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SATURDAY, June 24, 2023

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HEALTH

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inside YMCA HAS SOMETHING FOR THE ENTIRE FAMILY | GET KIDS ON A HEALTHY TRACK | REASONS TO VISIT A PRIMARY CARE PHYSICIAN | HEALTHY ACTIVITIES FOR KIDS OF ALL AGES | DOS AND DON'TS OF HEALTHY WEIGHT LOSS | HOW TO PAIR FOOD WITH EXERCISE | GET SERIOUS ABOUT STROKE | THE LINK BETWEEN STRESS AND CANCER | THE RISKS OF AN OVERLY SEDENTARY LIFESTYLE | WATERVIEW SENIOR RESIDENTS EXPERIENCE 'SECOND SHOT AT LIFE' | LAKESTONE TERRACE REDEFINES RETIREMENT WITH VIBRANT LIVING

YMCA has something for the entire family

Staff Reports

Since 2006, the Hood County YMCA has, as its goal, to not only serve the community but to also create community. To that end the Y offers many activities for families to choose from not only for the summer months but also year-round. The YMCA offers many amenities such as cardio and strength training equipment, free group exercise classes, Y playhouse, gymnasium, year-round indoor pool, seasonal outdoor pool and water park, indoor walking track, racquetball courts, pickleball, and locker rooms. Becoming a member of the YMCA opens the door to multiple program opportunities such as Group Swim Lessons, Private Swim Lessons, Summer Day Camp, Sports Camp, and more.



The YMCA offers free group exercise classes.

The Hood County Y offers both full-day and half-day specialty camps this summer. There are member and non-member rates, so everyone is welcome. The YMCA Hood County Summer

Day Camps began at the end of May and will run weekly until August 9, 2023. There are different camps offered each week, both full and half day. Hood County YMCA is open Monday through Thursday from 5 a.m. to 10



Among the amenities offered at the YMCA are both a year-round indoor heated pool and a seasonal outdoor pool and play area.

p.m., Friday from 5 a.m. to 9 p.m., Saturday from 7 a.m. to 5 p.m., and Sunday from 1 p.m. to 5 p.m. Y Playhouse is open from Monday through Thursday from 8 a.m. to 1 p.m. and 3 p.m. to 7:30 p.m.,

Friday from 8 a.m. to 1 p.m., and Saturday from 8 a.m. to 1 p.m. To become a member, check out schedules or events, as well as prices, please visit www.ymcafw.org/locations/hood-county.

The Hood County YMCA is located at 1475 James Road in Granbury. For more information, please call them at 817-573-7159.

Get kids on a healthy track

(MetroCreative Connection)

Childhood obesity is a serious medical issue affecting children around the world, but notably in North America. While the issue has been around for decades, the Centers for Disease Control and Prevention says American children and teenagers have witnessed a significant increase in weight gain since the COVID-19 pandemic began.

Younger school-aged children have been among the hardest hit during the pandemic. A study published in September 2021 found the percentage of obese chil-

dren and teens increased to 22 percent compared with 19 percent before the pandemic. The CDC looked at the BMI of study subjects between March 1, 2020 and November 30, 2020. One of the study's authors, Dr. Alyson Goodman of the CDC's National Center for Chronic Disease Prevention and Health Promotion, described the results as "substantial and alarming."

Being less physically active, overweight and eating the wrong foods can start children on a path toward problems that once were only considered conditions of adulthood, namely hyper-

tension, diabetes and high cholesterol, offers the Mayo Clinic. To reverse course, parents, guardians and educators can focus on helping children become more physically fit. The following are a few ways to do so.

ENCOURAGE PARTICIPATION

Sports practices, games, competitions, and other activities may keep children moving for an hour or more several days per week. However, the American Academy of Pediatrics states that only 25 percent of children get the



COURTESY PHOTO

Parents, guardians and educators can focus on helping children become more physically fit in various ways.

PLEASE SEE KIDS | D4

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Reasons to visit a primary care physician

(MetroCreative Connection)

It is vital to make personal health a priority. Despite that widely accepted truth, far too often people delay trips to see their doctors. The coronavirus pandemic only compounded this issue. An April 2020 report from Modern Healthcare found roughly one in three Americans delayed medical care as they coped with the financial loss and stress caused by COVID-19. A report from CTV indicated Canadian cancer diagnoses were down 16 percent from 2018 to 2020 due to closed facilities or fear of getting COVID-19 from medical offices.

Concerns about the pandemic are not the only reasons individuals may skip doctor visits. Some avoid going to the doctor due to fear of the unknown. Dr. Barbara Cox, a psychologist based in San Diego, told NBC News that it's common to feel reticent and anxious about going to the doctor. Around 3 percent of the population actually suffers from iatrophobia, the medical name for fear of doctors. Most just worry about getting bad news. A refresher course on

the benefits of visiting a primary care doctor may compel millions to schedule appointments and get back on top of their overall health.

CHRONIC DISEASE MANAGEMENT

An individual with a chronic disease, such as kidney disease, diabetes or hypertension, should consult with a doctor about the ideal frequency of visits and to coordinate medication and testing with specialists.

VACCINES AND SHOTS

Primary care providers (PCPs) offer routine vaccinations and can ensure that individuals are up-to-date on the immunizations they need to stay safe. Tetanus, diphtheria, shingles, pertussis, flu, and now COVID-19 vaccines are vital to overall health.

MEDICAL REFERRALS

A PCP can assess a health situation and refer a patient to the correct specialist if more extensive care is needed. However, many chronic conditions can be monitored and addressed by a PCP.

CANCER SCREENINGS

UW Medicine, which specializes in patient



COURTESY PHOTO

A refresher course on the benefits of visiting a primary care doctor may compel millions to schedule appointments.

care, research and physician training in Seattle, says most people will need a few cancer screenings as they age, including colonoscopies, Pap smears, mammograms, and other important diagnostic tests for cancer. PCPs are usually the first line of defense against cancer and can ensure patients receive the screenings they need.

NON-LIFE-THREATENING ILLNESSES OR INJURIES

Unless a situation is life-threatening or severe, thereby warranting a trip to the emergency room, most people can visit their PCPs for help treating a variety of conditions. When in doubt, individuals should first consult with their general practitioners about the right course of

treatment.

ROUTINE LAB WORK

Blood and urine tests often are part of annual well visit checks. Many PCP offices have phlebotomists on staff so that lab work can be conducted in the convenience of one place and then sent out for testing.

WORK OR SPORTS PHYSICALS

Certain employers require physical examinations, as do schools and recreational sports leagues. PCP offices are the place to go for these types of examinations, which are generally recommended annually.

Primary care physicians are often the first people to turn to for a bevy of health and wellness needs.

Healthy activities for kids of all ages

(MetroCreative Connection)

Children have a seemingly endless supply of energy. Channeling that energy into something positive can benefit kids' minds and bodies.

The American Academy of Pediatrics recommends various amounts of daily physical activity for children depending on their ages and abilities. Adhering to these recommendations is especially important in the wake of what many public health officials fear has become an epidemic of childhood obesity in many nations. For example, the United States-based Centers for Disease Control and Prevention reports that roughly 13.7 million children between the ages of two and 19 are presently obese. In Canada, the Childhood Obesity Foundation reports that childhood obesity rates have hovered around 12 percent for years.

Routine physical activity can help children maintain healthy weights, and it also pays dividends for youngsters' mental health. According to the American Psychological Association, children between the ages of six and 18 who exercise regularly tend to have lower levels of depression, stress and psychological distress. Those findings, part of a 2019 study published in the journal Sports Medicine, reflect the ways exercise affects the mind. And the mental benefits don't stop there, as the study also found that youngsters who are physically active also have higher levels of positive self-image, life satisfaction and psychological well-being.

The amount of physical activity children need each month depends on their age, and the AAP recommends the following age-based guidelines.

INFANTS

The AAP recommends infants get at least 30 minutes of tummy time and other interactive play throughout the day.

TODDLERS

Toddlers can be tough to keep

up with, and parents can channel that energy into something positive by ensuring their kids get at least three hours of physical activity every day. Free play outside and daily neighborhood walks are some examples of appropriate physical activities for children in this age group.

PRESCHOOLERS

Three-plus hours of physical activity, including one hour of moderate to vigorous exercise, is recommended for preschool-aged youngsters. Tumbling, throwing and catching are some of the activities recommended by the AAP.

ELEMENTARY SCHOOL STUDENTS

School-aged children need at least 60 minutes of physical activity on most days of the week. The AAP recommends giving children in this age group ample opportunities for free play but also notes that organized sports focused on fun can be great outlets for kids in elementary school. Parents can speak with their children's pediatricians about appropriate muscle/bone strengthening activities, which the AAP recommends three days a week for kids in this age group.

MIDDLE SCHOOL STUDENTS

Students in this age group need the same amount and types of exercise that elementary school students need. But the AAP advises parents to guide children toward physical activities that encourage socialization and to avoid having kids this age specialize in a single sport.

TEENAGERS

Teenagers need an hour or more of physical activity most days of the week. Muscle/bone strengthening activities should be included three days per week. Activities that encourage socialization and competition are beneficial to teenagers' development.

Physical activity can benefit kids in myriad ways and should be a vital component of their daily lives.

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Do's and don'ts of healthy weight loss

(MetroCreative Connection)

Maintaining a healthy weight promotes long-term health. Being overweight or obese are risk factors for various conditions, including type 2 diabetes and cardiovascular disease. The World Health Organization reports that the worldwide obesity rate has tripled since 1975. In 2016, more than 1.9 billion adults were overweight. Of these, more than 650 million were obese.

Health issues related to obesity are largely preventable. Losing weight in a healthy manner is essential for safe and lasting results. Individuals aspiring to lose weight can follow these guidelines on what to do and what not to do.

DO add lean protein sources to your diet. Healthline indicates the body burns calories when digesting and metabolizing protein, so a high-protein diet can help to shed up to 80 to 100 calories per day. Protein also helps you to feel full, reducing the propensity to overeat.

DON'T get hung up on numbers early on. The Centers for Disease Control and Prevention advises that even modest weight loss of 5 to 10 percent of your total body weight is bound to produce health benefits, such as improvements in blood sugar levels, cholesterol and blood pressure. Start small and gradually build up.

DO eat at least four servings of vegetables and three servings of fruits daily. Produce contains an abundance of vital nutrients and is often fiber-rich and low in calories, which helps you to feel full.

DON'T overlook the impact of beverages on weight loss. The calories in sugary beverages, including some all-natural fruit juices, can add up quickly. Stick to water, tea or other unsweetened beverages to help with weight loss.

DO get moving more. The Mayo Clinic notes that while it is possible to lose weight without exercise, getting moving can help burn off the excess calories you can't cut through diet alone. Exercise boosts metabolism and benefits mood and strengthens muscles and the cardiovascular system as well.

DON'T go shopping while hungry. If you do, you may make impulse buys that compromise healthy eating plans.

DO speak with a doctor if you are vetting diet and exercise plans. A healthcare professional can assist you by indicating if a particular diet or fitness routine is acceptable for your age, goals and current health status.

DON'T forget to track eating. Most healthy diets involve some sort of calorie-counting, whether they actually require you to document your intake or use a formula to attribute "points" or another measure related to what you eat. Writing or tracking the foods and beverages you consume will provide the most honest assessment of habits that could affect weight loss.

DO include foods you enjoy. Completely restricting access to occasional treats may cause you to resent healthy eating, which can derail weight loss goals. The principle of moderation can apply to healthy weight loss as long as you account for the more calorie-dense foods.

Losing weight in a healthy manner is achievable when you seek guidance and follow some time-tested techniques.

How to pair food with exercise

(MetroCreative Connection)

Food pairing is often discussed in terms of which wines best complement particular dishes. But pairing food with exercise merits consideration, as it can create the balance needed for overall health.

Food plays an important role in workouts, giving individuals the energy necessary to perform at their peak. Timing meals appropriately and knowing what to eat before or after a workout can make a difference.

CREATINE BENEFITS WEIGHT LIFTING

Creatine is an organic acid that is an important ingredient for short duration, high-intensity exercises, such as weight lifting. According to Kelly Pritchett, Ph.D., RDN, director of the nutrition graduate program and assistant professor of nutrition and exercise science at Central Washington University, foods rich in protein from meat, poultry and fish can help optimize stores of creatine. Creatine also may be found in foods

and beverages targeted to athletes, like protein shakes and snacks.

PRE-WORKOUT MIXES INCLUDE PROTEIN AND CARBOHYDRATES

A snack or mini meal one to three hours before a workout is ideal so that digestive issues don't occur during a workout when the body directs more blood to muscles than digestion. Food pairings that include a high quality carbohydrate, like whole grain bread or oatmeal, with a protein source, such as peanut butter or milk, can be key. Blood sugar will stay steady with whole grain carbs, and the protein will help you to feel full and avoid overeating after a workout.

GLUCOSE, GLYCOGEN AND RUNNING

Distance running or other exercises that require endurance, such as skating or biking, require ample energy stores. Although low-carbohydrate diets are popular for people looking to lose weight, they're not ideal for people who engage in endurance sports and need carbohydrates for energy, states Johns Hopkins Medicine. Endurance athletes need more carbs than those who aren't training. These activities use both glucose in the blood and glycogen, which is sugar stored in the liver and muscles. Eating plenty of healthy carbs helps bolster energy stores. Whole fruits and grains are good sources of carbohydrates.

BENEFITS OF BANANAS

For those with limited time to grab a bite before a workout, bananas might be the perfect option. According to WebMD, bananas have easily digestible carbs that will not weigh you down. The potassium in bananas also may help prevent muscle cramps

during and after workouts.

POWER UP WITH POTATOES

Potatoes are whole foods, meaning they contain a balance of all the essential amino acids, despite being low in whole protein. They're also rich in vitamin B6, which is critical to protein metabolism, says Mark Anthony, Ph.D., adjunct professor of science and nutrition at St. Edwards University, Austin. Potatoes also contain the right mix of sodium and potassium to maintain an electrolyte balance in the body.

RECOVER RIGHT

A mix of carbohydrates and lean proteins also is ideal for exercise recovery. Mix in good fats like avocado and olive oil. Carbs will help replenish depleted levels of glycogen and high-quality protein will help build and repair muscle. Don't forget to drink plenty of fluids to replace what was lost while working out.

Food and exercise go hand in hand. It's important to eat well to keep the body in top form.

KIDS

FROM PAGE D2

recommended 60 minutes of physical activity per day. Emphasize a fun activity with a focus on movement that produces shortness of breath, body warmth and sweat. These are indicators that the heart rate is really pumping.

USE EXERCISE AS A REWARD

Make exercise something kids can look forward to. Reward a job well done on a test with extra time biking

with friends or a hiking trip to a scenic national park. Kids will be begin to associate exercise with fun.

OFFER A VARIETY OF FOODS

Kids who eat a variety of foods are more likely to get the nutrients the body needs, according to Kids Health® by Nemours. These healthy foods should include at least five servings of fruits and vegetables a day, with an emphasis on vegetables.

LIMIT SCREEN TIME

Children may be inclined


to entertain themselves by heading for the television, mobile phone or tablet first, especially after a year-plus of being stuck indoors. But parents can make a concerted effort to limit kids' screen time in favor of more physically challenging pursuits.

TEACH HEALTHY EATING HABITS

A Harris Poll survey conducted on behalf of the American Psychological Association found that 61 percent of respondents age 18 and older reported

a median weight gain of 15 pounds during the pandemic. Teach children that weight loss is accomplished when more calories are burned than consumed. Pay attention to portion sizes and explain how beverages like fruit juices can be sneaky sources of extra calories.

Children may need a little extra help getting fit, especially if they gained weight during the pandemic. Teaching healthy habits now can help kids enjoy healthy futures.



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COURTESY PHOTO

A refresher course on the benefits of visiting a primary care doctor may compel millions to schedule appointments.

Get serious about stroke

(MetroCreative Connection)

Stroke is a serious medical condition and a leading cause of disability in North America. According to the American Stroke Association, stroke is the fifth leading cause of death in the United States. However, 80 percent of strokes are preventable.

Sometimes called a brain attack, or a cerebrovascular accident, a stroke happens when something blocks blood supply to part of the brain or when a blood vessel in the brain bursts, according to the Centers for Disease Control and Prevention. This can deprive the brain of oxygen and cause brain cells to begin to die within minutes, warns the National Heart, Lung, and Blood Institute.

A stroke is a medical emergency. If someone is suspected of having a stroke, emergency personnel should be called immediately. Every minute counts when a person is suffering a stroke, and medical personnel can begin potentially

PLEASE SEE **STROKE** | D8

The link between stress and cancer



COURTESY PHOTO

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells.

(MetroCreative Connection)

Adults have an issue with stress. According to a survey from the American Psychological Association released in December 2022, more than one in four Americans indicated they expected to experience more stress at the start of 2023 than they had at the start of 2022. And it's not just Americans feeling the sting of stress, as the American Institute of Stress indicates 35 percent of individuals across 143 countries feel stressed out.

Stress is not always a bad thing. Roughly a decade ago, researchers at the University of California, Berkeley, discovered that acute stress in rats caused the stem cells in their brain to grow rapidly into new nerve cells that ultimately improved the animals' mental performance. However, chronic stress, which the APA characterizes as constant and persistent stress over an extended period of time, can have a

profoundly negative effect on overall health. And that negative effect includes a link to cancer, especially for survivors of the disease.

A 2020 study from researchers at The Wistar Institute Cancer Center in Philadelphia found that a stress hormone triggered a reaction in immune cells that awakened dormant cancer cells. Those cells eventually formed into tumors.

When discussing the link

between stress and cancer, it's important to note that many studies, including the one conducted by researchers at the Wistar Institute, have shown that stress and cancer can cause the disease to grow and spread in mice. The National Cancer Institute notes that studies have not identified a clear link between stress and cancer outcomes in humans. But researchers urge patience, noting that the Wistar Institute study is a significant step forward in studying the potential link between stress and cancer in humans. Further study in the coming years could very well identify a similar link in humans as the one already discovered in mice.

In the meantime, individuals are urged to take stress seriously and not simply accept it as a mere fact of twenty-first century life. And that's especially important for individuals who have been diagnosed with cancer, including those who are in treat-

ment and others who have successfully finished their treatment. According to City of Hope, one of just 52 NCI-designated comprehensive cancer centers in the United States, talking to others and relying on loved ones when receiving treatment; speaking with someone in a neutral position, such as a therapist; and exercising regularly are some of the ways to overcome chronic stress. City of Hope also notes the stress-reducing benefits of wellness practices such as meditation and yoga in regard to combating stress.

Chronic stress can have a lasting and negative impact on overall health. Though the link between chronic stress and cancer requires more study before researchers can reach a conclusion about such a connection, individuals are urged to embrace the many ways they can reduce chronic stress with a goal of living healthier, happier and, hopefully, cancer-free lives.

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The risks of an overly sedentary lifestyle

(MetroCreative Connection)

Health experts call it "sitting disease." It refers to when people spend more of their time behind a desk or steering wheel of a car or planted in front of a television than they do engaging in physical activity. According to the American Heart Association, sedentary jobs have increased by 83 percent since 1950, and technology has reduced many people's need to get up and move. Inactivity is taking a considerable toll on public health.

A study from the University of Cambridge equated inactivity with being obese. The Mayo Clinic advises that research has linked sedentary behavior to a host of health concerns, and found those who sat for more than eight

hours a day with no physical activity had a risk of dying similar to the risks of fatality linked to obesity and smoking. Increased blood pressure, high blood sugar, abnormal cholesterol levels, and excess body fat all can be attributed to inactivity.

Mental health can be adversely affected by a sedentary lifestyle as well. Australian researchers surveyed more than 3,300 government employees and found men who sat for more than six hours a day at work were 90 percent more likely to feel moderate psychological distress, such as restlessness, nervousness or hopelessness, than those who sat for less than three hours a day.

In addition, a sedentary lifestyle can significantly

increase a person's risk for various types of cancer. A German meta-analysis of 43 studies involving four million people indicated those who sit the most have higher propensities to develop colon cancer, endometrial cancer and lung cancer.

Johns Hopkins Medical Center says research shows that high levels of exercise at some point in the day can lessen some risk, but it's not entirely effective if most of the rest of the day a person is inactive. Risk for cardiovascular disease increases significantly for people who spend 10 hours or more sitting each day.

Various medical organizations recommend individuals get up and move at any opportunity to help reduce risks of inactivity. Erin Michos,

M.D., M.H.S., associate director of preventive cardiology at the Ciccarone Center for the Prevention of Heart Disease, advises people who are very sedentary to aim for 4,000 steps per day. Such individuals can then build up to a target of 10,000 steps daily.

The Mayo Clinic recommends these strategies to reduce the amount of time you spend sitting.

- Stand while talking on the phone or watching television
- Invest in a standing desk
- Get up from sitting every 30 minutes
- Walk at lunch or during meetings

Sedentary lifestyles can affect health in many negative ways. But there are various ways to get up and go over the course of a typical day.

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'A cruise ship on land'

Waterview senior residents experience 'second shot at life'

BY ASHLEY INGE
Staff Writer

Waterview the Point Independent Living may be a retirement community, but residents are still "living their best life," according to Lifestyle Director Brittany Ward.

"We cook their meals for them, we throw parties, we take them on trips to the grocery store — really, it's just like living in a nice hotel with everything you need right around you," she said.

Waterview, a Sagora Senior Living community, provides luxury, apartment-style living for those ages 55 and older.

Featuring beautiful lake-front views, a vivacious social scene, and chef-prepared restaurant-style dining, residents will want for nothing at Waterview.

"I kind of consider it like a cruise ship on land," Ward

said. "They have their social calendars planned for them."

As the lifestyle director, Ward hosts five activities a day for Waterview's 125 residents — everything from Bingo to book club.

"We have activities for people that like different things," she said. "Some people are gamers, some people play poker, some people like to swim, some people like to drink, and some people like to dance — we have something for everyone."

Ward said that the abundance of activities and parties coincide with the facility's



PHOTOS COURTESY OF JOY WILLIAMS

Waterview the Point Independent Living Lifestyle Director Brittany Ward describes the community as a 'cruise ship on land' with luxury, apartment-style living and a plethora of social opportunities.

motto to "just keep moving."

"We have welcome bars, happy hours, parties, all kinds of stuff just to keep them entertained," she said. "When people get bored and they just isolate in their apartment, they'll start to decline, so we try to keep them

up and going."

Waterview also provides transportation services to its residents for both individual needs and group field trips.

"We take them to museums, and we like to go to the shows and go shopping all the time," Ward said. "It's a very rich social scene, which is good because a lot of these people are widows or coming from a home where they've been by themselves for a couple of years and they're sad and they're lonely. So, to see people come here and then just like, bloom, it's beautiful — like they're getting a second shot at life."

The facility provides residents with their own weekly housekeeping services, while also providing a 24/7 concierge service.

"They're very taken care of here. They're kind of spoiled

if I'm being honest," Ward said, chuckling. "But in the best way."

Ward has only been the lifestyle director for nine months, but she has already found her home at Waterview.

"I've made such good relationships with so many different residents here. The whole community — residents and associates included — are like a big family," she said. "We all look out for each other, and we all check on each other. If someone that usually comes down for lunch, isn't there, someone will probably go to their door and check on them, so it's nice to have people around you that will do that."

Ward said the residents have "amazing stories," with many being veterans and "world travelers."

"A lot of them have had very exciting careers," she said. "We've had CEOs of companies, high-profile engineers, ranchers that had hundreds of cattle — all different kinds of people from all different types of lives."

She added that watching the romantic relationships between some of the residents is "the cutest."

"They'll walk around like teenagers again with like, butterflies in their belly; it's cool to watch," Ward said.

Waterview does not offer typical one-year leases for the residents, opting instead, to have everyone pay on a month-to-month basis.

"It's just like a month-to-month hotel," Ward said. "You can just pay for the month and then you could stay here. If you want to pay for the next month, you can. If you don't, you don't have to. If they want to leave, they give us a 30-day notice."

For more information about Waterview the Point Independent Living or to schedule a tour, visit waterviewthepoint.com online or call 817-776-4563.

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From Bingo to book club, shopping to swimming, Waterview the Point encourages resident to 'just keep moving.'



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'All about fun'

Lakestone Terrace redefines retirement with vibrant living

BY ASHLEY INGE
Staff Writer

Lakestone Terrace Senior Living is changing lives — one resident at a time. A sister facility of Waterview the Point Independent Living, Lakestone is a Sagora Senior Living community for adults ages 55 and over.

With tenured team members, weekly housekeeping and linen services, restaurant-quality dining, and an on-site boat ramp, life has never been more convenient for residents.

"Sagora has a resident-first philosophy, and that is so important to me, because in this field, as the executive director, I pride myself on making sure these residents are happy," said Debbie Bryant, Lakestone executive director.

Featuring apartment-style living and spacious cottage-style homes, Lakestone has the perfect property for every resident.

"The cottages are free-standing. They're really cute," Bryant said. "They are like small homes, and they have garages so residents can have their cars with

them."

Lakestone currently has 108 residents, 17 cottages, and 86 apartments.

"Our end apartments have a patio on three sides, so you can see the lake from all three sides," Bryant explained. "They're very beautiful. They sit on the waterfront, and so do some of the cottages. All their utilities are covered. They get weekly housekeeping and 24-hour concierge here, so if they ever have a problem, all they have to do is call and we're here to help."

With the tagline of "re-defining retirement," Lakestone provides a copious amount of activities and trips for its residents — leaving no room for boredom.

"We have an exercise class, we have beanbag baseball, — which is their absolute favor-



PHOTOS COURTESY OF JOY WILLIAMS

Lakestone is a Sagora Senior Living community for adults ages 55 and over with tenured team members, weekly housekeeping and linen services, restaurant-quality dining, and an on-site boat ramp, and more.

ite — we have beachball volleyball where they sit down in chairs and play volleyball, and we put on Sagora Senior Games every year and they compete with different types of activities and we award them with medals," said Lakestone Lifestyle Director Molly James.

As far as amenities, Lakestone provides a full-service beauty salon and barber shop; a fitness room with machines and free weights; a movie theater; a game room for cards, bingo, and billiards; a gift shop; a chapel; and a library.

"It's a cruise ship without

the water," Bryant added.

Lakestone's newest amenity or "adventure" Bryant said, is the addition of pickleball courts.

"Day in and day out, we change a lot of lives," she said. "You see people that come here who are sad, lonely, and sit at home all day, but now that we've got them out of the dining room, they're excited to go to an activity; it's just very rewarding."

If a resident needs more care, staff members at Lakestone recommend them to Waterview — a facility that Bryant describes as being a

"little more upscale."

"We consider ourselves the lake living side," she explained. "We have a party barge. We go out for boat rides with the residents. We're just all about fun here."

Bryant explained that having great partners at Waterview — Lauren Gesell and Kandice Mobley — makes all the difference as executive director.

"We work as a great team, so we always are trying to do what's best for the resident," she said.

Operating under the same rental guidelines as

Waterview, Lakestone utilizes a month-to-month rental program, rather than year-long leases.

"At that age, life changes quickly, so we do month-to-month so we can help (residents) through those different changes," Bryant explained.

James added that through Lakestone's exercise class, she has been able to help residents who had lived a mostly sedentary lifestyle get back on their feet.

"We'll have them come here, and they literally can't stand up," she explained.

"Through my exercise program, I build strength and it's so rewarding for them to be able to get up and move again."

Working as the lifestyle director, James spends most of her time organizing games and activities for the residents to try to create a pleasurable experience at Lakestone.

She added, "I get to come to work every day and just do what I can to make somebody's life happier."

For more information about Lakestone Terrace Senior Living or to schedule a tour, visit lakestone-terrace.com online or call 817-774-4612.

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STROKE

FROM PAGE D5

life-saving treatment on the way to an emergency room.

SYMPTOMS OF STROKE

Sometimes symptoms of stroke can occur out of nowhere, and other times there may be subtle signs that something has been brewing. The Mayo Clinic says these are the most common signs of stroke.

- Trouble speaking and understanding what others

are saying. This may include slurred words or trouble understanding speech.

- Paralysis can occur in the face, arm or leg. Numbness or weakness also may occur. This often affects just one side of the body.

- Sometimes there is trouble seeing in one or both eyes, including blurry or blackened vision.

- Headaches will come on severely, and can be accompanied by vomiting, altered consciousness or dizziness.

- Someone having a stroke

may stumble or lose balance and experience coordination issues.

The National Stroke Association and other organizations use the acronym FAST to educate the public about detecting signs of stroke.

- F (Face): Ask the person to smile and look for drooping on one side.

- A (Arms): Have the person raise both arms and check to see if one arm drifts downward or cannot be raised.

- S (Speech): Ask the person to repeat a simple phrase and check for slurring or strange sounds.

- T (Time): Call 911 or emergency medical help immediately if any of these indicators are present.

TYPES OF STROKE

There are different types of stroke. Most strokes are ischemic strokes, says the CDC. Ischemic stroke occurs when a blood clot or other particles like fatty deposits block blood vessels to the

brain.

A hemorrhagic stroke happens when an artery in the brain leaks blood or ruptures. High blood pressure and aneurysms often are culprits in hemorrhagic stroke.

Transient ischemic attacks, also called mini-strokes, serve as warnings of a future stroke. Blood clots often cause these as well.

DIAGNOSING AND TREATING STROKE

Doctors will use various imaging techniques to check

for brain and blood vessel health if there is risk for stroke. Blood pressure and other general health assessments can give doctors an idea of potential risk factors for future stroke incidents.

If blood clots are present, doctors may use medication, stents and surgery to break up or address clots.

Stroke is a medical emergency. Individuals are urged to take stroke risk seriously and act promptly if symptoms are present.

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