

Health, Beauty & Fitness

SEVERNA PARK VOICE
JANUARY 2021

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Dr. Allan Rutzen has advice.

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A speech-language pathologist's skills can apply to all ages.

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SEVERNA PARK VOICE

SERVING OUR COMMUNITY SINCE 1981



Support Is Crucial When Navigating Grief And PTSD



Amy Stapleton

MS, LCPC,
NBCC

Hospice of the
Chesapeake



Grief is not pathological, an illness, or a problem to be solved. We grieve because we love. And grief can certainly be disorientating and traumatic. Loss impacts everyone differently, but how a person dies can further complicate grief. The suddenness or unexpected nature of the death, previous experiences of death and trauma, the nature of the relationship, if you were present at a death or possibly injured yourself — all of these factors influence your experience and reaction to

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- ✓ **MEDICAL CANNABIS DOES NOT NEED TO BE SMOKED**. There are various forms of delivery for medical cannabis such as patches, tinctures, lozenges, oils and lotions.
- ✓ **MEDICAL CANNABIS INFUSED TOPICALS AND OINTMENTS HELP WITH PAIN**, as is experienced with arthritis, neuropathy, and muscular issues.
- ✓ **THE STIGMA SURROUNDING USING CANNABIS AS MEDICINE IS FADING FAST.**



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Medical cannabis is a product that is only for use by a qualifying patient. Some forms of this product can effect judgement and coordination. Common side effects include bloodshot eyes, depression, dizziness, fast heartbeat, and low blood pressure. This product may effect individual patients differently.

Change Your Approach - Work With A Coach

Joe Bocek
Park Fitness



It's a new year! Yes, January brings with it the start of a fresh, clean slate and a new beginning. But this year, more than ever, the prospect of a new year feels ever so welcome.

With the many challenges as well as bright spots 2020 brought us, the benefits of being healthy have never been more front and center.

Many people have had to bring their exercise and activity routine home. This might be walks through the neighborhood or sweat ses-



sions in the basement.

Home gyms and exercise equipment were purchased in record numbers this past year, and they are now slowly becoming what most home fitness

equipment is unfortunately destined to be: expensive clothing racks.

If this sounds familiar, it's OK. You are more normal than it may appear. But it doesn't have to be this way.

Everyone should have the benefits of fitness and activity. More times than not, the vehicle by which we try to achieve this isn't always the right fit, though.

With 22 years of being a personal trainer, I want to share with you why personal training can help you now more than ever.

Accountability

Perhaps the No. 1 reason to work with a coach is accountability.

For many of us, being accountable to someone other than ourselves is truly

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NEW YEAR CHALLENGE

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The Benefits Of Microblading

Jasmine Fields-Addison
 CEO/Owner
 Revivify
 by Jass



often referred to as “micropigmentation.” It’s a specialized technique that deposits a precise colored pigment into the dermis of the skin, creating hairline strokes that replicate the appearance of thicker, fuller hair.

If I have one of the following medical conditions or complications, am I still a candidate for permanent cosmetics?

Yes! I have experience in and have treated the following:

- Alopecia
- Asymmetrical distinctions
- Burn victims
- Elderly clients
- Mastectomies, other breast surgeries, or irregular/fading areolas (coming soon)
- Neurological conditions that eliminate a steady hand
- Scars
- Stretch marks
- Trichotillomania
- Vitiligo



Consider these other ways to achieve flawless and radiant results:

- **Areola Repigmentation and Nipple Restoration:** Creates the appearance of an areola after breast re-

Continued on page 14

Chances are that you have already heard of “microblading” or “permanent makeup” thanks to an exponentially growing industry in cosmetics over the past years. Innovative cosmetic procedures, such as microblading, lip shading, scalp micropigmentation, plasma fibroblast, microneedling and more, allow both men and women to enhance the shape of their natural features.

What is permanent cosmetic makeup? It is

What are the benefits of permanent makeup?

- Saves money by reduced spending on cosmetic supplies such as pencils, gels, brushes, etc.
- Saves time when getting ready
- No down/recovery time after a procedure
- No invasive surgery needed
- Local anesthetic used
- Treatment duration is only two to three hours
- Results are immediate and last up to several years



Revivify By Jass™

Meet Jasmine Fields-Addison,
 a Licensed Permanent Cosmetic Specialist, Medical Aesthetician, and the CEO/Owner of Revivify by Jass.

I enrolled in the Registered Nursing Program at Anne Arundel Community College prior to pursuing my career in the medical field for over 25 years, in addition to graduating with degrees in both Business Management and Business Administration.

I recognized the need to not only serve my community in the medical field, but to combine my love for helping others by establishing a nurturing and compassionate environment. This connection led me to pursue my purpose as a Licensed Medical Aesthetician by launching Revivify by Jass, a Cosmetic Center that is focused on client-driven satisfaction.

My mission is to enhance your features with techniques that are unique to your natural symmetry, which will achieve flawless and radiant results. Not only will I exceed your expectations on a physical level, but the services I provide will empower you by boosting your confidence. From our very first consultation to your follow-up care, you will know my inspiration is to make you look as good as you feel.

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Plasma Fibroblasts Removes Stretch Marks



Wise & Well Keeps The Mind Sharp And The Body Active

Leah Abendschoen
Marketing Director
Spring Arbor of Severna Park



Often, when someone hears the word “retirement,” they imagine a relaxing lifestyle, which in some cases can lead to a sedentary lifestyle. There has been an increase in focus on seniors staying active to promote overall health and wellness and slowing disease progression. I regularly promote exercise classes to new prospects and residents, even if it is something that is out of the ordinary for them in their life before senior living. Having been a collegiate athlete myself,

I understand the importance of being in tune with your body and focusing on ways to improve, so it comes naturally to tap back into that motivation and encourage residents to participate.

We have all heard the saying, “If you don’t use it, you lose it!” We all know this is true and why senior living communities have such a focus on keeping residents active — both physically and mentally.

One of the many challenges for senior living communities is helping residents maintain their physical strength and to stay engaged in the offered daily activities. A good example of this is a program called Wise & Well, which helps residents keep their brains engaged and their bodies active while partnering with a

therapy provider to grow new wellness initiatives. What distinguishes Wise & Well from other senior living initiatives is the approach that includes not only physical fitness but brain fitness as well. Combining the mind and body in offered classes, health education lectures and even fun, friendly contests is important in a well-rounded fitness program such as Wise & Well.

Wise & Well focuses on developing core strength and improving balance and ambulation to help minimize falls. The idea of this program is to empower residents to stay as independent as possible when it comes to the use of assistive devices to stay mobile. Having a therapy team onboard allows each resident to feel safe while participating in the various exer-

cise classes offered.

Keeping residents moving should be a top priority for a senior living community, and it is crucial in preserving their independence. It is not uncommon to see residents experiencing far fewer falls since beginning regular fitness programming like the Wise & Well program. Falls in the home are often the motive in considering senior living for a loved one.

Remember, choosing senior living does not mean losing independence. If anything, you may be giving your loved one a new-found sense of independence and strength that they have been lacking for quite some time. Wise & Well is just one example of why Spring Arbor Senior Living creates a better way of life. ■

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Rutzen Eye Specialists & Laser Center Cares For Patients Virtually And In Person



Jacey Hanna, MD

Allan Rutzen, MD, FACS

Doctor Gives Tips On Different Levels Of Care

By Zach Sparks

With Maryland's COVID positivity rate exceeding 9 percent in January, people with eye problems might wonder if their symptoms warrant a doctor's attention. They might wonder if they should risk seeing a doctor.

Dr. Allan Rutzen of Rutzen Eye Specialists & Laser Center

has advice for anyone who may need eye care. Patients should consider their personal situation, if it's an emergency or nonemergency, and the different care options: a phone call, a telehealth visit using video on a mobile device or computer, or an office visit.

"With a telehealth visit using video, the doctor can see more than you might think," Rutzen said. "We can see excellent detail of findings in the front of the eye, including the eyelids, pupils, eye alignment, cornea, and the white of the eye. We can't see into the eye and cannot examine the eye with the same detail that we can with a microscope, so an office visit is required for certain eye conditions," said

Rutzen, who primarily uses FaceTime, Zoom and Doxy for telehealth appointments. For patients who are not technically savvy, these video calls can be as easy as answering the phone.

"The doctor can evaluate the pupils, how the eyes move and are aligned, and signs of inflammation such as lid swelling, lid redness, eye redness, discharge and tearing," Rutzen said. "These findings can help diagnose styes, inflammation of the eyelids, ocular allergies, eye infections and sometimes inflammatory conditions inside the eye, and neurological conditions affecting the eye alignment, pupil reactions, and vision."

When should someone schedule an in-person appointment? An office visit is required for problems inside the eye: cataracts, glaucoma and retinal problems, such as retinal detachment, macular degeneration and diabetic retinopathy. In-person visits are also needed to diagnose and treat contact lens problems, infections, abrasions, foreign bodies in the eye, and chemical injuries. Office visits are also required to evaluate and prepare patients for cataract surgery.

If you are still unsure which category your issue falls under, check the following list of symptoms to determine if it is an emergency or nonemergency.

EYE EMERGENCY SYMPTOMS

Sudden vision changes. This can be a sudden blur, loss of peripheral vision, or loss of all vision in one or both eyes. Many things can cause symptoms like this, and the problems are potentially serious and should be evaluated promptly.

Sudden onset of double vision. This symptom could result from a brain-related problem, such as a stroke; or something pressing on the nerves, eye muscles, or eyeball; or blood vessel problems.

Spots in vision or flashes of light. Spots might represent a retinal tear or retinal detachment.

Eye pain. If suffering from eye pain, it is especially important to seek prompt attention if you wear contact lenses. This symptom could be a sign of infection, abrasion, a foreign body or other problem.

Eye redness, discharge, lid swelling. These symptoms may be a sign of infection.

Trauma to the eye. See an eye doctor or go to the emergency room.

Possible foreign body in the eye. Avoid rubbing the eye. Consider using artificial tear drops or saline solution to rinse your eye. If pain or irritation persists, or if you are unsure the foreign body came out, see a doctor.

Pupils of different size. A small degree of asymmetry may be normal, but any change or substantial difference in size between the two eyes should be evaluated promptly.

Chemicals in the eye, such as cleaning solutions. Do a thorough eye-washing immediately. Even tap water is reasonable in this situation.

NOT EMERGENCIES

Stye on the eyelid. This can usually be treated with warm compresses. Call a doctor if you are concerned.

Mild sense of dryness can usually be treated with over-the-counter artificial tears, but other options are available if symptoms are moderately severe or bothersome.

Small spot of blood on the surface of the eye from a broken blood vessel. These are common and usually do no harm to the eye or the vision. However, they can look very red and concerning, and they may take weeks to resolve. This symptom is more common with people who use blood thinners or aspirin.

Mild eye strain when using

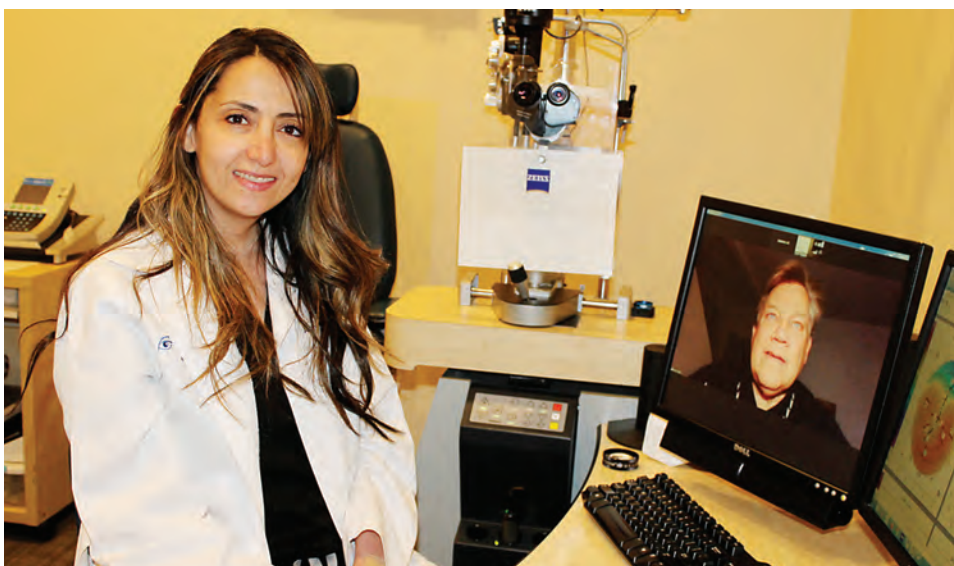


computers. It may be helpful to get new glasses or take breaks. Eye strain should be evaluated, but it is not emergent. Use your discretion to decide if you need to be seen during the pandemic.

If your symptoms are severe or concerning, call your doctor's office. As Dr. Rutzen explained, there are eye care options for each person's individual needs and comfort level.

"When a patient calls our office, we help them determine if they should use a phone call, telehealth visit, or office visit to address their needs," Rutzen said. "Our goal is to provide the highest quality of care while making it safe and convenient for our patients."

Rutzen Eye Specialists & Laser Center is located at 489 Ritchie Highway, Suite 200, in Severna Park. To make an appointment, call 410-975-0090, or learn more at www.rutzeneye.com. ■



Maryland Primary Care Physicians

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Please call our office to be evaluated and scheduled for the appropriate appointment.

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Change Your Approach - Work With A Coach

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powerful. And if you have invested financially in those training sessions with your trainer, you probably aren't going to want to lose them.

Plus, if your trainer is halfway decent at their job of being a coach, they will check in with you regularly to ensure you are staying on track and see what you need.

Some Level Of Nutrition Help

Be careful here, as there is a fine line between a trainer helping you eat more veggies and ones who will give you a meal plan they made up. Only registered dietitians in Maryland can prescribe diets. But having someone help keep you on the right path, as well as answer questions and occasionally ensure you are drinking enough water, can really help.

Modifications

This is a big one. At some point, your plan, whether it's from a web article, a YouTube video or the person on your bike's TV, is going to not fit you in some way. Something might not feel right, be too difficult or too easy, or just cause pain.

This is where the right trainer really pays off. A coach who can scale your workout, make adjustments or even replace something intelligently is worth their weight in gold.

Proven Results

The right personal trainer will have a list of success stories - people they have helped get from A to B. In many cases, these will be people just like you. It might even be someone you know.

Magazine articles, internet videos and your friend's "workout plan" might help get you started. A proven plan can get you the rest of the way there.

As you embark on 2021, and we begin to see the light at the end of this long tunnel, good health is in reach. It is accessible to truly everyone.

If you are close but not there or have fallen off entirely, it's perfectly OK. The only way to miss out is to throw in the towel.

Know that you are doing great and you've got this. You just need to find the right means of making it work for you.

Good luck and here's to an awesome 2021! ■

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Daryn N. Reeder

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When you think of a speech-language pathologist (SLP), you may automatically think of the typical “I have trouble with my ‘r’ sound” bit, but that is only a small part of what speech pathologists can do. In fact, many people may not even be familiar with the vast

scope of a SLP’s practice. SLPs are so versatile and their skills can apply to any period of an individual’s life.

NICU — In the NICU (neonatal intensive care unit), SLPs have the opportunity to work with pre-mature babies to ensure safe feeding, swal-

lowing and breathing. They may even team up with a lactation consultant to support breastfeeding. Additionally, SLPs have to be aware of babies’ prelinguistic readiness skills, such as eye contact and auditory localization.

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New Variant Strain Of COVID-19 Reported In Anne Arundel County

On January 12, the Anne Arundel County Department of Health received confirmation of two cases of COVID-19 in Anne Arundel County residents caused by the new SARS-CoV-2 variant strain commonly known as B-117. The B-117 strain first emerged in the United Kingdom in late 2020.

The two cases involved Anne Arundel County residents who are both younger than 65 years old and live in the same household. One of the individuals had traveled internationally prior to the infection, and it is thought that this individual transmitted infection to the other individual. Neither patient has required hospitalization.

The B-117 strain is more transmissi-

ble than other strains. It has not been shown to cause more severe illness or increased risk of death. There is no evidence that current vaccines are less effective on the B-117 strain.



“We are working closely with the Maryland Department of Health on contact tracing and testing for these two individuals and their contacts,” said Anne Arundel County Health Officer

Nilesh Kalyanaraman. “It continues to be important that county residents keep up the key public health safety measures of wearing a mask, social distancing, washing hands and avoiding crowds.”

COVID-19 information and resources are available at www.covidlink.maryland.gov. COVID-19 data is available at www.coronavirus.maryland.gov. ■

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Support Is Crucial When Navigating Grief And PTSD

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death. A sudden loss can impact an entire community, even strangers.

Post-traumatic stress disorder is no longer an uncommon term, but it is often misused, tossed around lightly, or used as a gimmick in Hollywood movies. PTSD is a disorder affecting 7.7 million Americans each year, many of whom struggle in silence.

When a traumatic situation happens, our bodies naturally are designed to engage and react, to defend against or avoid danger. After an unexpected, scary or shocking event, nearly everyone will experience a range of reactions. Most people recover naturally with time. People with PTSD, howev-

er, continue to feel stressed and fearful even when they are no longer in danger, living in a constant state of arousal and anxiety.

Symptoms of PTSD include re-experiencing or reliving the trauma, avoiding any reminders of the trauma, having negative thoughts that worsen after the trauma, and sleeplessness. These all create distress and impair functioning for an extended amount of time.

Because terms like traumatic grief, complicated grief and PTSD are sometimes confusing, many people hesitate to seek help or are unsure if they need it. Grief and trauma in high-profile incidents, where politicians and media are involved,

often lead to more awareness but not necessarily to people accessing services. And what about those whose loss isn't as public or who dismiss their own grief because it doesn't seem "bad enough" to get help? Often, I meet these folks in the counseling room months or even a few years later because their trauma hasn't been acknowledged.

Trauma overwhelms our capacity to cope and function, unsettles a sense of safety and challenges our beliefs about the world. When the impact or intensity of trauma does not change over time, addressing it and getting support is necessary before grief can be navigated. Seek licensed professionals

who are trained in trauma, including social workers, professional counselors and psychologists who state that they engage in "trauma informed practice."

Amy Stapleton, MS, LCPC, NBCC, is manager of bereavement services and family-centered grief support at Chesapeake Life Center, a program service of Hospice of the Chesapeake. For more information, contact Chesapeake Life Center, which has offices at 90 Ritchie Highway in Pasadena and 9500 Medical Center Drive, Suite 250, in Largo. Hospice of the Chesapeake is online at www.chesapeakelife-center.org and can be reached by phone at 888-501-7077. ■

How To Cope With Job Stress And Build Resilience



Provided by the Centers for Disease Control



Whether you are going into work or working from home, the COVID-19 pandemic has probably changed the way you work. Fear and anxiety about this new disease and other strong emotions can be overwhelming, and workplace stress can lead to burnout. How you cope with these emotions and stress can affect your well-being, the well-being of the people you care about, your workplace, and your community. During this pandemic, it is critical that you recognize what stress looks like, take steps to build your resilience and manage job stress, and know where to go if you need help.

Recognize the symptoms of stress you may

be experiencing.

- Feeling irritation, anger, or in denial
- Feeling uncertain, nervous, or anxious
- Lacking motivation
- Feeling tired, overwhelmed, or burned out
- Feeling sad or depressed
- Having trouble sleeping
- Having trouble concentrating

Know the common work-related factors that can add to stress during a pandemic:

- Concern about the risk of being exposed to the virus at work
- Taking care of personal and family needs while working
- Managing a different workload
- Lack of access to the tools and equipment needed to perform your job
- Feelings that you are not contributing enough to work or guilt about not being on the frontline
- Uncertainty about the future of your workplace

and/or employment

- Learning new communication tools and dealing with technical difficulties
- Adapting to a different workspace and/or work schedule

Follow these tips to build resilience and manage job stress.

- Communicate with your coworkers, supervisors, and employees about job stress while maintaining social distancing (at least 6 feet).
- Identify things you do not have control over and do the best you can with the resources available to you.
- Increase your sense of control by developing a consistent daily routine when possible — ideally one that is similar to your schedule before the pandemic. Keep a regular sleep schedule, take breaks from work to stretch or exercise, and spend time outdoors.
- Remind yourself that each of us has a crucial role in fighting

this pandemic.

- Remind yourself that everyone is in an unusual situation with limited resources.
- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and mentally exhausting.
- Connect with others. Talk with people you trust about your concerns, how you are feeling, or how the COVID-19 pandemic is affecting you. Check on others. Helping others improves your sense of control, belonging and self-esteem.
- If you feel you may be misusing alcohol or other drugs (including prescription drugs) as a means of coping, reach out for help.
- If you are being treated for a mental health condition, continue with your treatment and be aware of any new or worsening symptoms. ■

The Benefits Of Microblading

Continued from page 5

construction, or restore an areola to a more natural-looking color and shape.

- **BB Glow:** Unifies skin tone, leaving a porcelain skin glow.
- **Microneedling:** Creates firmer and smoother skin by stimulating the growth of collagen and elastin. Microneedling delivers real results in overall skin rejuvenation. It helps clients who suffer from acne, hyperpigmentation, skin elasticity, stretch marks, large pores, wrinkles and more.
- **Plasma Fibroblasts:** Responds perfectly to the different needs of the skin for correction

and regeneration of your skin. Helps diminish wrinkles, acne, stretch marks, scars, tightens loose skin, removes skin tags and moles, plus more.

- **Scalp Micropigmentation:** Adds pigment into the skin to replicate hair follicles, restores your hairline, or creates density to thinning hair. It's the best way to deal with hair loss with almost instant, undetectable results.
- **Scar Camouflage:** Disguises a scar or skin area discoloration.
- **Skin Tag Removal:** Removes skin tags with immediate results.
- **Teeth Whitening:** Enhance your appear-

ance with a whiter and brighter smile.

Jasmine Fields-Addison is a licensed permanent cosmetic specialist, medical aesthetician and the CEO/owner of Revivify by Jass. Born and raised in Brooklyn, New York, she moved to Arnold, Maryland, and lived there for 16 years before relocating within Anne Arundel County. Although she began her profession as a medical assistant, phlebotomist and patient care technician II, it wasn't until working for a plastic surgeon that she discovered her passion for reconstructive cosmetics. "I recognized the need to not only serve my community in the med-

ical field, but to combine my love for helping others by establishing a nurturing and compassionate environment," she said. "This connection led me to pursue my purpose as a licensed medical aesthetician by launching Revivify by Jass, a cosmetic center that is focused on client-driven satisfaction."

If you are interested in booking an appointment or have any questions, visit www.revivifybyjass.com or call Jasmine at 410-903-4865.

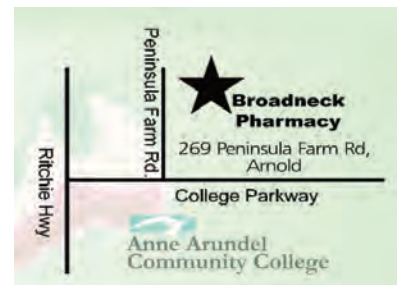
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Speech-Language Pathologists: Lifespan Therapists

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Early intervention

— In an early intervention (EI) setting, SLPs may work on a number of goals targeting specific skills including cognitive, social, feeding, receptive and expressive communication. SLPs may also screen or assess children for any suspected developmental delays, including autism. It is important to support these skills as early as possible, especially if a delay is apparent.

School — School SLPs have the opportunity to work with children in the classroom, in small groups, or in a one-on-one environment. They work collaboratively

with teachers and other staff to support their students. Whether children have articulation or phonological disorders, autism, Down syndrome, or other genetic disorders, SLPs have the tools to support them all.

College and beyond

— Paired with reading specialists, SLPs ensure comprehension and they support young adults with learning disorders such as dyslexia and speech disorders, like stuttering. Speech therapy does not have to stop at the elementary age level. SLPs have the knowledge and skillset to support literacy and communication at any age.

Hospitals — When someone has a stroke or traumatic brain injury, it can affect cognitive skills like memory, executive functioning, attention and problem-solving. Strokes and traumatic brain injuries can also affect the person's expressive language skills, receptive language skills, vocal quality or strength, and swallowing. Using technology, such as X-rays, SLPs are able to determine if someone has a swallowing disorder. Brain injuries can also affect other parts of the body, which is why SLPs work closely with occupational and physical therapists, nurses and doctors to support their patients' recovery.

Nursing homes — If your loved one has dementia, Alzheimer's disease, or is recovering from a surgery, compensatory strategies for memory and safe feeding and swallowing may be an important addition to their patient care. Similarly, in nursing homes, SLPs work collaboratively with occupational and physical therapists, as well as nurses and doctors, to ensure the best patient care.

For more information about how an SLP can support someone you care about, visit www.buddingvoices.com or contact Tiffany Erler at Budding Voices LLC at 410-739-6828 or tiffany@buddingvoices.com. ■

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