

health fitness & Wellness

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Enjoy yoga on Thanksgiving at benefit class in Frenchtown

Yoga Loka hosts its fifth annual Thanksgiving Day Yoga Benefit 10 a.m. Thursday, Nov. 27.

The annual event, a fundraiser for the Frenchtown Food Pantry, is a two-hour class with live music designed for all level yoga students.

Yoga Loka founder and director Bonnie Parker will lead the class through movements and positions (asana) designed to open the body and heart to gratitude.

Frenchtown resident Heidi Breyer will play piano. The com-

poser and pianist, who is currently recording her fourth album of original piano music in the studio of Will Ackerman, founder of Wyndham Hill Records, takes part in the event for the first time this year. Mayor Warren Cooper will again read Thanksgiving-themed poems and prose.

"People return for this class year after year," Pariser said. "It is really a great way to start the holiday, which can be very stressful for some people," she said, adding, "especially if they are hosting."

"This has become a favorite part of Thanksgiving for many of us," Pariser said.

A donation of \$20 is requested to attend the class, but any donation is accepted. All proceeds benefit the Frenchtown Food Pantry, run by the Frenchtown Presbyterian church. Early donations are appreciated to assist the food pantry in setting up holiday baskets.

Yoga Loka is at 34 Bridge St. For information, call 908-268-7430 or visit yoga-loka.com.

Al-Anon Men's Group, meets 7 p.m. every Tuesday at Livengrin Foundation, Suite 101, 350 S. Main St., Doylestown, 215-348-2690.

Al-Anon (Adult / Children) Group meets 7:30 p.m. Mondays at St. Paul's Lutheran Church, 211 N. Main St., Doylestown. Enter on Spruce St., parish building.

Alcoholics Anonymous group meets 7 p.m. Tuesdays at Point Pleasant Baptist Church, 35 River Road, Point Pleasant, 215-257-3117.

Alcoholics Anonymous meets 8 p.m. Wednesdays and 8:30 p.m. Saturdays at St. Luke's United Church of Christ, 212 Old Durham Road, Ottsville, 610-847-2438.

Alcoholics Anonymous of Upper Bucks. If you want to drink, that's your business. If you want to stop, that's ours. Call 215-721-3656.

Alzheimer's Support Group, presented by Seniors Helping Seniors, 7 p.m. third Tuesday of the month at St. Paul's Lutheran Church, 211 N. Main St., Doylestown, 301-262-0030, bdminster@2beshs.com.

Bedmarster Nar-Anon Family Group, for family and friends with loved ones struggling with addiction, meets 7:30 p.m. Tuesdays, at Deep Run West Mennonite Church, 1008 Deep Run Road, Perkasie, bedmarster.nar-anon@yahoo.com.

Brain Injury Family, Spousal, Partner Support Group, 6:8 p.m. third Monday of the month at First United Church of Christ, Church Parlor, Fourth and Park Avenue, Quakertown, 610-558-3488, 610-558-1326.

Bucks County Lewy Body Dementia Support Group Meeting, sponsored by Home Instead Senior Care Plumsteadville, 1:30-3:30 p.m. third Tuesday of the month at The Manor at York Town, 2010 York Road, Jamison.

For information or to RSVP: camca6@verizon.net, 215-766-8929.

Decoding Dyslexia Pennsylvania Upper Bucks County Support and Information Group, meets the third Thursday of the month at St. Luke's Quakertown Hospital, 1021 Park Ave. Quakertown, ground floor, Taylor Conference Room B. Info: decodingdyslexia.org or on FB, decodingdyslexia.org

Doylestown Nar-Anon, for family and friends of those who have loved ones that suffer from addiction, 6 p.m. Wednesdays at Summit Behavioral Health, 702 Hyde Park, Doylestown. Information: nar-anon.org.

GRASP (Grief Recovery After Substance Passing), support group for those grieving the loss of a loved one due to drugs, meets 7:8-30 p.m. first and third Thursdays at Southern Bucks Recovery Center, 1286 Veterans Highway, Bristol, graspbuckscounty@gmail.com.

Grief Share Support Group, meets 1-2:30 p.m. Thursdays at Zion Mennonite Church, Front Street and Cherry Lane, Souderton. Information: 215-710-4455.

Souderton. Information: 215-723-9111.

Health and Wellness Center, 847 Easton Road, Warrington, dh.org. "New Cardiac Treatment and Prevention Guidelines," 7:8-30 p.m. Dec. 4. Register: dh.org, 215-345-2121.

Know Dementia, hosted by Graceland Senior Solutions, 7:30-8:30 p.m. Dec. 8 at Bucks County Free Library, 301 S. Pine St., Langhorne. Speaker is Kevin Janney, president of the Dementia Society of America.

Overaters Anonymous meets 10 to 11 a.m. Thursdays (babysitting available) at West Swamp Mennonite Church, 2501 Allentown Road, Quakertown, 610-762-3779, oag.org.

PRO-ACT Family Addicted Education Program, 7-9 p.m. Dec. 4, 11 and 18 at Southern Bucks Recovery Community Center in the Bristol Office Center, 1286 Veterans Highway, Bristol, and at the Community Partners Center for Health and Human Services in Colmar, 800-221-6333.

Scleroderma Foundation Support Group Meeting, for patients, family members, friends, and caregivers, 6:30 p.m. Nov. 24 at Doylestown Hospital Conference Room G, 595 W. State St., Doylestown. Meeting features speaker from Plasma Services Group. Information: Desiree Bleam, 215-249-1132, dsireealan@verizon.net.

SMART Recovery, self-management addiction recovery support group, meets 6-7 p.m. Tuesdays at Hunter St. Drug Awareness Program, 8 Main St., Flemington, N.J., smartrecovery.org. New attendees call first: 800-788-1900.

S'Myelin Faces MS Support Group, meets 6:30-8 p.m. second Wednesday of the month at Good Sheppard Physical Therapy, Telford. Soudertongroup.ms@gmail.com; 215-723-8017.

Steps To Serenity Overaters Anonymous Meeting, 10-11 a.m. Mondays at St. Andrews United Methodist Church, 999 York Road, Warminster, 215-918-3370.

Stop Smoking, Weight Loss Hypnosis Workshops, presented by the Hypnosis Counseling center, 28 Main St., Flemington, N.J., 9-10 a.m. (smoking cessation), 10-11 a.m. (weight loss) and 11 a.m.-noon (relaxation through hypnosis) Nov. 22. Register and info: 908-996-3311.

Well Spouse Support Group, for individuals with a spouse who is physically or disabled spouse or partner, meets 7:8-30 p.m. second Wednesday of the month at Wesley Enhanced Living Doylestown, 200 Veterans Lane. Information: wel.org

WomenHeart, national coalition for women living with heart disease, meets 11 a.m.-1 p.m. second Tuesday of month and 10-11:30 a.m. second Saturday of month in the Cardiac Rehabilitation Conference Room at St. Mary's Medical Center, Langhorne. Information: 215-710-4455.

CB YMCA graduates seven instructors

Seven aquatics staff at Central Bucks Family YMCA successfully completed the American Red Cross Water Safety Instructor (WSI) training in October.

The WSI training consists of 32 hours of in-house training, five individual "teach backs" (practice lessons) and more than 600 pages of reading material. The instructors learned lifesaving skills as well as how to teach youth and adults to refine their swim strokes and diving safety techniques.



Aquatic staff at Central Bucks Family YMCA with new WSI certifications are: Kevin Barr, Katie Conway, Rebekah Bolton, Ashley Coticchio and Heather Tanner. Not pictured: Melanie Roof and Janine Erato.

Suicide prevention committee seeks members

Family Service Association of Bucks County is seeking additional members for its Suicide Prevention Steering Committee that shapes, informs and enhances community-wide suicide prevention efforts.

The steering committee, formed in September 2013, focuses on advocacy around suicide prevention and awareness of suicide in our community.

Meetings are held monthly at Family Service's Langhorne office located at 4 Cornerstone Drive. Bucks County Commissioner Diane M. Ellis-Marsaglia is the

chair of the committee.

Steering committee participants must have suffered the loss of a family member as a result of suicide.

"Friends and family of suicide victims spend more time exploring and studying the possible causes and preventatives to their loved ones death than any researcher or foundation. I am excited to be leading a process that gathers their insights and knowledge to guide the Bucks County prevention effort," Marsaglia said.

Reports of suicide have

increased in Bucks County over the last decade. The Bucks County Coroner's Office reported 81 suicides in 2012, up from 66 in 2006. According to the Centers for Disease Control and Prevention, "every 15 minutes, someone dies by suicide in this country. And for every person who dies, there are many more who think about, plan or attempt suicide."

Contact Nancie Miller at nmiller@fsabc.org or 215-757-6916 x205 if interested in joining the committee or for more information.

St. Mary Medical Center honored for nurse care

St. Mary Medical Center (SMMC) has achieved Exemplar status for its Nurse Improving Care for Healthsystem Elders (NICHE) program, the highest designation in an international nurse-driven initiative designed to help hospitals improve the care of older adults.

SMMC is one of only 37 medical centers in the United States that have achieved NICHE Exemplar status — an achievement that signals systemic implementation of



Nurse Jerrica Ewald offers a patient lotion from the sleep cart, a NICHE program initiative to help seniors reduce the need to use sleep medications while hospitalized.

protocols, programs, and initiatives dedicated to geriatric care and an organization-wide commitment to excellence in the care of patients 65-years-and-older.

"Older adults have unique health needs and we are fully committed to meeting them," said Sharon Brown, vice president of patient care and chief nursing officer, St. Mary Medical Center. Brown also noted that the population of Bucks County is aging faster than other counties in Pennsylvania, which makes it especially important to have sen-

ior-friendly programs, protocols, and initiatives in place to meet the current and future needs of the surrounding region.

Although the Exemplar status typically takes many years to achieve, St. Mary achieve the distinction in just three years, said gerontology nurse specialist Ruth Crothers, the NICHE coordinator who has worked to train geriatric resource nurses (GRNs) at St. Mary.

"One of the key strategies that helped the St. Mary Medical Center NICHE Program progress to the Exemplar designation so quickly was the recruitment of GRNs from all of our nursing units that care for older adults, including the specialty units, instead of beginning with just one or two pilot units," Crothers said.

The NICHE Exemplar status requires hospitals to follow the NICHE GRN model of care. This entails special training and certification of nursing staff across multiple specialties. GRNs, along with other hospital disciplines, follow evidence-based protocols that improve outcomes for older adults who require inpatient care. NICHE is an interdisciplinary program that includes collaboration with the pharmacy, care management, social work, physical and occupational therapies, as well as community-based providers, such as St. Mary LIFE and skilled nursing facilities.

Flemington businesses wanted to participate in wellness day

The Flemington Health and Wellness Committee is accepting registration forms for the upcoming Health and Wellness Progressive Day.

The event is open to borough businesses and will take place on Saturday, Feb. 7. Event information and registration forms are available at downtownflemington.com.

The Health and Wellness Progressive Day is run by the Flemington Health and Wellness Committee and is endorsed by the Flemington BID Marketing and Events Committee. The event is designed to follow a "progressive dinner" model, where the public

is invited to attend a variety of free health and wellness related courses/workshops held throughout the day at participating borough businesses. The day will conclude with a special event to be held at the Historic Courthouse on Main Street.

The next planning and networking meeting is scheduled for 7 p.m. Wednesday, Dec 3, at Coco's on Main Street in Flemington.

For information, contact Karen Walsh at karen@beherenowyoaga108.com or 908-642-0989, or Nicole Maniez at JerseyAcu@gmail.com or 908-237-1076

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Wendy's gives back

Wendy's of Doylestown recently donated \$227.21 to Child, Home and Community to support the agency's work with pregnant and parenting teens. Child, Home and Community provides prenatal and parenting classes, support and career counseling to adolescents facing untimely pregnancy. From left are, Wendy's manager Evan Kerstein and CHC board member Lisa Toscano.

Spin Week to benefit Fisherman's Mark

River's Edge Chiropractic, Your Wellness Connection in Lambertville invites local businesses to join the Holiday 2014 Give and Receive Program.

Each business participates by donating a tax-deductible gift certificate for the Giving Wheel. During Spin Week in early December, spinners make a donation to spin the Giving Wheel and win a gift certificate.

All donations go to Fisherman's Mark, a local social service agency serving families in need in Hunterdon and six surrounding counties.

For information or to participate, call 609-397-4390. Deadline for entry is Nov. 21.

Great American Smokeout is Thursday

According to its website, the American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

Tips and information on quitting are available online at cancer.org.