzzolino

Spring is around the corner, which means the flowers will start to be blooming soon. It is about that time to whip out the gardening gloves and seeds to start planting. Gardening can be a bit of a process and a lot of work. But with a solid list of resolutions, you can get it all done in no time.

Organization is the key to everything, and it certainly helps with gardening. Make a list in advance so you know exactly what you need for the season. Make a journal of your experience gardening each year. Maybe you sowed the beans too soon or waited too late to plant. By jotting down these notes you will improve your gardening skills every year. Another great thing to do is journal your observations. Maybe a certain type of butterfly prefers one of your flowers over the other. Maybe one plant you planted this year attract hummingbirds that you never got before. This will make you take time to appreciate the beautiful garden you put so much effort into doing. Also, adding some heirloom vegetables to your garden will definitely spice things up for you this spring season. Heirloom vegetables are open-pollinated, and passed down through the family for generations. Besides having massive amounts of flavor, you can save the seeds and replant them each year. If you did this with hybrid seed you would not get the same result. Plus, heirloom vegetables come with wonderful stories on how they came to the United States. You can grow a magenta sunset chard, sweet chocolate peppers, japanese white eggplant, and so much more! Another way to really add some character to your garden is by building a "bee motel". It'll be a little get away for all the little bees ready to pollinate your newly planted garden. Use hollow reeds or bamboo to make a little nesting place for them. It is the perfect way to attract bees to your garden.

This is just a few resolutions to have for spicing up your garden this 2018. Remember to have fun and make the garden the way you envision it to be.



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Downsizing Your Home

By Gabriella Mancuso

Downsizing your home is a common activity done by people who are leaving or moving out of their current house. Many times, the "downsizing" process is done prior to the "resetting the furniture to make your house look more appealing to buyers" process. Downsizing is the elimination of old junk and unnecessary items you felt the need to keep around all these years. From the first tooth of your youngest kid to the piece of cloth you used to wipe your tears at your daughter's wedding, these items surround us and take up space every day. Although it is hard to get rid of the little things kept over the years it will provide you with amazing results in the end; less boxed, less clutter, less stress. Reducing clutter can take away stress and relax your mind and nerves. 70% of homeowner's stress over excessive clutter in their homes. Not only will it ease your nerves, but it will also give your home a cleaner look. You can always keep the little things you hold close to your heart, but everything else has got to go. There are many different options you can choose from such as donating to charity, passing it down to your younger family members/friends or putting it up for sale and making a profit! People will buy anything now-a-days so don't hesitate to sell your clutter. You will probably doubt it, have trouble letting it go, and try to convince yourself to keep it anyways, but the undeniable truth is if you don't use you don't need it.



Have Bugs? Use Borax

By: Erin Mumby

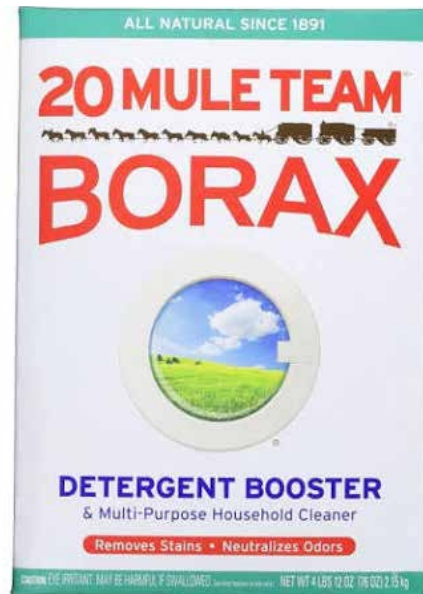
Cockroaches and ants can make themselves at home in your house. Instead of buying a new batch of chemicals, use up your Borax in the cabinet. Borax is a naturally occurring element. It has been a fixture in house cleaning for years. It's also useful as a pesticide! When cockroaches, ants, and fleas ingest borax, it destroys the lining of their stomachs and interferes with their digestion.

Cockroaches have an infamous reputation for being tough critters. However, even cockroaches are no match for Borax. To kill a cockroach, boil six eggs and dispose of the whites. Add 2 and a ½ ounces of Borax to the yolks. Mix well. Then add a ½ cup of sugar. This mixture should feel like dough. Roll into little balls. Place the dough balls around your house, especially in areas where you have witnessed the cockroach.

Do you have worker ants wandering around your house? These can be a little tricky to get rid of. Most worker ants eat liquids. The queen worker ant and the babies are attracted to solid foods. You have to mix two different solutions to completely eradicate worker ants. For solid ant bait, make a solution of one-part Borax and three parts of powdered sugar. Lay this solid mix on flat surfaces for the worker ants to bring this to the queen. Make sure to mix a liquid bait as well. Use a quarter cup of borax and a ¾ cup of honey. Drop the liquid onto an ant trail or another source of the ants.

Borax is useful on pesky fleas as well. Using Borax has a long-term effect on fleas. You could even kill fleas and their eggs for a whole year! Make sure to vacuum your house thoroughly. Make sure to reach under the furniture because fleas usually hang out in dark places. Dust surfaces to dispose of as much dirt and debris as you can. Sprinkle Borax on your rugs, carpets, furniture, and areas that your cat or dog inhabits. Using a small hand broom, brush the Borax into the carpet. Let it sit for about 36 hours. Then vacuum to remove the dead fleas. Always watch your children and pets while using Borax.

When using Borax to get rid of pests, make sure to keep your house cool. Bugs and other pests thrive in warm, moist areas. Make sure you keep your house clean and free of dirt. Inspect your pipes to make sure there are no leaks. Plug up holes and cracks in your home to make sure the pests can't enter easily. If you have tried a few different remedies, seek out professional help in removing the pests.



The 2018 Closet Purge

By: Nicole Iuzzolino

2018 has finally come, which means it is time to purge of anything old and unwanted. Every new year is always a great time to get rid of anything that you just do not wear any longer. It is time to get rid of the old and fill your closet with the new. Here are the top five things to get rid of from your closet this 2018.

One: Faux Leather Bags

Everyone is guilty of buying those cheap leather bags that they sell at any clothing store in the mall. However these bags begin cracking and falling apart so quickly. It is time to purge of these bags and take on the saying "quality over quantity". One quality bag will last you a lifetime, so you do not have to buy twenty more fake ones.

Two: Free T-Shirts

We all know those t-shirts that you get at local fundraisers and events. They really hold no value but for some reason we always keep them around. These shirts are the perfect thing to remove from your closets this season. It will make room for everything else that you buy throughout the new year.

Three: Uncomfortable Shoes

Everyone has those pairs of shoes that we never wear because of the blisters they cause. These are the shoes that must go this 2018. They are sitting there, collecting dust, and never being worn. It is time to get rid of those, and replace them with shoes that are actually comfortable.

Four: Dirty White Sneakers

As much as we try to wash them, there are times where the shoes refuse to come clean. While it may break your heart to get rid of them, you can always invest in a brand new pair.

Five: Corset Belts

If this was something purchased during the 2017 craze for these, it's time for them to go. It is a trend that is short lived, and should not be part of your 2018 wardrobe.



Perfect Party Planning

By Lauren Kolicki

TIME, DATE, PLACE

Give your guests enough time in advance to decide if they are available that week.

GUEST LIST

Who will make up your guest list? Are you keeping it to only close friends or expanding your list to neighbors? coworkers?

DECIDE WHETHER SERVING FOOD OR APPETIZERS?

Providing a full menu can become quite pricey so if you just want to stick to appetizers be sure to have a variety to keep all guests satisfied.

If you choose to serve dinner, decide which works best for you. Will you have the party catered to save yourself the time and mess or will you be doing all the cooking?

BEER AND WINE OR FULL BAR?

As a host, you must make the decision to have just beer and wine or are you going to fully stock the bar.

Beer & Wine:

Red Wine
White Wine
Beer

Fully Stocked Bar:

Wine: red and white
Beer
Bourbon
Gin
Rum
Scotch
Tequila
Vodka



Specialty Cocktails:

By offering a pre-made sangria, bay-breeze, or margarita you will cut back on liquor expense. Guests will be intrigued by the idea of a specialty cocktail and are more likely to try it.

Non-alcoholic beverages:

Remember not everyone at the party is drinking. Be prepared with water, soft drinks, club soda, and different juices that will also be used as mixers.

*****DO NOT FORGET ICE*****

PAPER/PLASTIC PRODUCTS:

Invest in a large bag of plastic cups/plates/ utensils. This will spare you the hours of additional cleaning. Also by providing a magic marker or cocktail tags, you can reduce the number of misplaced glasses.

MUSIC

Believe it or not, the quality of the music contributes greatly to the success of the party. Keep your guest list in mind when creating your playlist.

REARRANGE THE FURNITURE

Be sure to arrange the furniture so that there is room for people to interact without feeling cramped. At the same time, be mindful that there are places for guests to sit.



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- Does the teacher want the parents to run the entire party, or will he or she be organizing some of the activities?
- Does the teacher expect a craft at every party?
- Does the teacher expect the room parents to organize a game at each party?
- Will there be goody bags at the parties?
- Will funds be collected for the parties from all the students, and who is responsible for collecting the money?
- What kind of food does the teacher want served?



After the ground rules have been established by the teacher for the parties, it's important for the room parents to decide how they will divide the responsibilities.

When planning snacks for a class party, it is important to find out if there are any allergies in the classroom. Try to plan snacks that carry out the theme of your holiday. For example, marshmallow chicks and bunnies for a springtime party.

If you need to organize a craft for each party, keep the craft simple and manageable within the time frame and keep the craft age-appropriate.

Most of all, remember to have fun and enjoy the party!



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How You Celebrate a Child's Birthday Party at Home

By Pam Teel

Whether you're celebrating indoors or in the backyard, with pin the tail on the donkey or an entire petting zoo, this timeline will make for a very happy birthday with all the bases covered. Make sure you preplan it weeks ahead!



- Discuss with your child what kind of party he or she wants. Dinosaur party? Star Wars Party? Teenage Mutant Turtles or Princess Party; let your child help pick out the theme. This will help you to narrow down decoration and activity choices.
- Decide whom to invite. Do you need to ask the entire class, or does your child just want his six best friends?
- Line up any entertainment you may want. The earlier the better. It's no fun telling your child that the magician that she has her heart set on is already booked. Ask for references of people who have used the entertainers recently, and check up. Be sure to ask if there are any setup requirements.
- Before setting a date, check with essential guests to make sure they're available. Your child won't be happy if his best friend is going to be out of town.
- Send invitations. Make written invitations creative and coordinated with the party theme. Indicate whether parents are invited to stay (parents of toddlers should remain), and include an RSVP date and start and end times.
- Make a schedule of activities for the party. Plan to fill two to three hours with a mix of energetic games and calmer activities (like crafts or storytelling). You also need to factor in time for entertainment, snacks, and general freewheeling ruckus. If the presents will be opened, save that for the end; if you start running out of time, you can skip it. Keep in mind that an outdoor party may become an indoor party in case of rain, so plan alternate, rainy-day activities, just in case.
- Make a master list of supplies you'll need. Make sure you have the following covered, and note if you need to buy or borrow anything. Check online party ware sources like plumparty.com and discountschoolsupply.com to save time.

Possible Supplies:

- game and craft essentials
- music
- sports equipment
- portable tables to hold food or presents
- coolers and serving dishes
- tablecloths, plates, cups, and utensils
- Buy or order party favors that fit the theme (and goody bags to put them in) and prizes for the games.
- Plan the menu.

Keep it simple—finger foods, pizza, things kids actually like are super easy and sure to please. If you like, plan a few special treats (like a cocktail) for parents. Make a list of how far in advance each dish can be made.

Cat Emotions

By Nicole Iuzzolino

Just like dogs, cats and humans have the same brain structure, and experience the same emotions we do. Owners can tell by their cats body language, facial expressions, and sounds to detect how the cats are feeling. For example, when a cat is scared or experiencing fear, the cats will run away and hide. When cats want to cuddle with their owners, they are exuding positive emotions. Researchers discovered that mammals, including cats, have seven basic emotional systems. Purina states that these systems include searching for food, a fear system, a play system, and a care system.

One study done at Oakland University studies 12 cats, their owners, and how the cats reacted to different kinds of emotions. When the owner was smiling, the cats began purring and jumping on their owners laps. The cats were also seen spending more time in the area where their owner was. Cats also are known for forming strong attractions and bonds for their owners. When an owner is gone for long periods of time or passed away, they show massive signs of distress. Cats will go into hiding or sit outside their owners bedroom door and cry. Some cats will even refuse to eat. These all show how strong a cats' bond and feeling of love towards an owner can be. Pet Centric states that the strongest proof that cats experience the emotion of love and attraction is when cats travel thousands upon thousands of miles just to find their owners again.

Cats also have been known to have feelings of selflessness. Researchers discovered that cats have been known to risk their lives for their owners. Pet Centric states that, "One kitty we know of fought off a poisonous snake and took the bite that was meant for her owner. Another cat jumped out of a window right after his owner fell out".

Cats have the stereotype of only caring about themselves, however that is not very true. Cats are caring animals that care greatly for their owners. They are loving creatures, and should never have that stereotype.



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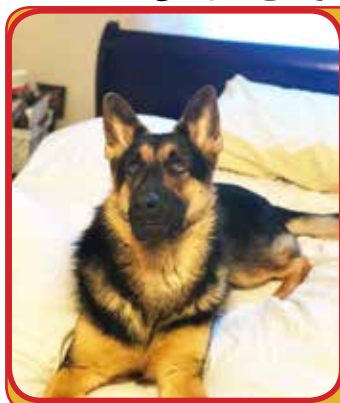
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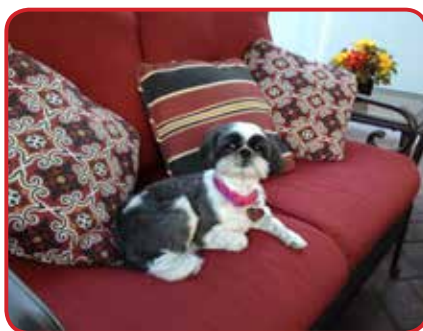


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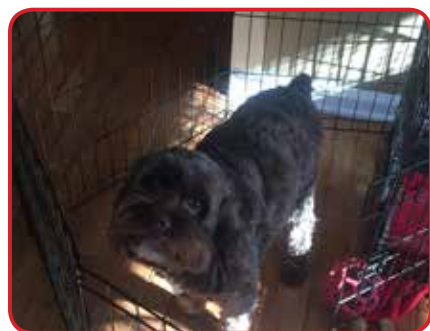
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The Food Stealer

By: Nicole Iuzzolino

Dogs love food, it is a simple fact. When it comes to people food, it is solid gold in their eyes. They will do anything in their power to get that food, and some will even jump on the table to get what they want. However, this is a major issue to most dog owners, and they do not want their dogs running across their kitchen table stealing their dinner. Jolanta Benal, a dog trainer, starts off with some ground rules when it comes to training your dog. She states that to not get mad at your dogs for "counter-surfing" because they actually are not being bad. Dogs used to be scavengers, so they will look for edible food items that are lying around, and will want to take it. She explains that eating anything edible that is lying in their paths kept them and their ancestors alive for centuries.

Now there are many ways to stop your dog from wanting to steal.

- The first is to simply **keep food items out of reach**. Make sure to clear off all table and countertops after eating as well. Since there is no food on the table then, your dog will not feel the need to counter-surf.
- Another great and easy way to train your dog is to just **supervise**. Every time you see your dog attempting to steal give them instant feedback so they start to learn that they should not be doing that. But make sure to also praise your dog when they decide against counter-surfing. Positive and negative feedback is very important when it comes to training.
- Another step in the training process is to **only serve dogs their food in their designated bowl**. Do not throw them your leftovers from dinner either because that would incline the dogs to want more table food. Dog Training Central suggests that you give your dog a stuffed Kong to play with while you are eating.



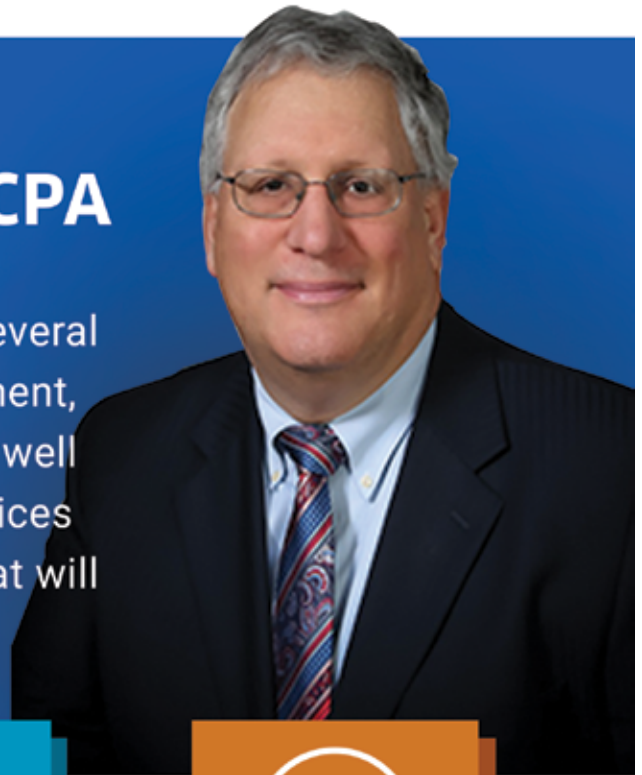
These are just a few ways to stop your dog from stealing food at the dinner table. All you have to do is put in effort and you will see results.



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Crushing on Velvet

By Nicole Iuzzolino

Velvet took the world by storm this past year, and continues to make a statement in 2018. There are velvet scrunchies, velvet tops, velvet pants, and even velvet boots. While there is so many clothing options, what about room decor? Here are a few ways to make any bedroom look on trend with velvet.

One: Chairs

If you have enough chair in your room, a velvet chair is great piece to have. If you have space in a corner in your room, create a little reading nook! Have a tiny little basket for books and add a velvet chair. The velvet chairs look regal and age very well. It'll instantly increase the elegance of the room. Plus the velvet is very comfortable.

Two: Headboard

Velvet headboards can instantly increase the level of style in a bedroom. Velvet headboards have always been popular, and since the velvet craze, their popularity increased even more. Adding a few pieces like this, elevates a rooms style.

Three: Bedding

Velvet bedding will make anyone fall asleep feeling like royalty. Add a popping blue or royal purple bedding to have a trendy look. If you want to put a colorful twist, add in some gold and white velvet pillows. It'll be comfortable and stylish.

Four: Throw Blanket

Everyone loves a good throw blanket. Why not upgrade your normal blanket to a trendy velvet one? Just like the bedding, it is comfortable and stylish. Buy a popping color and throw it across a crisp white. It is look that is appealing to everyone.

Five: Floor Pillows

Floor pillows are big, fluffy pillows that lay on the floor and add the feeling of comfort to any room. They are great for dorm rooms and bedrooms and serve many purposes. They are great for relaxation, a studying session, or for when you have friends over to hang out. A popping velvet floor pillow raises the style factor in any bedroom.



DON'T GET BITTEN BY THE ACTIONS OF YOUR DOG

By John Bazzurro

Many of us own dogs as pets and companions. As such, we should all be familiar with the state of the law in New Jersey as it relates to the liability of dog owners for their dog's actions.

New Jersey, like many other states, has a "strict liability" dog bite statute. Basically, this means that, if your dog bites someone, you will be automatically responsible to that person for any damages that the person receives as result of the dog bite. That statute, N.J.S.A. 4:19-16 imposes liability upon a dog's owner where the dog actually "bites" someone and the bite occurs while that person is either in a public place or lawfully in a private place, including the property of the dog owner. Thus, under New Jersey law, even if a dog owner has no previous indication of a dog's propensity to be vicious or to bite, the owner will be responsible in damages to a person who is bitten by their dog under the above circumstances.

Of course, in addition to actual biting, dogs can also cause injuries in many other ways. For instance, a dog may jump up on someone and knock them down, cause serious scarring as result of scratches, or cause a motor vehicle accident by darting into the street. When damages are suffered by individuals as result of these types of actions by a dog, general negligence principles, as opposed to the above statute, will apply to determine whether or not the dog owner is ultimately responsible for damages. For instance, if a dog owner knows that its dog likes to jump up on people but fails to prevent the dog from jumping up on a stranger, etc. and the dog ultimately knocks that person down, it is likely that the dog owner will be responsible in damages. Similarly, if a dog owner knows or has reason to know that its dog routinely gets out of its yard or house and runs in the street, that owner it may be responsible for a car accident caused by the dog's darting out into traffic. Under these circumstances, however, the improper actions of the injured party, if any, will be compared to the dog's owner and any damages that the injured party would otherwise be entitled to would be adjusted accordingly.

Interestingly, there have been cases which discuss the dog owner's knowledge of its dog's "dangerous propensity" based, not on the prior specific actions of that individual dog but, instead, on the dog owner's knowledge of the "dangerous propensity" of a certain type of breed. So far, in the State of New Jersey, courts have rejected this theory of liability and, as such, an injured party, under these circumstances, must prove that the specific dog was engaged in prior vicious acts.

The good news for dog owners is that a typical homeowners' policy of insurance will often cover claims resulting from dog bites or injuries caused by dogs. However, as you can imagine, not all homeowners' policies of insurance are the same and some homeowners' policies may specifically exclude coverage for such dog related claims. Therefore, it is important that, if you own a dog, you contact your insurance company to ensure that you have appropriate coverage. Further, it is similarly important that, when filling out an application for insurance, you inform the insurance company of all animals that live in your home.

Of course, because there are many different factual scenarios in these types of cases, is important to contact a lawyer to discuss the specific facts of your individual case whether someone has made a claim against you or whether you have been injured by someone's else's dog. We invite you to contact our office to discuss any issues or questions you may have with respect to this article.

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International Women's Day

By Nicole Iuzzolino

March 8th is a day to celebrate the social, economic, cultural, and political achievements of women. International Women's Day is all about, "...unity, celebration, reflection, advocacy, and action..." as stated by their official website. The start of this day can be noted all the way back to the early 1900's. It all began with great unrest stirring amongst the women of that time. The inequality that women were suffering from made them start to speak out. "In 1908, 15,000 women marched through New York City demanding shorter hours, better pay, and voting rights". In 1975, International Women's Day was celebrated for the first time by the United Nations.



While it seemed like fighting for women's rights was on the rise, in the early 2000's it actually stalled in many countries. Feminism got pushed to the side and pushed out of people's heads, while new issues and concerns took its place. However, the movements goals have not been reached yet and there was still more to be done. In 2001 the International Women's Day movement created an online sight to try to get everyone back into the movement. Every year the campaign adopts a new theme to advocate for. In 2011, International Women's day saw its 100 year centenary. The first event was held in 1911, in Austria, Denmark, Germany and Switzerland. Celebrities started advocating for the movement as well. Annie Lennox, a celebrity activist, led a huge march along an iconic bridge in London for gain attention to global charity for women. She is just one of the many famous figures in society fighting for this cause.

At the end of day, women have made massive head way since the 1900's and society has evolved immensely. It is time to have all women come together and celebrate the greatness we all embody within.



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How to Deal with Difficult Family Members

By Pam Teel

Do you have a family member you just can't deal with and you just don't know how to handle the things he/she says and does? Well, there is hope. Knowing how to approach a difficult family member, what to say and what to do, can help you finally stop dreading every interaction you have with them.

Face it- Family members are who they are; as much as you want them to be different, they won't ever change. The only thing that can change is how you see them. According to, Debbie Mandel, MA, a Stress Reduction Specialist and Coach, if you don't like what you see in a family member, change what you see and how you react.



Focus on the positive. Before meeting with your family member, don't focus on how much he/she irritates you when they do this or that. Instead, think of all the qualities you like about them. Focusing on the good rather than the bad will prepare you for dealing with the actions that do annoy you. This is because your stress level won't already be heightened before you even see them, which will make you more able to tolerate them.

Be prepared. Imagine what this interaction will look like, specifically based on your previous experiences with this person. Typically, difficult family members have a certain behavioral pattern that is easy to track once you become aware of it. Based on their past behavior, mentally prepare yourself to deal with any possible scenarios you think may unfold. By doing so, you may find that you have an easier time reacting appropriately.

Be empathetic. Difficult people are not born that way, they become that way based on the interaction of nature and nurture. Even though it can be really hard, try to understand their perspective. You do not have to agree with their viewpoint, but understanding why may help you interact with them in a calmer way.

Sometimes, there isn't much you can do to avoid the annoyances of your family member. This is when you should employ some good conflict resolution techniques.

Use "I" statements. It takes the blame off the person you are speaking to, which then helps them become less defensive. For example, you can say, "I feel threatened by the topic you are discussing." If the person doesn't stop when you try to change the topic or when you voice your lack of appreciation for his thoughts, state that the person can either end the discussion or you will have to leave.

Suggest a break. If you are sensing that the discussion is heading down a negative or unhealthy path, excuse yourself for a quick breather. Tell them you need some fresh air or that you have to make a phone call.

Postpone the conversation. If you feel too overwhelmed by the conversation and would like to discontinue speaking with him/her, tell them in a gentle tone that you don't wish to have this discussion at this time and excuse yourself.

Our Postpartum Truth - In Her Words: Holistic and Alternative Therapies

By Michele Inzelbuch, LCSW, LCADC

Self-care is a common practice that many mothers find themselves putting on the back burner. Paying for a babysitter to go get a manicure or go to yoga class is not financially feasible for many women. Trying to find time for yourself at home when the kids need your attention can be just as difficult. A healthy mother is crucial to nurturing a healthy child.

There are many options to promote wellness such as alternative medicine, therapy, yoga, meditation, EMDR (Eye movement desensitization and reprocessing), EFT (Emotional freedom technique) and many other holistic approaches. Any of these practices can be utilized along with medication or as an alternative and some can be practiced at home in a short amount of time.

This month, women in recovery from Postpartum Depression and Postpartum Anxiety share their experience on the topic of alternative or holistic therapy in hopes of bringing about a deeper understanding of PPD/PPA and recovery to the community.

M.W. took a yoga class until her second trimester of pregnancy before she stopped. She did return after the birth of her son and explained how it gave her a break during the day and something concrete to do for herself. M.W. used an at-home yoga DVD as well as other tools to keep herself occupied. "Crossword puzzles became my go-to when my mind was racing," she explained. "It gave me something to focus on." Walking the baby in a stroller at the mall was a useful exercise and helped her be comfortable in public with the baby. "I always am listening to music; something that I've always done to help me," she added. M.W. went to therapy bi-weekly and finds it to be very helpful. As her son got older, she continued therapy, listening to music, meditation and reading to keep her in a healthy place.

J.D. meets with a holistic therapist for emotional and psychological support. "He [therapist] started slowly because he knew there was no chance that I would have given any of his practices a chance when I walked in there," she said. "But through the use of modalities such as past-life regression, EMDR and EFT, I have healed issues I never thought I would." J.D. became a more spiritual person through holistic therapy and feels it has helped her heal. She practices meditation and opening sacred space daily and continues to attend yoga each week. "I don't think alternative therapy is a cure-all, but it definitely can help."

N.D. found tools that she can use on her own and at home. "I used guided imagery recordings to help sleep or get over panic attacks," she shared. Going to the gym and prayer have also been useful in managing anxiety. "I would also take warm baths and read," she said. N.D. added acupuncture to the list of things she does to help her heal her mind and body. It can be difficult to make time for self-care as a new mother, but by using a variety of tools, it can make it easier to use some of them at home. Even just a five-minute meditation or breathing exercise can ease anxiety and leave one feeling calmer.

M.T. uses hula hooping as a safe escape and outlet to release overwhelming emotions. She can also enjoy this activity with her children. "It [hoop dancing] allowed me to release my frustrations, anger, sadness and depression all in a healthy manner," she said. "I feel able to express myself through movement and it became a family affair." This led to her son finding his own way of self-expression through staff twirling. She keeps a hoop in her car and office and uses them for five minutes to re-center herself anytime she needs to. M.T. explained how hooping has helped her, "My self-esteem has improved drastically and I have moments of accomplishments. I have also explored other flow art toys and have found a few that are very soothing to me." Presently, she continues with medication and therapy, but also practices yoga, which her daughter does with her, has had Reiki sessions, enjoys acupuncture and healing her mind and body.

The topics these women discussed are not only types of therapy but also healthy ways of practicing self-care. As one mom mentions, finding time can be difficult. Many of these alternative approaches are known to heal the body, mind, and soul. There are therapists that specialize in different types of treatment along with talk therapy such as meditation, yoga and other forms of movement. Do not be afraid to ask your therapist if they are trained in EMDR or EFT, also known as tapping. Healing can come in many forms. Being open to exploring different methods of treatment helps to educate one about self-awareness, symptoms, triggers, coping skills, medication needs, talk therapy and social support. This can lead to a life of balance, self-care, increased self-esteem, and healing the mind and body as one.

For the new mom from a survivor- I needed medication and talk therapy, but sometimes I need a little more. Remember your hobbies, your talents and thrive on them.

If you or someone you know has concerns regarding PPD or is showing symptoms, do not ignore them. You are not alone and there is help out there. Please reach out to the Central Jersey Family Health Consortium at 732-937-5437, the Perinatal Mood and Anxiety Disorder Program at Monmouth Medical Center at 732-923-5573, or Michele Inzelbuch, LCSW, LCADC at 732-704-4331.

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Keeping Families Close



RONALD McDONALD HOUSE OF CENTRAL & NORTHERN NEW JERSEY

LONG BRANCH HOUSE

131 Bath Ave., Long Branch, NJ
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NEW BRUNSWICK HOUSE

145 Somerset St., New Brunswick, NJ
08901 732-249-1222

Save these 2018 Dates

SUNDAY

May
6

6th Annual Garden Party
Long Branch House
Long Branch, NJ

SUNDAY

Jun
10

19th Annual Walk for Kids
Six Flags Great Adventure
Jackson, NJ

MONDAY

Jul
16

25th Annual Golf Outing
Forsgate Country Club
Monroe Township, NJ

FRIDAY

Sept
7

9th Annual Wine Tasting
Deal Country Club
Deal, NJ

Vehicle Donation Program



Donate a vehicle, and it will be sold at auction. The proceeds will go to Ronald McDonald House of Central & Northern New Jersey, and you may qualify for a tax deduction.

Vehicle donations help us bring families together when family is needed most.

Just call 1-855-227-7435 or visit <https://1car1difference.com>. Select Ronald McDonald House from the drop down box. Fill out the form and they will arrange for pick up and auction of your car. Make sure to direct the donation to:

RONALD MCDONALD HOUSE
OF CENTRAL & NORTHERN
NEW JERSEY

Help Us Spread the Word About Our Mission. We can't Do It Without You!
Check us out on our social media sites! Visit RMHCNJ at:



Recognizing If Your Newborn Is Ill

The most important tip for assessing your baby's health is remaining calm.

Be on the lookout for:

- Clean diapers. If your baby isn't having bowel movement every 24 hours, there might be a larger issue. Your infant also should have at least six wet diapers every 24 hours.
- Nose bleeds
- Red skin around the base of the umbilical cord or belly button
- Rapid breathing
- Tinges of blue around the lips or fingernails
- Heavy bleeding around the site of circumcision
- Excessive diarrhea or vomiting
- Excessive twitching or jerky movements
- Refusal to eat
- Yellowing of the skin or eyes.

If your infant exhibits any of these signs, call a doctor immediately.

You might be a new parent, but your instincts should not be dismissed. If something feels wrong to you, follow up with a call to the doctor. You will never feel sorry you did.

Your doctor's phone number, as well as phone numbers for your local hospital and the Poison Control hotline should be kept in a location that is easily accessible.

ITEMS TO KEEP ON HAND

There are several items you should keep on hand that will help you treat minor discomforts and diagnose more serious issues. Never be without the following:

- Infant thermometers (ear and rectal)
- Hydrocortisone cream
- Rubbing alcohol, cotton swabs, and tweezers
- Petroleum jelly
- Saline nose drops
- Nasal aspirator bulb.



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Pregnancy Test App Makes Life Easier

Last Spring a new App was formed that made finding out if you are pregnant a whole lot easier. This pregnancy test from First Response, which uses Bluetooth wireless technology to securely sync results to a specific app on a smartphone. Seconds after a woman uses the physical Pregnancy Pro stick, her phone's corresponding app provides step-by-step reassurance throughout the testing process (for example, it'll alert you when the sample is detected, it'll display a three-minute countdown, and it'll let you know when results are ready). Not only that, while the user is anxiously awaiting an answer, the app offers purposefully distracting "Entertain Me" options, from calming sounds and images to videos of cute puppies.

In fact, on the same screen as "Congratulations! Pregnant" is a button to calculate the estimated due date and a calendar to schedule a doctor's appointment. It also provides a dropdown menu of suggested next steps and serves as a more traditional pregnancy tracker with major milestones and updates about the baby's growth.

Yes, women don't need an iPhone app to pee on a stick or look for two blue lines a few minutes later, but they also don't need a data-collecting thermostat or WiFi-enabled speakers. Perhaps the First Response Pregnancy Pro — available this Spring — is only just the beginning of a line of apps women never knew they couldn't live without.

WHERE TO FIND US

Free copies of the Family Times Magazine can be found at the following places!

MERCER County

Advocate Garden State Pediatrics Hamilton
 Antheia Gynecology
 Antonio's Pizza
 Blue Bottle Cafe
 Brick Farm Market
 Capital Health
 Care One Hamilton
 Central Perks Bagels Hamilton
 Delaware Valley OBGYN:
East Windsor & Lawrenceville
 Eighteen Eight
 Evans Chiropractic
 Goddard School West Windsor
 Gold's Gym East Windsor
 Hamilton Fitness
 Hamilton West Windsor Acupuncture
 Jersey Girl Cafe
 Junction Barber Shop
 Knowledge Beginnings East Windsor
 Lawrence Senior Center
 Libraries: *Princeton, Hamilton, Hopewell, West Windsor, Hickory Corner, Hightstown, Robbinsville, Lawrenceville*
 Lightbridge Academy: *Hamilton, Lawrenceville, East Windsor*
 Matoris Diner
 Mercer County Community College/ Kelsey Theater
 Morris Hall Meadows
 Pennington Athletic Club
 Pennington Bagels
 Pennington Market
 Princeton Endoscopy
 Princeton Pain & Spine Institute
 Princeton Wellness Center
 Quakerbridge Radiology
 Radiology Affiliate Imaging Lawrenceville
 Robert Wood Johnson
 Senior Centers: *Lawrenceville, Robbinsville*
 St. Lawrence Rehabilitation Lawrence
 Terhune Orchards
 Town & Country Diner
 West Windsor Senior Center
 Work Out World Robbinsville
 YMCA: *Hamilton, Princeton*

MIDDLESEX County

Absolute Dance Center
 Allstar Sports
 Bridgeway Diner
 Bright Horizons PreSchool
 Brooklyn Bagels
 Center of Dance
 Crossroads Early Learning
 Dance Universe
 Immediate Care Center
 Innovative Wellness
 Innovative Yoga Center
 I Pilates
 Jamesburg Family Eyecare
 JEI Learning Center
 JFK Healthcare
 Knowledge Beginnings
 Kumon Learning Centers
 Lightbridge Academy Centers:
East Brunswick, Sayerville, Plainsboro
 Mondello's Restaurant
 Monroe 33 Sports
 Monroe Deli
 Monroe Library
 Monroe Orthodontics
 Monroe Recreation Center
 Monroe Senior Center
 One Step Yoga
 Scotto's
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 The Malvern School
 Tiny Tots Therapy
 University Radiology
 Windsor Radiology

OCEAN County

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 Cuts Family Hair
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 Inspirations Dance Studio
 Jackson Diner
 Jackson Pediatric Dentistry
 Jackson Roller Rink
 Mathasium
 Meridian Fitness
 Ocean Pediatric Dental
 Shore Ballet
 Sky Zone
 The Doctor's Office
 Wang Orthodontics

MONMOUTH County

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 Lightbridge Academy Centers: *Manalapan, Freehold, Manasquan, Matawan, Eatontown*
 Marlboro Jewish Center Preschool
 Marlboro Pharmacy
 Metro Fitness Centers
 Mosaic Spa
 NJ Spine & Wellness
 Perrineville Jewish Center
 Senior Centers: *Middletown, Freehold*
 Solomon Spector
 Sportika
 Tad Pole Preschool at Frogbridge
 Temple Rodeph Torah
 Temple Shaari Emeth
 The Doctors Office
 Thompson Plastic Surgery
 Tommy's Bagels: *Manalapan, Freehold*
 YMCA: *Freehold, Hamilton, Old Bridge, Princeton, Red Bank*

As a proud sponsor of IPLAY America's Kids Club, the Family Times magazine is sent home every weekend with each child attending IPLAY Kids Club events and parties.



We are in the club houses of many Over 55 Communities in CNJ.

*There are many additional places you will find us! We can't list them all.



ASK THE AUDIOLOGIST

Question:

How do I select the best hearing aid for my hearing loss?

Answer:

We believe the best way to select the best hearing aid for your listening and lifestyle needs is to try hearing aids. As Audiologists, we can test your hearing, make a recommendation and give you a demonstration of hearing aid technology in the office. However, we feel the best way to evaluate which technology is most appropriate for you is to use the aids in your environment and daily activities for 1-2 weeks. At Horizon Audiology, we offer trial hearing aids that can be programmed to your hearing loss the day of your audiologic evaluation. When you return for your follow-up, we are able to read the data-logging and truly see your individual listening environments and make the most appropriate technology recommendation.



Hearing Aid Technology is selected based on your audiologic results, lifestyle and budget. Horizon offers 5 levels of technology from essential, basic, advanced, premium and deluxe. Essential technology is ideal for a more private lifestyle including quiet conversations, on the phone and watching television. Basic technology is best for a lifestyle with minimal background noise, small family gatherings, religious services and driving. Advanced technology is for more active lifestyle and those in moderate background noise such as meetings, conversations with children, theaters, and group conversations. Premium technology provides optimum flexibility and performance of demanding listening environments. Includes attending meetings, social events, outdoor activities and high levels of background noise. Deluxe hearing aids work to automatically help you hear your best in all types of conversations and listening environments especially when background noise is high, your hearing aids will focus on speech from any direction and enjoy enhanced music performance.

At Horizon Audiology, we can offer hearing aids from 8 major manufacturers. As such, we are completely independent and are able to program, repair and service most products purchased elsewhere.

If you or someone you love is having difficulty hearing, listening, or communicating, Dr. Tara Fuchs and Dr. Jane Brady invite you to contact them for a consultation. Their offices are in East Windsor 609-448-9730 and Pennington 609-303-0291.



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