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A supplement to **farragutpress**
July 2025



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Published by

farragutpress

Your Tennessee Press Association Award Winning Newspaper

11863 Kingston Pike Farragut, TN 37934

865-675-6397 • Advertising email: khartman@farragutpress.com • farragutpress.com

Skin Protection Strategies

Summer is a season to soak up some sun and enjoy the generally more laid back atmosphere that's become synonymous with the months of June through August. Though no one wants to dampen the summer fun, it's important to note that the season should not be entirely carefree. In fact, emphasizing skin protection is vital to ensuring the season is both fun and safe.

- **Wear sunscreen every day.** The American Society for Dermatologic Surgery urges individuals to wear sunscreen every day in the summer. No two people are the same, and that's evident in the various skin types. People with fair skin may already know from experience that they need to apply sunscreen in the summer. But ASDS notes even people with naturally darker skin that tends to tan instead of burn need to wear sunscreen every day as well. The ASDS recommends applying roughly one ounce of sunscreen two to three times each day in summer. Sunscreen should have a minimum sun protection factor (SPF) of 30. It's possible to get sunburn even in cooler climates or on cloudy days when time in direct sunlight is minimal. So the sunscreen rule can apply year-round, but is especially important in summer when people tend to spend more time outdoors than during other times of year.

- **Opt for protective clothing.** The ASDS notes that unbleached cotton, tightly woven T-shirts or shorts, and wide-brimmed hats provide excellent protection against the sun. Many manufacturers now offer high-SPF clothing that absorbs UV rays. Pairing such clothing with daily applications of sunscreen can be a great way to protect skin against summer sun.

- **Pay attention to your skin.** Routine skin examinations in summertime can uncover warning signs of skin cancer. For example, the ASDS notes that discoloration, a changing mole or a rough red patch of skin are early warning signs of skin cancer. Contact a dermatologic surgeon immediately if any of these signs are detected.

- **Avoid sunbathing to reduce sunburn risk.** The ASDS notes the only way to prevent exposure to potentially harmful sunburn is to stay in the shade. Though many consider a little color in summertime harmless, the reality is that skin cancer develops over time and sunburn is dangerous. Each sunburn a person gets increases his or her risk of developing skin cancer, so even a mild sunburn that disappears in a day or two can have a long-term and potentially deadly impact.



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The family-owned company, Goodworks Unlimited LLC, is based out of Franklin, Tennessee, and has developed more than 100 senior communities over the past 32 years. The Villages of Farragut is one of 26 communities currently owned by Goodworks, and opened in December 2019 at 230 Village Commons Blvd. in Farragut.

Executive Director Melody Matney said the senior living community is perfect for those wanting to downsize from their current home while still remaining independent and active in the local community.

Our residents enjoy a healthy lifestyle and an active social life to include weekly happy hours with live music, holiday parties and special event celebrations, party bridge, book club, Bible studies, karaoke, an active Veterans club, and an Ambassador Club for giving back to the local community. When residents move in, new friends become family!

With a variety of one and two-bedroom floorplans, all apartments are specifically designed to address resident needs. The rooms feature full kitchens, washer and dryer appliances, individually-controlled heating and cooling systems, and sunroom and patio options.

In addition to fully equipped spacious suites, residents at The Villages can enjoy many on-site amenities, including a wellness center with on-site physical therapy, walking and bike trails, dog park, billiard parlor, putting green, salon and spa, and maintenance free living with housekeeping services.

Matney said the residents especially love the chef-prepared dining.

"One of our best offerings in our community is our restaurant-style dining and our menu selection," she said. "It's important that we exceed expectations for our residents, especially at mealtime. Plate presentation, taste, variety – all are most important."

A resident at The Villages also raved about Chef Daniel's culinary creations. "Chef Daniel and his culinary team go above and beyond to prepare delicious entrees and features, with farm-fresh vegetables and salads, and home-made desserts."

The Villages of Farragut is located on 25 beautiful acres with plans for villas in the near future.

For more information about The Villages of Farragut, call 865-671-2500 or visit thevillagesfarragut.com.



Melody Matney, Executive Director



The Villages of Farragut offers seniors an independent lifestyle in a hometown setting.



Did you know?

Parents recognize the important role fun plays in a happy childhood, but finding time to laugh and have a good time is important for adults as well. Unfortunately, that lesson seems to have been lost on modern adults. A recent survey from the American Psychological Association found that 76 percent of adults felt stress from politics, race relations, violence, and inflation. Such stress has had an adverse effect on respondents' health, contributing to episodes of headache, fatigue and depression, among other things. According to the nonprofit HelpGuide.org, adult play can help to alleviate stress, improve brain function, boost creativity, and strengthen relationships. Sharing laughter and fun with others can encourage empathy, build trust and foster intimacy with others.



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Pinnacle Assisted Living is an exceptional senior living community providing Assisted Living Services. Our assisted living community offers care to seniors that need help in their daily routine. Featuring a variety of calming natural settings, our community is designed to provide a sense of support and relaxation for seniors who want to enjoy their retirement.

Our building is a one-level, Assisted Living community that has 64 beautifully designed senior apartments. The community boasts several safety features, amenities, and services that residents love. Wellness programs and dining services work to provide seniors with a healthy lifestyle while being supported through our assistive services. Housekeeping services and customizable care plans allow our staff members to ease the burden on your loved one. With more free time, seniors can enjoy their retirement and spend time with loved ones. Our care teams are passionate about providing seniors with the care they need. Whether your loved one enjoys reading in their room, or they want to participate in monthly activities, our staff members will help them experience an exceptional stay at Pinnacle Assisted Living. Beautiful, open spaces and accommodating rooms allow residents to feel comfortable and safe in our community. Both private and companion accommodations are offered, each with a private bath. Apartments are available either beautifully furnished or unfurnished, and our residents are always welcome to bring personal items to create a home-like atmosphere!

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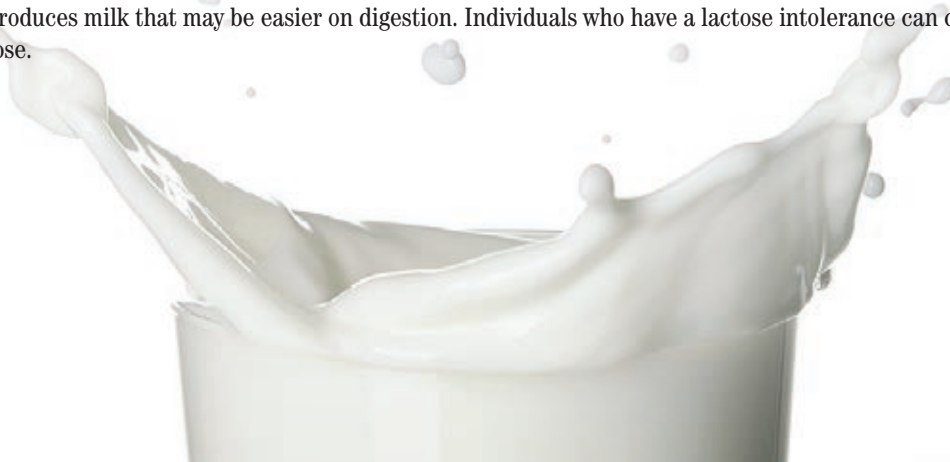
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The healthy benefits of milk

Drinking milk is a popular way to consume the amount of dairy recommended for a healthy diet. Milk is a rich source of 13 essential nutrients that can boost the immune system and fuel the body. Milk notably contains vitamin D and calcium, which helps maintain strong bones and can reduce the risk for a bone-thinning disease known as osteoporosis. Milk also contains vitamins A and B as well as potassium and protein. Milk helps keep teeth strong and healthy as well. The United States Department of Agriculture says that each person's recommended intake of dairy depends on his or her age, gender, height, and other factors. Generally speaking, toddlers and children should consume between one and 2.5 cups of milk per day. Adults can benefit from about three cups per day. A cup is equal to 8 ounces. Health experts advise choosing nonfat or low-fat versions of milk and additional dairy products, as they are much more heart-healthy than full-fat options. Too much saturated fat in one's diet can lead to high cholesterol and a greater risk for heart disease. If the idea of downing three glasses of milk is a turn-off, milk can be incorporated into recipes, such as smoothies, where its taste and texture is less prominent. Cheese and yogurt also count. Eight ounces of yogurt or 1 1/2 ounces of hard cheese is equivalent to one cup of milk in terms of nutrition, says a2 Milk®, a company that produces milk that may be easier on digestion. Individuals who have a lactose intolerance can choose milk products that do not contain lactose.



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Assisting with Hearing and Tinnitus

Physician's Hearing Care is a division of Ear, Nose and Throat Consultants of East Tennessee. The company offers a variety of services to assist patients with their hearing health care needs.

Services offered include: comprehensive hearing evaluations, middle ear analysis, cochlear implant evaluations, and tinnitus evaluation and treatment.

Physicians' Hearing Care also offers hearing aids. The company provides hearing aid services and speech mapping to verify the best hearing aid settings.

It provides its clients with a 45-day risk free trial period for all hearing aids. The company's hearing aids feature the world's most finest and up-to-date technology. PHC works with a variety of hearing aid companies including ReSound, Phonak and Oticon. Physicians' Hearing Care offers hearing aid maintenance and repair services, custom hearing protection and custom swim plugs.

The company features a team of friendly professionals who are on hand to diagnose patients' problems and offer prompt and affordable solutions. The staff is dedicated to helping patients and their families with all their hearing needs.



Sarah Post, AuD



The company has 9 certified audiologists. Those specialists have over 75 years of combined experience assessing and treating hearing loss and tinnitus disorders.

"Our goal is to assess and treat hearing loss and tinnitus disorders," said Dr. Sarah Post, Director of Audiology. "We help put together plans that best fit the patient's needs. We are a resource for patients and family members. We're here to help people and we're willing to help."

Physicians' Hearing Care has 4 convenient locations throughout East Tennessee, including its West Knoxville office, located at The Tower at Park West, at 9430 Park West Blvd, Suite 335.

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Reduce digital eye strain

Digital devices have become a ubiquitous component of work, school and leisure. Whether checking email or completing assignments or watching funny videos, screens feature prominently in modern life.

Across the globe, the average person spends an average of six hours and 40 minutes

looking at screens each day, according to the digital marketing experts at Backlinko. That screen time is slightly higher for people in the United States, where the average daily screen time is seven hours and three minutes. While there is plenty of data indicating how screen time can affect everything from sleep to waist circumference, it also can impact the eyes.

Screen time eye strain, also known as digital eye strain or computer vision syndrome, is a growing problem thanks to the widespread usage of screens. The American Academy of Ophthalmology says that while screens themselves and the blue light they emit will not damage the eyes permanently, staring at them for long durations can cause temporary discomfort. Symptoms such as dry eyes, blurry vision, headache, and tearing or watery eyes may occur. That is largely due to the fact that people blink less when they stare at devices. The AAO says the normal blink rate is 15 times per minute, but that frequency is slashed in half when looking at screens or doing other near work like reading.

Penn Medicine and the AAO offer the following tips to alleviate digital eye strain.

- **Get routine eye exams.** It is important to stay on top of vision changes. Any symptoms being experienced should be brought to the attention of an eye doctor at a routine eye exam or beforehand if it is problematic. Although digital eye strain may be to blame, there may be another condition at the heart of symptoms.
- **Placement of computers is key.** While sitting at a desk, the computer screen should be 25 to 30 inches away from the person, or roughly arm's length. The screen also should be placed three to four inches below eye level for optimum comfort and use.
- **Take breaks.** People should give their eyes occasional breaks, making it a habit to look up from the screen and at an object in the distance. Most professionals recommend the 20-20-20 rule: If you look at a screen for 20 minutes, look away at something at least 20 feet away from you for 20 seconds.
- **Wear eyeglasses, instead.** People who wear contact lenses know they can increase irritation and dryness. When working on screens, try wearing eyeglasses instead of contacts to reduce these symptoms.
- **Aim to reduce glare.** Adjust the brightness and contrast of the screen to make viewing more comfortable. Dim the lighting nearby to help reduce eye strain. Individuals also can purchase matte screen filters for their devices.
- **Use artificial tears.** If dry eyes become a problem with screen usage, then utilize artificial tears to keep eyes lubricated.

Digital eye strain is a consequence of the modern reliance on devices. Luckily, there are ways to help reduce symptoms and feel more comfortable when looking at computers and other devices.

Two facilities on the NHC Place Farragut Campus take care of residents varied needs

Striving to make every moment count for the residents and patients at NHC Place Farragut is top priority because they believe in celebrating life at all stages.

The residents and patients arrive for a variety of reasons. Many are short-term, having left a hospital needing skilled nursing and/or rehabilitative care to get them back home. Others have chosen NHC Place as their home with assisted living care or memory care.

The NHC Place Farragut's private and spacious campus is home to a 100-bed post-acute Health Care Center, an 84-apartment Assisted Living Center and the 60-bed Cavette Hill Assisted Living & Memory Care Center. The campus amenities include a walking trail, courtyards with gazebos and recreational amenities like a putting green.

NHC Place is dedicated to offering their residents and patients the independence wanted with the support that is needed. In fact, all NHC partners prepare for their work day by reciting one of the organizations 20 promises each morning. The goal is to provide the best rehabilitative and clinical services based on the activity and care needs of each of our residents.



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Because no two cases are the same, the orthodontic practice uses only the latest state-of-the-art technologies, including digital scanners and 3D printers, which enable Dr. Eberting to diagnose and design individualized treatment plans both comfortably and accurately.

"That is one of the joys of being an orthodontist," noted Dr. Eberting. "With each patient, I am solving a puzzle, determining how I am going to produce a healthy and beautiful smile in the most efficient and effective manner."

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- Dr. Dan



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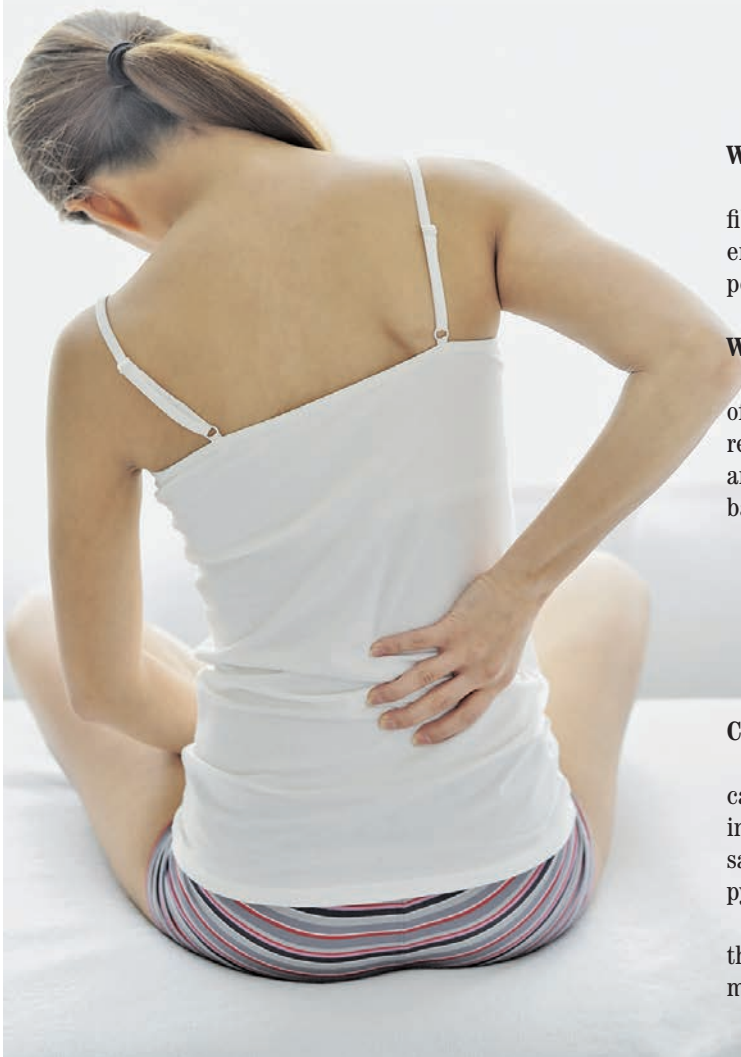
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Basics of fibromyalgia

fi·bro·my·al·gia



Periodic pain is a part of life many people can effectively manage without the help of medical professionals. A sore knee after some pickup basketball or a stiff neck after an awkward sleep probably won't necessitate a trip or call to a doctor. But persistent pain does merit such concern, and could in fact be indicative of a condition known as fibromyalgia.

What is fibromyalgia?

The National Institute of Arthritis and Musculoskeletal and Skin Diseases describes fibromyalgia as a chronic disorder that causes pain and tenderness throughout the body. People with fibromyalgia also experience fatigue and trouble sleeping.

What are the symptoms of fibromyalgia?

The NIAMS indicates chronic, widespread pain throughout the body, an overwhelming feeling of being tired and difficulty sleeping are the main symptoms of fibromyalgia. But people with fibromyalgia may experience additional symptoms, including:

- Stiffness in the muscles and joints
- Some areas of the body may be tender to touch
- Tingling in the arms and legs or a feeling of numbness in these areas
- Increased sensitivity to certain stimuli, including light, noise, odors, and temperature
- Problems that affect digestion, including bloating or constipation

The symptoms of fibromyalgia are often physical, but some people experience cognitive signs as well. Cognitive symptoms are often characterized as “fibro fog,” which is akin to brain fog that makes it hard to concentrate, think clearly or remember things.

What causes fibromyalgia?

The Cleveland Clinic notes that experts are uncertain about what causes fibromyalgia. But some studies have found a genetic link that suggests parents might pass the condition down to their children. However, the NIAMS points out that people with no family history of fibromyalgia still get it.

What are the risk factors for fibromyalgia?

Age and sex are two notable risk factors for fibromyalgia, which is most often diagnosed in individuals over 40. In addition, the Cleveland Clinic reports that women are twice as likely as men to experience fibromyalgia, and the NIAMS notes fibromyalgia affects people of all racial and ethnic backgrounds. Additional risk factors for fibromyalgia include:

- Chronic illnesses: People with osteoarthritis are more likely to get fibromyalgia, as are individuals with certain mental health conditions, including depression and anxiety disorders. Irritable bowel syndrome also is considered a risk factor for fibromyalgia.
- Stress: Excessive stress can be a risk for fibromyalgia.

Can fibromyalgia be treated?

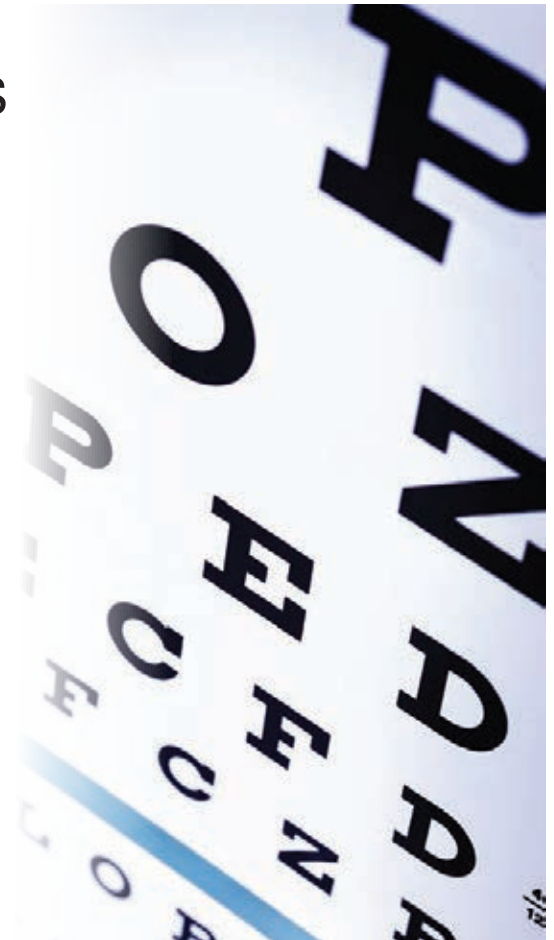
Treatment for fibromyalgia may require some trial and error as health care professionals work to identify an option that works. Such options may include over-the-counter or prescription medication, including antidepressants; exercises that employ stretching and strength training; sleep therapy; cognitive behavioral therapy; or stress management therapy.

Mount Sinai indicates fibromyalgia affects between 1 and 5 percent of the general population. Understanding the disorder may help people better manage the pain it causes.

Common warning signs for cataracts

- **Blurry vision:** The American Academy of Ophthalmology notes that blurriness may be associated with an assortment of vision problems, including cataracts. Blurry vision makes it difficult to see clearly or sharply, and cataracts are characterized by cloudiness that affects the natural lens of the eye. The blurriness associated with cataracts is the result of a breakdown of proteins in the lens of the affected eye, according to the AAO.
- **Seeing double:** Double vision also is symptomatic of various vision issues, including cataracts. The AAO notes that when a person is seeing double, he or she may be seeing two, often overlapping, images of a single object.
- **Sensitivity to light:** The AAO notes a need to shield eyes from light to prevent eye pain could indicate a sensitivity to light that is characteristic of cataracts. This sensitivity may be especially noticeable when confronted by oncoming headlights at night.
- **Difficulty seeing at night:** The AAO reports that this symptom is often characterized by difficulty seeing in dark conditions that can make it harder to adjust to seeing when going from a well-lit space into darkness. That adjustment also may take longer in people experiencing cataracts. Some people may not be able to see at all in dimly lit conditions.
- **Seeing faded colors:** Bright colors that appear faded or yellow is another symptom of cataracts.

Cataracts compromise vision, but it's important that people recognize there are effective treatments for this condition. More information is available at aao.org.



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