

BAY Healthstyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2025



Bike club • Mushrooms • Health services • Digital detox • Good sleep • Grounding



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BAY HealthStyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2025

This winter has been one of the worst seasons for flu, respiratory viruses and norovirus in recent years. With that in mind, let's focus on good health and what we can do to boost our immunity.

Let's start with a good night's sleep. Not only does a restful slumber improve our mood and brain function, but it's proven to help maintain weight, improve heart health, decrease inflammation and yes, improve that immune system.

Mushrooms, used for centuries for their healing properties, can also help boost immunity. It's just one of the many health benefits of these amazing edible fungi. In that same spirit of getting back to nature for holistic healing, let's talk grounding, the therapeutic technique that involves doing activities that ground or electrically reconnect you to the earth for positive effects on the body and mind.

And of course, staying well means getting off the sofa, "unplugging", and moving. Learn how to disconnect from technology and maybe join the new Northern Neck Bike Club to go for a ride.

But if you are in need of help during a health crisis, there are multiple resources in our community to assist cancer and brain injury patients.

We hope this edition of Bay HealthStyles educates and entertains you. And we wish for you a healthy rest of the winter season.

Susan & Lisa

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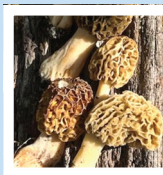
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Two-wheel Fun

Northern Neck Bike Club. 8



Magnificent Mushrooms

Small but mighty 15



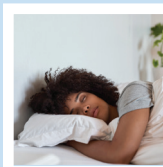
Managing Hardships

Help in a health crisis 20



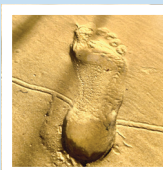
Unplugging

Digital detox 23



Catching Zs

Benefits of a good slumber 26



Grounding

Connect to the Earth 29

Community Health Calendar 4

Local Health Directory 31

Community Health

The following is a list of ongoing health related events in our area. The area code for all listings is 804 unless otherwise noted.

To avoid disappointment, call the numbers where indicated to verify dates and times of events.

Ongoing

Mondays

AA, noon, DeSales Hall, Kilmarnock.

Computer Class, 3-5 p.m. most Mondays. Northumberland Public Library, 7204 Northumberland Highway, Heathsville. Bring a laptop, iPad or phone or use a library laptop.

LCL In Stitches, 5 p.m. most Mondays. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock. Knitting, crocheting.

Yoga with Anna Pomaska, 5-6:15 p.m., Middlesex County Woman's Club, 210 Virginia Street, Urbanna. 831-233-1787.

Ages 4-7 karate, 6-6:30 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Gloucester County Parks, Recreation and Tourism Zumba, 6:15-7:15 p.m., Page Middle School, 75198 T C Walker Road, Gloucester. 696-2355.

Ages 8-12 karate, 6:40-7:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Bingo, 7 p.m. Middlesex County Volunteer Rescue Squad building, 17684 General Puller Highway, Deltaville. 815-9507.

Family karate, 7:30-8:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

AA, 8 p.m. Methodist Church, Wicomico Church.

Ages 13 and older karate, 8:20-9 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Tuesdays

Free Blood Pressure Screenings, 9-11 a.m. first Tuesdays. Northern Neck Family YMCA,

39 William B. Graham Court, Kilmarnock. Sponsors: Bon Secours Rappahannock General Hospital and the Northern Neck Family YMCA.

Indoor pickleball, 9 a.m.-noon, Tom Carter Memorial Gymnasium, 2911 General Puller Highway, Cooks Corner. 758-0057.

Floor yoga classes, 10-11 a.m., Stewart Building, 6099 T C Walker Road, Gloucester. 693-2355.

Livestrong fitness program for cancer survivors, noon-1:30 p.m., Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Northern Neck Duplicate Bridge, 1 p.m. most Tuesdays. Grace Episcopal Church, 303 South Main Street, Kilmarnock.

Yoga, 5:45 p.m., Urbanna United Methodist Church, 221 Marston Ave., Urbanna. 758-5308.

AA, 7 p.m. De Sales Hall, Kilmarnock. Beginners and young people welcome.

Wednesdays

Gloucester County Parks, Recreation and Tourism Senior Yoga, 10:30-11:30 a.m. through March 12, Stewart Building, 6099 T C Walker Road, Gloucester.

Bring a water bottle and dress comfortably. Fee: \$54. 693-2355.

Alcoholics Anonymous 12-and-12 open meeting, noon every Wednesday at Zoar Baptist Church, 17097 General Puller Highway, Deltaville. 654-9858.

AA, noon. Women's meeting, Irvington UMC.

Cancer Support Group, 12:30 p.m. first and third Wednesdays. Grace Episcopal Church, 303 South Main Street, Kilmarnock. 435-1285.

Chair Yoga with Anna Pomaska, 2:15-3:30 p.m., Middlesex County Woman's Club, 210 Virginia Street, Urbanna. 831-233-1787.

Small breeds (fewer than 50 pounds) puppy training

classes, 4:30-5:30 p.m., Beaverdam Park, 8687 Roaring Springs Road, Gloucester. 693-2355.

Large breeds (more than 50 pounds) puppy training classes, 5:30-6:30 p.m., Beaverdam Park, 8687 Roaring Springs Road, Gloucester. 693-2355.

Serenity Al-Anon, 5:30 p.m., Trinity Episcopal Church, Lancaster.

Gloucester County Parks, Recreation and Tourism Zumba, 6:15-7:15 p.m., Page Middle School, 75198 TC Walker Road, Gloucester. 696-2355.

AA 12 & 12 Study Group, 7 p.m., Shachah World Ministries, Kilmarnock.

Line dancing, 7-9 p.m., Middlesex County Woman's Club, 210 Virginia Street, Urbanna. Wear soft sole shoes. Fee: \$5. 695-4299.

Thursdays

Walk on the Wild Side, 9-11 a.m. second Thursdays. Belle Isle State Park, 1632 Belle Isle Road, Lancaster. Guided nature walk. Registration requested, 462-5030.

Indoor pickleball, 9 a.m.-noon., Tom Carter Memorial Gymnasium, 2911 General Puller Highway, Cooks Corner. 758-0057.

Livestrong fitness program for cancer survivors, noon-1:30 p.m., Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Diabetic Support Group, 3-4 p.m., Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. On the third Thursday of each month. 693-8825. This group provides support, planning and education tools, blood sugar monitoring and goal setting for everyday life with diabetes.

Ages 4-7 karate, 6-6:30 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Cancer Support Group, 6:30 p.m., meets the third Thursday of every month in the Riverside

Middle Peninsula Cancer Center, 7544 Medical Drive, Gloucester (behind the hospital). 757-534-5555, ext. 300, or 757-596-4457.

Celebrate Recovery, 6:30 p.m. White Stone Church of the Nazarene, White Stone.

Ages 8-12 karate, 6:40-7:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Family karate, 7:30-8:20 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

AA, 8 p.m. De Sales Hall, Kilmarnock.

Ages 13 and older karate, 8:20-9 p.m., 6099 T C Walker Road, Gloucester. 693-2355.

Fridays

Tai Chi, 9-10 a.m., Middlesex Woman's Club, 210 Virginia Street, Urbanna. 831-233-1786.

Yoga with Anna Pomaska, 10:30-11:45 a.m., Middlesex County Woman's Club, 210 Virginia Street, Urbanna. 831-233-1787.

Lunch Bunch Al-Anon, noon. Grace Episcopal Church, Kilmarnock. For phone-in meetings, email fridaylunchbunchafg@gmail.com.

AA, noon. Trinity Episcopal, Lancaster.

Mahjong, 1 p.m. most Fridays. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock.

Saturdays

Indoor pickleball, 9 a.m.-noon., Tom Carter Memorial Gymnasium, 2911 General Puller Highway, Cooks Corner. 758-0057. AA, 7:30 p.m. Irvington Baptist.

AA, 8 p.m. Heathsville UMC.

Sundays

Sangria Sunday, noon-5 p.m. Good Luck Cellars, 1025 Goodluck Road, Kilmarnock. 435-1416.



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Community Health

FEBRUARY

Friday, Feb. 28

Sprint Eight with Hope Lowe, 7:30-8:30 a.m., Middlesex Family YMCA, 11487 General Puller Highway (Route 33), Hartfield. 316-9191.

Indoor Group Cycling with Katy Bootle, 8-8:45 a.m., Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Body Design with Valerie Morgan, 9-10 a.m., Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

Yoga with Gretchen Brown, 10:30-11:30 a.m., Middlesex Family YMCA, 11487 General Puller Highway, Hartfield. 316-9191.

MARCH

Saturday, March 1

Stained Glass Craft Class, 1-3 p.m. Good Luck Cellars, 1025 Goodluck Road, Kilmarnock. River House Creations. Projects: heron, \$55; crab, \$45; sunflowers, \$45. Reservations and payment: 757-509-2137, or angel@riverhousecreations.com.

Monday, March 3

Winter Lecture, 6:30 p.m. Fairfield's Volunteer Fire Department, 119 Main Street, Reedville. Sponsor: Reedville Fishermen's Museum. Oral history video, "The Sinking of the Glenna Fay," as told by the late Capt. Ray Rogers. His son, Peale Rogers and Stan O'Bier will discuss the risks and rewards of pound netting.

Tuesday, March 4

American Red Cross blood donation event, 1-6 p.m., Middlesex County Volunteer Rescue Squad building, 17684 General Puller Highway, Deltaville. 505-0602.

Saturday, March 8

Beginning Coiled Pine Needle Baskets, 10:30 a.m.-2 p.m. Rice's Hotel/Hughlett's Tavern, 73 Monument Place, Heathsville. \$35, plus \$10 material fee. Register at www.RHHTFoundationinc.org, or 580-3377.

Second Saturday Speaker Series, 2 p.m. Steamboat Era Museum, 156 King Carter Drive, Irvington. Speaker: Keith Kehlbeck. Topic: "Steamboats During the Civil War." Admission by season subscription or \$5. Purchase tickets at the museum, 438-6888, or www.steamboateramuseum.org.

Ranger-led Indigenous History of Virginia Hike, 4-5 p.m., Machicomoco State Park, 3601 Timberneck Farm Road, Hayes. 642-2419.

Tuesday, March 11 Try-It-Tuesday: Painting The Late Winter Garden, 10 a.m.-12:30 p.m. RAL Art Center, 19 North Main Street, Kilmarnock. Instructor: Celeste Johnston. \$40 members, \$45 others. Register at ralartcenter.com, 436-9309, or the RAL Art Center.

Friday, March 14 Family Workshop: Paper-making, 5:30-7 p.m. RAL Art Center, 19 North Main Street, Kilmarnock. Instructor: Stephanie Brown. \$55, up to 3 family members,

\$60 others. Register at ralartcenter.com, 436-9309, or the RAL Art Center.

Sunday, March 16

Sundays At Two Speaker Series, 2 p.m. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock. Speaker: Michael Conlin. Topic: "AI 101-Demystifying Artificial Intelligence."

Tuesday, March 18

Workshop: Awakening Your Creativity, 10 a.m.-noon. RAL Art Center, 19 North Main Street, Kilmarnock. Instructor: Deborah Alsko. \$40 members, \$45 others. Register at ralartcenter.com, 436-9309, or the RAL Art Center.

Thursday, March 20

Workshop: Mixology Of Water, 10 a.m.-4 p.m. RAL Art Center, 19 North Main Street, Kilmarnock. Instructor: Cate Kauffman. \$90 members, \$105 others. Register at ralartcenter.com, 436-9309, or the RAL Art Center.

Sunday, March 23

Sundays At Two Speaker Series, 2 p.m. Lancaster Community Library, 16 Town Centre Drive, Kilmarnock. Speaker: Linda Odum. Topic: "Why a P.I.? Well Why Not?"

NNK250 Signature Speaker Series, 2 p.m. Rice's Hotel/Hughlett's Tavern, 73 Monument Place, Heathsville. Speaker: Dr. Kathleen Brown. Topic: "Good Wives, Nasty Wenches, and Anxious Patriarchs: Gender, Race and Power in Colonial Virginia."

Tuesday, March 25

Try-It-Tuesday: Mixed Media 3-D Sculpture,

6-9 p.m. RAL Art Center, 19 North Main Street, Kilmarnock. Instructor: Doug Mock. \$55 members, \$60 others. Register at ralartcenter.com, 436-9309, or the RAL Art Center.

Friday, March 28

Beginning Weaving, 9 a.m.-4 p.m. Rice's Hotel/Hughlett's Tavern, 73 Monument Place, Heathsville. Continues March 29 and 30. \$250. Register at www.RHHTFoundationinc.org, or 580-3377.

Saturday, March 29

Gardening In The Northern Neck Seminar, 8:15 a.m.-3 p.m. White Stone Church of the Nazarene Family Life Center, 57 Whisk Drive, White Stone. Sponsor: Northern Neck Master Gardeners. Theme: "Gardeners: Caretakers of the Environment." Speakers: Dan Benarcik, Alyssa Morel-Ford, Peggy Singlemann. Vendor fair. \$50. Lunches available for an additional fee, by reservation. Register at www.nnmg.org.

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NEW NORTHERN NECK GROUP PROMOTES YOUTH BICYCLING

by Larry Chowning

The Northern Neck Bike Club (NNBC) in Kilmarnock is a new non-profit group that is encouraging and introducing youth in the region to the many diverse and positive aspects of cycling.

The club was co-founded by long-time cyclists James Wagner and Chris Cornwell. The two founders have been friends since they were teenagers and started riding together as little kids on bicycle motocross (BMX) and dirt trails. When Wagner was living in California he started mountain biking as a teenager and he got back into it in his 30s.

Cornwell has raced mountain bikes, road bikes and motocross over the last 25 years. He also managed an amateur motocross team and track for 10 years. In college he was a cycling instructor at Virginia Commonwealth University in Richmond and went on to work for cycle non-profit clubs in North Carolina before moving to the Northern Neck.

“James’ passion is downhill cycling and he is huge in mentoring the team riders in the club,” said Cornwell. “We learned at a young age the positive values that can be learned from cycling. We founded the group (NNBC) to share our knowledge, pleasure and



Members of the Northern Neck Bike Club participated recently in a group ride at Freedom Park in Yorktown.



Co-founders of Northern Neck Bike Club Chris Cornwell, left, and James Wagner have both been involved in cycling since they were young boys.



love of the sport.”

NNBC is also trying to introduce to the area the many different and diverse sports associated with cycling. “There are many aspects of cycling that kids starting out do not know about,” said Cornwell.

“We are working to enhance the Kilmarnock bike trail and surrounding path and our main goal is to engage with our youth outreach programs that promote cycling skills and environment awareness,” said Cornwell. “Together, we inspire the next generation to embrace outdoor adventure.”

The mission of the club is that “we believe in the power of cycling to connect individuals and foster a sense of community,” said Cornwell. “Our mission is also to create a positive impact in the Northern Neck by promoting outdoor adventures, maintain trails, and mentoring youth.”

NNBC has been active this year as club members recently participated in the Sips and Cycle at Camp Irvington, hosted by the camp and New Belgium Brewery, where all the money raised at the event went to the Lancaster Education Foundation. The event had dozens of riders compete in a scavenger hunt in which the winners received gear and prizes.

The club recently traveled for a group ride day at Freedom Park to ride on the 2.5 mile Williamsburg Mountain Biking Trails and the club regularly hosts indoor practices at the Northern Neck Family YMCA in Kilmarnock.

The Northern Neck Rotary Club recently



The mission of the club is that “we believe in the power of cycling to connect individuals and foster a sense of community. Our mission is also to create a positive impact in the Northern Neck by promoting outdoor adventures, maintain trails, and mentoring youth.”

—Chris Cornwell



James Wagner, left, instructs a rider over a feature.



Participants in an event day in Irvington building wooden ramps and features for the Northern Neck Bike Club (NNBC) include, from left, James Wagner, co-founder of NNBC; Matthew Cunningham, NNBC board member and local bike shop owner of Rappahannock Bicycle Company; and Chris Cornwell.



Northern Neck Bike Club co-founder Chris Cornwell, left, receives a \$3,500 grant check from Northern Neck Rotary Club President Robin Hatfield to be used to help youth that would not normally have an opportunity to cycle.



Camden Cornwell tries out a practice trail in West Point. The Northern Neck Bike Club sponsors BMX ride days, road bike ride days and downhill mountain bike days, which are part of the club's 2025 adventure schedule.

awarded the club a \$3,500 district grant. The grant funds will be used to help youth that would not normally have an opportunity to participate in cycling.

The group will also participate this year in the 2025 Virginia Mountain Bike Series (VAHS MTB). VAHS MTB stands for the Virginia High School Mountain Bike Series, a USA Cycling-sanctioned mountain bike race series for students in elementary, middle, and high school. The series is open to public, independent, and home school students. The race series includes:

- Race one — April 12, at 1000 Samuel Miller Loop, Charlottesville.
- Race two — April 23, Mount Solon, in Augusta County near Harrisonburg.
- Race three — May 2, Western Albemarle High School, Charlottesville.
- Race four — May 10, Blue Ridge School, St. George, in Greene County.

NNBC is open to public, private and home schooled youth and elementary to high school students are all welcome to join the club.

For information on the club, visit the nnbikeclub.org website and join the club's community email address or call Chris Cornwell at 804-436-3301.



“We learned at a young age the positive values that can be learned from cycling. We founded the group (NNBC) to share our knowledge, pleasure and love of the sport.”

—Chris Cornwell



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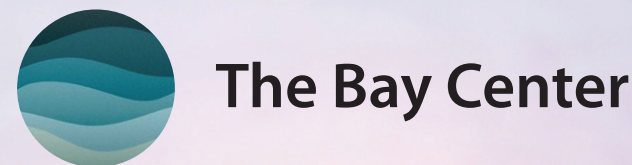
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Common health issues that affect aging pets

Pet owners' devotion to their companion animals is evidenced in the lengths modern pet parents go to keep their furry friends happy and healthy. A recent survey from GOBankingRates found that 70 percent of pet owners spent between \$600 and \$1,200 on their pets in 2023, which underscores how important companion animals are to the people who take care of them.

Much like humans can't stop their own bodies from aging, pet owners have little recourse against Father Time when it comes to caring for their pets. The American Veterinary Medical Association notes that cats and dogs are living longer now than ever before, so it's good for pet owners to familiarize themselves with common health issues that can affect older pets.

Senior pets

The AVMA notes that cats are generally considered "senior" after 10 years of age. It's a little harder to pinpoint when dogs enter their golden years, as the size disparity between breeds affects their senior status, or lack thereof. The AVMA notes small or toy breeds (less than 20 pounds) acquire "senior" status between eight and 11 years of age; medium-sized breeds (20 to 50 pounds) between eight and 10 years of age; large breeds (50 to 90 pounds) between eight and nine years of age; and giant breeds (more than 90 pounds) between six and seven years of age.

Cancer and senior pets

The AVMA reports that cancer is the cause of death in roughly 50 percent of all dogs and around one-third of senior cats. Cancer in pets may produce a variety of symptoms, including:

- Abdominal swelling
- Bleeding from the mouth or nose or other body openings
- Difficulty eating or swallowing
- Breathing difficulties
- Lumps, bumps or discolored skin
- Sores that will not heal
- Persistent diarrhea or vomiting
- Decreased appetite or body weight
- Swelling, heat, pain, or lameness that cannot be explained

Additional issues affecting aging pets

Though cancer is responsible for a significant percentage of deaths among senior cats and dogs, it's not the only issue that can affect aging pets.

• Heart disease: The Animal Medical Center, a New York-based nonprofit organization, notes degenerative valve disease, dilated cardiomyopathy and heartworm disease are common types of heart disease in dogs. Hypertrophic cardiomyopathy is a common heart disease found in cats.

• Kidney or urinary tract disease: The Veterinary Diagnostic Library at Michigan State University notes that chronic kidney disease affects up to 10 percent of aging dogs and 35 percent of aging cats.

• Liver disease

• Diabetes: The AVMA reports that diabetes is most often diagnosed in dogs between the ages of seven and 10 and in cats older than six years of age.

• Joint or bone disease

• Overweight or obesity

• Vision or hearing loss: The AVMA notes senior pets can develop cataracts that affect their vision and may not respond as well to voice commands as they did when they were younger.

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Habits that can prove harmful to your kidneys

The kidneys are vital bean-shaped organs located on each side of the spine just below the rib cage. Without proper kidney function, a person's body will perish because the kidneys are responsible for filtering blood, regulating blood pressure and removing waste from the body, according to the National Kidney Foundation. The kidneys also help to balance important vitamins and minerals and facilitate production of red blood cells.

The kidneys filter about 200 quarts of fluid from the blood each day, most of which is cleaned and returned to the body. Only two quarts of the filtered fluid is turned into urine.

The Mayo Clinic warns that kidney disease, also known as kidney failure, involves a gradual loss of kidney function that can progress to end-stage kidney failure, which is fatal without dialysis or a kidney transplant. Certain lifestyle behaviors increase the risk of chronic kidney disease.

Overdoing it with sodium

Too much sodium can lead to increased blood pressure, which strains the kidneys, says Piedmont Healthcare. The daily maximum sodium intake is 2,300 mg, which equals about a teaspoon of salt. The Centers for Disease Control and Prevention says 75 percent of the sodium Americans consume is from processed food and restaurant meals, and comes in well above the recommended limit.

Abusing painkillers

Many over-the-counter pain medicines like NSAIDs (ibuprofen, naproxen etc.) and analgesics

can harm the kidneys if they are taken in excess. The National Kidney Foundation says heavy or long-term use of some of these medicines can cause chronic kidney disease.

Drinking soda

The American Kidney Fund notes a recent study suggests that drinking two or more carbonated sodas (diet or regular) each day may increase the risk for chronic kidney disease. Carbonated beverages and energy drinks have both been linked to the formation of kidney stones.

High-protein diets

A certain amount of protein is necessary for optimal health, but eating too much animal protein can place a heavy burden on the kidneys. Piedmont says diets high in animal protein from meats and dairy products can be difficult to metabolize. Opting for more plant-based proteins can be beneficial.

Too much sugar

Consuming a lot of sugar is a risk factor for obesity, which can increase the risk of developing high blood pressure and diabetes, which are two major contributors to kidney disease.

Smoking

People who smoke tobacco products are likely harming their kidneys. Kidney Research UK says smoking can lead to poor blood flow to the kidneys, causing kidney damage over time. Also, smoking can increase one's risk of developing kidney cancers.



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- Pelvic Organ Prolapse
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Mushrooms have medicinal properties to ‘heal anything’

by Lisa Hinton-Valdrighi



Mushrooms have been used as medicine for thousands of years.

The Greek physician Hippocrates classified the amadou mushroom as a potent anti-inflammatory and used it for cauterizing wounds in circa 450 BC.

Recently, thanks to social media influencers touting the benefits of mushroom coffee and tea, the medicinal properties of the mushroom are going mainstream.

Modern science has finally “rediscovered what the ancients knew long ago—mushrooms can be deep reservoirs of powerful medicines...Mushrooms are nature’s miniature pharmaceutical factories,” according to the National Library of Medicine.

Mushrooms are not an animal and not a vegetable but somewhere in between. It’s a fungi with the bulk of the organism growing underground. They can heal you, feed you, kill you or send you on a spiritual journey. As described in the documentary “Fantastic Fungi,” the amazing mushroom world deep below the earth’s surface, “holds the consciousness of nature’s connection to all living things.”

Mushrooms have been

around for more than 700 million years. “Medicinal mushrooms are an ancient and sacred medicine and can be ingested in many different ways, including tinctures, powders, teas, gummies and by cooking with them in your favorite dishes,” said Melissa Burke of Weems, who sells mushroom products and educational materials at Rocks to Gems and Crystals in Lively.

The shop, open from 11 a.m.-5 p.m. Wednesdays through Saturdays and noon-4 p.m. Sundays, carries mushroom gummies, tinctures and books. The tinctures, made from turkey tail, lion’s mane and chaga varieties, claim to help with allergies, anxiety and lots of health ailments from high blood pressure and diabetes

to aid in cognitive function and digestive issues.

Indeed, mushrooms are not just for cooking anymore, although that is the tastiest way to reap their health benefits. An often under-appreciated food, mushrooms are low in calories and fat, contain fiber and various nutrients and often add nutty, spicy and smoky flavors to dishes. Mushrooms can often be used in place of meats in recipes. They are low in calories, sodium and fat while being rich in essential nutrients such as potassium, vitamin D, copper, selenium and B vitamins.

While a number of vegetables should be eaten raw to derive the most nutrients and vitamins, mushrooms are more beneficial when



Lion’s mane on a tree trunk.



“Mushrooms are a beautiful, holistic medicine that can heal anything. They are naturally grown and not tainted.”

— Melissa Burke

Mushroom tinctures containing varieties like lion’s mane, turkey tail and chaga, are used to treat anxiety, allergies, reducing inflammation and brain health. Photo by Lisa Hinton-Valdrighi

heated or liquified.

“Mushrooms are powerful medicine in the most purest, most natural form. The strongest form is when you take it as a liquid under your tongue,” said Burke. “Cooking with them is essentially the same thing because heating them up activates the medicinal chemicals.”

Mushrooms contain substances such as polysaccharides, indoles, polyphenols

and carotenoids which have been shown to have antioxidant, anti-inflammatory and anti-cancer effects.

According to Burke, turkey tail mushrooms have always been used as a magic herb in Asia and especially China, where there are currently 12 turkey tail-based drugs approved by the State Administration of Food and Drug.

Known as the “mushroom of immortality,” Ganoderma



Turkey tail in the wild.



Melissa Burke sells mushroom tinctures and gummies and books related to the medicinal properties of mushrooms at Rocks to Gems and Crystals in Lively. Photo by Lisa Hinton-Valdrighi

A quick glimpse: Popular mushrooms and their potential benefits



- **Lion's mane**—reduce inflammation, regulate blood sugar, cognitive improvement, reduce anxiety and depression, nerve regeneration, combating stomach ulcers.

- **Reishi**—boost immunity, reduce fatigue and depression, heart health, blood sugar modifier.

- **Chaga**—boost immunity, liver damage protection, reduce inflammation.

- **Turkey tail**—boost immunity, gastrointestinal health, brain health, anti-aging.

- **Cordyceps**—antioxidant integrity, energy booster.

- **Maitake**—boost immunity, antioxidant rich, blood sugar regulation, cholesterol reduction, hormonal balance—especially in women experiencing menopause.

- **Agarikon**—boost immunity, anti-

oxidant rich, antibacterial and antiviral support, increases energy, blood sugar regulation.

It's important to note that evidence supporting the health benefits of these mushrooms is based on research done on animals or in laboratory studies. Consult a healthcare provider before using any mushroom for medicinal purposes as they do have potential side effects and can react with some medications.

lucidum or reishi, as it's commonly called, is one of the most widely used medicinal mushrooms in the world. Reishi and shiitake mushrooms contain polysaccharides called beta-glucans that stimulate the immune system.

They also contain ergothioneine, an antioxidant that protects brain cells from damage and may reduce the risk of dementia and neurodegenerative diseases. They are loaded with prebiotics which are beneficial for gut health.

"Medicinal mushrooms have changed my life," said Burke. "They can prevent and treat such a broad spectrum of ailments."

"For me personally, they are an immune system boost."



Mushroom gummies containing reishi are used as a natural sleep aid. Photo by Lisa Hinton-Valdrighi

They treat all this oxidative stress by putting your mind at rest so you can get a good night's sleep."

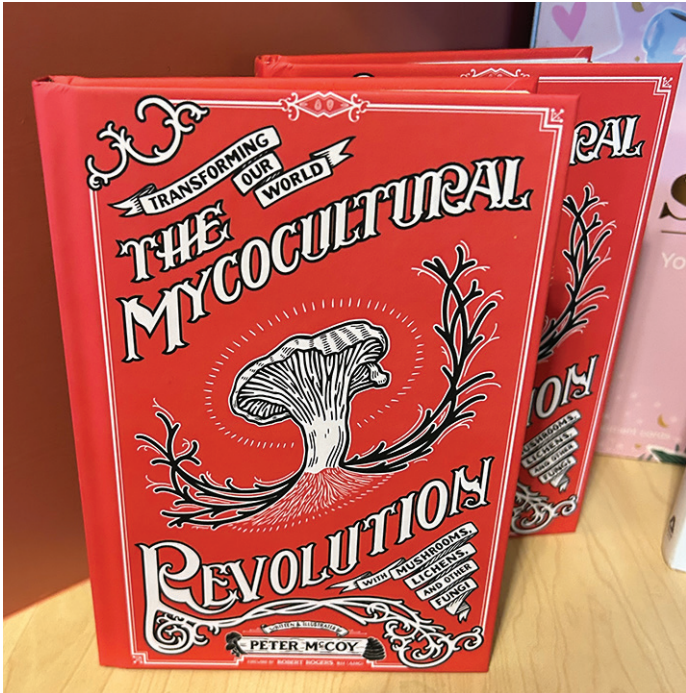
Although most mushrooms

are beneficial, some are highly toxic and mushroom hunters should only forage with an expert, advised Burke.

"This is something natural that we should be able to incorporate into our meals, especially now with the many coffees that have blown up on social media," she said. "Medicinal mushrooms are an ancient and sacred medicine that can be ingested in many different ways, including tinctures, powders, teas, gummies and by cooking with them in your favorite dishes."

The important thing, she said, is to incorporate them.

"They are a beautiful, holistic medicine that can heal anything," said Burke.



The Mycocultural Revolution discusses the health benefits of mushrooms and other fungi. Photo by Lisa Hinton-Valdrighi



Morel mushrooms have a nutty flavor and can often be foraged in the wild.

Lion's Mane Mushroom Cakes

"A new take on traditional crab cakes"



- 8 oz. Lion's Mane mushrooms
- 2 tbsp. mayo
- 1 tsp. Dijon mustard
- 1 egg
- 1 tsp. Worcestershire sauce
- 1/4 cup diced sweet onion
- 1 tbsp. chopped parsley
- 1 1/2 tsp. seafood seasoning
- 1/2 tsp. smoked paprika
- Salt and pepper to taste
- 1/3 cup panko breadcrumbs
- 2 tbsp. oil for frying

Shred the mushroom to resemble lump crabmeat. Transfer to a large skillet with two tablespoons of water and pinch of salt. Cook the mushrooms over medium heat, covered, stirring occasionally, for 5-10 minutes or until all the water from the mushrooms has been released. Set aside.

In a large bowl, mix remaining ingredients, except breadcrumbs, until combined. Set aside.

Once the mushroom has cooled, strain and squeeze out any remaining moisture. Fold the mushrooms into the mixture and add the breadcrumbs. Form into four patties.

Heat oil in a large skillet and pan fry the patties for three minutes on each side until golden brown. Seave with lemon wedges and tartar sauce.



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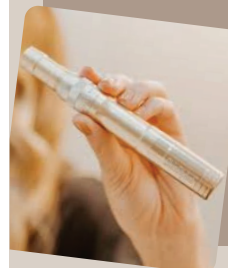


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Financial health: What to know about estate planning

Managing and planning one's estate sounds like a task reserved for the über-rich. But that's a common, and potentially costly, misconception. Indeed, estate planning is a necessary component of long-term financial planning no matter the size of a person's investment portfolio.

Estate planning is an umbrella term that encompasses anything from asset allocation after death to end-of-life health care decisions to power of attorney should an individual become incapacitated. Key components of an estate plan typically include wills, trusts, power of attorney, and health care directives. According to a 2021 survey by Caring.com, only 33 percent of Americans have a will in place, and 60 percent of respondents in the same survey cited "not having enough assets" as reasons for not creating an estate plan.

The following are some basic steps anyone can take to establish an estate plan.

- Create a will. A will is a legal document that specifies how your assets will be distributed after your death. Although a will can be set up without an attorney, relying on an attorney to create or update a will can ensure that it is legally sound and reflects your intentions. In the will you can name an executor who will carry out the plans of the will. Without a will, intestacy laws where you live will dictate the distribution of your assets.

- Establish trusts. Morgan Legal Group says trusts are tools that can protect assets, minimize estate taxes and provide for beneficiaries. Trusts can be revocable or irrevocable. Special needs trusts also can be set up. Trusts can help avoid probate and reduce estate taxes. The National Bureau of Economic Research indicates trusts can reduce estate taxes by up to 40 percent. Trusts also can shield some of your assets so they cannot be counted as part of your responsibility for paying for skilled nursing home

admittance.

- Determine powers of attorney and health care proxies. If someone becomes incapacitated, that person will need responsible people who can act on their behalf. A financial or legal power of attorney can help with paying bills, accessing accounts and managing finances and other needs. A health care proxy can be listed on an advanced health care directive, known as a living will. The proxy will communi-

cate your wishes indicated on the directive and see that your wishes are honored.

Knowing what's included in an estate plan can ensure that people make informed choices about their assets, beneficiaries and financial futures. It is always best to work with legal, medical and tax professionals when drawing up estate plans to avoid any issues that can arise when matters are not decided ahead of time.

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Services to assist folks challenged by health care needs continue to evolve

by AnnGardner Eubank

When your health takes a nose dive, no matter what the ailment may be, you want your only focus to be on getting healthy again.

As if making sure you are attending each appointment or treatment, taking all of the proper medications and staying on a fixed regiment and routine in the name of health isn't enough to worry about on top of life's already existing stresses, serious illnesses can create a massive strain on your day-to-day activities.

When cancer, brain injury, or other severe medical traumas occur, support and assistance for legal matters, housing issues and even something seemingly as simple as transportation can become a monumental hurdle to leap over when already dealing with the stress of declining health.

These medical traumas are never easy. However, with agencies like CancerLINC and No Limits Brain Injury Services, some hardships can be more manageable. They also remind patients they are not alone in their health battles. There are volunteers, organizations and resources available to help.

CancerLINC

From an initial diagnosis to survivorship, cancer can take a toll on physical health, financial well being, overall independence and autonomy as well as general day-to-day activity and maintenance. Where these issues may often be overlooked or initially underestimated, CancerLINC

provides connections and networks to assist patients in multiple areas of legalities, logistics and finances while they fight their cancer diagnosis.

CancerLINC, a nonprofit based in Richmond, provides free services to assist cancer patients and their families to connect with legal, financial and community resources to help solve non-medical issues that come from a diagnosis.

Executive director Julianne Duvall says the organization serves the greater Richmond area, including the Northern Neck and Middle Peninsula. They are actively working to increase their presence and impact throughout the region, she said.

The "LINC" in CancerLINC stands for Legal Information Network for Cancer. CancerLINC operates with their motto "no one should face cancer alone."

According to Duvall, the organization stemmed from personal experiences shared by attorneys Phyllis Katz and Ann Hodges who were



From left are Julianne Duvall of CancerLINC and Larkin Denton of Middlesex, who has done videography for CancerLink. Photo courtesy of Julianne Duvall

both breast cancer survivors. Both Katz and Hodges realized just how much legality was involved with handling cancer. The two held a seminar at the University of Richmond in 1996 with over a hundred attorneys and advocates in attendance, which ultimately lead to the start of CancerLINC.

Case management includes legal services and financial planning and connections with individual grants and community resources, she said.

From organizing wills and estates, to securing transportation to and from appointments, to overall financial management to avoid bankruptcy for medical debt, CancerLINC's services con-

nect patients with the proper outlets to help manage these non-medical obstacles.

The guidance provided by the organization comes to no cost for patients as part of their health care network, which includes VCU, Bon Secours, Virginia Cancer Institute and HCA Sarah Cannon, Duvall said.

Additionally, referrals for pro bono legal and financial advising have income guidelines and nearly 90% of CancerLINC clients qualify, Duvall said.

While Northern Neck and Middle Peninsula residents have been served through Bon Secours Rappahannock General Hospital and VCU Tappahannock for years, it is a primary goal to extend their

outreach through community networking and to make CancerLINC's services known to more patients, she said.

With a network of attorneys, financial service professionals, volunteers and nonprofits, CancerLINC has become more visible over the last year.

Connections are being established with Bay Aging, Bay Internists, Morattico Baptist Church, Bon Secours Oncology, area social services, the wellness staff at the Northern Neck YMCA and Chesapeake Bank.

"We're working to meet people where they are in the Northern Neck," Duvall said.

CancerLINC assists patients from the time of diagnosis up to five years into

survivorship, Duvall said.

From an array of legal issues that inevitably arise through employment issues, discrepancies in receiving disability income and even matters of home eviction, CancerLINC provides the appropriate referrals to help provide clarity and solution to the obstacles that come with cancer.

While CancerLINC is working to increase its outreach, Duvall said she is so thankful for how “wide-open” the community has been with their willingness to assist in outreach and forge partnerships.

Duvall cited several area groups that have helped promote the organization’s mission and work, including Chesapeake Wealth Management which has signed on to do pro bono work.

Through curating area partnerships and connections, Duvall said she’s excited to see the organization’s outreach grow.

“For people to know they have legal counsel and ultimately support can just make all of the difference,” Duvall said.

No Limits Brain Injury Services

Javan “Jay” Harrell and Rachael Styron share the same passion for providing support to those in need with their recently established operation, No Limits Brain Injury Services, based in Kilmarnock.

Both Qualified Brain Injury Support Providers, Harrell and Styron are advocates for those who have suffered a brain injury.

Similar to CancerLINC, No Limits provides non-medical support for their clients. From coordinating housing assistance, access to mental health support, as well as navigating employment, No Limits helps brain injury survivors through

life’s logistics.

From those who sustained a brain injury due to an accident, to those who have suffered from a stroke, PTSD, or concussion, No Limits aims to lessen the burden for the patient as well as their caregivers.

Harrell and Styron often take a goals-based approach with their clients. They get to know those they’re working with and work towards facilitating meaningful steps to help them achieve their personal goals, whether that be enhancing social skills or re-learning skills like driving.

No Limits also offers their services at no cost to their clients, making getting help, setting and achieving goals and ultimately living a better life accessible to all.

“When a person’s abilities change, it affects every aspect of their life. Community connections are essential for healing and helping those we support regain their strength. Genuine relationships go beyond the occasional doctor’s visit. When we work with someone facing daily challenges, we’re not only supporting them through their struggles, but also helping heal their anxiety, depression and sense of isolation. It’s in these moments of love and support that we can instill hope and remind them that everything will be okay,” Styron said.

Another key component to No Limits is there is no expiration for when a survivor can utilize services. No Limits can work with clients for months, years, and through the end of their lives.

Unexpected twists and turns are bound to occur in one’s life. Whether you or a loved one are facing the harsh and intimidating burden of a medical trauma, there are resources available and people happy to help.



From left are Javan “Jay” Harrell and Rachael Styron of No Limits Brain Injury Services.
Photo by Lisa Hinton-Valdrighi

Those fighting cancer who are interested in CancerLINC are urged to complete an intake request at cancerlinc.org or call their office. Duvall noted that they also take referrals from health care providers.

For survivors or family of survivors of a brain injury, Styron and Harrell practice in the Palmer Building at 22 East Church Street, Kilmarnock, and can be reached at nolimitsbis@gmail.com.

Livestrong program returns to Middlesex YMCA in Hartfield

Livestrong, a free, 12-week program for those surviving and fighting cancer, begins next month at the Middlesex Family YMCA in Hartfield.

Classes are scheduled for Tuesdays and Thursdays, March 11-May 29.

The free program will focus on building muscle mass and strength; increasing flexibility, endurance, and balance; and improving confidence and self-esteem. The program “focuses on you — the whole person — not cancer,” a news release said.

The program is open to those living in Middlesex, Mathews, and Gloucester counties. Caregivers and spouses are also eligible for the program.

To register or learn more information, contact Livestrong Instructor Tracy Battilla at 316-9191 or Tracy.Battilla@ymcavp.org.



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Last year’s Middlesex Livestrong participants included, from left, Instructor Tracey Tunstall, Lisa Parlett, Fran Goforth, Lisa Thomas, William Cosby, Sue Mathiesen, Ricky Thomas, Roberta Sonnino, Cleveland Walker and Livestrong Instructor Michael Joyce.

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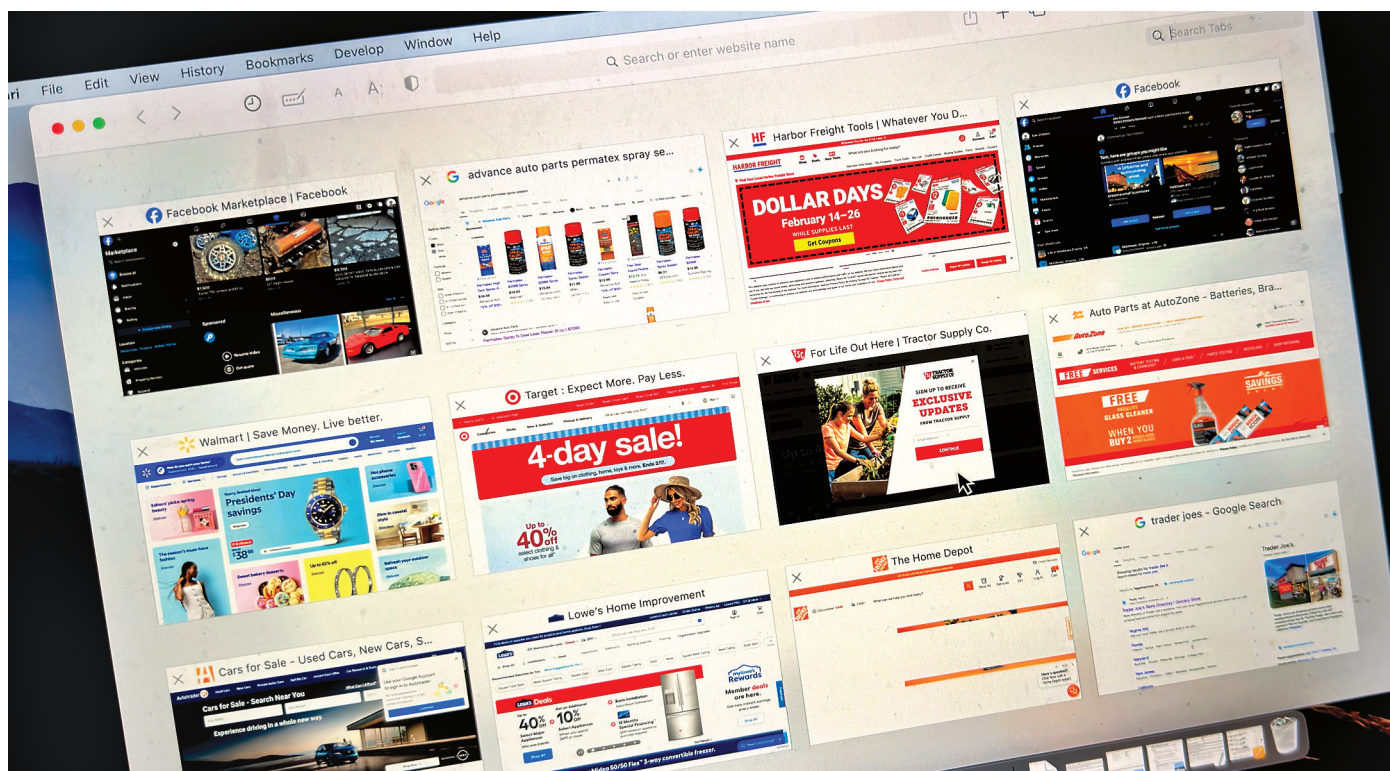
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If too much is not enough, it may be time to for a “digital detox.” Photo by Tom Chillemi

DISTRACTION IS EVERYWHERE, *find a balance*

by Tom Chillemi

Sometimes too much is not enough. I used Google to look up “digital detox” and the top search was from the Substance Abuse and Mental Health Services Administration (SAMHSA). It’s an official U.S. Government website (at least it still was when this was written.) I suppose people can be addicted to devices. After all, the knowledge of the world is in your hand.

Digital detox proponents tout the benefits of unplugging from our electrical devices as less stress, improved focus, and a better connection to reality.

Not relying on connecting with others can give you a chance to reconnect or develop a hobby. One problem with a digital detoxing can be a feeling of isolation.

If you’ve been “connected” for years, finding something to fill up the time can be difficult.

Hobbies cost money. So do “digital hobbies,” like games, but they are relatively cheap, and available from your easy chair, 24/7.

Social media is free — sort of — you give up privacy. One recommendation to detox is to delete some social media contacts.

For many, finding balance in the digital world can be difficult.

Start small, set time limits, gradually increase tech-free hours, and limit yourself to one screen at a time, experts recommend.

Unplugging well before bedtime can result in better sleep. The blue light from screens, including TVs, can suppress the production of melatonin, a hormone that regulates sleep and waking and our circadian rhythm. Some TVs have blue light filter settings. There are glasses that reduce blue light. Also, constant stimulation may not allow you to wind down.

Challenge

As someone who grew up reading left to right, and top to bottom, websites are a challenge. There are fewer options to get a human to help you. It’s up to you to figure it out. There’s a reward when you do. That is part of the allure of searching. The next click might be a winner. It’s like a slot machine, but it only costs time, and time is one thing that cannot be replaced once it’s gone.

Texting

I didn’t understand texting 13 years ago when I still had a flip phone. I do now. Texting is efficient communication. It’s written, so a complex subject can be explained concisely, and the reader can refer back to the message for details. Texting gives you time to think about what you want to write.

There’s a twinge of excitement when they get back to you, “Let’s see what they said!”

Habit

The Internet is the equivalent of a slot machine. Keep pushing buttons and maybe you’ll get a reward and find what you’re looking for — something to make you smile, or



For many, finding balance in the digital world can be difficult. Start small, set time limits, gradually increase tech-free hours, and limit yourself to one screen at a time, experts recommend.

other “mind candy.”

All the while, every search is being recorded by the equivalent of “Big Brother” of the novel “1984.” How is it that science fiction imagined the concept of thought police in 1949? That was almost 50 years before Google was launched in 1998, and search engines started monitoring our desires.

Talk

Verbal communication is complicated. Some people are only waiting for you to stop talking so they can tell you their experience. You may have said something in the first sentence of your story that triggered a memory that took over their mind and they quit listening.

Some don’t wait for you to finish. A pause is an opening. People talk fast to get the thought out fast. For others, talking isn’t worth the work. Conversation is a lost art.

The spoken word is gone once the airwaves stop vibrating. “What did they say?” Listening is a lost art. Verbal communication takes more time. There’s an ever-present “rabbit hole” to send you off the subject.

After three texts on the same subject, it’s easier to call. But “robo-calls” have affected whether people will pick up, if you’re not in their contact, they don’t recognize your number.

Miracle

“I never saw a miracle of science, that didn’t go from a blessing to a curse.” These lyrics are from Sting’s song “If I Ever Lose My Faith in You.” It came out in 1991 a few years before the World Wide Web was everywhere. Now, devices follow us around.

Off the air

I have only one friend who does not text, email or use a computer. Yes he has a flip phone. He was born 74 years before the iPhone was introduced in 2007. That makes him 91 years old.

Our conversations often involve playful banter, joking. I’ll deliberately throw him a curve, and he’ll swat it right back at me. When he’s had enough, he’ll say, “You know what? I don’t give a hoot,” or something like that. And then we talk about the weather.

Mark Twain said, “Thank goodness for the weather, because without it people couldn’t start a conversation.”

Paper

For the longest time, the printing press was considered one of history’s top inventions. Some think this distinction was taken over by the Internet, when it became available to the public in 1993. Thirty-two years later it’s essential to daily life, finding solutions and products

answering math problems, settling bets, all in an instant before you could open a book to the table of contents. (Have you tried to look up a word in a paper dictionary lately. You sing the alphabet . . . “LMNOP.”)

The age of paper has faded. Get your receipt through email, so you can find it for returns. People talk of digital detox, but you don’t hear them say stop reading books. Of course you can get books on your device or listen to an audio book.

Wait for it

Yes, put down your electronic devices, which can border on addiction. But how will you fill that time? With a hobby? Exercise? No, it might be TV, and that can truly be toxic. You spend a third of the time watching commercials, deliberately engineered to be irritating because that stimulates cortisol, the stress hormone that is stronger than the happy brain chemistry. Occasionally there will be a cute commercial, but its appeal fades with repetition.

Catch it

Thoughts often come to you in quiet time that must be created. It requires distancing yourself from the repetitive thought cycle.

Stepping away and putting the problem out of your mind. As you relax the solution may pop out of nowhere. Be ready to catch it.

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Hit the hay and catch some Zs:

How to get the sleep you need to maximize your health at any age

by Jackie Nunnery

It seems like one of the easiest things we could do for our health, but sometimes stress, illness, aging and other factors can affect our ability to sleep and ultimately jeopardize our health. Sometimes developing new habits are all it takes to get the rest you need, while other times it may take the help of a sleep specialist and medical interventions. Regardless, sleep is too important to ignore.

Sleep is a pillar of health

Like a balanced diet and regular exercise, getting quality sleep works to improve your overall physical and mental health. “Sleep is very complex,” said Kanahaiyalal Trivedi, MD, a neurology and sleep specialist with Riverside Health in Gloucester and Newport News. “Sleep affects the endocrine system which involves everything in the body,” he said.

This network of glands and organs releases a complex balance of hormones related to growth and development, reproduction, metabolism, healing, stress and mood. When sleep is impaired, those hormones become unbalanced, leading to health problems, and sometimes serious ones.

When that pillar of health is weakened

Signs of poor sleep quality—trouble falling asleep, frequently waking up during the night, feeling tired or sleepy during the day, feeling irritable or anxious—are most often due to insomnia brought on by stress, chronic pain or depression, according to Trivedi. “You treat the underlying problems like anxiety, work stress or chronic pain to treat the insomnia.”

Circadian disorders are sleep problems related to the body’s internal clock that keeps the circadian rhythm, a 24-hour wake/sleep cycle. This can be disrupted due to internal, physical factors like changing hormone levels or aging. But because circadian rhythms are most influenced by light and dark cycles, shift-work can also cause disruptions when the body is exposed to light or darkness at irregular times or using electronics late into the night. Other factors known to affect circadian rhythms—physical activity, eating and temperature.

Sleep apnea is another more common sleep disorder, caused by disruptions in breathing during sleep. Most commonly, this occurs when the back of the

throat blocks the airway and is called obstructive sleep apnea. “This disruption can place stress on the heart as they struggle to breathe,” Trivedi said, adding “that additional force on the heart can lead to Afib (atrial fibrillation/abnormal heart beat) or a heart attack.”

Risk factors include age, obesity, family history, smoking and alcohol. Men are also more likely than women to develop sleep apnea.

Seeking medical help

As with most problems, the sooner you seek help, the better off you will be. A good diagnosis takes time and data. For Trivedi, the first step is understanding a patient’s sleep patterns. He asks them to track their sleep in a sleep diary. This tracks not only when you sleep/wake, but other things like caffeine consumption, naps, exercise, any medications taken and how alert you feel when waking up. This may help reveal patterns or explain why someone is having difficulty sleeping.

There are also sleep tracking apps for phones and most smart watches also track sleep patterns. They are useful, but only to a certain degree, said Trivedi. “It is not diagnostic. There are 18 parameters used in the diagnosis of sleep patterns, these watches are mostly using one or two”



Board certified neurologist and sleep specialist Dr. Kanahaiyalal Trivedi can offer many medical solutions to improve sleep like implant solutions for obstructive sleep apnea. Photo courtesy of Riverside Health

like blood oxygen levels or heart rate combined with an algorithm. Trivedi says that sometimes the sleep tracking data can actually work against you “like clock watching. You obsess about the numbers you’re getting.”

Instead, if needed, a polysomnogram (PSG) is used to record brain activity, eye movements, heart rate, blood pressure, blood oxygen, chest movements among other aspects related to sleep disorders. Because it is so extensive, this testing is typically done overnight in a hospital. However, a portable monitor is available for a simplified home sleep study.

Cleaning up your sleep hygiene routine

Habits that promote a good night’s sleep, called sleep hygiene, are the key. This involves picking up new habits to replace some bad habits that are hurting your sleep. So what are Dr. Trivedi’s recommendations?

- Get the right amount of sleep. This is especially true for children who need sleep for physical and cognitive development. Children ages 6-12 need nine to ten hours. Teens need slightly less with eight to 10 hours per night. Adults should be getting seven or more hours while those over 65, can get by with a little less.
- Keep a regular sleep schedule. Wake up and go to bed at the same time every day. Resist the urge to sleep in or take naps on weekends.
- Start a bedtime ritual. Signal to your body that it is time to wind down 30 minutes prior to your bedtime. Turn off electronic devices, read a book, use relaxation techniques like meditation, deep breathing or very light stretching.
- Control your sleep environment. Keep the bedroom dark, quiet, and at a cooler temperature. Try using room darkening shades, eye masks, ear plugs or fans to block light or noise.
- Stop watching the clock. If you are having trouble falling asleep



Habits that promote a good night’s sleep, called sleep hygiene, are the key. This involves picking up new habits to replace some bad habits that are hurting your sleep.



Dr. Kanahaiyalal Trivedi instructs a patient in the correct use of a continuous positive airway pressure (CPAP) machine that will help keep airways open during sleep. Photo courtesy of Riverside Health

it is tempting to check the time. Don’t. Turn the clock or phone screen away from you to avoid creating anxiety over lost sleep.

Outside of bedtime:

- Plan for physical activity. Just 30 minutes a day will not only help you fall asleep but improve the sleep you do get. Avoid strenuous activity within four hours of your bedtime.
- Eliminate afternoon caffeine. Though it is tempting to reach for a quick pick-me-up of soda, coffee or tea in the afternoon, avoid caffeine after 3 p.m.

Over time, sleep loss can greatly diminish your quality of life, but the good news is it can often be improved with lifestyle changes. It is never too late to start having good nights that lead to good mornings.

Area Resources:

Kanahaiyalal Trivedi, MD
Riverside Neurology & Sleep Specialists-Gloucester
7547 Medical Drive, Suite 1300
804-695-8550

Wendy Bond, NP
Bon Secours Sleep Disorders Center-Kilmarnock
95 Harris Road, Building 6
804-764-7491
(opening in April)



Tips to get children excited about exercise

Human beings need to engage in physical activity to stay healthy. But too many children are not getting the exercise they need. Only 50 percent of boys and less than 34 percent of girls between the ages of 12 and 15 are adequately fit, according to the Centers for Disease Control and Prevention. Children who are not physically fit are at greater risk for chronic diseases. In addition, children who are overweight or obese are at a higher risk of retaining that extra weight into adulthood.

Getting children to exercise regularly can be an uphill battle with so many distractions, such as electronic devices, vying for their attention. But parents can explore ways to get children more excited about physical activity.

Some of these ways include:

- **Choosing interactive toys** — Select toys for youth that require movement. These can include sporting activities, scooters, bicycles, and even video games that involve physical activity. Children will be moving while they play, which is a first step.

- **Set an example** — Children may be more likely to embrace physical activity if they see their parents exercising regularly. Adults can share their passions for activities that encourage movement, whether it is hiking, heading to the gym, swimming, or rock scrambling.

- **Make it a contest** — People can be very competitive, especially young children. If kids know there is a prize or reward attached to doing something, they may have more motivation to engage with it. Offer a prize to the person who can log the most minutes of physical activity each week.

- **Make things social** — The more people involved in an activity, the greater the chance kids will want to be involved. Therefore, invite their friends, cousins, classmates, and other relatives to participate.

- **Look for new ways to exercise** — Plan vacations and day trips around an activity. Perhaps the family can learn how to surf or snorkel on a trip; otherwise, a trip to the zoo or a museum can involve a lot of walking.

- **Find reasons to walk** — Kids and parents can walk to or from school each day to get exercise. Parking further away from stores ensures some extra steps as well. Take the stairs in malls instead of elevators or escalators.

- **Encourage participation in team sports** — Afterschool athletics often involve multiple days of practices and games or meets, which can be all the exercise a youth needs to be healthy. Athletics also present a fun way to exercise with friends.

Children need physical activity to stay healthy, and there are various ways to make them more inclined to be active.



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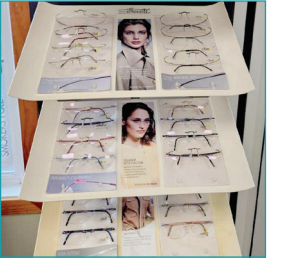
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Better health could be right under your feet

by Tom Chillemi

“Earthing,” also called grounding, theorizes that the Earth has negatively charged particles called electrons that recharge your body.

When bare skin touches the ground, your body absorbs electrons, which can have beneficial effects on your health, according to Earthing proponents.

Absorbing electrons from the Earth may counteract free radicals and help reduce inflammation, proponents say. Free radicals are unstable molecules that can cause damage to cells and chronic inflammation and other health issues.

Our bodies need recharging by contact with the Earth. Or, there are a number of “grounded” mats, sheets, and fabrics said to help recharge the immune system.

There’s something mystical about electricity — an invisible force. Science is still trying to master all of its powers. There is more we don’t know, or can’t prove, not yet.

Who knows what will be the next breakthrough?

From the power of lightning to milliamps in electronic devices, electricity is an essential phenomenon.

Big battery

The Earth is a big battery, according to Earthing.com. “The Earth is constantly recharged by the sun. In upper regions of the atmosphere (about 60 miles up) called the ionosphere, the sun’s rays split air molecules into positively and negatively charged ions.

“Electrons are subatomic particles that give negative ions their negative charge. The electrons are transferred down to the Earth via lightning and rain, a highly complex phenomenon that creates the planet’s negative surface charge.”

EMF

Clint Ober, who founded a business promoting Earthing, discovered the science of grounding in 1999 and soon learned that no one else had studied it. His early research showed that areas around grounded outlets were the only places free from EMF, (Elec-

tromagnetic Fields). These EMFs are also called radiation. EMFs are suspected by some to have negative effects on health, although the debate continues, according to the National Institute of Environmental Health Sciences.

Ober’s Earthing.com claims that since 2006, there have been 26 studies showing the positive effects of Earthing. “After years of observing the effect of Earthing on people, I know with absolute certainty that most everything going on in the body is different when you’re not grounded, when you are disconnected from the Earth, like most people today,” says Ober. “The way to live is to be connected to the Earth — grounded as much as possible — because being connected is like pulling a switch that enables your body to function more naturally and efficiently. Your body works electrically. You are a bioelectric being and you need connection with your natural electric source — the Earth’s electric energy. It establishes the most natural state of your electric body. It nourishes every cell.” Ober contends that being ungrounded is unnatural and counter to the way humans lived for most of history.

Earthing is rooted in ancient cultures, when people lived close to the earth. Today, nearly everyone wears shoes, which insulates them from the Earth’s electric charge.

The Earthing theory is that direct contact with Earth has potential to improve health.

Furthermore, even contacting concrete, bricks, gravel and natural bodies of water with bare feet is a form of Earthing, proponents say.

Mats and sheets

Walking barefoot is not practical in the urban world. A simple grounding system uses a sheet that is grounded by a wire plugged into a grounded electrical outlet. The person sleeping under it gets a similar effect as touching the Earth with bare feet. There are even shoes that have a conductive plug in the sole to make contact with the Earth. And shoes with leather soles that are not dried out can conduct the electrons.

Numerous studies tout the benefits of Earthing with respect to quicker injury healing, or speeding recovery from strenuous exercise.

However, the Cleveland Clinic observed, “While there’s some evidence to suggest Earthing is good for your health, these claims aren’t backed by high-quality research, but there’s a growing body of evidence suggesting that being outside (with or without touching the Earth) benefits our physical and mental health.”



Walking barefoot in contact with the Earth can improve your health. Photo by Tom Chillemi

“You are a bioelectric being and you need connection with your natural electric source — the Earth’s electric energy.”
— Clint Ober, founder of Earthing

Tips to take care of your skin

As the body's largest organ, skin is of the utmost importance to overall health. The skin protects against germs, regulates body temperature and enables tactile sensations, says the Cleveland Clinic. Despite those vital functions, skin is easily overlooked in health care regimens.

Even though the skin is susceptible to aging just like every other part of the body, there are steps everyone can take to maintain healthy skin throughout their lifetimes. Dermatologists, including those from the American Academy of Dermatology, share tips on how to care for and protect the skin so it looks beautiful and functions properly.

- Use sun protection. One of the key ways to care for the skin is to protect it from the sun. Over time, sun exposure can cause age spots, wrinkles and elevate the risk for skin cancer. Always use a broad-spectrum sunscreen with an SPF of 15 or higher. Apply generously and be sure to reapply every two hours or more if you will be swimming or perspiring.

- Stay away from tanning beds. People mistakenly think that using tanning beds is safer than sitting out in the sun. However, tanning beds emit harmful UV radiation that can cause skin cancer just like the sun. The AAD says one indoor tanning session can increase the risk of developing melanoma by 20 percent. Use self-tanning products instead for a golden glow.

- Quit smoking or never begin. Smoking makes the skin look older and contributes to wrinkles. Smoking narrows the tiny blood vessels in the outermost layers of the skin, decreasing blood flow to the skin and making the skin more pale, says the Mayo Clinic. Smoking also depletes oxygen in the skin and can damage collagen and elastin, the fibers that give skin its elasticity and strength.

- Avoid an overload of products. Many dermatologists suggest their patients stick to the basics daily, which includes a mild cleanser, moisturizer and sunscreen. Drinking plenty of water also helps the skin. Exfoliating the skin once a week can help remove dead skin cells, but don't overdo it, which can lead to excess oil production and breakouts.

- Select the right products for your skin type. Choose products that pertain to your skin type, which may be sensitive, normal, dry, oily, or a combination thereof.

- Don't forget the lips. Many people treat their entire faces but then do not address the skin on their lips. Skin cancer can form on the lips, so use a lip balm that has an SPF of 30 or higher. Petroleum jelly can add moisture to the lips if they feel dry.

- Visit a dermatologist. A dermatologist is an expert in many conditions of the skin, hair and nails. He or she can perform an annual examination to look at the entire body and determine the health of skin, and identify any moles or spots that may be of concern.

- Check your own skin. People are advised to pay attention to their skin and look regularly for new spots; spots that are different from other spots on the body; moles that itch, bleed or change color; and any other things that seem not quite right.

Taking care of the skin throughout the years can help a person look and feel his or her best.



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Irvington

▶ Blue Honey
301 Steamboat Rd.,
917-656-5033

Kilmarnock

▶ Motion Studios
15 E. Church St.
202-580-9542
▶ Northern Neck Family YMCA
39 William B. Graham Court
435-0223
▶ Shakti Aerial Yoga
234 N. Main St.
580-0630

▶ Total Yoga with David
David Scarbrough
580-4505
www.northernneckyoga.com

Mathews

▶ Mathews Family YMCA
33 Cricket Hill Rd.
725-1488

Warsaw

▶ Richmond County
Family YMCA
45 George Brown Ln.
333-4117

West Point

▶ Greater West Point
Family YMCA
3135 King William Ave.
843-3300

White Stone

▶ BodyFit
578 Chesapeake Dr.
436-2214
▶ Devi Hersche
387-2333
▶ Etudes Ballet School
56 1st St.
815-2695

▶ Fresh Flex
Ja'Nae Washington
Personal Trainer/Nutrition
Coach
578 Chesapeake Dr.
freshflex21@gmail.com

▶ Inside Out Yoga
Susan Johnson
366 James Wharf Rd.
436-2204
▶ Rishi Yoga & Wellness
578 Chesapeake Dr.
456-8030

Free Health Clinics

Gloucester

▶ Gloucester – Mathews
Free Clinic
6031 Industrial Dr.
210-1368

Kilmarnock

▶ Northern Neck –Middlesex
Free Health Clinic
51 William B. Graham Court
435-0575
www.nnmfhc.com

Tappahannock

▶ Tappahannock Free Clinic
317 Duke St.
443-9590

Gastroenterology

Gloucester

▶ Riverside Gastroenterology
Specialists
7547 Medical Dr., Suite 2300
210-1703

Tappahannock

▶ VCU Health Gastroenterology
at Tappahannock
618 Hospital Rd.

443-6020

General Surgery

Gloucester

▶ Middle Peninsula General
and Vascular Surgery
7547 Medical Dr., Suite 1500
693-3081
▶ Riverside Surgical Specialists
7584 Hospital Dr. Bldg. C,
Suite 202
693-3400

Kilmarnock

▶ Bon Secours Kilmarnock
Surgical Associates
95 Harris Rd., Building 5
435-1608

Tappahannock

▶ VCU Health Surgery at
Tappahannock
659 Hospital Rd., Pavilion A,
Suite 203
443-6232

Health Systems

▶ Bon Secours Health
System
www.bonsecours.com

▶ Riverside Health System
(757) 594-2000
www.riversideonline.com

▶ VCU Health
1-800-762-6161
vcuhealth.org/tappahannock

Hearing & Audiology

Gloucester

▶ The Audiology Offices
6764 Main St.
695-1199

Kilmarnock

▶ The Audiology Offices
875 Irvington Rd
435-0758
▶ Beltone-Ledford Audiology
and Hearing Aid Center
25 Office Park Dr., Suite 4
435-1134

Warsaw

▶ The Audiology Offices
4562 Richmond Rd.
313-8240

Holistic Therapy

Callao

▶ Abilities Abound
765 Northumberland Hwy.
529-5178

Warsaw

▶ Tracy Winegar
SonRay Wellness
2394 Farnham Creek Rd.
436-7652

**Hospice & Home Care
Gloucester**

- ▶ Hope in Home Care
6762 Main St.
824-9232
- ▶ Riverside Walter Reed
Home Health
7358 Main St.
693-8825
- ▶ Riverside Walter Reed Hospice
7358 Main St.
693-1111

Hayes

- ▶ Concordia Home Health
Services
2988 G. Washington Mem. Hwy.
642-1051
- ▶ Home Care Associates
6834 Colemans Crossing Ave.,
Suite E.
210-1333

Irrington

- ▶ At Home with RWC
132 Lancaster Dr.
438-4013
www.athomeRW-C.org

Kilmarnock

- ▶ Visiting Angels
68 S. Main St.
435-2229

Reedville

- ▶ Robyn Thilkey
Northern Neck Concierge
Nurses.
766 Oyster Point Dr.
221-1458

Tappahannock

- ▶ Americare Plus
1417 Tappahannock Blvd.,
Suite A
407-2273
- ▶ Hospice of Virginia
1924 Tappahannock Blvd.
443-4090

Urbanna

- ▶ Bay Aging
5306 Old Virginia St.
758-2386
www.bayaging.org

Warsaw

- ▶ Hospice Support Services
of the Northern Neck
28 St. John St.
333-0084
- ▶ Riverside Home Care &
Hospice
4719 Richmond Rd.
333-8470

White Stone

- ▶ Peace of Mind Senior Care
577-3055

Williamsburg

- ▶ At Home Care
366 McLaw's Circle Suite 2
Williamsburg (serving locally)
438-5010

**Hospitals
Gloucester**

- ▶ Riverside Walter Reed
Hospital
7547 Medical Dr.
693-8800

Kilmarnock

- ▶ Bon Secours Rappahannock
General Hospital (RGH)
101 Harris Rd.
435-8000
www.bonsecours.com

Mechanicsville

- ▶ Bon Secours Memorial
Regional Medical Center
8260 Atlee Rd.
764-6000

Tappahannock

- ▶ VCU Health
Tappahannock Hospital
Rts. 17 and 360,
618 Hospital Rd.
443-3311
vcuhealth.org/tappahannock

**Internal Medicine
Gloucester**

- ▶ Courthouse Pediatrics
8264 G. Washington Mem. Hwy.
695-0305
- ▶ Direct Access Internal
Medicine
6609 Main St.
824-9153
- ▶ Internal Medicine Associates
of Gloucester
7547 Medical Dr., Suite 2200
693-2720

Hayes

- ▶ Riverside Hayes Medical
Center
2246 G. Washington Mem. Hwy.
642-6171

Kilmarnock

- ▶ Bay Internists
107 DMV Dr.
435-3103

- ▶ BSRGH
101 Harris Rd.
435-8000

Mathews

- ▶ Riverside Mathews
Medical Center
10976 Buckley Hall Rd.
725-5005

Tappahannock

- ▶ Bon Secours Tappahannock
Primary Care
1362 Tappahannock Blvd.
443-5378

**Medical Equipment
& Supplies**

Mathews

- ▶ Hudgins Pharmacy
256 Main St.
725-2222

Mental Health: Support

- ▶ NAMI Mid-Tidewater
684-1480
nami-mid-tidewater.org

Kilmarnock

- ▶ The Bay Center
436-6362
thebaycenter.org

**Mental Health: Psychiatry
Gloucester**

- ▶ Middle Peninsula
Counseling Center
9228 G. Washington Mem. Hwy.
693-5057
- ▶ Steider & Associates
6810 Teagle Ln.
210-1104

Kilmarnock

- ▶ Andrew J Billups, PSYD
48 S. Main St.
435-6777
- ▶ Bon Secours Rappahannock
General Hospital Bridges
Behavioral Health
113 DMV Dr.
435-9237

Saluda

- ▶ Middle Peninsula Northern
Neck Community Services
Board
530 Gen. Puller Hwy.
758-5314
- ▶ Middle Peninsula Northern
Neck Community Services
Board
414 Main St.
333-3671

- ▶ Steider & Associates
549 Main St.
313-2030

White Stone

- ▶ Steider & Associates
56 First St.
313-2030

**Mental Health:
Licensed Counselors**

Gloucester

- ▶ Chesapeake Counseling
Associates
7296 York Ave.
695-2557
- ▶ Gloucester Counseling Center
9228 G. Washington Mem. Hwy.
693-5057

Kilmarnock

- ▶ Andrea Latell LPC
25 Office Park Dr., Suite 2
435-7355

- ▶ Bon Secours Rappahannock
General Hospital Bridges
Behavioral Health-Inpatient
Program,
101 Harris Rd.
435-8490

- ▶ Bon Secours Rappahannock

- General Hospital Bridges
Behavioral Health-Outpatient
Program
113 DMV Dr.
435-9237
- ▶ Michelle Johnson
25 Office Park Dr., Suite 2
824-3817

- ▶ Sarah McCarthy
25 Office Park Dr., Suite 2
577-8082
- ▶ Serenity Cove
Pediatric Mental Health
585-633-0680
- ▶ Susan Brooke
31 Noblett Ln.
462-7919
- ▶ Suzanne Souders
25 Office Park Dr., Suite 2
557-0186
- ▶ Janine Snader
235 N. Main St..
757-345-8511

Lively

- ▶ Susan Brooke
826 Monaskon Rd.
462-7919

Tappahannock

- ▶ Essex Counseling Center
330 Hospital Rd.
333-3671

Warsaw

- ▶ The Wellness Place
622 Main St.
472-3706

White Stone

- ▶ R. Scott Barker Counseling
44 1st St.
267-716-8458

**Neurology/Sleep
Disorders**

Gloucester

- ▶ Riverside Neurology and
Sleep Specialists
7547 Medical Dr., Suite 1300
695-8550

Kilmarnock

- ▶ Neuro Surgical
95 Harris Rd.
Building 6 Suite A
288-8204

**Obstetrics & Gynecology
Gloucester**

- ▶ Riverside Partners in Women's
Health
6750 Main St. Suite 200
693-2670

Kilmarnock

- ▶ Virginia Women's Center
102 DMV Dr.
436-8038

Tappahannock

- ▶ Bon Secours Tappahannock
Dominion Women's Health
Tappahannock Towne Center
1396 B Tappahannock Blvd.
730-0800

White Marsh

- ▶ TPMG Middle Peninsula

- Women's Care
4844 Geo. Wash. Mem. Hwy.
Suite 8
693-4410

**Occupational Therapy
Gloucester**

- ▶ Riverside Physical Therapy
7578 Hospital Dr., Suite 106
693-8867
- ▶ Pivot Physical Therapy
6970 Fox Hunt Ln., Suite 201
694-8111
- ▶ Walter Reed
Convalescent Center
7602 Meredith Dr.
693-6503

Kilmarnock

- ▶ Bon Secours Rappahannock
General Hospital
Rehabilitation & Sports
Medicine Center
43 William B. Graham Court
435-8501

King William

- ▶ King William Physical
Therapy
694 Sharon Rd., Suite R
769-7504

Urbanna

- ▶ Rural Infant
Services Program
5372B Old Virginia St.
758-5250

**Oncology
Gloucester**

- ▶ Riverside Peninsula Cancer
Institute and Infusion Center
7544 Medical Dr., Suite B-1
693-9037
- ▶ Riverside Middle Peninsula
Cancer Center Radiation
Oncology
7544 Medical Dr., Suite A
693-4900

Kilmarnock

- ▶ Bon Secours Rappahannock
General Hospital Outpatient
Infusion Center
101 Harris Rd.
435-8583

Tappahannock

- ▶ VCU Health Infusion Center
& VCU Health Cancer Care
Center
618 Hospital Rd.
443-6137

**Ophthalmology
Gloucester**

- ▶ Hampton Roads
Eye Associates
7590 Hospital Dr., Suite 204
693-5560
- ▶ Wal-Mart Vision Center
6819 Walton Ln.
693-2623

Heathsville

- ▶ Robert Jacey
710 Train Ln.
517-5555

Kilmarnock

- ▶ Old Dominion Eye Care
101 Technology Park Dr.
435-0547

Tappahannock

- ▶ Old Dominion Eye Care
618 Hospital Rd.
443-6180

**Opticians
Gloucester**

- ▶ Martin, Thomas, Walker
Prescription Opticians
7588 Hospital Dr.
413-6356
- ▶ Greens Optical Company
4756 G. Washington Mem. Hwy.
695-9595

Hayes

- ▶ Wilcox Eye Center
Tyndall Square, Suite 1
2652 G. Washington Mem. Hwy.,
642-9800

Kilmarnock

- ▶ Stylish Eyes
266D N. Main St.
435-2620

West Point

- ▶ West Point Vision Care
3180 King William Ave.
843-9030

**Optometry
Gloucester**

- ▶ Eyemax
6651 Main St.
694-4999

Hayes

- ▶ Eastern Eye Associates
3449 G. Washington Mem. Hwy.
642-2290
- ▶ Wilcox Eye Center
Tyndall Square, Suite 1
2652 G. Washington Mem. Hwy.,
642-9800

Tappahannock

- ▶ The Eyesight of
Tappahannock
611 Della St.
443-3901

**Orthopedics &
Sports Medicine**

Gloucester

- ▶ Riverside Orthopedic
Specialists
7560 Hospital Dr., Building B,
Suite 101
693-0529

Kilmarnock

- ▶ Kilmarnock Orthopaedics
95 Harris Rd., Building 4
577-4224

Tappahannock

- ▶ VCU Health Orthopedics at
Tappahannock
300 Mt. Clement Park

443-8670

**Pain Management
Tappahannock**

- ▶ VCU Health Pain
Management at Tappahannock
300 Mt. Clement Park
443-6143

**Palliative Care
Gloucester**

- ▶ Riverside Palliative Care
Middle Peninsula
7358 Main Street
757-316-5725

**Pediatrics
Deltaville**

- ▶ Fishing Bay Family Practice
16681 Gen. Puller Hwy.
776-8000

Gloucester

- ▶ Courthouse Pediatrics
8264 Washington Mem. Hwy.
695-0305

Hayes

- ▶ Children’s Clinic
Abingdon Square
3055 G. Washington Mem. Hwy.
642-9231

Lively

- ▶ Bon Secours Lively Medical
Center
36 Lively Oaks Rd.
287-4569

Warsaw

- ▶ VCU Health at Warsaw
16 Delfae Dr.
333-1260

**Pharmacies
Aylett**

- ▶ King William
Good Neighbor Pharmacy
7890 Richmond
Tappahannock Hwy.
769-3885

Callao

- ▶ Walgreens
17422 Richmond Rd.
529-6230

Gloucester

- ▶ Rite Aid
6908 Main St.
693-2160
- ▶ Walmart Pharmacy
6819 Walton Ln.
694-0060

Hartfield

- ▶ Medicine Shoppe Pharmacy
9893 Gen. Puller Hwy.
776-9990

Kilmarnock

- ▶ CVS
100 James B. Jones Mem. Hwy.
435-1602

- ▶ Main Street Pharmacy
308 North Main St.
435-8818

- ▶ Walmart Pharmacy
200 Old Fair Grounds Way
435-6317
- ▶ Walgreens Pharmacy
573 N Main St.
435-8890

King William

- ▶ King William Pharmacy
7890 Richmond
Tappahannock Hwy.
769-3885

Mathews

- ▶ Hudgins Pharmacy
256 Main St.
725-2222

Montross

- ▶ Walgreens
15748 Kings Hwy.
493-9505

Tappahannock

- ▶ Walgreens
1840 Tappahannock Blvd.
443-4709
- ▶ Walmart Pharmacy
1660 Tappahannock Blvd.
443-1988

Urbanna

- ▶ Marshall’s Drug Store
50 Cross St.
758-5344

Warsaw

- ▶ Walgreens
4671 Richmond Rd.
333-4122

West Point

- ▶ Walgreens
345 14th St.
843-2880

**Physical Therapy &
Rehabilitation**

Aylett

- ▶ King William Physical
Therapy
5988 Richmond Tapp. Hwy.
769-7504

Burgess

- ▶ Belfield Physical Therapy
15137 Northumberland Hwy.
220-2009

Callao

- ▶ Abilities Abound
765 Northumberland Hwy.
529-5178

Gloucester

- ▶ Riverside Physical Therapy
7578 Hospital Dr., Suite 106
693-8867
- ▶ Pivot Physical Therapy
6970 Fox Hunt Ln., Suite 201
694-8111
- ▶ Walter Reed Convalescent
Center
7602 Meredith Dr.
693-6503

Hartfield

- ▶ Carousel Physical Therapy
10880 General Puller Hwy.,
Suite N
776-8500
www.carouselpt.com

- ▶ Riverside Physical Therapy
Middlesex
11487 General Puller Hwy.
791-3900

Hayes

- ▶ Riverside Physical Therapy
2656 G. Washington Mem.
Hwy. #5
642-5601
- ▶ Pivot Physical Therapy
7190 Chapman Dr.
642-3028

Kilmarnock

- ▶ Carousel Physical Therapy
500 Irvington Rd.
435-3435
www.carouselpt.com

- ▶ Bon Secours Rappahannock
General Hospital
Rehabilitation and Sports
Medicine Center
43 William B. Graham Court
435-8501

Lancaster

- ▶ Belfield Physical Therapy
11540 Mary Ball Rd.
462-9600

Tappahannock

- ▶ Carrington Place
of Tappahannock
1150 Marsh St.
443-4308
- ▶ Essex Physical Therapy
900 S. Church Ln.
443-4850
- ▶ VCU Health Physical Therapy
300 Mt. Clement Pk.
443-6090

Urbanna

- ▶ Rural Infant
Services Program
5372 B Old Virginia St.
758-5250

Warsaw

- ▶ Belfield Physical Therapy
4562 Richmond Rd.
333-8222

West Point

- ▶ Pivot Physical Therapy
100 Winter St., Suite 103
843-9033

**Plastic Surgery
Gloucester**

- ▶ Plastic Surgery Specialists
5659 Parkway Dr., Suite 240
351-8743

Podiatry

Hayes

- ▶ The Foot Doctor
2900 G. Washington Mem. Hwy.
642-1417

Kilmarnock

- ▶ The Foot Center
720 Irvington Rd.
435-1644

Tappahannock

- ▶ Tappahannock Foot & Ankle
402 Airport Rd.
925-6027

**Pulmonology
Gloucester**

- ▶ Riverside Pulmonary
Specialists, 7544 Medical Dr.,
Building A, Suite 202
695-8501

**Radiology
Gloucester**

- ▶ Riverside Radiology Services
Riverside Walter Reed
Hospital
7547 Medical Dr.
693-8880

Kilmarnock

- ▶ Bon Secours Rappahannock
General Hospital
101 Harris Rd.
435-8538

Tappahannock

- ▶ VCU Health Tappahannock
Hospital
Sharon Outten
618 Hospital Rd.
443-6044

**Renal Dialysis
Tappahannock**

- ▶ Fresenius Kidney Care
Dialysis Center
1922 Tappahannock Blvd.
443-6542

Warsaw

- ▶ U.S. Renal Care
4709 Richmond Rd.
333-4444

**Social Worker
Gloucester**

- ▶ Chesapeake Counseling
7296 York Ave.
695-2557
- ▶ Middle Peninsula Northern
Neck Community Services
Board Gloucester Counseling
9228 G. Washington Mem. Hwy.
693-5057

Mathews

- ▶ Keystone Counseling
36 Court St.
725-1202

Warsaw

- ▶ Warsaw Counseling Center
414 Main St.
333-3671

**Spas & Massage
Callao**

- ▶ Abilities Abound
765 Northumberland Hwy.
529-5178

Deltaville

- ▶ Progressive Healing
211 Porpoise Ln.
776-0919

Gloucester

- ▶ Heart Felt Touch Massage
Therapy
7282 York Ave.
693-9000
- ▶ Riverside Wellness and
Fitness Center

7516 Hospital Dr.
693-8888

Hayes

- ▶ Gloucester Chiropractic & Massage Therapy, LLC
2654 G. Washington Mem. Hwy.
642-6106
- ▶ Gerlinda's Health Spa
2961 G. Washington Mem. Hwy.
642-2100

Irrington

- ▶ Journey Spa
The Tides Inn
480 King Carter Dr.
438-4430

Kilmarnock

- ▶ La Source
211 S. Main St.
436-2985
- ▶ Results Oriented Massage
25 Augusta St.
815-5836
- ▶ Spa 2 U
Mobile Therapeutic Massage
453-5367
- ▶ Stephanie Reeves Reed, LMT
436-6555

Mathews

- ▶ Heavenly Hands Massage by Pearl
6253 Buckley Hall Rd.
413-1956
- ▶ Massage by the Bay
1117 Buckley Hall Rd.
971-678-7176

Tappahannock

- ▶ The Glamper
306 Church Ln..
757-746-6557

Urbanna

- ▶ Urbanna Therapeutic Massage
51 Cross St.
654-0271

Warsaw

- ▶ Holly's Massage
209 St. John's St.
761-2851
- ▶ The Wellness Place
622 Main St.
472-3706

White Marsh

- ▶ Results Oriented Massage
4856 Geo. Washington Mem. Hwy.
815-5836

Speech Pathology

Gloucester

- ▶ Riverside Speech Therapy
7578 Hospital Dr., Suite 106
693-8867
- ▶ Virginia Health Rehabilitation Agency
7602 Meredith Dr.
693-6503

Kilmarnock

- ▶ Bon Secours Rappahannock General Hospital Rehabilitation and Sports Medicine Center
43 William B. Graham Court
435-8501

Urbanna

- ▶ Rural Infant Services Program
5372 B Old Virginia St.

758-5250 or
(800) 305-BABY (2229)

Testing Services

Saluda

- ▶ Secure Testing Services
904 Gen. Puller Hwy.
286-9020

Urgent Care

Gloucester

- ▶ MD Express
6567 G. Washington Mem. Hwy.
824-9962
- ▶ Velocity Urgent Care
5659 Parkway Dr.
381-4361

Tappahannock

- ▶ VCU Health Urgent Care at Tappahannock
300 Mt. Clement Pk., Suite A
443-8610

Urology

Gloucester

- ▶ Riverside Urology Specialists
7552 Hospital Dr., Suite 302
693-9062

Tappahannock

- ▶ VCU Health Urology at Tappahannock
658 Hospital Rd.

Pavilion B
443-6020

- ▶ Virginia Urology
Bon Secours Tappahannock Medical Center
Tappahannock Towne Center
1396 B Tappahannock Blvd.
330-9105
www.uro.com/world-class

Vascular Surgery

Gloucester

- ▶ Riverside Vascular Specialists
7544 Hospital Dr., Building A, Suite 202
757-534-5340

Tappahannock

- ▶ Vascular Surgery Associates
Bon Secours Tappahannock Medical Center
1396 B Tappahannock Blvd.
288-1953

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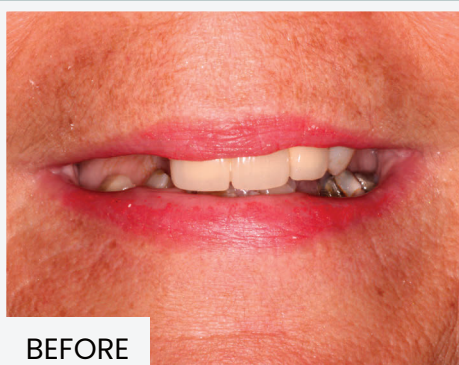
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