“LOL” Urinary incontinence is no joke, but with the help of Virginia Urology, you can “Laugh Out Loud.”

Walking, coughing, sneezing, laughing, aerobics... sometimes it seems that even the simplest, everyday movements can trigger an untimely bout of urinary incontinence. Though common conditions, weakened pelvic floor muscles or an overactive bladder pose big physical and emotional challenges for women. Fortunately, the Virginia Urology Women’s Health Center offers more treatment solutions than ever before, from conservative and minimally-invasive procedures to more advanced surgical options.

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EVERYTHING IS BETTER WITH AGE

Next week’s issue of Style will be our “Best of Richmond” issue, also known as the “Readers’ Choice Awards” for 2017. It is our largest issue of the year, and a celebrated one! Be sure to get out early to get your copy on May 24th!

In this issue of Healthy Aging Guide we have information on how to be smart about end-of-life planning, Alzheimer’s care, and much more. Please let us know what topics you would like to see explored in our next Healthy Aging Guide coming out in August.

As we look forward to the summer months, be on the lookout for Style’s Guide to Summer, Executive Women in Business Awards, and our Annual Guide to the City, “Richmond 360”.

Be sure to let the supporting advertisers know where you saw their ads, we couldn’t do this without them! And you can always check us out online at styleweekly.com/HealthyAgingGuide

The Healthy Aging Guide is a free promotional publication from Style Weekly, 24 E. Third St, Richmond, VA 23224

Please tell all of the fine folks you see on these pages where you found them!

For more information, email: dana.elmquist@styleweekly.com
The Rick Sharp Alzheimer’s Foundation is holding their 2nd Annual Rick Sharp Classic on June 12th and 13th at Independence Golf Club in Midlothian, Virginia.

Rick Sharp was a dynamic business leader, loving husband, doting father, and lifelong friend to many. From 1986 until 2000, he served as the CEO of Circuit City. Under his leadership, the electronics retailer grew from $175 million to $10.6 billion in annual revenue. He went on to found and lead used car superstore CarMax, and was a founding investor and Chairman of the Board of popular footwear brand Crocs. Diagnosed with Alzheimer’s in 2010, he, along with wife Sherry, vowed to do all that they could to help find a cure for this disease. Shortly after his death, in 2014 at age 67, Sherry Sharp founded the Rick Sharp Alzheimer’s Foundation in his name. The non-profit works with research and advocacy partners to raise awareness and critical funds to help the millions who are impacted by Alzheimer’s, and the families whose lives are touched by the disease.

Sherry Sharp said, “This disease must be stopped, as soon as is humanly possible. It is my honor to serve as President of the Rick Sharp Alzheimer’s Foundation, and to use that and extraordinary events like the Classic named in my late husband’s honor to raise funds, both to remember him, and to provide hope for the millions who suffer from Alzheimer’s disease.”

The proceeds go to the Cure Alzheimer’s Fund, a non-profit dedicated to funding the most promising research to prevent, slow, or reverse this devastating disease. The inaugural event in 2016 brought together members of the community, business leaders, friends of Rick Sharp, and golfers of all levels to honor Sharp’s memory and continue his commitment to ending Alzheimer’s. The Rick Sharp Alzheimer’s Foundation was honored to donate $500,000 in proceeds to the Cure Alzheimer’s Fund.

The Rick Sharp Classic will begin with an auction and reception at 6PM on Monday, June 12th at Independence Golf Club. Tuesday, June 13th will feature two flights of golf. The morning flight begins at 7AM with breakfast & registration, and will be followed by a luncheon and awards ceremony. The afternoon flight will begin at 1:30PM with lunch & registration, and will be followed with a reception and awards ceremony.

Cure Alzheimer’s Fund is a non-profit dedicated to funding the most promising research to prevent, slow or reverse Alzheimer’s disease. Since its founding in 2004, Cure Alzheimer’s Fund has contributed more than $50 million to research, and its funded initiatives have been responsible for several key breakthroughs—including a groundbreaking “Alzheimer’s in a Dish” study. Cure Alzheimer’s Fund has received a score of Perfect 100 Percent regarding its overall financial health from Charity Navigator and a four star rating from the organization for five consecutive years. With 100 percent of funds raised going directly to research, Cure Alzheimer’s has been able to support some of the best scientific minds in the field of Alzheimer’s research.
Welcome to Discovery University

Fun & Inspiring Learning for Seniors

Stay mentally fit with our fun and exciting lecture series at Discovery Village At The West End. We created Discovery University for lifelong learners who yearn for captivating topics and personal enrichment. With a variety of subject matter to explore, you’re sure to find classes that you’ll enjoy. So if you’re the type who likes to participate and learn, give us a call to find out more!

Lectures are FREE and open to the public.

Please join us for our upcoming classes:

May 31st | 10:30am | RSVP by May 27th
The Incredibly Charmed Life of William Randolph Hearst

June 28th | 10:30am | RSVP by June 24th
The American Automobile Industry: From Boom to Broke to...?

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A Navigator’s Guide
for the Journey of Memory Lost

For family caregivers and those who love someone with Alzheimer’s or signs of dementia.

▶ June 5  The Basics of Alzheimer’s Disease
▶ June 12 Dementia Conversations
▶ June 19 Legal and Financial Considerations

All dates start at 6pm.

Hosted by The Hermitage, 1600 Westwood Ave. Attendance is free, but seating is limited. RSVP by June 1st. Light dinner will be offered.

Contact Susan Cantrell at (804) 474-1850 to reserve your spot today!

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Moving into a senior housing community can feel like being the new kid at school. The hallways are unfamiliar. You don’t know anyone.

That’s why at The Hermitage, new residents are surrounded by warmth and friendship from day one. A resident-led welcoming committee arrives with a basket of cheer. Staff members give a personal tour of The Hermitage’s many amenities. “And we also set them up with someone to eat with in the dining room, so they have that connection right away,” says Matt Dameron, Director of Resident Services.

This sense of community what makes The Hermitage unique, he says. “It’s not just residents and staff, it’s kind of this big family. … Everyone cares about each other. They’re asking about the kids, about the weekend. They know when you’re not here, because they’re looking for you.”

It’s not only residents who benefit. Families always say how glad they are that they don’t have to worry about their parents, Dameron says. Relatives know their loved ones are well cared for, “not only physically, but mentally and spiritually.”

After seeing incredible demand for its newly renovated, fourth-floor Boulevard apartments, The Hermitage is remodeling more apartments in the same contemporary style. These apartments — with both one- and two-bedroom layouts — offer extra living space, updated kitchens, and views of beautiful Ginter Park. Weekly housekeeping and linen service are included.

In addition to independent living, The Hermitage offers three additional levels of care. Residents who need medical supervision, or assistance with daily tasks like bathing and taking medication, can continue to live in their apartments with the help of assisted living services. Those who need additional care will find a welcoming home at the Health Care Center, which has a full-time support staff of nurses and a dietitian.

The Hermitage’s memory care centers, for people with Alzheimer’s or dementia, are distinguished by thoughtfully structured schedules, household-style layouts and attentive, compassionate staff. Residents’ rooms are furnished with family heirlooms and cherished possessions.

Because The Hermitage is a nonprofit sponsored by Virginia United Methodist Homes, its primary focus is residents’ quality of life. There’s no entrance fee, and a benevolent care program helps ensure residents can stay in their homes, should they outlive their own personal assets. Staff turnover is low and staffing levels are high; nurses are on duty 24 hours a day. Staff are also cross-trained so they can help residents with whatever they need, whether a special housekeeping request or simply a hand getting up.

It’s impossible to be bored at The Hermitage. “We have something going on in the building all the time, for all levels of care,” Dameron says: clubs, volunteer work, cultural outings, exercise classes, shopping excursions, fellowship and Bible study, musical performances and more. Mother’s Day is celebrated with a special tea, and dads get a steak-and-potatoes cookout.

Are you looking for a senior living community that offers Southern charm, modern amenities, vibrant social life and top-quality care? Find it all at The Hermitage.
If you’re anything like me, you worry about the ones you love and you want to do everything possible to help them make their lives better. Preparing for dying should be a priority for all of us and we should take the right steps to prepare for this ultimate outcome.

But are there ways to help them even when we’re gone? Of course! Long before our obituary is written, long before the bucket list is retired, Wills, trusts, estate planning, and inheritances are all tools we can use to continue to make the lives of the people we care about easier, better, and more prosperous. But we also need to leave a list of instructions to our loved ones and we call this list a Family Contingency and Crisis Management Plan. I’ll explain what I mean about this later in this Article.

For example, let us discuss the following problem. A person dies and leaves his family with various immediate things to do to address the sudden death. In addition, the family or good friend who steps in also has many financial and other issues to address in the upcoming weeks and months. How do we make sure our loved ones can effectively transition into the world when we’re not there to answer questions, do the things that need to be done, watch out for mistakes and show our loved ones how to get all of these tasks completed?

The first challenge will come up right when our loved ones or good friend is least prepared to meet it. Not only will our loved ones be paralyzed by our loss and the sadness that accompanies it, but they will be asked to tell others about our loss and help them deal with the implications of it.

What is needed is a plan, a checklist, a brace that they can lean on when they need to. That’s what I want to help you define today.

So what should this plan look like? As you read this you begin to understand what I am referring to as a Family Contingency and Crisis Management Plan. The Plan document should be easy to read, should be comprehensive, and should be self-contained. You don’t want your loved ones to be confused by what you meant, or have to dig around for information needed to implement the steps you’ve laid out in the plan. That’s only going to increase the chance that they won’t follow it or that it won’t be helpful to them.

Start with a message to them telling them goodbye and what you feel about them. This is your last conversation with them so make it light and from the heart. Next, tell them what you intend with this plan so they’ll have the context of why you drafted the plan and how they should use the plan to tackle the tasks that need to be completed.

List out what you need to tell them and what they will need to know. Set the plan up so that the sections progress logically and are related to the actual order that they’ll need to follow to get things done in the most logical manner possible. Include the actual information they will need alongside the item you are telling them they need to do so the task and the information needed to complete it will be side by side.

For example, in a section titled “Who to notify,” you might include a list of your family and friends. Next to each person’s name, list their name, phone number, email, and mailing address. If you don’t have the information handy, mark it to come back to later and do come back to enter the information.

If you get tired, put the plan aside and then come back to it, it’s not easy to do this, but remember, however hard it is for you, it will significantly harder for your loved ones to do this when you’re gone.

The most important thing is to start. If you don’t start, you won’t have the plan ready. Don’t be discouraged by the size of the task. Remember, a journey of a thousand miles starts with one step.
Don’t Fear Getting Older, Embrace It

By Dr. Mark Petrizzi, M.D.
PartnerMD

So if 60 is the new 40, then what is 90? The number of Americans who will be over 65 will outpace those under 65 by the year 2029, and it is incumbent on all of us to work toward a new view of the aging process.

My father, at 92, still maintains his professional license, because “you never know when I am going to need it.” I view life as a graph because I see things in mathematical equations. Try to visualize this with me: birth is at one point on the ‘X’ axis and death is the last point on the ‘X’ axis. The ‘Y’ axis would be diseases or disorders that either affect the length of the ‘X’ axis or the height of the ‘Y’ axis. My goal for my patients is to live a straight line from the beginning to the end of the ‘X’ axis, controlling what we can and uncovering treatable conditions early. With that in mind, here is how to live that straight line and embrace aging.

GET PROACTIVE

Proper healthcare begins with preventative care, which includes regular screenings and doctor visits. All older adults should get regular screenings for heart disease and diabetes. At age 50, and every 10 years afterward up to age 75, men and women at normal risk should also schedule a colonoscopy. Women should also receive regular mammograms starting at age 50.

Without regular medical care and screenings, early physical and mental signs of decline may go unnoticed until it is too late. Your “medical home” — that is, your physician and nurse — can help come up with strategies to screen for, detect and even treat conditions that are treatable, before they cause any problems.

A sound mind and a sound body can be obtained through aerobic activity and strength training. I figure that if I live long enough I might finally win a 10K race. You should avoid having a negative attitude about life and overindulging in life’s “good stuff.” In other words, keep the treats and the salt to a reasonable level. Stay active, and learn ways to control stress.

FIND YOUR SWEET SPOT

According to AARP, 87% of adults age 65 and older want to age in place, living in the homes that they raised their families in and staying in the same community as the years progress. Towards this end, as with everything else in life, it is best to be prepared, otherwise you might not be able to stay in your home.

Aging in place may require some lifestyle modifications, such as making sure your home is safe from potential hazards, which include loose rugs, sharp corners on counters, dimly lit halls and corridors, wet floors and small pets. The most used areas of the home should be on the first floor so that the stairs will not present a problem in the event mobility is limited. These include the kitchen, bathroom and your bedroom.

Also make sure that you have enough space in hallways to accommodate extras. For example, when bringing in the groceries, you may need to use a cart to easily get them from the car to the kitchen. You’ll need to make sure your hallway is large enough to comfortably accommodate that.

Talk to your doctor and your family about what the next phase in the life cycle means to you, and make a plan to help you achieve that goal.

PartnerMD can help. Our members receive 24/7 access to healthcare providers, one-on-one attention and personalized wellness plans. To book your complimentary practice tour and physician consultation, please call (804) 257-8282 for our Richmond practice location and (804) 420-1212 for Midlothian. Learn more at www.partnermd.com.
A front-row seat every week.
Many people suffer from having red or purple blood vessels on their legs, which are not veins, but usually dilated capillaries, and these are commonly known as spider leg veins. Getting these veins is either; part of the ageing process, caused by over exposure to the sun, or maybe you simply have a family predisposition to them. Thread veins on the legs are very common, although lots of people feel that the dilated or broken capillaries will compromise their appearance and undermine their confidence.

Superficial leg veins, occur when tiny veins congregate below the surface of the skin, causing red, blue or purple discolorations on the skin. Spider veins get their name from the shape of the visible veins, some are quite small, while others are more noticeable. Although they might make you feel embarrassed, they are harmless and any treatment done on them is usually done for cosmetic reasons only. Spider veins tend to appear mostly on the thighs, ankles and calves, and are more common in women than men.

These spider veins are essentially enlarged superficial blood vessels, red to purple in colour. Leg thread veins can run in the family, appear following injury to the leg, during pregnancy or through hormonal changes.

Before the procedure, a doctor applies a topical anaesthetic cream to decrease discomfort. Laser treatments involve minimal pain, however, whilst we deliver the laser pulses to the treatment area, some people may experience a light stinging sensation on the skin. Leg vein treatments take roughly 15 to 30 minutes, the time varies, depending on the number of veins that need treating.

Help prevent spider veins by:
- Avoid sitting or standing for long periods.
- Poor blood flow and circulation cause spider veins. When sitting down, try to avoid crossing your legs for long periods, as this can cause the vein walls to weaken and spider veins to appear.
- Try to avoid wearing high-heeled shoes, as heels put extra pressure on your legs, restricting the blood flow from the heart to the legs, and this limited circulation can cause spider veins to appear.
- Raise your feet when you’re sitting down. This will improve the circulation and help regulate the blood flow in your veins, reducing swelling in the ankles and calves, reducing the risk of spider veins.
- Wear support tights. They help to stimulate your blood vessels and improve your circulation, and poor circulation often causes spider veins.
- It’s important to use sun cream to protect the skin on your face, but it can also help prevent spider veins from appearing on your legs, calves and ankles.

Infrequently, the treated area will be mildly swollen and sensitive for several weeks after treatment. Keep the area well moisturised and away from sunlight. You should avoid strenuous exercise and we recommend wearing support tights or stocks one week after the treatment.

Do you need help choosing a cosmetic procedure? We provide an extensive range of cosmetic procedures for the face and body to help create a younger, slimmer, more youthful looking you!

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