



THE GATESVILLE MESSENGER

SATURDAY, June 25, 2022

inside TEMPUR-PEDIC: HIGH TECH AND HIGH COMFORT | OCCUPATIONAL THERAPY CARE AT HILLSIDE MEDICAL LODGE | SIX STEPS TO GET YOUR HEALTH BACK ON TRACK | MAKE AN IMPACT THROUGH VOLUNTEERING AND CIVIC ENGAGEMENT | MENTAL HEALTHCARE AND YOU - FINDING THE RIGHT FIT | WHAT IS HIPAA AND THE PRIVACY RULE? | UNDERPREPARED TO BE OVER-CAFFEINATED: PROS AND CONS OF AMERICA'S FAVORITE DRUG

HEALTH WELLNESS 2022



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Tempur-Pedic: High tech and high comfort

Leaird's Furniture has been serving the Central Texas Community since 1898. In the last two years, we have been proud to offer you select brands that not only bring you a high level of comfort but have huge health benefits. One of those brands is Tempur-Pedic.

With today's ever-growing society and supply and demand chain, we have all noticed issues with merchandise coming from overseas. Now is a better time than ever to go USA-made. Tempur-Pedic mattresses are made right here in the U.S., but it has not always been that way. The Tempur material used today was developed in 1989, but the foundation of Tempur material

started in the 1960s when NASA created the original formula for memory foam. The developers of Tempur material were from Sweden but in 1991, U.S. founder, Bob Trussle, brought the formula back home. In the 1970s, it was released to the world and, in 1989, it was turned into Tempur material, with the first mattress being sold in 1992.

Tempur-Pedic offers a wide variety of options to en-

hance your sleep. The Breeze models offer you up to 8 degrees cooler all night long, to ensure you fall asleep faster and stay asleep longer. The Adapt line offers three different levels of pressure relief to help you stay comfortable and ease your pressure points all night long.

Also, you can add an adjustable base to your mattress to keep your feet or head elevated at night. These bases offer a zero-gravity position that lets you rest in the highest pressure-relieving position available.

Tempur-Pedic is the No. 1 mattress company in the nation. In 1998, Tempur material, which is what your Tempur-Pedic mattress is made of, was inducted into

the Space Foundation Hall of Fame which "recognizes individuals, organizations, and companies that effectively adapt and market technologies originally developed for space to improve the quality of life of all humanity."

With a new Tempur-Pedic mattress, you can change your sleep and change your life.

Here's what a couple of local customers said about Tempur-Pedic:

"My Tempur-Pedic mattress is comfortable and it really does ease my aches and pains so I can get a good night's sleep." -Johnny Arnold

"I love it! I really do love my Tempur-Pedic mattress. It keeps me cool and



JEFF OSBORNE | THE GATESVILLE MESSENGER

A family-like environment is prominent at Leaird's Furniture. From left are Darcey Miller, Florentino Garcia, Nora Mayberry, Fidel De La Torre and store owner Clay McClellan.

comfortable all night long. It is amazingly cool." -John Young

Occupational therapy care at Hillside Medical Lodge

BY ALEXANDRA MEELBUSCH

Hillside Medical Lodge has offered physical, speech and occupational therapy since its doors opened in 1978, and the need for those services has drastically increased over the last 10 years.

Part of that growth is due to the exceptional care by Jennifer Boyd, director of therapy, and her team of therapists. Boyd said, "I have been blessed through my 14 years here with therapists who support me to fulfill patients' outcomes by being compassionate, caring, and hardworking. I couldn't do anything without my staff."

Early on, Boyd knew the healthcare path was right for her - she just wasn't sure about what field. During her junior year of college, her grandfather became ill and was in the hospital. She became interested in what the

occupational therapist was doing for him. That is when she started her path down the road of occupational therapy.

Boyd studied at Texas Tech University obtaining her general studies degree, and later went to graduate from Texas Woman's University Houston where she earned her master's degree. Boyd's first internship was at Baylor Scott & White in Temple, and her second was in Michigan, where she passed her board exams.

Later, she moved back to Texas and started working for Home Healthcare, where

she would drive to four different counties to care for her patients. In 2008, Boyd started at Hillside Medical Lodge as an occupational therapist. She then became director of therapy around 2010 and has served her patients for over a decade.

Patient care is a main priority at Hillside Medical Lodge. That includes building relationships with patients, helping them to feel at home during their stay.

Boyd said, "I reach out to families of the patients to find out their likes and dislikes, that way we try to fit what they enjoy into our therapy to make it more pleasurable for them."

Home evaluations play a big role in Boyd's patient care as well. Depending on the patient's needs after checking out, she will evaluate their homes, making sure everything is safe and convenient for them to maneuver

around on their own without any complications.

It makes Boyd happy to know that what she does is very holistic, meaning when she provides care for her patients, she is also healing the mind, body and spirit to make her patients better in every way possible.

Especially when she sees a patient making the best of therapy. Her oldest patient was 108 years old. Boyd said she was walking down her unit and saw the 108-year-old, who was a retired ballerina, doing her version of a plié on the handrails. It warmed her heart.

Boyd stated, "We love seeing our therapy patients able to return home, we hold graduation celebrations for each one."

There are several success stories, but one of the most memorable was a six-time national roper. The roper couldn't walk when he ar-



COURTESY PHOTO

MEET THE TEAM: The Hillside Medical Lodge Rehabilitation team consists of (left to right): Cara Bradford SLP, Kathy Grant COTA, Jennifer Boyd Director of Therapy OTR, Eric Alexander PT, Mandy Myatt COTA, and Libia Sabras PTA.

rived but walked right out of the building during graduation. Hillside stated, "It is an honor to share these moments with each graduate of therapy."

Hillside Medical Lodge is

also well known for long-term care as well as short-term. For any questions or further information, you may call 254-865-7575.

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PREVENTATIVE HEALTH: Many Americans may have postponed preventative health screenings. Schedule an appointment soon to get caught up.

Six steps to get your health back on track

(STATEPOINT)

Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventative health screenings.

"While we know that prevention is the best medicine, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive cancer screenings. We urge everyone to get up to date on their routine health care needs," said Gerald E. Harmon, M.D., president of

the American Medical Association (AMA).

According to the AMA, you and your family should take these six steps to get your health back on track:

1. **Get screened:** Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-

related care disruptions. Check in with your health care provider. If you're due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

2. **Don't wait:** An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing

a doctor. If something does feel off, schedule an appointment with your doctor as soon as possible.

3. **Consider telehealth:** If you're uncomfortable or unable to go in person to your physician's practice, check on telehealth options, which have greatly increased over the past two years.

4. **Visit your pediatrician:** During the pandemic, pediatric immunizations decreased. As public health measures are rolled back, people gather in groups, and traveling resumes, non-COVID-19 infections that decreased during the pandemic are likely to increase again. Well-child visits and recommended vaccinations are essential to helping ensure children stay healthy and protected from serious

diseases. If your child is due for a check-up, schedule one immediately.

5. **Get vaccinated:** Adolescents and adult immunizations also sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Get up to date on vaccinations, including the COVID-19 vaccine. Everyone who's eligible for the COVID-19 vaccine, including booster doses, should get vaccinated as soon as possible to protect themselves and their loved ones. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

6. **Don't neglect mental health:** While mental health screenings via digital health

tools are up, routine care for mental health is down. Approximately 52% of adults with mental health conditions delayed or forewent care since the pandemic began. Given the adverse effects the events of the past two years have had on mental health, such as increasing anxiety, depression and loneliness, it's especially important to prioritize this aspect of your health now.

"We encourage everyone to contact their trusted medical professional to schedule their annual physical and other vital care to help prevent serious health repercussions that could potentially last long past the pandemic," said Dr. Harmon.

For more resources, visit ama-assn.org

Make an impact through volunteering and civic engagement

(STATEPOINT)

If you're like many people right now, you're feeling a particular sense of urgency to roll up your sleeves and be a force for good.

"When we face difficult times, as we have during the pandemic and now with the war in Ukraine, we also see the best of humanity and it's natural for people to want to help," said Natalye Paquin, president and CEO of Points

of Light, a nonpartisan, global nonprofit organization that inspires, equips and mobilizes millions of people to take action that changes the world. "During times of uncertainty, one thing we can be certain of is that the most powerful force of change is one person making a positive difference."

That's why Points of Light is leading a joint effort with Phillips 66 and The UPS Foundation to activate individuals, nonprofits and corporate partners to recognize individual action and inspire more people to volunteer in

their communities.

"Throughout the pandemic and in recent months, we've seen powerful stories of everyday citizens rising to the occasion to support their local communities and those abroad," said Paquin.

GETTING INSPIRED

Volunteers can come from all backgrounds, be of all ages and help in countless ways. Let these amazing stories behind Points of Light's Daily Point of Light Award honorees inspire you to action:

■ Seventeen-year-old Henry Morse of New Orleans helps run CultureAid Nola. "We are a no-barrier, no-stigma food distribution center that helps feed over 600 families a week." Morse arrives at the center every Saturday at 5:30 a.m. and leads volunteers in packing and handing out food to members of his community. "I got involved in March 2020. It grew into something that I am extremely passionate about," said Morse.

■ After a 30-year Navy career, William Hicks now volunteers in the AARP Tax-Aide program. In addition to personally preparing tax returns for senior and low-income individuals pro bono, he serves as training coordinator for the state of Maryland, leading efforts to train and certify tax preparation volunteers.

■ "A small drop in the ocean can make a big difference in the world," said



(C) ZORAN ZEREMSKI / ADOBE STOCK

VOLUNTEERING FOR GOOD: Connecting with people and helping the community is good for the soul as well as the body.

fourth grader Rayansh Boddu, who joined Recycle My Battery as a vice president and recruited more kids to spread the word. He's also actively working on Smart Can, which will use AI technology to sort materials needed for recycling in trash. He's placed over 20 battery bins in different locations and collected more than 25,000 batteries for recycling so far.

GETTING STARTED

Motivation among Americans is high. In a recent Points of Light survey, a third of respondents said they plan to volunteer more

than they did before the pandemic. But figuring out where and how to make an impact is not always straightforward and online resources can help. Points of Light Engage is the world's largest digital hub for in-person and virtual volunteering and community engagement opportunities.

There are also 177 innovative volunteer-mobilizing organizations in 37 countries that are a part of the Points of Light Global Network. They provide real-time information on pressing community needs. You can find these by visiting pointsoflight.org/volunteer.

The site also offers tips for safely volunteering, along with inspiration for alternative means of getting involved through Points of Light's Civic Circle, such as using your purchasing power, lending your voice to a cause or urging your employer to action.

"We hope you'll take the time to look for volunteer opportunities and to thank a volunteer in your life," said Paquin. "Every action, no matter how small, can have an impact and change a life."

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ANYTIME IS A GOOD TIME FOR FITNESS



COURTESY PHOTO

From left, Josh Ramburger, Ashlee Ramburger, and Brent Pope. The staff members of Anytime Fitness and Performance Hydration are here for all of your fitness, nutrition and recovery needs.

Mental healthcare and you - finding the right fit

(STATEPOINT)

Searching for a mental health provider? You likely have questions.

Recent research from virtual care provider MDLIVE suggests that confusion around finding a mental healthcare provider is common. One in five surveyed said they were concerned about finding a provider match and 70% experience confusion and uncertainty about where to begin. The research also revealed that not everyone knows the difference between the various mental health professionals -- psychiatrists, psychologists, counselors, mental health coaches and others.

"Many people are ready to get depression, anxiety and stress under control by working with a mental health professional, but get bogged down right from the start. Confusion about selecting a professional that best suits their needs causes a lot of people to give up. That's something we want to change," said Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE.

To help in your search, MDLIVE is answering some frequently asked questions:

When is it time to see a

therapist?

Mental healthcare is self-care that most everyone can benefit from. However, if your emotional state is interfering with your daily life, it's definitely time to take action. Beyond the common signs of mental illness, such as sadness, drug and alcohol misuse, trouble sleeping and mood swings, Dr. Espada-Campos notes that there are some often overlooked signals that could indicate it's time to seek treatment. These include withdrawing from loved ones, feeling fatigued, having a lack of motivation and frequently "zoning out." She also notes

that life events such as relationship break-ups, job loss or the loss of a loved one can often trigger the need for professional mental health support.

What's the difference between therapists and psychiatrists?

Psychiatrists and therapists can treat the same things, however, psychiatrists are medical doctors who can diagnose psychiatric conditions and prescribe medication, while therapists are licensed providers who can evaluate and support people with emotional or behavioral health concerns through talk therapy.

What should one look for in a provider?

Mental healthcare is highly personal and it's essential that your provider is someone you can open up to, make progress with and not feel judged by.

A good place to start is by working with a provider who has experience treating patients like you.

Understand that you may not find the right therapist on your first try. Dr. Espada-Campos encourages individuals to both trust their feelings in this regard and to take an active role in their sessions by asking questions

like, "What can I do to help my treatment?" and "How can we work together to achieve my goals?"

Does insurance cover therapy?

In recent years, many health plans and employers have acknowledged the importance of mental healthcare and have expanded the resources available to their members and employees. Check coverage details online or through the plan's call center. Alternatively, you may wish to seek counseling through an Employee Assistance Program. EAP counselors can help with a variety of mental

health concerns, however, members are typically restricted to a set number of sessions. If you're suffering from a recurring mental health issue, check what options are available through your health plan.

Can therapists be seen remotely?

Virtual care, an increasingly popular option, can provide private, convenient, quality care quickly, and is often offered by health plans. For example, MDLIVE's platform makes it easy to search for a provider that meets your needs and to schedule an appointment

with one of their psychiatrists or licensed therapists. MDLIVE is a covered benefit for more than 60 million Americans through health insurers such as Cigna, Aetna, certain Blue Cross Blue Shield plans, and many regional and local plans. To learn more or to register, visit www.mdlive.com.

Finding a mental healthcare provider can feel overwhelming. However, identifying what you want out of care and understanding the different treatments available can help demystify the process.

TALK THERAPY: One of the many pathways to receiving mental healthcare is through telehealth with a provider. Both psychiatrists and therapists are now using this means to connect with patients.

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What is HIPAA and the Privacy Rule?

There is a federal law called the Health Insurance Portability and Accountability Act of 1996 (HIPAA) that sets rules for health care providers and health plans about who can look at and receive your health information, including those closest to you - your family members and friends. The HIPAA Privacy Rule ensures that you have rights over your health information, including the right to get your information, make sure it's correct, and know who has seen it.

HIPAA requires most doctors, nurses, hospitals, nursing homes and other healthcare providers to protect the privacy of your health information. However, if you don't object, a healthcare provider or health plan may share relevant information with family members or friends involved in your healthcare or payment for your healthcare in certain circumstances.

Under HIPAA, your healthcare provider may share your information face-to-face, over the phone or in writing. A healthcare provider or health plan may share relevant information if:

You give your provider or plan permission to share the information.

You are present and do not object to sharing the information.

You are not present, and

the provider determines based on professional judgment that it's in your best interest.

Examples:

An emergency room doctor may discuss your treatment in front of your friend when you ask your friend to come into the treatment room.

Your hospital may discuss your bill with your daughter who is with you and has a question about the charges, if you do not object.

Your doctor may discuss the drugs you need to take with your health aide who has come with you to your appointment.

Your nurse may not discuss your condition with your brother if you tell her not to.

HIPAA also allows healthcare providers to give prescription drugs, medical supplies, x-rays and other healthcare items to a family member, friend, or other person

you send to pick them up.

A healthcare provider or health plan may also share relevant information if you are not around or cannot give permission when a healthcare provider or plan representative believes, based on professional judgment, that sharing the information is in your best interest.

Examples:

You had emergency surgery and are still unconscious. Your surgeon may tell your spouse about your condition, either in person or by phone, while you are unconscious.

Your doctor may discuss your drugs with your caregiver who calls your doctor with a question about the right dosage.

A doctor may not tell your friend about a past medical problem that is unrelated to your current condition.

For more information

about sharing your health information with family members and friends, or more information about

HIPAA, visit www.hhs.gov/ocr/privacy/hipaa/understanding/index.html.

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Underprepared to be over-caffeinated

Pros and cons of America's favorite drug

How much caffeine do you consume in a day?

Studies show that 85% of the U.S. population consumes at least one caffeinated beverage per day. With that in mind, it's no wonder that caffeine carries the nickname of "America's most popular drug."

Caffeine is a central nervous system stimulant naturally occurring in some foods. It blocks your adenosine receptors, making your body feel more awake and alert. That's why more than 50% of U.S. adults consume at least 300 mg of caffeine per day. For context, the FDA recommends no more than 400 mg per day, the typical content of 2-3 cups of coffee. Regardless of your vice, whether coffee, tea or soda, there are pros and cons to

- your favorite caffeinated drink.
- Let's start with the pros. Caffeine can:
- Increase wakefulness and cognitive function
 - Alleviate fatigue
 - Improve concentration, focus and alertness
 - Positively affect your memory
 - Increase weight loss in moderation

We know that sometimes, you just need a quick and



COURTESY PHOTO

Caffeine can have positive and negative impacts on the body. For questions or concerns about caffeine intake, Coryell Health can be reached at 254-865-2166.

easy boost of energy to get you through the day. There's nothing wrong with a caffeinated drink every so often, but it's important to be aware of caffeine's full range

of effects - not just the pros. Here are some potential concerns:

- Jitteryness
- Negative impacts on pregnancy and fertility
- Glucose control
- Worsening symptoms of anxiety and depression
- Mixing alcohol with energy drinks increases impairment
- Caffeine is not a sufficient replacement for sleep
- The sneaky addition of caffeine to foods, especially those targeted at children
- Caffeine powder could be fatal

There are plenty of myths about caffeine, and Coryell

Health has heard them all. Have you been told that caffeine is addictive? That's not exactly true. While caffeine consumption can create dependence in adults, the side effects and potential withdrawals don't compare to addictive substances like drugs and alcohol.

What about caffeine being a diuretic? Thankfully, that's not true either - there's no evidence to suggest that caffeine will increase your risk of dehydration.

Have you heard that caffeine can sober you up? We don't recommend trying this because caffeine will not reduce blood or breath alcohol content.

Are you trying to cut back on your caffeine intake? Don't do it cold turkey. Try incorporating different beverages like lemon water, chai tea, or kombucha for a few days. In addition, fuel your body well with healthy meals and snacks for some natural energy. Take a walk for exercise, connect with nature, and stay hydrated - never let your water intake suffer.

At Coryell Health, we want to make sure you are the healthiest version of yourself, mind and body. If you have any concerns about the amount of caffeine you have to consume to function properly, talk to your primary care physician today.

GATESVILLE DRUG



COURTESY PHOTO

Gatesville Drug is a locally-owned pharmacy that offers a variety of services to community residents. For more information, they can be reached at 254-865-2417, or www.gatesvilledrug.com.



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Assisted & Independent Living: 1507 West Main Street, Gatesville, TX | **RehabLiving at The Meadows:** 110 Chicktown Road, Gatesville, TX



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