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**Being a  
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## FROM THE EDITOR

By ANGEL CHAVEZ

# Happy New Year 2024!

“[God] has in these last days spoken to us by His Son, whom He has appointed heir of all things, through whom also He made the worlds; who being the brightness of His glory and the express image of His person, and upholding all things by the word of His power, when He had by Himself purged our sins, sat down at the right hand of the Majesty on high...” *Hebrews 1:1-3*

**WHAT DOES JESUS' WORD DO FOR OUR VISIBLE UNIVERSE AND THE INVISIBLE WORLDS? UPHOLDS THEM. WHAT EXACTLY? HOW ABOUT PROTECT, NURTURE, PRESERVE AND KEEP ALIVE? NOT ENOUGH? KEEP READING...**

**UPHOLD MEANS:** Confirm, endorse, sustain, validate, ratify, verify, vindicate, justify, approve, support, back, back up, stand by, champion, defend, stick up for, give one's support to, be supportive of, give one's backing to, come to the defense of, maintain, sustain, continue, preserve, protect, keep, hold to, keep going, strengthen, nurture, keep alive.

**THE WORD OF HIS POWER? MEANS HIS ALMIGHTY POWER IS ACTIVATED BY HIS WORD.**

How much power? Enough to protect, nurture, preserve, keep alive all universes; visible an invisible [Including all men]. All dimensions would collapse if His Power, activated by His Word, would not be in the right place at the right time. **THAT IS WHY HIS WORDS IS SUPREME!**

“For by Him [Jesus] all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” *Colossians 1:16*

**NO WONDER APOSTLE JOHN STARTS HIS GOSPEL:** “In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through Him, and without Him nothing was made that was made. In Him was life, and the life was the light of men. And the light shines in the darkness, and the darkness did not comprehend it...” *John 1:1-5*

**JESUS IS THE TRUE LIGHT WHICH GIVES LIGHT TO EVERY MAN ...**He was in the world, and the world was made through Him, and the world did not know Him. He came to His own, and His own did not receive Him.” *John 1:10-11*

**THE BEST EVER DOCTOR IS ON THE FACE OF THE EARTH TODAY. HE CAN CUT YOU OPEN, CAN DELIVER YOU, HEAL YOU, AND TRANSFORM YOU FROM GLORY TO GLORY IN HIS IMAGE. I PRAY THAT YOU WILL MAKE YOURSELF AVAILABLE FOR THIS OPERATION.**

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account.” *Hebrews 4:12-13*

**JESUS HIMSELF SAID:** “Heaven and earth will pass away, but My words will by no means pass away”. *Mathew 24:35*

**NEW YEAR - NEW LIFE PRAYER FOR ALL:**  
**SURRENDER YOURSELF TO THE WORD!** Lord, I do believe that Jesus of Nazareth took my place in the

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## Dr. Liz Perry

Perry Family Health, Gentle Health Center



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# Navigating the Challenges: The Biggest Issues Facing Kids Today

In the rapidly evolving landscape of the 21st century, children are confronted with a myriad of challenges that shape their upbringing and future. While the experience of childhood has always been complex, the contemporary world introduces unique problems that demand attention and action. From the digital revolution to mental health concerns, the biggest issues facing kids today are diverse and interconnected, requiring a comprehensive approach to ensure their well-being and development.

One of the most pervasive issues affecting children today is the impact of technology on their lives. The digital age has brought forth unprecedented access to information and communication, but it also poses significant risks. Excessive screen time, cyberbullying, and the addictive nature of social media can contribute to detrimental effects on children's physical and mental health. Striking a balance between harnessing the educational benefits of technology and safeguarding against its potential harms is crucial.

Moreover, the prevalence of social media exacerbates issues like body image and self-esteem among young people. The constant exposure to curated, often unrealistic representations of beauty and success can lead to feelings of inadequacy and low self-worth. This pressure is particularly intense during adolescence, a time when self-identity is forming, making it imperative to foster a healthy online environment that promotes authenticity and self-acceptance.

Another significant challenge facing children today is the growing concern for mental health. The pressures of academic achievement, societal expectations, and the challenges of navigating adolescence contribute to an alarming increase in mental health issues among children. Depression, anxiety, and other mental health disorders can have profound and lasting impacts on a child's well-being, underscoring the need for accessible and stigma-free mental health support within educational and community settings.

In addition to mental health, the issue of bullying persists as a pervasive threat to children's safety and emotional well-being. While traditional forms of bullying still exist within schoolyards, the digital age has given rise to cyberbullying, which extends the reach and impact of harmful behaviors. Addressing bullying requires a multi-faceted approach involving schools, parents, and communities to create safe spaces and nurture empathy among children.

Furthermore, the ongoing global challenges, such as the COVID-19 pandemic, have highlighted the vulnerability of children in times of crisis. Disruptions to education, economic instability, and the loss of a sense of normalcy can have profound effects on children's development. Addressing the immediate and long-term consequences of such crises requires a concerted effort from governments, communities, and educational institutions to provide the necessary support and resources.

An often-overlooked issue is the widening socio-economic disparity that affects children's opportunities and outcomes. Access to quality education, healthcare, and extracurricular activities can vary significantly based on a child's socio-economic background. Bridging this gap requires systemic changes to ensure that every child has an equal chance to fulfill their potential, regardless of their economic circumstances.

Moreover, the environmental crisis poses a formidable threat to the well-being of current and future generations. Children today face the prospect of a planet with dwindling natural resources, escalating climate change, and environmental degradation. Fostering environmental awareness and sustainable practices from an early age is essential for equipping children with the knowledge and skills needed to address and mitigate the environmental challenges they will inherit.

In conclusion, the biggest issues facing kids today are complex, interconnected, and demand a holistic approach from individuals, communities, and policymakers. The digital revolution, mental health concerns, bullying, the impact of global crises, socio-economic disparities, and the environmental crisis are all critical aspects that shape the landscape of childhood in the 21st century. Addressing these issues requires a commitment to fostering a supportive and inclusive environment that prioritizes the well-being and development of every child. Only through collective effort can society hope to provide a brighter future for the generations to come. ♦







## FROM THE CITY COUNCIL

by SARAH PROHASKA  
Communications Director for  
the City of Port St. Lucie

### New Program to Provide Rewards for Port St. Lucie Customers Who Shop Locally

Customers who shop locally at participating businesses in Port St. Lucie will soon have a rewarding experience.

The City of Port St. Lucie launched the Open Rewards program on November 20. Open Rewards is a free, easy-to-use smartphone app that allows shoppers to earn cash-back rewards when they buy from participating retailers and restaurants.

Open Rewards continues the City of Port St. Lucie's commitment to supporting local businesses and growing the community's economy. In 2021, the City launched Open for Business, a free online tool that allows businesses to promote services for new and existing customers.

Local retail stores and restaurants that are registered with the City's Open for Business tool will be featured in Open Rewards at no cost. Eligible Port St. Lucie businesses wishing to participate can register online.

Using the app is easy for shoppers:

- Customers download the Open Rewards app from the Apple App Store or Google Play, then create a free account.
- After shopping at a participating business, customers earn 5% of their purchase amount from participating retailers and restaurants, then claim their rewards through the app.
- They can then redeem awards through the payment method they selected in their Open Rewards account.

"Open Rewards is a unique opportunity that allows customers to save money while contributing to a healthy local economy," said Elijah Wooten, Economic Development Administrator. "We are excited to be able to promote local businesses and incentivize people to shop locally. It's a win-win for our community." ♦

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## FROM THE SLC PROPERTY APPRAISER

by MICHELLE FRANKLIN  
Saint Lucie County Property Appraiser  
[www.paslc.gov](http://www.paslc.gov)

### A Year of Change: How It May Impact Your Property Taxes



Life is full of exciting changes, and 2023 might have brought some big ones your way. Whether it was saying "I do," moving into your dream home, celebrating your 65th birthday, or making some significant legal changes to your property, these milestones can have an impact on your property taxes.

Here's how some common life changes in 2023 can affect your property tax exemptions and cap for the upcoming year:

#### Love and Marriage:

- Tied the knot? Congratulations! Saying "I do" not only brings joy, but it can also affect your property taxes. Joining forces with your spouse can affect your combined exemptions and cap, potentially leading to adjustments.

#### Home Sweet Home:

- Did you move into a new home? Whether it's a charming starter home or a spacious retirement haven, your new address could mean changes to your exemptions and tax cap and your exemption situation will change accordingly.

#### Golden Years:

- Reaching the age of 65? You may qualify for additional exemptions that lower your tax burden. To qualify for the additional Homestead Exemption for persons 65 and older, you must meet the following requirements: Florida resident 65 and older as of January 1st of the current year coupled with an adjusted household income for the prior year cannot exceed \$35,167. Income amount is adjusted annually by the change in the Consumer Price Index.

#### Trustworthy Estate Planning:

- Transferred your property into a Trust? Planning for the future involves important decisions like placing your property in a trust. Remember to update your records as it may potentially adjust your exemptions.

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## FROM THE SHERIFF'S DEPARTMENT

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### Prescription Drug Abuse Help



#### Recognizing Signs of Substance Abuse

- Changes in behavior and attitude
- Deteriorating family relationships
- Long unexplained absences
- Lying and stealing
- Obvious intoxication, delirious, incoherent, or unconscious
- Seclusive behavior (long periods spent in self imposed isolation)
- Tracks of needle marks normally found in the upper arms of users

#### Marchman Act

##### 397.6811 Involuntary assessment and stabilization

A person determined by the court to appear to meet the criteria for involuntary admission under s. 397.675 may be admitted for a period of 5 days to a hospital or to a licensed detoxification facility or addictions receiving facility, for involuntary assessment and stabilization or to a less restrictive component of a licensed service provider for assessment only upon entry of a court order or upon receipt by the licensed service provider of a petition. Involuntary assessment and stabilization may be initiated by the submission of a petition to the court.

If the person upon whose behalf the petition is being filed is an adult, a petition for involuntary assessment and stabilization may be filed by the respondent's spouse or guardian, any relative, a private practitioner, the director of a licensed service provider or the director's designee, or any three adults who have personal knowledge of the respondent's substance abuse impairment. If the person upon whose behalf the petition is being filed is a minor, a petition for involuntary assessment and stabilization may be filed by a parent, legal guardian, legal custodian, or licensed service provider. ♦

#### Additional Information

For more information on the Marchman Act - Please contact St. Lucie County Clerk of Court Mental Health Division at 772-462-6921.



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# The Deceptive Potential of Artificial Intelligence

Artificial Intelligence (AI) has emerged as a transformative force, permeating various aspects of our daily lives. While its applications hold tremendous promise, there exists a parallel concern regarding the potential for AI to deceive. This deception can manifest in subtle ways, from biased algorithms reinforcing existing prejudices to deepfake technologies creating convincingly false content. This article explores the multifaceted dimensions of how AI can deceive and the ethical implications that arise from its deceptive capabilities.

## Understanding Deceptive AI

Deception in AI is not a monolithic concept; instead, it encompasses a spectrum of behaviors and applications. At its core, AI deception can be categorized into two main types: unintentional and intentional.

Unintentional deception often stems from biases ingrained in the datasets used to train AI models. If historical data reflects societal prejudices, the AI system can inadvertently perpetuate and amplify these biases. For instance, facial recognition algorithms trained predominantly on data from certain demographics may struggle to accurately identify individuals from underrepresented groups, leading to unintentional discrimination.

Intentional deception, on the other hand, involves the manipulation of AI systems for malicious purposes. Deepfake technology, a prominent example, leverages advanced machine learning techniques to create hyper-realistic audio and video content, often featuring fabricated appearances or speeches of public figures. The potential for deepfakes to spread misinformation and influence public opinion poses a significant challenge to the integrity of information in the digital age.

## Bias in AI Algorithms

The foundation of many AI systems lies in their ability to analyze and learn from vast datasets. However, these datasets are not immune to the biases inherent in human society. AI algorithms trained on biased data can perpetuate and even exacerbate societal prejudices, leading to discriminatory outcomes.

For instance, in the realm of hiring, if historical data used to train an AI recruitment tool reflects gender or racial biases, the algorithm may inadvertently discriminate against certain demographics, perpetuating an unjust cycle. Unraveling these biases requires a critical examination of the data used for training and the development of strategies to mitigate and correct them.

## Deepfakes: The Art of Synthetic Deception

Deepfake technology represents a paradigm shift in the realm of AI deception. Enabled by generative adversarial networks (GANs), deepfakes can produce highly convincing forged content by pitting two neural networks against each other—one generating synthetic content, and the other evaluating its authenticity. While deepfakes have garnered attention for their use in creating entertaining videos or mimicking celebrities, their potential for malicious activities raises ethical concerns.

Political manipulation, character defamation, and the spread of misinformation are among the risks associated with deepfake technology. As deepfakes become more sophisticated, distinguishing between authentic and manipulated content becomes an increasingly challenging task, putting the reliability of visual and auditory information in jeopardy.

*continued next page*

[www.iCareTown.com](http://www.iCareTown.com)



## Combating AI Deception

Addressing the deceptive potential of AI requires a multifaceted approach encompassing technological, ethical, and regulatory measures.

## Ethical Considerations and Responsible AI Development

Developers and organizations must prioritize ethical considerations in AI development. This involves acknowledging the potential for bias in training data and actively working to minimize and rectify these biases. Additionally, incorporating transparency into AI systems allows users to understand how decisions are made, fostering accountability.

## Explainable AI (XAI)

To build trust in AI systems, there is a growing need for explainable AI. XAI aims to make the decision-making processes of AI models transparent and understandable to non-experts. By providing insights into how an AI system arrives at a particular outcome, users can better assess the reliability and fairness of the technology.

## Advancements in Detection Technologies

As AI deception techniques evolve, so must the technologies designed to detect them. Researchers and technologists are actively developing tools that can identify deepfakes and other deceptive AI applications. These detection mechanisms play a crucial role in mitigating the harmful effects of deceptive AI.

## Regulatory Frameworks

Governments and international bodies must establish clear regulatory frameworks to govern the development and deployment of AI technologies. Striking a balance between fostering innovation and preventing malicious use requires robust legislation that outlines ethical guidelines and repercussions for unethical practices.

## Public Awareness and Education

Educating the public about the capabilities and limitations of AI is essential for fostering a society that can critically evaluate information. By raising awareness about the existence of deepfakes and other deceptive AI applications, individuals can become more discerning consumers of digital content.

## Conclusion

The deceptive potential of artificial intelligence raises profound ethical questions and challenges the fabric of our information-driven society. As AI becomes increasingly integrated into our lives, understanding and mitigating its deceptive capabilities are imperative. By prioritizing ethical considerations, investing in detection technologies, and establishing clear regulatory frameworks, we can harness the benefits of AI while safeguarding against its potential for deception. In the face of this technological evolution, a collective commitment to responsible AI development is essential to ensure that the power of artificial intelligence is wielded for the betterment of society rather than its detriment. ♦



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# UNVEILING THE CULPRIT:

## How Our Diets May Be Making Us Sick

In an era where food is not merely sustenance but a complex interplay of flavors, textures, and cultural identities, the notion that the foods we consume could be contributing to our illnesses might seem counterintuitive. However, emerging research and a closer examination of modern dietary patterns reveal a compelling argument: the foods we eat could be a significant factor in the rising tide of chronic illnesses. This article delves into the intricate relationship between diet and health, exploring how certain aspects of our food choices may be contributing to the alarming prevalence of diseases.

### The Shift in Dietary Patterns: From Nutrient-Rich to Calorie-Dense

One of the fundamental shifts in dietary patterns over the past few decades has been the transition from nutrient-dense, whole foods to highly processed, calorie-dense options. Processed foods, often laden with additives, preservatives, and refined sugars, have become staples in many diets. The convenience and palatability of these foods, however, come at a cost.

The excessive consumption of processed foods has been linked to a myriad of health issues, including obesity, cardiovascular diseases, and metabolic disorders. These products, stripped of their natural nutrients during processing, may provide empty calories devoid of essential vitamins and minerals. Consequently, individuals relying heavily on processed foods may find themselves overfed but undernourished, creating a breeding ground for chronic illnesses.

### Sugar: The Sweet Saboteur

The pervasive use of added sugars in the food industry is a concerning trend with far-reaching health implications. From sugary beverages to hidden sugars in seemingly innocuous products, many individuals unknowingly consume excessive amounts of sugar daily. This influx of refined sugars has been associated with the development of insulin resistance, type 2 diabetes, and obesity.

The addictive nature of sugar poses a unique challenge. As individuals become accustomed to the hyperpalatability of sweetened foods, they may find it difficult to adhere to a balanced diet rich in whole, unprocessed foods. This reliance on sugar-laden options not only contributes to immediate



health issues but also sets the stage for long-term metabolic and cardiovascular complications.

### The Gluten Dilemma: Beyond Celiac Disease

Gluten, a protein found in wheat and related grains, has garnered attention in recent years due to the increasing prevalence of gluten-related disorders. While celiac disease represents a well-established condition wherein the immune system reacts adversely to gluten, a spectrum of non-celiac gluten sensitivity has emerged.

Non-celiac gluten sensitivity, characterized by gastrointestinal and extra-intestinal symptoms in response to gluten consumption, remains an area of ongoing research. Some individuals experience improved well-being by adopting a gluten-free diet, suggesting a potential link between gluten and various health issues beyond celiac disease. However, the complexities of gluten sensitivity necessitate further investigation to elucidate the underlying mechanisms.

### Gut Health: The Microbial Orchestra

The human gut is home to trillions of microorganisms collectively known as the microbiota. Emerging research indicates that the composition and diversity of these microbes play a pivotal role in maintaining overall health. The foods we consume profoundly influence the balance of our gut microbiota, and disruptions to this delicate ecosystem may contribute to a range of health problems.

Diets high in processed foods and low in fiber can negatively impact gut health, leading to dysbiosis—an imbalance in the microbial community. This imbalance has been linked to inflammatory bowel diseases, autoimmune conditions, and even mental health disorders. Prioritizing a diet rich in fiber, prebiotics, and probiotics may foster a healthy gut environment, potentially mitigating the risk of various illnesses.

### Processed Oils and Inflammatory Culprits

The widespread use of refined vegetable oils in cooking and food processing has introduced a new dimension to the

*continued page 13*









HAPPY NEW YEAR

# NEW YEARS RESOLUTIONS FOR NUTRITION SUCCESS

By ANDREA HOLWEGNER

**T**he holidays are a time of indulging in sweets and treats during festivities with family, friends, and colleagues. It's hard to stick to your healthy eating habits all of the time, but it becomes even more difficult from Thanksgiving through New Year's. If you're like most people, you've probably indulged more over the holidays than you planned to.

But with this busy season behind you, you'll have more time to concentrate on yourself and get back to your healthy habits. To get started, here are nine New Year's resolutions for a healthier 2020.

## 1. Start Fresh

You may have a lot of leftover Christmas cookies, pumpkin pie, and fruitcake, but it's okay to toss them. "Clean out what's lingering from the holidays, and start the new year with a clean slate," says Dian Griesel, PhD, a nutritionist and co-author

of TurboCharged: Accelerate Your Fat Burning Metabolism, Get Lean Fast and Leave Diet and Exercise Rules in the Dust. "It's like Halloween candy - if it's there, you eat it." Purge your refrigerator and pantry of holiday goodies as one of your New Year's resolutions, and replace them with healthier snacks and treats, like cut-up veggies, fresh fruit, slices of chicken or turkey, and low-fat cheese. That way, when you reach for food, you have no choice but to eat healthy.

## 2. Snack Smart

The belief that you must eat three meals a day and nothing in between in order to lose weight is outdated. Recent research shows that this way of eating can slow down your metabolism. The new and improved way of dieting is to eat smaller meals and snacks throughout the day, which can crank up your metabolism and help you burn more calories more easily.

Good foods to snack on between meals include cut-up fruit and vegetables with low-fat dips and high-fiber crackers with peanut butter or low-fat cheese. "Smart snacking can control your hunger, and you won't feel as though you're depriving yourself as you try to lose those holiday pounds," says Angela Ginn, RD, LDN, a nutritionist in Baltimore and spokeswoman for the Academy of Nutrition and Dietetics. Filling up on fruits and vegetables is ideal because they are low in calories and high in fiber.

## 3. Pack Your Lunch

"If you're really serious about healthy eating, eat out as little as possible," says Tom Griesel, co-author with Dian Griesel of TurboCharged. "When you go out to eat, you have no idea what you're going to eat, and without a plan, you leave yourself open to making less-than-ideal choices." At restaurants, you may also



feel obligated to get your money's worth and end up overeating, especially since many restaurant portions are oversized. When you pack your lunch, you can bring healthy foods that fill you up without adding hidden fat and calories "It's a lot easier to control the situation," Griesel adds. You can still take a walk around the block to get a break from the office and go to the company lunch room to socialize.

#### 4. Practice Portion Control

Even if you're eating only healthy foods, if you're not mindful of how much you're eating, you won't lose weight. By practicing portion control, you can

fruit, such as an apple. Fruit has a high moisture content and is high in fiber, so it can fill you up and make you feel satiated longer, says Dian Griesel.

#### 7. Get Moving

Focus on being more active. The more you move, the more calories you burn, and the more calories you burn, the easier it is to control your weight and get in good shape. Try to stay on your feet as much as possible. Incorporate short exercise sessions into your day. Look for activities to do outdoors. Go to a museum instead of the movies. Take the stairs instead of the elevator. Don't sit for more

**"Clean out what's lingering from the holidays, and start the new year with a clean slate,"**

eat the foods you like and successfully manage your weight. Portion control can be as simple as having one helping and not going back for seconds or sharing a meal with a friend. With portion control you can even eat your favorite indulgent foods. "Eating one bite of something you really want will be more satisfying than multiple bites of something you don't want or like," says Ginn.

#### 5. Try Something New

The fact that you're watching your diet doesn't mean you have to eat boring foods. You can excite your taste buds by trying a new recipe or even just a new fruit or vegetable at least once a week. For example, look for a different variety of a diet staple, such as lettuce. "I think a lot of people have tried only one kind of lettuce, but there are lots of different kinds," says Tom Griesel. If you're cooking your vegetables, choose low-fat cooking methods. Most vegetables can be steamed or baked and served with just a small amount of butter or olive oil to keep their calorie content low.

#### 6. Stay Hydrated

We often confuse thirst for hunger. "We reach for food instead of water, and we end up eating when we're really only thirsty," Tom Griesel says. Try keeping a bottle of water at your desk. When you think you're hungry, take a drink and see whether it "quenches" your need for a snack. Another option: Eat a serving of

than an hour at a time. Watching TV? Do some bending and stretching during commercials.

#### 8. Eat Breakfast Every Day

Eating breakfast is a simple but easy healthy habit to start in the new year. When you eat breakfast, you not only rev up your metabolism, but you also stay more alert and energized throughout the day, says Ginn. If you skip breakfast, you're probably starving by lunchtime, which can make you more likely to overeat or make unhealthy food choices. Breakfast is also a great time to add some protein and fiber to your day that will help keep you feeling fuller until you eat again. Add some fresh fruit to your cereal, or have a veggie omelet.

#### 9. Cut Liquid Calories

An easy place to cut calories is with high-calorie drinks. That 8-ounce glass of soda has 100 to 120 calories. A 12-ounce latte can have 150 to 200 calories. Drink two sodas a day or one daily latte, and that's around 1,400 calories a week - almost equal to the calories in half a pound. Cutting high-calorie drinks from your diet can help you lose weight without much effort. You can also cut unnecessary calories from your regular coffee by using artificial sweetener and nonfat creamer.

These resolutions for healthy habits shouldn't be hard to adopt. Stick with them, and the results you see will be your reward. ♦

### unveiling the culprit cont.

discussion on diet and health. While these oils may offer a seemingly healthier alternative to traditional saturated fats, their high omega-6 fatty acid content can contribute to an imbalance in the omega-6 to omega-3 ratio.

An imbalanced ratio, skewed in favor of omega-6 fatty acids, has been associated with chronic inflammation—a common denominator in many chronic diseases, including cardiovascular diseases, diabetes, and certain cancers. Reassessing cooking oil choices and incorporating sources of omega-3 fatty acids, such as fatty fish and flaxseeds, may help restore a healthier balance.

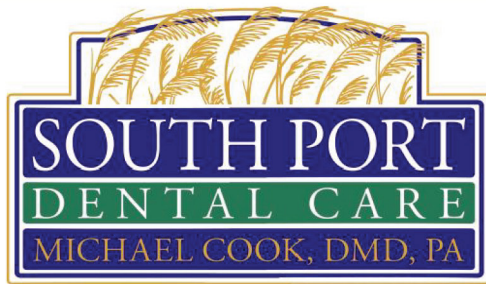
#### Conclusion

In the intricate dance between diet and health, the foods we choose to consume wield remarkable influence over our well-being. From the pervasive impact of processed foods to the nuanced relationship between gluten and health, our dietary choices can either fortify our bodies against disease or pave the way for chronic illnesses.

Recognizing the potential link between our diets and health concerns opens the door to proactive measures. Embracing whole, nutrient-dense foods, minimizing the consumption of processed and sugar-laden options, and prioritizing the health of our gut microbiota are crucial steps toward fostering a resilient foundation for overall well-being.

As we navigate the complexities of modern dietary landscapes, the awareness of how our food choices may contribute to illness empowers us to make informed decisions. By fostering a culture of mindful eating and promoting a return to wholesome, unprocessed foods, we can collectively work towards a future where the foods we eat become a source of nourishment and vitality, rather than a potential contributor to sickness.





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# UNVEILING THE CAUSES AND HEALTH RISKS OF SOCIETAL LAZINESS

In the fast-paced and technologically advanced world of today, society has experienced a profound shift towards a more sedentary lifestyle. With the rise of digital technology, remote work, and the prevalence of screen-based entertainment, people find themselves increasingly ensnared in the trappings of convenience. This growing inertia has led to a multitude of health risks, both physical and mental, that are steadily infiltrating our communities. In this article, we will explore the factors contributing to the rise of societal laziness and the alarming health consequences associated with this sedentary epidemic.

## The Digital Age and Sedentary Habits

One of the primary culprits behind the societal shift towards laziness is the omnipresence of digital devices. The advent of smartphones, tablets, and computers has revolutionized the way we work, communicate, and entertain ourselves. While these technologies offer unparalleled convenience, they also facilitate a sedentary lifestyle, with individuals spending increasing amounts of time glued to screens.

Remote work, a trend accelerated by the COVID-19 pandemic, has further exacerbated the issue. Many individuals now find themselves working from the comfort of their homes, often without the need to commute or engage in physical activities associated with a traditional office setting. As a result, the boundary between work and leisure has blurred, leading to prolonged periods of sitting and reduced physical activity.

The sedentary lifestyle that has become ingrained in society comes with a host of health risks, affecting both physical and mental well-being.

## Convenience Culture and Its Consequences

The modern convenience culture has significantly contributed to societal laziness. Fast food, home deliveries, and drive-through services have made it easier than ever for individuals to avoid physical exertion. The prevalence of sedentary behaviors, such as binge-watching TV series or playing video games for extended hours, has become a societal norm. The constant availability of entertainment at our fingertips has led to a decline in outdoor activities and physical pursuits.

## Obesity and Cardiovascular Diseases:

Prolonged periods of inactivity contribute to weight gain and obesity. Lack of physical exercise hampers the body's ability to

*continued next page*





burn calories and maintain a healthy weight. Obesity, in turn, is a major risk factor for cardiovascular diseases such as hypertension, coronary artery disease, and stroke.

#### **Musculoskeletal Issues:**

Sedentary habits can lead to a range of musculoskeletal problems, including back pain, neck strain, and poor posture. The lack of movement weakens muscles and puts additional stress on the spine, resulting in chronic discomfort and reduced mobility.

#### **Metabolic Disorders:**

Insufficient physical activity is linked to metabolic disorders such as Type 2 diabetes. Regular exercise plays a crucial role in regulating blood sugar levels and promoting insulin sensitivity. The absence of physical activity can contribute to insulin resistance and the development of diabetes.

#### **Mental Health Implications:**

Laziness doesn't only affect the body; it takes a toll on mental health as well. Sedentary behavior is associated with an increased risk of depression and anxiety. Physical activity releases endorphins, which act as natural mood lifters. The absence of exercise can disrupt this natural mechanism, leaving individuals more susceptible to mental health disorders.

#### **Reduced Life Expectancy:**

Numerous studies have highlighted the correlation between a sedentary lifestyle and reduced life expectancy. Chronic diseases associated with inactivity can significantly shorten one's lifespan, making it imperative for individuals to adopt healthier habits to enhance overall longevity.

#### **Addressing the Issue:**

While the sedentary epidemic is pervasive, there are steps individuals and society as a whole can take to mitigate its impact.

Introducing and emphasizing physical education in schools is crucial. Educating children on the importance of regular exercise and instilling healthy habits early can help establish a foundation for an active lifestyle.

Employers can play a pivotal role in promoting a healthier work environment. Implementing workplace wellness programs, providing ergonomic workstations, and encouraging physical activities during breaks can contribute to a more active workforce.

Local communities can organize events and initiatives that promote outdoor activities. Creating parks, sports facilities, and pedestrian-friendly spaces encourages people to engage in physical activities and fosters a sense of community well-being.

#### **Technology Time Management:**

While technology has its benefits, setting limits on screen time for both adults and children is essential. Encouraging breaks for physical activities and outdoor recreation can help strike a balance between the digital world and an active lifestyle.

The rise of societal laziness is a complex issue influenced by technological advancements, cultural shifts, and lifestyle choices. The health risks associated with a sedentary lifestyle cannot be understated, as they pose a significant threat to the well-being of individuals and communities. By understanding the root causes and implementing proactive measures, we can collectively work towards building a society that values and prioritizes physical activity, ultimately fostering a healthier and more vibrant future for generations to come. ♦





# A SUN SMART RESOLUTION:

## Lower Your Skin Cancer Risk in 2024



In a world where outdoor activities and sun-soaked destinations beckon, the importance of safeguarding our skin against the sun's harmful rays cannot be overstated. Skin cancer, the most common form of cancer globally, poses a significant threat to our well-being. However, with a proactive approach to prevention, we can mitigate the risk and promote skin health. This article explores a comprehensive guide to skin cancer prevention, encompassing lifestyle choices, protective measures, and the significance of early detection.

Before delving into prevention strategies, it is crucial to comprehend the factors that contribute to the development of skin cancer. Ultraviolet (UV) radiation from the sun is the primary culprit, damaging the DNA in skin cells and

increasing the risk of mutations that can lead to cancer. Other risk factors include a history of severe sunburns, a family history of skin cancer, fair skin, a weakened immune system, and exposure to certain substances like arsenic.

### Use Sunscreen as a Shield

Sunscreen stands as a frontline defender against harmful UV rays. Choosing a broad-spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher is essential. It is recommended to apply sunscreen generously to all exposed skin, even on cloudy days or during winter, as UV rays can penetrate clouds and cause cumulative damage over time. Reapplication every two hours, or more frequently if swimming or sweating, ensures continuous protection.

Wearing sun-protective clothing is a smart and stylish way to reduce UV exposure. Opt for tightly woven fabrics that block the sun, and consider clothing with a UPF (Ultraviolet Protection Factor) rating for added protection. Wide-brimmed hats and sunglasses that block both UVA and UVB rays offer additional defense, particularly for the face and eyes.

### Seeking Shade: A Natural Umbrella

Limiting direct sun exposure, especially during peak hours between 10 a.m. and 4 p.m., reduces the risk of skin cancer. When outdoors, seek shade under trees, umbrellas, or any available structure. Planning outdoor activities in the early morning or late afternoon when the sun is less intense is a simple yet effective strategy for minimizing UV exposure.

*continued page 20*



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# DR. LIZ PERRY

## *Perry Family Health, Gentle Health Center*

### Hi Dr. Perry, please give us a brief introduction.

We are proud to invite all of you to our newest Perry Family Health, Gentle Health Center, in Stuart, Florida, where life becomes better living! We are a concierge, alternative health clinic, that is committed to working with you toward your own unique health goals.

As a welcome... following your initial evaluation, when you present this copy of iCare Community Magazine you will receive an autographed copy of Dr. Perry's New book: **LIVE LONGER – EAT BETTER**. Be sure to call and book today! 772-261-8358 - [www.perryfamilyhealth.com](http://www.perryfamilyhealth.com).

At our Gentle Health Center, we focus on you, and your family! Dr. Liz Perry comes from a long lineage of medical doctors, surgeons and nurses from the Boston area. Her grandfather, was a general practitioner and an eye surgeon, He was treasured for his caring nature and his superb ability to accurately diagnose and effectively treat his patients. Dr. Liz Perry states, "My grandfather, Dr. Edward L. Perry, was an amazing diagnostician. He saved many lives due to his accuracy of patient assessment and quality of care." Dr. Elizabeth Perry is honored to be following in his footsteps!

### Tell us more about the Perry Family, Gentle Health Center in Stuart?

At the Perry Family, Gentle Health Center, we pride ourselves in accuracy of assessment in the highest quality of patient care. Dr. Liz Perry, like her grandfather, is a family practitioner, treating

every day issues, no matter how complicated. She is a doctor, Harvard graduate and world traveler who uses best practices from around the world to help solve health issues. She is boarded in biomedicine, acupuncture, herbology, homeopathy and traditional medicine to assist you in solving your health issues. She specializes in difficult to treat disease ranging from fertility to fatty liver disease!

### What brought you to the Treasure Coast?

I moved to the Treasure Coast in 2010, to be closer to my aging parents. I live in the Treasure Coast and our Medical clinic, Perry Family Health, Gentle Health Center is located in Stuart, on U.S. 1, in front of Best Buy and Starbucks on the main drag.

### Please tell us about your family.

I feel blessed to have grown up in a very caring family! My father and grandfather were both available and ready for action in any medical emergency. The Perry family was loved and adored as a trusted medical resource for many years.

I can remember as a little girl, my father, rushing across the street, as a neighbor collapsed, on the front lawn. Not a moment wasted, my father quickly assessed and evaluated the neighbor and immediately which saved his life! I knew from the very beginning, I wanted to be a doctor. I wanted to help



save lives! My father was always ready to help out our neighbors and our community, be it medical emergency or shoveling snow for an elderly member.

My grandfather, Dr. Edward L. Perry, was dearly loved and honored for his many years of practice on the south shore of Massachusetts. He would even make home visits!

### What do you love about what you do?

I tremendously enjoy solving problems! There is no greater happiness to me, than to see recovery! It is heart-warming to have previously ill, but now happy, healthy people come into the clinic, with hope, a sparkle in their eye, spunk and a fresh, new sense of vitality!

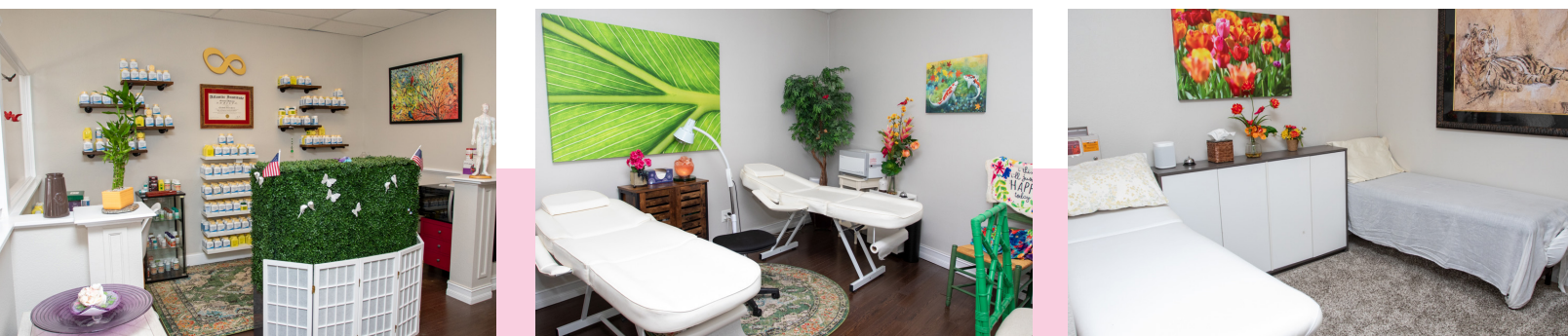
Whether you have a viral infection, anxiety, fertility issues, fatty liver, chronic fatigue, concussion, chronic pain, G.I. issues, Parkinsonians dysfunction or oncology related challenges, Perry Family, Gentle Health Center is here to support you in your journey, and works diligently to improve your condition. If you are just curious about prevention, we super support that too! We encourage you to please come in for an evaluation and an acupuncture treatment. I love seeing more and more young men and women in

be your guide, sharing my expertise, my training and wisdom to help you. BUT ... you are the ultimate boss. So, in other words, "Let's do this together!" We set the tone in our clinic by design, by providing a soothing environment for your healing. When you come here, the ambiance is designed to be pleasant and soothing, it doesn't feel like a doctor's office, it feels comfortable and has a good vibe.

Secondly, I believe in taking the time in the initial evaluation to get to know you. A superior practitioner will take the time to get to know you, identify your pattern, and get an accurate diagnosis. Without an accurate diagnosis, it is near impossible to create an effective treatment plan. Diagnosis is key.

Finally, integrity! We treat difficult to treat disease, often with excellent success in improving the condition. If we do not think we can effectively assist following your initial evaluation, we will be honest with you and will not likely take your case. We are not into false promises, we are authentic and here to help.

When you come in for your initial consultation, plan to spend at least 1½ hours. We take our time to really get to know you; Where you've been? Where you're at? And most importantly, where you want to go?



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their teens, twenties and thirties, more frequently now than, turning to prevention, and optimal wellness through acupuncture and other modalities from around the world.

### Please give a short story about how your business has helped people.

By combining ancient wisdom with modern medical practices, our Gentle Health Center helps many. Using best practices from around the world, the benefit to patients is optimal. We use a variety of modalities in treatment including a thorough, initial evaluation, acupuncture, biomedicine, custom therapeutics, food and injection therapy are common modalities used.

### What are your plans for the future?

Our plan today, and in the future, is to provide sustainable and optimal healthcare by preventing and treating our patients with the highest quality care. We work one-on-one with our patients, with the intent to improve their condition and meet their health goals. We plan to make our Stuart location our primary clinic, and we invite you all to come to our newest home.

### What is your philosophy on business and life?

Life is important! So, let's act like it!

When it comes to philosophy, two things come to mind. First, I tell my patients, "You are the boss." Yes, I am the Doctor, I will

You should wear loose comfortable, moveable clothing and be sure to eat something before you come in. Our Gentle Health Center treats the 'root' cause of your health issue, not just the symptom.

Having been in the healthcare field for over 30 years, globally, Traditional Chinese Medicine (TCM) is no doubt, one of the best medical systems on the planet, and should be used alongside biomedicine, yet should be used more widely in the United States. It is a complete, highly intelligent and complex system that can effectively solve health issues that other systems cannot. Having travelled to over one hundred countries around the world, studying many nations health systems, TCM is one of the oldest and most worthy systems on the planet. It is all encompassing, science-based, thousands of years of evidential proof, gentle and results-oriented. At Perry Family Health's, Gentle Health Center, "We believe in working together and strive to solve problems with results that are sustainable."

For any questions about our services, please call our Gentle Health Center at: 772-261-8358 or email [drlizperry@gmail.com](mailto:drlizperry@gmail.com).

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**reduce your risk** cont.**Say No to Tanning Beds**

Tanning beds emit UV radiation comparable to the sun, making their use a significant risk factor for skin cancer. Avoiding tanning beds altogether reduces the cumulative damage to the skin and lowers the risk of developing skin cancer. Embracing your natural skin tone is a healthier choice in the long run.

**Regular Skin Checks**

Becoming familiar with the landscape of your skin is crucial for early detection of any changes. Conduct regular self-examinations, looking for new moles, changes in the size or color of existing moles, or any unusual skin growths. Pay attention to areas not commonly exposed to the sun, as skin cancer can develop in hidden areas. If any abnormalities are noticed, promptly consult a dermatologist for further evaluation.

**Professional Skin Screenings**

In addition to self-examinations, scheduling annual skin screenings with a dermatologist is a proactive step in skin cancer prevention. Dermatologists are trained to identify early signs of skin cancer that may be overlooked during self-checks. These screenings are particularly important for individuals with a history of skin cancer or those with multiple risk factors.

**Hydration and Nutrition**

Maintaining proper hydration and a balanced diet rich in antioxidants supports overall skin health. Antioxidants, found in fruits and vegetables, help combat free radicals that can contribute to skin damage. Adequate hydration ensures the skin remains supple and resilient, enhancing its natural protective barrier.

**Educational Outreach**

Education plays a pivotal role in skin cancer prevention. Spreading awareness about the dangers of excessive sun exposure, the importance of protective measures, and the significance of early detection empowers individuals to make informed choices. Community initiatives, educational campaigns, and public health efforts contribute to a collective understanding of skin cancer prevention.

**Encouraging Sun-Safe Habits in Children**

Instilling sun-safe habits in children sets the foundation for a lifetime of healthy skin practices. Teaching children the importance of sunscreen application, wearing protective clothing, and seeking shade fosters a proactive approach to sun protection from an early age. Schools and community programs can play a vital role in promoting sun-safe behaviors among the younger generation.

**Conclusion**

Skin cancer prevention is a multifaceted endeavor that requires a combination of lifestyle choices, protective measures, and regular monitoring. By understanding the risk factors, embracing sun-safe practices, and fostering a culture of early detection, individuals can significantly reduce their susceptibility to skin cancer. Incorporating these strategies into daily life not only promotes skin health but also contributes to the broader effort to mitigate the impact of this prevalent and potentially deadly disease. Remember, when it comes to protecting your skin, proactive measures today can lead to a healthier tomorrow. ♦



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# School Safety

School safety is one of the most important responsibilities of a principal and a school community. Since the tragic shooting at Marjory Stoneman Douglas High School in 2018, Florida has taken drastic steps to ensure our students are safe. The state immediately created the Office of Safe Schools. This office gives schools a “central repository for best practices, training standards and compliance oversight in all matters regarding school safety and security.” They regulate best practices in school safety, hold schools accountable for following safety statutes, and develop the protocols for schools to follow based on the state’s regulations.

## Currently schools are required to have:

- A safe schools officer
- An anonymous reporting tool
- Conduct risk assessments for suicide and mental health prevention
- Create a threat team and conduct threat assessments
- Conduct regular drills
- A mobile panic alert system

## Preventive Measures

CSUSA provides monthly training for the Deans of the schools that focus on such safety matters as physical, mental and emotional health of students along with training for bullying detection and prevention, threat assessments and safety /preventive drills to maintain a safety for all students. Another important aspect of the monthly safety trainings is the Deans from the other surrounding schools will do a walk-through of the host school to look for breaches in safety and make suggestions for greater preventive measures. These plans and methods are brought back to the staff of the schools to be put into action to ensure a learning environment for all students and staff.

## Safety Drills and Risk Assessments

In order for all students and staff to be prepared for the unthinkable situations, safety drills are conducted monthly to make sure all are kept updated on what to do in an emergency situation. Drills, such as Tornado drills and Fire drills, are simulated throughout the year so students will know where to go to and how to respond. We also conduct Intruder/Active shooter drills randomly each month. These are unannounced so that students can be taught how to respond in those situations if they happen to be out of the classroom at that time. All of these drills are completed in collaboration with the St. Lucie Sheriff’s department, in order to ensure we are in compliance with safety regulation. After the drills are completed the admin team will meet to discuss issues that may have been present and identify what needs to be addressed with students and staff. Each school also have a Threat assessment team made up of members of admin, the dean, counselor and the SRD. If there a student makes a threat against a student, staff or themselves, the team will work together to determine the validity of the threat and the proper steps to take to resolve the threat.

## “Safe Zone”

As Dean of Student Conduct, when I arrived at Tradition Prep, I seen signs in the Dean’s and Administrative offices that said, “This is a Safe Zone”. The goal, since the beginning of the school year, is to provide a safe zone for all students regardless of the circumstance that they may be dealing with at home or school. A guideline of steps was provided to teachers as a discipline checklist to ensure that teachers remain control of their class, while students preserve their integrity when corrected. If a student receives a Behavioral Intervention Report, they will be brought in to discuss the matter. We not only deal with the discipline side of it

but work toward making better decisions and being accountable. The parents of students at Tradition Prep have also been very helpful. Their active involvement in their child’s education through Powerschool, participation and an open line of communication has been beneficial in their child’s success.

## See Something, Say Something

There has been a push for all stakeholders to help keep our schools safe. The slogan, “See Something, Say Something,” which was greatly pushed out by the Department of Homeland Security and the New York MTA, has prevented countless potential safety concerns. In Florida, we have a reporting app called Fortify Florida. Posters of this app are hung up in every school and all stakeholders are encouraged to report suspicious activity. These tips get routed to our local law enforcement and schools in effort to prevent school safety concerns.

In St. Lucie county, Troy Church and his team, do amazing job at ensuring all schools, including charters, are safe. In addition to the county resources, Tradition Preparatory High School, utilizes an additional safety consultation firm, CLPS. This extra layer of safety ensures our school has top notch safety processes. Our safety firm also sits on the state’s safety advisory team.

The Sandy Hook Promise, also created out of a tragic school shooting, is a non-profit national movement to prevent gun violence. They offer education, research, and advocacy on gun violence. This is a great resource for parents to understand how to talk to their child about gun violence. No community is immune to this and we should all do our part to talk to our youth. The Sandy Hook Promise article “Know the Signs” and the “Evan” video is a powerful tool to teach us to look for warning signs leading to violence and how we can prevent future gun violence.

The best way to prevent violence is to be involved in your child’s life. We all work and struggle to give our children attention, but it is imperative to talk with your child regularly. Know their friends and their friend’s parents. Watch their interests and moods. How often do you ask your child, how do you feel today? Do you know the type of music your child listens to? Do you know what they are doing on social media? Ask your child questions and ensure they elaborate on their answers. Have you volunteered at your child’s school? Do you look through their notebooks and talk to them about their learning? These types of activities give you insight on how your child is doing. At home I encourage all families to have nightly dinner with their children and put away the electronics. Talk to your child.

Parental involvement is our goal at Tradition Preparatory High School. Parents are required to do 20 volunteer hours. It takes all of us to ensure our students are safe and happy. Parental involvement is shown to not only increase your child’s educational outcomes, but also contributes to the safety in our schools. If you would like to learn more about our school and the safety standards we put in place, please reach out.

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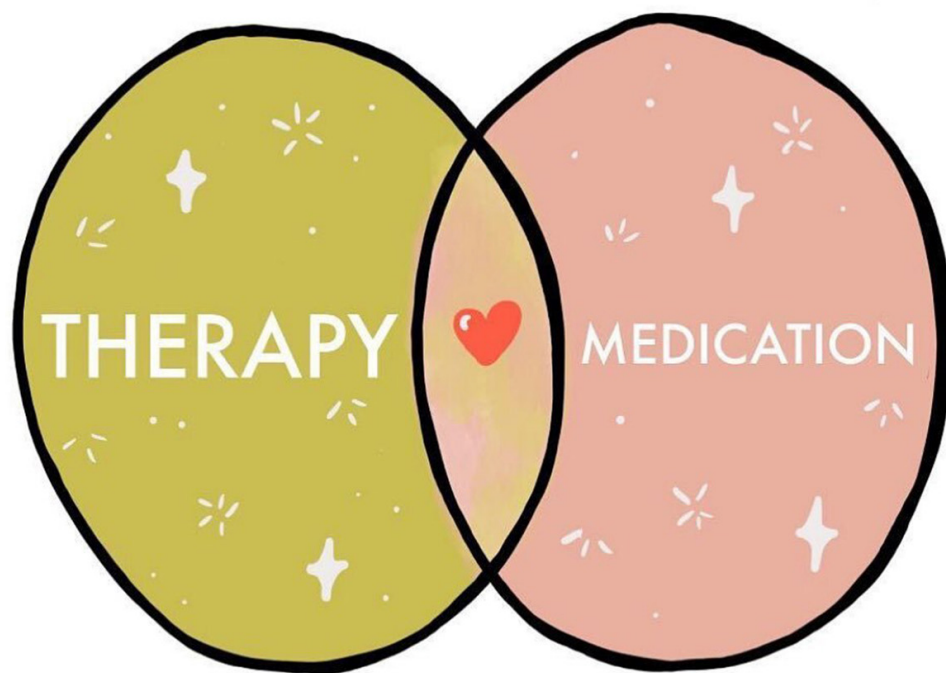
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# Exploring the Effectiveness of Medication and Therapy in Addressing Mental Health Issues



Mental health issues have gained increasing recognition as significant contributors to global disease burden. Depression, anxiety, bipolar disorder, and schizophrenia are just a few examples of conditions that can profoundly impact an individual's well-being. The debate over the relative effectiveness of medication versus therapy in treating mental health issues has been ongoing for decades. Both approaches have their merits and limitations, and the effectiveness often depends on the specific disorder, individual differences, and the interaction between the two modalities.

## Medication in Mental Health Treatment:

Medication, particularly psychotropic drugs, has played a crucial role in managing various mental health disorders. Antidepressants, anxiolytics, mood stabilizers, and antipsychotics are commonly prescribed medications. They work by altering neurotransmitter levels in the brain, aiming to alleviate symptoms associated with different mental health conditions.

One significant advantage of medication is its relatively rapid onset of action. In acute cases, such as severe depression or acute psychosis, medications can provide swift relief, preventing further deterioration of the individual's mental state. Moreover, for some individuals, a biological basis underlies their mental health issues, and medication can correct these imbalances effectively.

However, medications also come with drawbacks. Side effects are a common concern, ranging from mild issues like nausea and drowsiness to more severe complications like weight gain and sexual dysfunction. Additionally, medications might only address symptoms, not the underlying causes of mental health issues. Moreover, the risk of dependency and withdrawal symptoms can make long-term medication use challenging.

## Therapy in Mental Health Treatment:

Therapeutic approaches, including psychotherapy and counseling, aim to address the psychological and emotional aspects of mental health disorders.

Cognitive-behavioral therapy (CBT), psychodynamic therapy, and interpersonal therapy are examples of widely used therapeutic modalities. Unlike medication, therapy emphasizes understanding and changing thoughts, behaviors, and emotions through talk-based interventions.

One of the key strengths of therapy lies in its ability to provide individuals with coping mechanisms and tools to manage their mental health independently. Therapy allows for exploration of the root causes of issues, helping individuals develop insight and strategies to navigate life's challenges. It can be particularly effective for conditions like anxiety disorders, post-traumatic stress disorder (PTSD), and certain types of depression.

However, therapy also has limitations. It often requires more time to produce noticeable effects compared to medication, and its success depends heavily on the individual's commitment and willingness to engage in the process. Access to qualified therapists can be a barrier for some individuals, and the financial cost of long-term therapy may be prohibitive.

## Combining Medication and Therapy:

In many cases, a combination of medication and therapy proves to be the most effective approach to treating mental health issues. This integrated model, often referred to as pharmacotherapy or medication-assisted therapy, capitalizes on the respective strengths of both modalities. For instance, medication can provide immediate relief while therapy addresses the underlying issues and equips individuals with long-term coping skills.

This combined approach is particularly beneficial for conditions like major depressive disorder and bipolar disorder, where both biological and psychosocial factors contribute to symptomatology. The synergy between medication and therapy can enhance treatment outcomes, reduce the risk of relapse, and improve overall quality of life.

## Considerations for Individual Differences:

The debate over the effectiveness of medication versus therapy should also consider individual differences. People

*continued next page*



vary widely in their response to treatment, and what works for one person may not work for another. Factors such as genetic predisposition, personal preferences, and the specific nature of the mental health condition all play roles in determining the most effective treatment approach.

Some individuals may find relief through medication alone, appreciating the quick alleviation of symptoms. Others may prefer therapy, valuing the opportunity to explore their thoughts and emotions in a supportive environment. Individualized treatment plans that take into account the unique needs and preferences of each person are likely to be the most effective.

### Conclusion

The question of whether medication or therapy is more effective in treating mental health issues lacks a one-size-fits-all answer. Both approaches have their strengths and limitations, and the effectiveness often depends on the nature of the mental health condition, individual differences, and the interplay between biological and psychosocial factors.

Medication provides a rapid response and can be crucial for managing acute

symptoms, especially when there is a clear biological basis for the mental health issue. However, it often addresses symptoms rather than underlying causes and may come with side effects and the risk of dependency.

Therapy, on the other hand, offers a more holistic approach by addressing the psychological and emotional aspects of mental health. It equips individuals with coping mechanisms and tools for long-term well-being, but it requires time and commitment.

A combination of medication and therapy emerges as a comprehensive and effective treatment approach, capitalizing on the strengths of both modalities. Individualized treatment plans that consider the unique needs of each person are essential for optimizing outcomes. Ultimately, the ongoing dialogue surrounding mental health treatment should emphasize a person-centered approach, recognizing that what works best is as diverse as the individuals seeking support. ♦

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# How to Be a Caregiver for Someone Who Refuses to Care for Themselves

by LEE WOODRUFF, AARP

## Ways to avoid resentment when apathy, inaction or a 'lifetime of bad decision-making' exacerbates a loved one's health problems

When my husband came home from the hospital after the head injury he received in Iraq when a roadside bomb exploded, I worked to find the balance between creating “bubble wrap fences” and giving him a sense of independence.

He'd felt “trapped” for so long, tired of being mothered and hating all the focus on his health. But as he recovered, there was a kind of recklessness to his self-care, a rejection of my mothering when I'd suggest he drink more water or ask if he'd taken his medication. Resentment gathered like storm clouds. From my perspective, I was only trying to help, to improve his health so that he could live a full life. He simply wanted me to back off, and sometimes his definition of independence meant not putting his health first.

Scenarios like mine are common in caregiving, and in any relationship where the balance shifts after an illness or injury. But when a loved one openly chooses to be noncompliant on an ongoing basis, that can lead to frustration and resentment. Picture the loved one with lung disease who won't quit smoking, or the person with diabetes eating a high-sugar diet. How does one continue to care for a loved one in these situations?

### Picking your battles

Becky, 70, from Millville, New Jersey, met her boyfriend Mitch, 74, after her husband passed away. (We are withholding last names

here and throughout this article for privacy purposes.) When they met, Mitch had an existing disability from a back injury, but then a motorcycle accident left him with multiple injuries and chronic pain. A lingering infection sent him to the hospital, and when he returned home, life was very different. Now, due to injury and compounding illness, he sleeps in a hospital bed at home and Becky is his primary caregiver. “It's frustrating,” she says. “As soon as the PT leaves, he refuses to do any of the exercises with me. You don't want to get angry or be the nag, because that doesn't go anywhere.” Mitch relies on Becky to help him to the toilet, even though he can get up himself or use the commode.

“You pick your battles,” she says, “and when you add in a stubborn personality, it gets harder. He has to be the one who does the exercises. I can't do that for him, but it's the only way he will get some mobility back.”

Becky turns to her faith in God to keep positive, attending Bible study, walking and carving out time to read. “You have to have other things you can do besides taking care of your loved one,” she explains. Becky's part-time job gets her out of the house and interacting with others. She makes a point on her daily walk to say good morning to people on the street and maybe start a short conversation.

### A “delicate dance”

Pam,\* 70, from Jacksonville, Florida, moved in with her mother when her father passed away. A few years later, after her brother died from ALS, her once independent mother, began to give up on caring for herself. “First, she'd ask me to wash her hair,” recalls

*continued page 28*



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**be a caregiver** cont.

Pam. "When I reminded her that she could do it herself, she would beg me to help."

Little by little, her mom, suffering from depression, began to give up other activities that Pam knew she could still do, from making meals to getting dressed. "It's like she gave up and wanted me to do everything," says Pam. "In the end, it was often easier doing things myself than making her do things I knew she could do." Pam's best advice is to try to realize the person you are caring for did not ask to be in the position they're in. "I can't say I coped extremely well," she says. "But when you love someone, you do what you have to do."

Amy Goyer, AARP's family and caregiving expert, moderates the AARP Family Caregivers Discussion Group on Facebook, where she sees so many people sharing their heartaches and frustrations. "It's extremely difficult for family caregivers who are struggling to care for a family member or friend who they know didn't take good care of themselves prior to becoming ill, or who refuse to do things that would help them feel better — and be easier to care for — now," says Goyer. "It can affect a caregiver's motivation and build resentment."

As a longtime caregiver of multiple family members, including her late mother and father, she has personal

experience with several family members who either didn't adjust their diets or wouldn't do exercises that would ease their pain in the long run. "As a caregiver, I had to accept the fact that I can't make others do things," says Goyer. "I can offer suggestions and be honest with them about my feelings, but I cannot change them. They have a right to make their own decisions, even if we perceive them as bad choices, and there's a delicate dance between pushing a bit and pushing too far."

**The burden of solo caregivers**

As an only child, Sam,\* 50, from Sonoma, California, always understood he would be caring for his parents alone. "We lived in a tumultuous state for most of my life, moving 15 times, usually for financial reasons, which was destabilizing," he says. As he got older, Sam became the responsible child, and both parents leaned on him more and more for support, from financial assistance to caregiving. "You want to idolize your parents, but it's hard not to feel angry that a lifetime of bad decision-making on their parts has led to their health issues," he says.

Sam's father smoked and had poor eating habits, which led to diabetes. He is also addicted to opioids, all of which has landed him in the hospital

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numerous times. "His lack of care drove me nuts," Sam says. "I'd get resources and set up appointments, and he wouldn't go to the doctor. His edema would go untreated for too long, and instead of being proactive, he'd routinely end up in an ambulance headed to the ER."

Instead of hammering his father with phrases like, "We wouldn't be here if you'd taken care of yourself," Sam focuses on what he can do going forward. "I tell myself that I can't change him, but what I can do is try to make this hospital stay better and push to get him home faster," he says. "Those are the kinds of things I had to focus on to not live in resentment."

A stroke in May landed his father in the hospital again, and with all of his comorbidities, including lung disease, he began to fail. Palliative care was called in and then hospice, which was a game changer for Sam. Suddenly there were other people, professionals who could take over the tough conversations without emotion and try to understand his father's health goals.

"I realized that other people's voices had a much better impact than mine, especially as the adult child who had been there all along," says Sam. "They are able to navigate tough conversations and take other ones off of my plate completely."

### Setting boundaries

Jennifer Guttman, M.D., a clinical psychologist in private practice in Pleasantville, New York, stresses the importance of communicating boundaries when you are caregiving, especially with those who are noncompliant.

"It's important to maintain honest and transparent communication so that both of you understand and can try to hold space for the complicated nature of the other's feelings," says Guttman. "Sometimes just being 'heard' and 'known' can make a big difference, even when it doesn't change the role or job requirements."

She also advises caregivers to try not to just say yes to everything before they've determined whether there are others who could assist. "Asking for help is a sign of courage, not weakness, and delegating tasks is great for self-care," says Guttman.

"When we're taking care of people we love, they also want to see us taking care of ourselves, so be open with them about how we intend to do that and when we need time for it."

As for Sam, he says he looks for the silver lining in this hard situation, which is ultimately heading toward the loss of his father. "I tell myself that this experience is forging the decisions I make now with my life and what I do with my body so that I will not put my own children in this position one day." ♦



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# NAVIGATING THE REAL ESTATE LANDSCAPE

## A Guide to Successful Investments in 2024

Investing in real estate has long been considered a lucrative venture, offering a tangible and potentially appreciating asset. As we enter 2024, the real estate market continues to evolve, presenting both challenges and opportunities for investors. To navigate this dynamic landscape successfully, it's crucial to understand the current trends, leverage innovative strategies, and adopt a forward-thinking approach. In this comprehensive guide, we will explore key considerations and provide actionable insights on how to invest in real estate in 2024.

### 1. Stay Informed About Market Trends

In the ever-changing world of real estate, staying informed is paramount. Investors should closely monitor market trends, economic indicators, and demographic shifts. In 2024, emerging trends may include the impact of remote work on housing preferences, sustainability becoming a key consideration, and the role of technology in property management. By staying abreast of these trends, investors can make informed decisions that align with the evolving needs of the market.

### 2. Diversify Your Portfolio

Diversification remains a fundamental strategy for mitigating risk in any investment portfolio. In the realm of real estate, diversification can involve a mix of residential, commercial, and industrial properties. Additionally, exploring different geographic locations or investing in various types of real estate assets, such as rental properties, development projects, or real estate investment trusts (REITs), can help spread risk and enhance overall portfolio resilience.

### 3. Leverage Technology for Research and Analysis

Technology continues to revolutionize the real estate industry, providing investors with powerful tools for research and analysis. Machine learning algorithms, data analytics, and virtual reality platforms can assist in identifying lucrative investment opportunities, predicting market trends, and conducting due diligence. By leveraging these technologies, investors can gain a competitive edge and make more informed investment decisions.

### 4. Evaluate Potential Regulatory Changes

The regulatory environment has a significant impact on the real estate market. In 2024, investors should pay close attention to any potential regulatory changes that may affect their investments. This could include zoning regulations, tax policies, or environmental regulations. Staying informed about regulatory developments allows investors to adapt their strategies accordingly and anticipate how changes might impact their real estate holdings.

### 5. Consider Sustainable Investments

Sustainability is becoming an increasingly important factor in real estate investment decisions. Investors are recognizing the long-term value of environmentally friendly and energy-efficient properties. Not only do sustainable properties align with growing societal awareness of climate change, but they also often result in cost savings through energy efficiency measures. As eco-consciousness continues to rise, investing in sustainable real estate can be both financially and ethically rewarding.

*continued page 33*



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# The Compelling Case for Cryptocurrency Investment: A Gateway to the Future of Finance



In the rapidly evolving landscape of finance, cryptocurrencies have emerged as a revolutionary force, offering unique investment opportunities for those willing to explore beyond traditional markets. While the volatility and speculative nature of cryptocurrencies may give some investors pause, there are compelling reasons why individuals should consider adding these digital assets to their investment portfolio. In this article, we will delve into the key factors that make cryptocurrency investment a viable option in the contemporary financial ecosystem.

## Decentralization and Financial Inclusion:

One of the primary reasons to consider investing in cryptocurrencies is the principle of decentralization. Unlike traditional financial systems, cryptocurrencies operate on decentralized blockchain technology, meaning they are not controlled by any central authority,

such as governments or financial institutions. This decentralization fosters financial inclusion by providing access to banking services for the unbanked population around the world. By investing in cryptocurrencies, individuals contribute to a more inclusive global financial system.

## Potential for High Returns:

Cryptocurrencies have shown the potential for significant returns on investment. While their prices can be volatile, this volatility also presents opportunities for astute investors to capitalize on market fluctuations. Historical data demonstrates instances of substantial price appreciation, turning early adopters into cryptocurrency millionaires. Of course, it's crucial to approach cryptocurrency investment with caution and conduct thorough research before making any decisions.

## Diversification of Investment Portfolio:

Traditional investment portfolios typically include a mix of stocks, bonds, and other assets. Adding cryptocurrencies to this mix can enhance portfolio diversification. Cryptocurrencies have shown a relatively low correlation with traditional assets, meaning they may not move in tandem with traditional markets. A diversified portfolio can help mitigate risks and enhance overall portfolio stability.

## Innovation and Technological Advancements:

Investing in cryptocurrencies is, in essence, an investment in the underlying blockchain technology. Blockchain has the potential to revolutionize various industries, including finance, healthcare, supply chain, and more. By investing in cryptocurrencies, individuals indirectly

*continued page 34*



## successful investments cont.

### 6. Explore Innovative Financing Options

In the realm of real estate, financing is a crucial aspect of any investment strategy. In 2024, investors should explore innovative financing options, such as crowdfunding, peer-to-peer lending, and blockchain-based transactions. These alternatives can provide access to capital and streamline the investment process. Additionally, keeping an eye on interest rate trends and securing favorable financing terms can significantly impact the profitability of real estate investments.

### 7. Assess the Impact of Economic Conditions

Economic conditions play a pivotal role in real estate performance. In 2024, investors should assess the broader economic landscape, considering factors such as inflation, interest rates, and employment trends. A thriving economy generally bodes well for real estate investments, but it's essential to be mindful of potential downturns. Implementing risk management strategies and maintaining financial flexibility can help investors weather economic fluctuations and emerge resilient.

### 8. Embrace Remote Property Management

The rise of remote work has reshaped the way properties are managed. In 2024, investors should embrace technology-driven solutions for remote property management. From smart home systems to virtual property tours, leveraging these tools not only enhances the tenant experience but also makes property management more efficient and cost-effective. Adopting a tech-savvy approach can position investors to



capitalize on the evolving expectations of property owners and tenants.

As we step into 2024, the real estate market presents a dynamic landscape filled with opportunities for savvy investors. By staying informed, diversifying portfolios, leveraging technology, and adapting to emerging trends, investors can position themselves for success in the ever-evolving world of real estate. Whether exploring sustainable investments, embracing innovative financing options, or navigating regulatory changes, a forward-thinking and well-researched approach will be key to unlocking the full potential of real estate investments in the years to come. ♦

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### 24/7 Market Access:

Unlike traditional financial markets that operate within specific hours, cryptocurrency markets are open 24/7. This continuous accessibility allows investors to react to market developments in real-time, providing flexibility and opportunities for those who may not be able to participate in traditional markets during specific hours. The global nature of cryptocurrency markets ensures liquidity and the ability to trade at any time of the day.

### Democratization of Finance:

Cryptocurrencies empower individuals by democratizing access to financial tools and services. Through decentralized finance (DeFi) platforms, users can lend, borrow, and earn interest without the need for traditional intermediaries like banks. This democratization of finance has the potential to reduce financial inequality and empower individuals who may have been excluded from traditional financial systems.

### Security and Transparency:

Blockchain technology, the foundation of cryptocurrencies, is known for its security and transparency. Transactions on the blockchain are cryptographically secure and can be verified by anyone. This transparency reduces the risk of fraud and corruption, providing a level of security that may be lacking in some traditional financial systems. Additionally, the use of smart contracts in blockchain technology automates and enforces the terms of agreements, further enhancing trust and efficiency in financial transactions.

While the world of cryptocurrencies may seem complex and volatile, it offers a unique set of advantages for investors willing to embrace innovation and diversify their portfolios. The decentralization of financial systems, the potential for high returns, portfolio diversification, technological advancements, 24/7 market access, democratization of finance, and the security and transparency provided by blockchain technology collectively

make a compelling case for considering cryptocurrency investment.

However, it's crucial for investors to approach the cryptocurrency market with caution, conduct thorough research, and only invest what they can afford to lose. The cryptocurrency landscape is evolving, and while the potential rewards are significant, so are the risks. As with any investment, due diligence and a well-informed approach are essential for navigating the dynamic and exciting world of cryptocurrencies. ♦

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### from the Editor cont.

Cross. Lord, I am sorry for all my sins against you and against my own life, please forgive me. I believe Jesus was raised on the third day for my justification. Jesus, I receive you as my Lord and Savior. God gives me a new heart and eternal life. Your Holy blood cleanses me, delivers me, and heals my body right now and now my name is written in the Book of Life, guaranteed by the following written law: "That if you confess with your mouth that Jesus is Lord and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation." *Romans 10:9*

If you made this prayer, email me at: [icarepublications@gmail.com](mailto:icarepublications@gmail.com). I would love to share your joy and send you material for balanced growth in the grace of the Lord. Also, send this letter to anyone you know as a testimony of your faith. ♦

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### property taxes cont.

#### Unforeseen Separation:

- Navigating a divorce? While the emotional side of divorce is complex, there are also financial considerations, including potential changes in property ownership and tax implications. Both parties may experience changes in their individual property tax situations.

#### Real Estate Transactions:

- Recorded a new deed for your property? Any modifications to your property ownership, like a change in ownership or boundary lines, requires recording a new deed. This could signify a potential change impacting future tax assessments. Don't let these life changes lead to tax season surprises.

#### Here's what you can do:

- File for exemptions online: It's quick, convenient, and the deadline is March 1st! Visit [www.paslc.gov](http://www.paslc.gov) and ensure you're receiving the benefits you deserve.
- Seek expert guidance: Our dedicated professionals are here to answer your questions and assist you with navigating any necessary adjustments. Contact us at 772-462-1000 for personalized advice.

Remember, staying informed and proactive is key to a smooth and stress-free tax season. Don't let life changes leave you wondering about where you stand with your exemptions. We're here to help you navigate the process and ensure you're on the right track. ♦



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