

# BAY Healthstyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2022



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# BAY HealthStyles

A guide to healthy living in the Northern Neck and Middle Peninsula 2022

The COVID-19 pandemic brought health and wellness to the forefront.

With physicians' offices urging patients to take advantage of virtual visits, folks began monitoring their own symptoms and 'vitals' and taking more control over their own health-care needs.

In this issue of Bay HealthStyles, we've focused on self care and wellbeing of mind, body and spirit.

We've researched some of the new self-monitoring devices, from smart phone apps to do-it-yourself diagnostic tests, and gotten a doctor's opinion on what she recommends and what she doesn't.

We've also explored the benefits of a good night's sleep, how to get one and what happens when you don't.

Relaxing is key to falling asleep and what better way to relax than to meditate. It's good for the mind and body.

With spirituality and holistic health on the rise, healing crystals and stones have resurfaced as a craze with the 20-something generation. Find out where to buy them locally and what they can do for you.

And don't forget the benefits of puppy love. Dogs are more than just pets. These family members need exercise and health care as well. Take them out for a day at the park.

Here's to good health, happy thoughts and restful sleep in 2022!

*Susan & Lisa*

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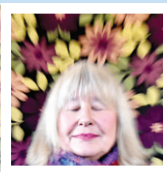
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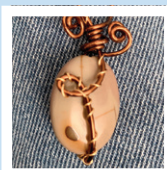
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# Community Health

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

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

## Ongoing

### Daily

**Middlesex High School tennis/pickleball courts** open to general public, 5 p.m.-dusk only, 454 General Puller Highway, Saluda, 758-2132.

### Mondays

**Gloucester County Parks, Recreation and Tourism's chair yoga**, 11 a.m.-noon, Stewart Building, 6382 Main St., Gloucester. 693-1264.

**AA**, noon, DeSales Hall, Kilmarnock.

**Gloucester County Parks, Recreation and Tourism's karate**, series of classes for various age groups, start at 6 p.m., T.C. Walker Gym, 6099 T.C. Walker Road, Gloucester. 693-1264.

**Virtual Nurturing Parenting Program**, 6-8 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or prevent@mpnn.state.va.us.

**AA**, 8 p.m. Fairfield's UMC, Burgess.

### Tuesdays

**Gloucester County Parks, Recreation and Tourism's**

**senior floor yoga**, 11 a.m.-noon, Stewart Building, 6382 Main St., Gloucester. 693-1264.

**Gloucester County Parks, Recreation and Tourism's gymnastics**, series of classes for various age groups, start at 4:30 p.m., Botetourt Elementary School, 6361 Main St., Gloucester. 693-1264.

**AA**, 7 p.m., DeSales Hall, Kilmarnock.

### Wednesdays

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

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

**Gloucester County Parks, Recreation and Tourism's gymnastics**, series of classes for various age groups, start at 4:45 p.m., Abingdon Elementary School, 7087 Powhatan Drive, Hayes. 693-1264.

**Gloucester County Parks, Recreation and Tourism's free flow yoga**, 5:30-6:45 p.m., Whitcomb Lodge, 8687 Roaring Springs Road, Gloucester. 693-1264.

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

**AA**, 8 p.m. Trinity Episcopal, Lancaster.

**Gloucester County Parks, Recreation and Tourism's dog training** with Instructor Amy Wiloughby, 5:30-6:30 p.m. through

March 23, Whitcomb Lodge, 8687 Roaring Springs Road, Gloucester. A positive reinforcement training for dogs, 9 months and older. Introductory six-week group class that helps you better communicate with your older puppy or mature dog. Dogs will learn behaviors and cues such as "stay" and "wait," along with loose leash walking. This class will also address undesirable behaviors such as jumping and not coming when called. Fee: \$169. 693-1264.

**Line Dancing**, 7-9 p.m., Middlesex Woman's Club, 202 Virginia St., Urbanna. Cover charge is \$5. 695-4299.

### Thursdays

**Walk on the Wild Side**, 9-11 a.m. second Thursdays. Belle Isle State Park, 1632 Belle Isle Road, Lancaster. Nature hikes, Guides; Virginia Master Naturalists, park staff. Register at 462-5030.

**Gloucester County Parks, Recreation and Tourism's senior floor yoga**, 11 a.m.-noon, Stewart Building, 6382 Main St., Gloucester. 693-1264.

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

**Gloucester County Parks, Rec-**

**reation and Tourism's gymnastics**, series of classes for various age groups, start at 5 p.m., Botetourt Elementary School, 6361 Main St., Gloucester. 693-1264.

**Gloucester County Parks, Recreation and Tourism's**

**just breathe yoga**, 6-7 p.m., Stewart Building, 6382 Main St., Gloucester. 693-1264.

**Cancer Support Group**, 6:30 p.m., meets the third Thursday of every month in the Riverside Middle Peninsula Cancer Center, 7544 Medical Drive in Gloucester (behind the hospital). For information, call 757-534-5555, ext. 300, or 757-596-4457.

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

### Fridays

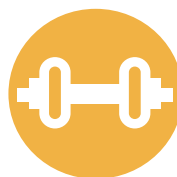
**Tai Chi**, 9-10 a.m. Fridays, Middlesex Woman's Club, 202 Virginia St., Urbanna. 831-233-1786.

**Gloucester County Parks, Recreation and Tourism's chair-assisted exercise**, 9:15-10:15 a.m., Stewart Building, 6382 Main St., Gloucester. 693-1264.

**Hatha Yoga**, 10:30-11:45 a.m., Middlesex Woman's Club, 202 Virginia St., Urbanna. 831-233-1787.

**Gloucester County Parks, Recreation and Tourism's chair yoga**, 11 a.m.-noon and 12:45-1:45 p.m., Stewart Building, 6382 Main St., Gloucester. 693-1264.

**Lunch Bunch Al-Anon**, noon.





# Community Health

Grace Episcopal Church, Kilmarnock. For phone-in meetings, email [fridaylunchbunchafg@gmail.com](mailto:fridaylunchbunchafg@gmail.com).

**AA**, noon. Trinity Episcopal, Lancaster.

**AA**, 8 p.m. St. Andrews Presbyterian, Kilmarnock.

## Saturdays

**Middlesex High School tennis/pickleball courts** open to general public, dawn to dusk, 454 General Puller Highway, Saluda, 758-2132.

**AA**, 7:30 p.m. Irvington Baptist, Irvington.

**AA**, 8 p.m. Heathsville UMC, Heathsville.

## Thursday, February 24

**Blood Drive**, 10 a.m.-3 p.m. Virginia Institute of Marine Science, 7539 Spencer Road, Gloucester Point. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

**Youth Mental Health First Aid Training**, online 12:30-4:30 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or [www.chvc.online](http://www.chvc.online).

**Blood Drive**, 2-6 p.m. Old Church UMC, 25614 The Trail, Mattaponi. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-27610.

## Saturday, Feb. 26

**Virtual Children First Co-Parenting Program**, 8:30 a.m.-12:30 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or [prevent@mpnn.state.va.us](mailto:prevent@mpnn.state.va.us).

## Monday, Feb. 28

**Blood Drive**, 11 a.m.-4 p.m. Riverside Walter Reed Hospital, 7519 Hospital Drive, Gloucester. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

**Understanding the LGBTQ+ Community**, noon-1:30 p.m. Register at 642-5402, or [www.chvc.online](http://www.chvc.online).

## Tuesday, March 1

**Blood Drive**, 2-7 p.m. Middlesex County American Legion Post 82, 192 Watson Landing Road, Saluda. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

## Monday, March 7

**Blood Drive**, noon-6 p.m. Kilmarnock Baptist Church, 65 Church Street, Kilmarnock. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

## Tuesday, March 8

**Blood Drive**, 1:15-6:15 p.m. Middlesex County Rescue Squad, 17684 General Puller Highway,

Deltaville. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

## Tuesday, March 15

**Adverse Childhood Experiences (ACE) Interface Training**, online noon-1 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or [www.chvc.online](http://www.chvc.online).

**Blood Drive**, 1-7 p.m. Tappahannock-Essex Volunteer Fire Department, 620 Airport Road, Tappahannock. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

## Thursday, March 17

**Blood Drive**, 1-6 p.m. Knights of Columbus - West Point, Boogard Center, 3510 King William Avenue, West Point. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

**Blood Drive**, 1:30-6:30 p.m. Warsaw Baptist Church, 226 Main Street, Warsaw. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

## Saturday, March 19

**Virtual Children First Co-Parenting Program**, 8:30 a.m.-12:30 p.m. Middle Peninsula

Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or [prevent@mpnn.state.va.us](mailto:prevent@mpnn.state.va.us).

## Tuesday, March 22

**Virtual REVIVE! Training**, 11 a.m.-noon. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Opioid overdose and naloxone education program. Register at 642-5402, or [www.chvc.online](http://www.chvc.online).

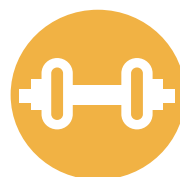
**Blood Drive**, 1-7 p.m. Abingdon Ruritan Club, 8784 Guinea Road, Hayes. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

## Tuesday, March 29

**Blood Drive**, 10 a.m.-3 p.m. Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.

**Question, Persuade and Refer (QPR)**, online noon-1 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Suicide prevention training. Register at 642-5402, or [www.chvc.online](http://www.chvc.online).

**Blood Drive**, noon-5 p.m. Montross Community, 2657 North Independence Drive, Montross. Schedule an appointment at [RedCrossBlood.org](http://RedCrossBlood.org), Red Cross Blood Donor App, or 1-800-733-2767.





# Community Health



## Saturday, April 2

**Blood Drive**, 10 a.m.-4 p.m. The Grand of Colonial Beach, 719 Ferry Landing Road, Colonial Beach. Schedule an appointment at RedCrossBlood.org, Red Cross Blood Donor App, or 1-800-733-2767.

## Tuesday, April 5

**Adult Mental Health First Aid Training**, online 8:30 a.m.-12:30 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or [www.chvc.online](http://www.chvc.online).

**Blood Drive**, noon-6 p.m. St. Stephen's Episcopal Church,

6807 Northumberland Highway, Heathsville. Schedule an appointment at RedCrossBlood.org, Red Cross Blood Donor App, or 1-800-733-2767.

## Wednesday, April 6

**Adult Mental Health First Aid Training**, online 8:30 a.m.-12:30 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or [www.chvc.online](http://www.chvc.online).

## Thursday, April 7

**Blood Drive**, 1-7 p.m. St. Mary's Episcopal, 203 Dennison Street,

Colonial Beach. Schedule an appointment at RedCrossBlood.org, Red Cross Blood Donor App, or 1-800-733-2767.

## Thursday, April 14

**Blood Drive**, 2-7 p.m. Petsworth Baptist Church, 2471 Hickory Fork Road, Gloucester. Schedule an appointment at RedCrossBlood.org, Red Cross Blood Donor App, or 1-800-733-2767.

## Tuesday, April 19

**Blood Drive**, 1:30-7 p.m. Piankatank Ruritan Club, 7138 Buckley Hall Road, Hudgins. Schedule an appointment at RedCross-

Blood.org, Red Cross Blood Donor App, or 1-800-733-2767.

## Thursday, April 21

**Virtual Children First Co-Parenting Program**, 4-8 p.m. Middle Peninsula Northern Neck Community Services Board's Prevention, Health and Wellness Division. Register at 642-5402, or [prevent@mpnn.state.va.us](mailto:prevent@mpnn.state.va.us).

## Tuesday, April 26

**Blood Drive**, noon-6 p.m. Church of St. Therese, 6262 Main Street, Gloucester. Schedule an appointment at RedCrossBlood.org, Red Cross Blood Donor App, or 1-800-733-2767.

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# Taking your health into your own hands: how **technology** is **TRANSFORMING** our health

*by Jackie Nunnery*

**F**rom how we shop to how we communicate, technology has become the great disruptor. Like it or not, it is now changing the way we view our own health and how we access health care. It all began with the internet where typing in a single medical issue like “migraine” gave instant access to symptoms, causes, diagnosis and treatments from top hospitals across the country. Electronic medical records were next, offering easy access to your medical history, previously hidden away in a folder and only accessible by a health care provider.

Add to that changes in health insurance--increases in premium contributions or participation in high-deductible plans—making individuals more financially responsible for the cost of their own care and the result is a more consumer driven health care marketplace.

## ➡ **Wearables, apps and data-driven health**

With major innovations in hardware and software, companies are now able to offer continuous biometric data collection that provides its wearer with input to optimize the day. One of the largest companies, Fitbit, tracks wearers’ skin temperature, oxygen saturation, breathing rate, heart rate variability, and resting heart rate throughout the day. The resulting data is displayed on a dashboard that, according to the company, displays trends to suggest overall physical and mental wellbeing or alert you when something might require medical attention.

According to an article published on their website in September

2020, Fitbit users participated in a study to develop an algorithm to predict the onset of COVID-19 before any symptoms were present. The result, based on the data of 150,000 users, suggested that “changes in breathing rate, resting heart rate, and heart rate variability can be detected simultaneously with the onset of COVID-19.”

In addition to trend data, Fitbit offers guidance based on your biometrics. A premium subscription gives wearers a Daily Readiness Score that suggests whether you should work out hard or take it easy and recover. Suggested workouts based on the readiness score are available through the accompanying app. Combined with the online challenges and community,



**Dr. Meredith Good of White Stone Family Practice sees technology as yet another tool to help keep patients healthy.** Photo courtesy of Riverside Health System



it is all designed to keep you motivated to optimize your health.

Lightweight, titanium Oura rings are new to the U.S. market and designed to be less intrusive, though like their smart watch counterparts, they track continuously and load data to your smart phone—iPhone only, though an Android launch is planned for later this year. Makers say taking biometric data from a finger rather than a wrist is more accurate, leading to better results.

Don't want to invest in an Apple Watch or other tracking device? You probably already have one in your hands. While not as accurate and comprehensive as the wearable devices, most smartphones have some sort of built-in health tracker to get you started. Both Samsung Health and Apple Health track steps and walking speed, estimated time sleeping, even headphone audio levels to protect your hearing. Even more specific apps are available to download for free, though subscriptions may be required to access some features. To name just a few of the most popular: MyFitnessPal tracks nutrition, provides healthy recipes, even some workouts; Healthily tracks progress on customizable health goals; Calm is both a meditation and sleep app, complete with sounds and music to help quiet your mind and drift off to sleep; and Headspace, a meditation app designed to teach you to meditate, reduce stress and ultimately help you sleep.

➡ **More in-depth data at home**

Not all health data can be tracked through a finger, wrist or app. A number of at-home test collection products have come on the market for consumers that want an even broader picture of their health or the convenience and privacy of specimen collection at home.

DNA analysis through a simple saliva swab is being used to provide people with their genetic predisposition to certain conditions. Industry leader 23andMe offers results for BRCA1/BRCA2 mutations that lead to an increased risk of breast and ovarian cancers and just recently received FDA approval to provide data on the HOXB13-related variant of prostate cancer. Other genetic results include your sensitivity to caffeine or likelihood of having migraines.

Everlywell offers 34 different tests, from Lyme disease to thyroid hormone levels, most based on saliva swabs or blood through a finger-prick. Its most popular test is a food sensitivity test, measuring your immune



**A growing number of at-home medical tests can be found on retail shelves and online.**

response to nearly 100 different foods. They also offer two types of COVID tests: at home collection (through a lower nasal swab) with results 24-48 hours after it is mailed; and rapid antigen tests with results in 10 minutes through your smartphone.

Cologuard is offering a less invasive, no-

**Combined with the online challenges and community, it is all designed to keep you motivated to optimize your health.**

prep way to screen for colon cancer by examining DNA and blood in the stool sample, meant to address the third of those over the age of 50 that skip colonoscopies. Those with average risk, meaning no family history of colon cancer or polyps, can collect a sample

at home using a kit and the results are sent to the health care provider, usually within two weeks. Unlike the other at-home tests discussed, most insurances will cover Cologuard, though if a follow-up colonoscopy is required due to test results, there is a possibility that your health insurance will leave you with out-of-pocket costs. As always, talk to your insurance provider first about coverage.

It is also important to remember that all of this data collection is not without risk. Privacy concerns, especially when it comes to DNA data, abound when it comes to who can access it and in what forms. Privacy agreements are always offered when you purchase tests, but companies can always change them.

➡ **A doctor's point of view**

For Dr. Meredith Good, D.O., an internal medicine and pediatric provider at White Stone Family Practice, not all of these new technologies are created equal. Good utilizes continuous blood glucose monitors for “real-time data,” but finds that something like a sleep tracker are not accurate enough to diagnose a sleep disorder. “If I suspect someone has a sleep disorder, I’m just going

to refer them to get a sleep study first,” she said.

Dr. Good does like apps that help her patients track behaviors like nutrition or activity to make positive changes. “Those can be useful if they have a goal in mind,” she said. The ease of tracking data is why technology is making strides with managing a chronic disease like diabetes. “I think as technology gets better and integrates better with our electronic records, it would be nice to have them send it through in a digital format.”

Dr. Good has also had an experience when a patient’s own wearable technology helped diagnose a heart problem. The patient came in with heart palpitations, but an in-office EKG came out normal. “But then she sent me her 1-lead EKG from her wearable, and I thought, ‘interesting, that looks like AFib’ (atrial fibrillation) and I sent her to a cardiologist for a more in-depth workup.” A story like this shows that wearable technology “can help lead decisions and

## The ease of tracking data is why technology is making strides with managing a chronic disease like diabetes.

make patients feel more in control and connected” as well as help people notice trends that can signal a follow-up visit sooner rather than later.

While the lack of broadband in the region certainly has an impact on technologies like telemedicine, Dr. Good said that patients also value the in-person contact during a regular office visit. One thing they are embracing is “being able to communicate back and forth through apps like MyChart. Wherever they’re at, they can send a question.

“The way medicine has shifted, the focus in health care has become much more of a team with the patient. The first thing I always tell them, ‘you are driving the ship. I’m here to figure out the best way to get you where you want to go’ and so that puts a lot of the control back to the patient,” and them taking “ownership of their success, too,” she said.

Even though Dr. Good sees value in these evolving technologies, she has not yet adopted them for herself. “I’m too old-fashioned. Other than my phone. Does that count?”

Yes it does.





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HEALTH CARE FOR THE UNIVERSE OF YOU



# Exercise, companionship, natural healing, for the **DOGS** in your life

by AnnGardner Eubank

**Dogs:** They've been man's best friend for centuries. Like any good friend, we want the absolute best for them and for them to live happy and fulfilled lives. From love and affection to exercise and natural remedies, humans have the capability to enhance the quality of life of their tail-wagging companion with a core focus on health and wellness.

Dogs and humans can impact one another's health tremendously. From folks who look to their four-legged friends for companionship to those who rely on them for medical purposes, our lives are enhanced in many capacities because of dogs.

With dogs being such a source of well being for the people around them, it only makes sense to be the best caregivers and companions. From making sure they're getting enough exercise and socialization to staying on top of their physical health, there are several easy measures we can take to keep our pup happy and healthy.

A staple to a happy and healthy life for any dog is enough quality exercise. It's not uncommon for a dog to catch some cases of the "zoomies" throughout the day. Being pent up in a house isn't the most ideal place for a dog to get out their built-up energy. Whether you own acres of land or live in an apartment, there are ways of making sure your furry friend gets ample room to run.

Beyond the many natural area preserves and state parks throughout the area that permit dogs, there are a couple of designated dog parks that allow for socialization and running room.



## DOG PARKS

**The Scottie Yard Dog Park** was established in the spring of 2011 as the first dog park in the Northern Neck. Scottie Yard is within Town Centre Park, 150 North Main Street, Kilmarnock. Just across Town Centre Drive

from the Lancaster Community Library, the dog park offers different sections of off-leash running areas. The areas are designated by size of dogs. Open from dawn to dusk, the park has several rules patrons should keep in mind.



Billy Lackert of White Stone calls for Kronos Lackert at the Scottie Yard Dog Park in Kilmarnock. Photo by AnnGardner Eubank



Kronos and Buster started an impromptu game of tag during their afternoon trip to the park. Photo by AnnGardner Eubank





All Smiles: Buster Abbott enjoyed some sunshine in Kilmarnock during his trip to the park. Photo by AnnGardner Eubank

When entering the section, use the double gate entrance properly. Once you and your dog enter through the first gate, make sure it is locked behind you. Before opening the second gate, unleash your dog to avoid feeling threatened by unleashed dogs already at play and be sure to reverse the procedure when you are ready to leave.

Additionally, the park asks that no children younger than age 12 go into the fenced in areas to ensure safety for both the children and the dogs. The park also asks parents to be mindful of their children's behavior around the park and with other people's pets.

Puppies younger than four months and female dogs in heat are asked to not visit the park, and it is also advised if your dog is having a rough day and seems to be stressed by company, consider coming

back to the park when it is less busy.

The park asks you not bring any people food into the park and to make sure you clean up after your dog to ensure facilities are clean and sanitary for all guests.

Similar rules are in place at the **Middlesex County Pet Friends Dog Park** at 2840 General Puller Highway, Saluda. Additionally, the dog park is closed each day from 10 a.m. to 2 p.m. to allow volunteers to exercise and train the dogs who are living in the Middlesex Animal Shelter.

There are about 30 regular volunteers who make sure the dogs living in the shelter get love and exercise each day. Most volunteer one or two times a week and do it for the same reason: their love of dogs.

Deb Bryant has been a volunteer for seven years and comes to walk the dogs about



Cathy Shermer, a volunteer for the Middlesex County Pet Friends Dog Park, tries to entice senior shelter pup Pluto, 8, to sit for a dog treat. Shermer volunteers to walk and play with the dogs once a week. Photo by AnnGardner Eubank



twice a week.

"I love dogs and I just wanted to come out and help," she said.

Deb said in addition to the daily volunteers, there is a dog trainer that comes once a week to help teach

Cathy Shermer is another volunteer who is relatively new. After volunteering for nine years to walk dogs in her hometown in Connecticut, she knew she wanted to get involved with another dog park when she moved to

**There are about 30 regular volunteers who make sure the dogs living in the shelter get love and exercise each day. Most volunteer one or two times a week and do it for the same reason: their love of dogs.**

dogs simple commands and general behavior skills. She also teaches volunteers some tricks to improve behavior as well.

"The training has been so beneficial to everyone and has helped so much with more dogs getting adopted," she said.

Deb said the dogs get to be walked and played with in rotations of 30-minute intervals to make sure each pup gets enough time outside.

Robin Mathews is a neighbor of Deb's and after talking with her, decided volunteering with the dogs was something she was interested in. She now volunteers with her husband about once a week.

"I'm a relative newcomer when it comes to this. I had been meaning to volunteer for months. I love dogs and I knew they needed volunteers, and after my own dog passed away in July, I had enough time to start volunteering," Robin said.

Robin also said volunteering has become a great way to meet other people in the community who have similar interests.

"We all just love these dogs and we grow attached to them," she said.

Mathews two years ago.

"My dream is to have a senior dog rescue. While I save up for that, I think it's important to give them the best homes and health they can have," Cathy said.

Cathy said it is super easy to become attached to the dogs she volunteers with.

"I'm getting better, but I used to come home to my husband and say, 'guess who we should take home this time!' at least once a week," she said.

For those who are looking to volunteer while getting some exercise and fresh air for themselves as well as boost their serotonin with some furry friends who need some love, the dog park is still accepting volunteers.

Additionally, the shelter offers fostering programs for dogs for those who may not be able to make a very long-term commitment to owning a pet but still want to help. Fostering also benefits dogs who may not be best suited for group living within the shelter.

There is also a dog park located at **Warsaw Town Park**, 171 Main Street, with standard rules and guidelines.



Veteran volunteer Deb Bryant has been walking shelter dogs for seven years. She is photographed with Chloe who is preparing to jump through a hula hoop. Photo by AnnGardner Eubank





## CBD FOR DOGS

Beyond a solid exercise regimen and socialization, a dog's health can be greatly impacted through diet and supplements.

Like people, every dog is different and has their own set of individual needs. In a recent resurgence of holistic approaches to health and wellness, many dog owners are turning towards natural remedies to slow signs of aging and increase the quality of life for their pet.

CBD oils and infused treats are becoming rapidly popular among dog owners to help treat skin irritation, joint pain and inflammation, and stress and anxiety.

The American Kennel Club cites many dog owners reporting usage of CBD helping aid in neuropathic pain as well as helping control seizures. Will Abbott of White Stone says his dog Buster, who deals with separation anxiety, has totally benefited from the implementation of CBD in his diet.

"Usually wherever I go, he goes. So when I can't bring him along, especially for long periods of time, I know he whines and barks and gets stressed. I started giving him CBD infused dog biscuits and it's really helped keep him at bay while I'm gone," he said.

Hartfield Animal Hospital veterinarian Dallas Thompson said she has seen tremendous benefits of suggesting CBD use for her patients.

"The biggest benefit I've seen of CBD by far has to do with muscular skeletal related issues. CBD oils greatly help assist with chronic pain," she said.

CBD oils also offer other general benefits like an array of antioxidants and are in general a great natural approach for healing, said Dr. Thompson.

Our four-legged furry friends bring so much joy to our lives which translates to mental health benefits and an overall better life experience. In turn, it's only fair we supply our pets with the best care and experience we can.



Robin Mathews walks Liz around the perimeter of the park before bringing her inside a play area to socialize with other pups. Photo by AnnGardner Eubank



# Caffeine present in unexpected places

Caffeine is a stimulant that untold millions, if not billions, of people across the globe insist they cannot go without. Whether it's in a morning cup of coffee or a midday energy drink, caffeine serves as a vital kick-start for individuals whose energy levels could use a boost.

Caffeine is often painted in a negative light, but such characterizations are misleading. The Mayo Clinic notes that up to 400 milligrams of caffeine per day appears to be safe for most healthy adults. Coffee drinkers know that certain cups of coffee are stronger than others, but the U.S. National Library of Medicine indicates that a typical eight-ounce cup of coffee contains between 95 and 200 mg of caffeine, while a 12-ounce soda typically includes between 35 and 45 mg of caffeine.

Coffee and soda are widely recognized sources



**Decaf devotees may be surprised to learn that decaffeinated coffee contains small amounts of caffeine.**

of caffeine, making it a lot easier for individuals who consume these popular beverages to track and control their caffeine consumption. In addition to coffee and soda, various other foods and beverages contain caffeine, some of which may surprise consumers. Manufacturers are not required by the U.S.

Food and Drug Administration to cite caffeine content on nutrition labels, a controversial subject that various health advocates argue fails to protect consumers.

Without new rules that mandate manufacturers to cite caffeine content on nutrition labels, consumers are on their own to determine how much caffeine they're consuming each day. Recognition of these hidden sources of caffeine can help individuals avoid overconsumption of this powerful stimulant.

- Caffeine sources:
- Decaffeinated coffee/tea — The terms “decaffeinated” and “caffeine-free” are not interchangeable. That's because the process of decaffeination leaves trace amounts of caffeine, meaning decaffeinated coffees and teas contain a small amount of the stimulant.
  - Chocolate — Consumers may or may not be surprised to learn that cocoa beans

naturally contain caffeine. As a result, products that contain chocolate, which is made from cocoa beans, also contain caffeine. Dark chocolate generally contains more caffeine than light chocolate, with the U.S. Department of Agriculture reporting that a one-ounce serving of dark chocolate typically contains 12 mg of caffeine. However, various candies and other products that contain chocolate, including light varieties, are fortified with extra caffeine.

• Headache treatments — Certain products that treat headaches contain caffeine. The manufacturers of two of the more popular pain relief products, Advil and Tylenol, assure consumers that their products do not contain caffeine. However, individuals who take Excedrin to treat headaches should know that

three Excedrin products — Excedrin Extra Strength, Excedrin Migraine and Excedrin Tension Headache — contain caffeine.

• Breath mints — Certain breath mints contain caffeine. For example, Viter Energy mints, which some consumers see as an alternative to coffee, contain caffeine. Viter notes that its Energy Mints contain 40 mg of caffeine per mint, or roughly the same amount as a 12-ounce can of soda.

Health care professionals say that caffeine is generally safe for healthy individuals when consumed in moderation. But it behooves individuals to recognize hidden sources of caffeine that could potentially compromise their health if consumed to excess or along with other caffeinated products.

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## Grief Support Group to meet in Heathsville

The Bay Center will offer a Grief Support Group in Heathsville from 3-4 p.m. Wednesdays starting March 16 and continuing to May 18 at St. Stephen's Episcopal Church, 6807 Northumberland Highway, Heathsville.

Participants will explore their reactions to loss, learn about the grieving process, develop strategies for coping and begin to integrate this change into their lives in order to move forward, according to executive director Ann DeMuth.

This 10-week series is supported by a Lantz Foundation grant, said DeMuth. St. Stephen's Episcopal Church has offered a meeting place for the group.

There is no fee for the series, but participants must register beforehand at <https://thebaycenter.org/grief/>, or 436-6362 or connect@thebaycenter.org), with name, town of residence, email address, phone number and if a copy of *Understanding Your Grief, Ten Essential Touchstones for Finding Hope and Healing Your Heart*, is needed. The group will follow the book throughout the sessions.

The Kilmarnock Grief Support Series meets Tuesdays, from 1-2 p.m. at the Northern Neck Family YMCA, 39 William B. Graham Court, Kilmarnock. The winter series will end March 15 and the spring series will begin April 5.

The Bay Center also will offer a Loss From Suicide Grief Support Group beginning in June.

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# Explore Meditation

## Longtime Northern Neck yoga instructor shares approaches, benefits of the practice

by Tom Chillemi

David Scarbrough, Ph.D., of Burgess has been teaching yoga for more than 30 years on the Northern Neck. A Registered Yoga Teacher (RYT), Scarbrough explained his classes end with a period of deep relaxation and a few moments of yoga meditation.

Scarbrough answered questions about meditation for Bay HealthStyles.

### **What are the benefits of meditation?**

Meditation leads to a calmer state of mind, the ability to focus on what matters to you, and less attachment to things you normally worry about or wish for. Being “non-attached” is having a broad perspective instead of being self-centered. It lets you devote yourself to the people and things you really love. It also lets you act more ethically and more effectively. It’s freedom, and it’s joyful!

### **Can meditation be done on an as needed basis, or is it something done as a routine?**

When you start it’s best to set aside some days of the week and a certain time of day and length of time. You’re more likely to do it regularly. Then you’ll be able get that special feel of it any time you meditate, and you can be looser about when you practice.

### **Does sitting cross legged help the experience?**

Where you sit to meditate isn’t important as long as you’re reasonably comfortable. A chair is fine and better with



**Meditating helps you focus on things that matter to you.** Photo by Tom Chillemi

arms so if you fall asleep you won’t fall out of it. An upright but relaxed posture is important: you want to be both alert and calm.

### **What are the elements of meditation?**

The idea is not to blank your mind but to focus on one simple thing, like your breathing. When the mind wanders, all you have to do is bring it

back. Use your memory to recall what you set out to do and your will power to keep returning to it. I’ve used different objects of meditation and taught them to others, including breathing, mantra repetition, mala beads, tratak, repetitive counting to six to “tune up” our focus, and awareness of ambient sounds and sensations.

### **What can one expect to occur as they meditate?**

Unexpected creative or even disturbing thoughts may come up during your meditation, since you’re accessing a part of yourself that you don’t normally live in. When this happens, you have to decide whether to deal with the new issue or set it aside for later, and go back to meditating.

### **Have you experienced insightful thoughts during meditation?**

A realization that has come to me in meditation more than once, depending on what’s going on in my life at the time, is that I’m too worried about how I’m doing. I’m missing the broader perspective that includes what others expect and need from me. Afterwards I may act differently than I would have done without that insight.

### **How long does it take for the benefits of meditation to be felt?**

Some people get a benefit as soon as they get up from their meditation and are more serene for the rest of that day. For others, instead of a sudden improvement the benefit gradually seeps into their daily lives. It’s all good. Even meditations where the mind doesn’t want to settle gives you good experience and practice for the next time you meditate.

### **Yoga teacher has decades of experience**

David Scarbrough and his wife Carolyn have lived in the Northern Neck since the early 1970s. During his career as a boatbuilder he became interested in yoga as a way of keeping fit. He soon realized that it was helping him to be flexible and relax. He was so taken with yoga he decided it would be fun to teach it to others. He took a one-month certification course at “Yogaville” in Buckingham County in 1991.

A few years later he began studying Sanskrit, the ancient language of India and the language of yoga. He received a doctorate from the University of Wales in the United Kingdom in 2003 in Religion and Theology. His dissertation included a study of the Bhagavad Gita, a classic writing on yoga.

Scarbrough currently teaches beginners and continuing enthusiasts at the Northern Neck Family YMCA in Kilmarnock and at the Tavern meeting building behind the historic Rices Hotel/Hughlett’s Tavern in Heathsville, under the auspices of the Northumberland Family YMCA. For more, visit [northernneckyoga.com](http://northernneckyoga.com).

*“Meditation leads to a calmer state of mind, the ability to focus on what matters to you, and less attachment to things you normally worry about or wish for.”*

— David Scarbrough



## Consider “moving meditation”

Susan Johnson, owner of InsideOut Yoga in White Stone, said practicing “moving meditation” helps her “be more responsive and less reactive when confronted with challenges off the mat.”

Johnson is an Experienced Registered Yoga Teacher (E-RYT), who has taught yoga since 2010.

“I regularly practice yoga asana (physical postures). The practice is a sort of moving meditation in that you strive to pay potent attention to the present moment without being judgmental or attached to an outcome, just as you would in seated meditation,” said Johnson.

“You notice sensations in the body, the movement of your breath and the current contents of your mind. Practicing yoga helps me to be more responsive and less reactive when confronted with challenges off the mat. It helps me to access that peace and joy that’s within all of us.”

*“It’s freedom, and it’s joyful!”*  
— David Scarbrough



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# Pauley Heart Center at Tappahannock reducing gaps in care for rural residents

In January 2021, VCU Health acquired Riverside Tappahannock Hospital with the goal of bringing the benefits of academic health care from Richmond to the Northern Neck, according to a press release from VCU Health.

It's no secret that health disparities exist in rural communities. Lower socioeconomic status, geographic isolation and limited access to health care specialists contribute to these disparities. According to the Center for Disease Control and Prevention, rural Americans are more likely to die from heart disease, cancer, unintentional injury, chronic lower respiratory disease and stroke than their urban counterparts.

VCU Health is working to bridge this gap—specifically when it comes to providing high quality health care as close to home as possible. This care includes specialty areas such as cancer and cardiology.

As the one-year anniversary of VCU Health Tappahannock Hospital approaches, VCU Health spoke with Dr. Michael Lenhart, director of clinical operations at Pauley Heart Center in Tappahannock, to learn more about heart care at Tappahannock.

"We have five cardiologists and a nurse practitioner who

provide residents with easy access to cardiology services," said Dr. Lenhart. "We are able to provide immediate care for patients experiencing cardiovascular problems, including coronary artery disease, congestive heart failure, heart rhythm disorders and hypertension."

The Pauley Heart Center also offers cardiology diagnostic services for evaluation and management of heart conditions. This might include an electrocardiogram (ECG), blood work, echocardiograms, nuclear medicine studies, stress testing and Holter monitoring, he said. Many cardiovascular problems can be managed locally. For the more complex cases, Pauley Health Center can facilitate transitioning care to VCU Health in Richmond.

"It's important to note that our team works in both the clinic and the hospital. In the clinic, we see both new and follow-up appointments. We also have easy access to the hospital, which allows providers to see more critically-ill patients in a timely manner," said Dr. Lenhart. "I'm really proud of the relationships and trust we've been able to develop with the hospital staff and local providers. Our mission is to continue advancing the level of cardiovascular

care that currently exists in the community."

Every month is heart month for at Pauley Heart Center, but February is a great time for everyone to focus on heart health. Heart disease has been the leading cause of death for decades, killing more than 650,000 people each year. "We continue to stress the importance of routine care, as many of these deaths can be prevented with early action and intervention," he said.

"We are looking forward to expanding cardiovascular care services in Tappahannock, and plan to incorporate more inpatient care, medical imaging with CT and MRI, and initiate a clinic that can provide services to patients with implanted pacemakers and defibrillators.

"We are also excited to expand our physical space, which means increasing the number of patients we can see each day, said Dr. Lenhart.

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# Rockin' *with crystals and gemstones*

by Lisa Hinton-Valdrighi

**M**y assignment was to write a story about the crystal and gemstone craze. Easy enough, right?

I drafted a first sentence and erased it, rewrote and erased. I was stressing. Then it hit me, why not try the calming technique I was writing about? I found a piece of black tourmaline in my daughter's room and sat it next to my laptop, trying to soak up its calming and de-stressing energy.

I'm not making light of the power of gemstones. To the contrary, my daughter, her friends and even some of my relatives are huge believers in healing crystals and I've started my own, albeit small, collection. True believers are adamant that gemstones and crystals hold energy and when we channel that energy they work to promote harmony between the physical body, mind and spirit. Sounds like a lot of hocus-pocus nonsense to some. But to many, crystals are an obsessive healing tool.

Healing crystals date back thousands of years to the Ancient Egyptians who wore them as amulets and anointed the tombs with lapis, quartz and topaz. Greek soldiers used hematite as protection before battle.

Crystals and gemstones were all the rage with the New Age movement in the 1970s and 80s when holistic and self-healing were in full swing. About 10 years ago—when crystals were no big deal—it was middle-aged women who were still seeking out the gems. But today, crystals are again in high demand with the Millennial and Gen Z sects.

Social media and celebrities have helped take crystals from a specialized, niche market to a social phenomenon. Just Google healing crystals and see what comes up—TikTok, Instagram, Facebook—pages and pages of information, videos, online markets and uses. In 2018, Hello! Magazine described crystals as the year's biggest healing and wellness trend.

**Crystal and gem towers and hearts are very popular right now, according to Angie McNeal at Rocks to Gems and Crystals in Lancaster. Hearts were especially a hot item for Valentine's Day.**

Photo by Lisa Hinton-Valdrighi



**Rough cut stones are very popular.**







**Angie McNeal, owner of Rocks to Gems and Crystals, assists a customer filling a bag with rough stones.** Photo by Lisa Hinton-Valdrighi



**Precious stones like this piece of jasper make beautiful pendants.** Photo by Rachel Valdrighi

Crystals are used today in everything from watches and medical equipment to facial massagers, pipes and adult toys. Crystal shops and spirituality-centric stores like Rocks to Gems and Crystals in Lancaster, The Nurtury in Gloucester and Grow NNK in Kilmarnock are popping up all over. Step inside them and start to relax. Natural healing and wellbeing stores usually smell of burning incense or aromatherapy and play soft, soothing music. The atmosphere is quiet, not chaotic, and both the owners and clientele are calm and pleasant. It's easy to see why the stores and their merchandise are so popular.

Melissa Burke, who opened Grow NNK in June 2020 during the height of the COVID-19 pandemic, has started to expand her inventory to include more crystals and gems. The store's primary focus is on terrariums with air plants and succulents, but its eclectic offerings now include CBD products, gemstones, aromatherapy, salt lamps and Selenite lamps, which help to renew your aura and remove negative energy.

"When people come in I want them to feel peaceful, positive,



**Melissa Burke cleanses her crystals in a Tibetan singing bowl at Grow NNK in Kilmarnock.** Photo by Lisa Hinton-Valdrighi

## The Healing Power

*Some of the most popular crystals and their properties*

**Amethyst**, my personal favorite, is known as the relaxation stone. Lowers stress and carries a positive energy.

**Rose quartz**, stone of unconditional love. Encourages self love and forgiveness, as well as forgiveness for others. Great for nurturing and support.

**Clear quartz**, helps with goal achievement and protection.

**Black tourmaline**, clears negativity.

**Carnelian**, removes creative blocks and boosts creative energy.

**Malachite**, offers strength and courage and alleviates fears and doubts.

**Selenite**, renews your aura, removes negative energy for mental clarity.

**Lapis lazuli**, truth and wisdom.

**Moonstone**, brings peace, wisdom and protection.

**Jade**, stone of blessings and wisdom.

**Tiger's Eye**, good fortune, prosperity and protection.

**Citrine**, boosts self-esteem, confidence and harnesses talents. Opens mind to accept joy in life.

**Sunstone**, stone of good luck and fortune.

**Jasper**, source of healing energy.

**Moldavite**, one of the most powerful crystals. Improves mental health, spiritual healing and clearing away block and negative energy.

**Agate**, soothes inner conflict, enhances concentration.

\*Refer to your local crystal shop owner or the internet on how to use each stone to its fullest potential





**This large display of gemstones and crystals are at Rocks to Gems and Crystals.** Photo by Lisa Hinton-Valdrighi

**A prehnite pendant**  
Photo by Rachel Valdrighi

relaxing vibes,” she said of the store on South Main Street.

Burke started her own crystal collection about five years ago with a rose quartz.

“That one opens your heart and is about self love,” said Burke. “I had a lot of transitions in my life at the time and thought, wow is this little thing doing all this for me.

“Crystals are a tool for so many holistic types of treatment,” she added. “A lot of people aren’t aware of all the healing properties and what they can do for you.”

Burke demonstrated how she uses a selenite wand to start her day, swiping the whitish, clear piece of crystal around her.

“Selenite is like a reset button,” she said. “It recharges your aura and is a great first tool for someone getting started,” with a gem collection.

Burke recommends beginning collectors hit the books. Two good ones are *Crystals for Beginners* and *The Crystal Directory*. She also recommends *Soul Magic*, which also discusses the seven chakras. The word chakra from Sanskrit means wheel but refers spiritually to energy centers in the body. There are seven along the spine, through the neck and crown of your head.

A chakra crystal set includes clear quartz, amethyst, lapis lazuli, green aventurine, yellow jade, carnelian and red jasper. Each stone has a corresponding chakra which it helps to support in the natural healing process. Most gem stores, like Rocks to Gems, sell the chakra set or can put one together for you.

Angie McNeal, owner of Rocks to Gems, went to her first



**Peacock ore is one of the strongest stones among minerals with healing properties. It is a stone of happiness and joy.**  
Photo by Lisa Hinton-Valdrighi

*“Crystals are a tool for so many holistic types of treatment. A lot of people aren’t aware of all the healing properties and what they can do for you.”*

*--Melissa Burke*

*“Selenite is like a reset button. It recharges your aura and is a great first tool for someone getting started.”*

*--Melissa Burke*





**Melissa Burke at Grow NNN is expanding her stock of precious stones and crystals.** Photo by Lisa Hinton-Valdrighi

gem show in Tucson and was hooked. She opened her store in Kilmarnock in 2019 and relocated to Lancaster in June 2021.

“I absolutely believe in them,” said McNeal of the healing properties of gemstones and crystals. “God put them here and it’s a reason for them.”

She credits social media and YouTube instructional videos on how to use crystals and make jewelry for the increase in popularity among the 20-something sect.

Teenagers and those in their early 20s are reintroducing crystals and gems to their parents and grandparents who were “into collecting” in the 1960s and 70s, she said.

“I have kids come in here everyday that saw something on TikTok and want to know if we have it,” said McNeal.

She said rock and crystal towers and hearts, along with rough not tumbled rocks, are popular right now.

Gem mining is also hot right now among younger children. McNeal has had folks come from as far as Virginia Beach just to mine. In fact, one couple vacationing in the Outer Banks from a northern state, drove the 3.5 hours to mine one day then returned to Nags Head.

McNeal sells lots of gemstone and crystal jewelry, most handmade by her father and local artisans.

Those little pieces of rocks and crystals can range from \$1 or \$2 to thousands of dollars for a single piece, depending on its type and size. However, most are very affordable.

Both McNeal and Burke suggest beginning collectors start with rose quartz, amethyst, clear quartz, black tourmaline, citrine and selenite.

My daughter has all of those and more in her pretty expansive collection. She’s even started making pendants.

They also suggest following your intuition and picking the stones you are drawn to. Also research them and find out which ones will fill your special need, whether it be for anxiety and stress relief, happiness, courage or romance.

As for me, I have a couple of amethysts, a clear quartz and a selenite. And if you see me on my patio with a dish of rocks late at night, know that I’ve joined the believers and I’m charging my crystals under the light of the full moon. Because, yes crystals have to be recharged and also cleansed every now and then because they absorb negative energy.

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**Look for our next supplement, Windows on the Bay, to be published in the March 24 editions of the Rappahannock Record and Southside Sentinel.**

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# Alleviate everyday aches and pains

Pain occurs for a variety of reasons. Pain may be a byproduct of overuse of a particular part of the body, or it could signal an underlying illness or condition. Sometimes injury is at the heart of aches and pains.

Daily aches and pains may be seen as a normal byproduct of aging, but that does not mean aging individuals should simply accept pain. In fact, daily discomfort can be remedied with some relatively easy techniques.

- **Get moving.** Lower back pain is common among adults, and most often appears when individuals are in their mid-30s and 40s. Strength training and cardio exercises can remedy this pain because these activities increase blood flow and help build core muscles, which support the spine. Support can alleviate pressure on the discs in the back. Exer-

cising also will build strength in other areas of the body and support joints.

- **Practice good posture.** Sitting and standing with optimal posture can help the body feel better. The body is designed to stand in a “neutral” position that stacks the pelvis, head and torso, according to DMC Healthcare. When posture is out of whack, this puts undue stress on muscles, leading to pain. Dropping your head or shoulders also can create unnecessary tension that leads to headaches. Good posture can alleviate this.

- **Exercise more often.** Certain pains arise when exercising for the first time or performing a new activity. Allan H. Goldfarb, Ph.D., a professor and exercise physiologist at the University of North Carolina, Greensboro, says when you do the same

activity again and again, your muscles will start to get used to it and soreness will be reduced. Don’t give up on exercise too soon, but include off days in your routine to give your body time to become more acclimated to increased physical activity.

- **Get tested.** Speak with your doctor if you have chronic pain in one or more areas. Such pain may be a sign of osteoarthritis, an inflammatory condition that is associated with aging. Rheumatoid arthritis and other autoimmune conditions can cause aches and pains as well, leaving the joints and tendons inflamed and a body with low energy. A doctor can rule out these conditions or help you get the therapy and medications you need.

- **Increase stretching and movement exercises.** Incorporate stretching and

movement exercises like yoga or tai chi into your daily regimen. These activities slowly stretch areas of the body and can improve range of motion and flexibility over time.

These are just a few ways

to address common aches and pains. Medical interventions, physical therapy, occupational therapy and ergonomics assessments, and massage therapy also may help to alleviate aches and pains.

## Northumberland YMCA to offer LiveStrong program

The Northumberland Family YMCA, 6348 Northumberland Highway, Heathsville, will bring back its LiveStrong program in March.

LiveStrong is a 12-week program focused on giving cancer survivors, past and present, an opportunity to recapture their fitness, reported wellness experience director Brandon Jones.

Twice a week, participants will engage in exercises to rebuild their strength, increase their flexibility and improve their self-esteem.

LiveStrong will meet from 1-2:30 p.m. Tuesdays and Thursdays beginning March 15 and continuing to June 2. The program is free for YMCA members and \$162 for others.

To register, call 580-8901, or visit the YMCA.

## Tips for better breakfasts

Breakfast long has been touted as the most important meal of the day. After a good night’s rest, breakfast refuels the body and energizes it for the day ahead.

Hectic mornings compel many people to skip breakfast. That’s especially so for parents who are pulled in multiple directions each morning. There are many ways to streamline breakfast and still get to school or work on time. The following are some tips to save time and enjoy healthy homemade breakfasts each morning.

- Put your slow cooker to work. Slow cookers are not just for dinner. Use them to cook a variety of breakfast foods, including oatmeal, eggs or grits. Simply mix up your ingredients, set on low and let the breakfast cook itself overnight.

- Mix up your macros. Macronutrient is the scientific term for proteins, fats and carbohydrates. Nutritionists suggest mixing macronutrients in meals to get the most benefits from well-rounded meals. Aim for 20 grams of protein, 15 to 20 grams of fat and about 50 grams of carbs, with at least five grams of fiber.

- Develop a custom granola. Oats, nuts, dried fruits ... mix it all up to make a signature granola blend. It’s easy to eat dry or with milk and make a quick, healthy breakfast.

- Embrace the no-cook oatmeal method. Master the art of making overnight oats, which don’t require any cooking. Simply layer oats, Greek yogurt, applesauce (or other fruit purees), cinnamon, and almond milk in a mason jar. Place it in the refrigerator overnight. The oats will get tender without cooking and the meal will be ready in the morning.

- Build a smoothie. Do prep work for healthy vegetable- and fruit-rich smoothies by chopping and preparing all ingredients the night before. Simply blend with protein powder or oats in the morning with ice.

- Consider breakfast burritos. Pre-scramble eggs with diced peppers and onions and store in containers in the refrigerator. In the morning, place the mixture onto a tortilla, top with cheese and heat in a skillet or in the microwave.

Even individuals whose mornings are especially hectic can find ways to enjoy a healthy breakfast every day.

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# A good night's sleep offers many benefits

by Larry Chowning

One of the greatest assets to good health is a good night's sleep and during these anxious and trying times of the COVID-19 pandemic a good night of zzzzzzz has been more difficult for some to come by.

Dr. Glenn Giessel, sleep specialist of The Sleep Disorders Centers of Pulmonary Associates in Richmond said that insomnia has become more of a problem during the pandemic as people worry more, have become more anxious and are doing less exercise. "These things interfere with a good night's sleep," said Dr. Giessel.

"People who do not get good sleep are less alert and can be less productive in job and life," he said. "Over time lack of sleep can also lead to heart attack/heart failure, strokes, high blood pressure and depression."

He continued, "Insomnia is a common problem for many people and sleeping pills can be a bad choice. Sleep hygiene is a better choice, which includes going to bed and waking up at the same time, not leaving the television on all night and sleeping in the dark."

Dr. Giessel said that the television and computer light is "blue light" and this is the worst type of light for causing insomnia. "Darkness triggers the chemicals in our brain that makes us know it is time to sleep," he said. "The best sleep comes by sleeping in the dark. When there is too much light in the room it can cause our biological sleep clock to reset."

He said that regular exercise during the day at prescribed times is good but not just before bedtime as that often stimulates adrenaline which can also throw off that biological sleep clock.

He said that people need to wind down when getting ready to go to sleep and drinking a hot liquid is a way of preparing the mind for sleep.

Signs of sleep problems can be associated with being too tired to do one's job and other daily activities adequately, fighting sleep when driving a car and fighting sleep during the day at work.

The Sleep Disorders Centers of Pulmonary Associates gives some patients a sleep diary to complete each morning when the patient wakes up, which helps evaluate the quality of the patient's sleep.

*"People who do not get good sleep are less alert and can be less productive in job and life. Over time lack of sleep can also lead to heart attack/heart failure, strokes, high blood pressure and depression." — Dr. Glenn Giessel*



**Caffeine-free chamomile herbal tea or a warm cup of milk before bedtime is an ancient anecdotal remedy to help one sleep.** Photo by Larry Chowning

The questions include:

- The time that you actually turn off the lights and decide to try to sleep.
- Your estimate of the number of minutes it took to fall asleep after you turned out the light.
- The final awakening for the morning: For example, if you woke up at 6 a.m., but then fell back asleep until 6:25 a.m., your answer would be 6:25 a.m.
- The time you got out of bed to actually start your day.
- The number of times you remember waking up at night.
- The total time of all your awakenings. For example if you listed three awakenings and the first was five minutes, the second was 20 minutes and the third was 15 minutes, then your answer to this question is 40 minutes.
- A list of medication and type of alcohol taken as a sleep aid before bedtime.
- The time of each nap, including any unintentional naps or "dozing off" for a few minutes during the day.
- Your evaluation of how tired you were when you woke up:  
1.=Exhausted; 2.=Restless; 3.=Average; 4.=Rather Refreshed; 5=Very Refreshed.
- Your evaluation of your overall quality of sleep: 1.=Very Disrupted; 2.=Restless; 3=Average; 4=Sound; 5=Very Sound.



## Sleep Apnea

The answers to the test help in providing a roadmap as to whether or not a patient has sleep apnea, which is a sleep disorder in which pauses in breathing or periods of shallow breathing while sleeping occur more often than normal.

The pauses can last 10 seconds or more and occur up to hundreds of times a night. It is one of the most common sleep disorders. The symptoms of sleep apnea include excessive daytime sleepiness, depression, morning headaches, snoring, sexual dysfunction, high blood pressure, weight

gain and memory and concentration problems, said Dr. Giessel.

“Getting the proper treatment for sleep apnea can significantly improve your quality of life and can often reduce or eliminate the need for medications to treat conditions resulting from it, he said.

If a cup of hot milk or a hot cup of chamomile tea at bedtime, cutting off all lights and going to bed regularly has not been the answer to sleepless nights — a trip to the sleep doctor might provide some relief.

# REST Easy

## Your Guide to Better Sleep

**H**ere are five natural tips for better sleep from Dr. Charlene Gamaldo, medical director of Johns Hopkins Center for Sleep at Howard County General Hospital in Columbia, Md. “It’s not always necessary to get a prescription for a sleep aid,” she says. “There are natural ways to make adjustments to sleeping habits.”

**① Drink warm milk, chamomile tea and tart cherry juice right before bedtime.** Warm milk has long been believed to be associated with chemicals that simulate the effects of tryptophan on the brain. This is a chemical building block for the substance serotonin, which is involved in the sleep-wake transition.

Chamomile tea is believed to have flavonoids that may interact with benzodiazepine receptors in the brain that are also involved with the sleep-wake transition. Chamomile tea does not have caffeine, unlike green tea or Earl Gray, which can keep a person awake.

Tart cherry juice is believed to support melatonin production and support a healthy sleep cycle.

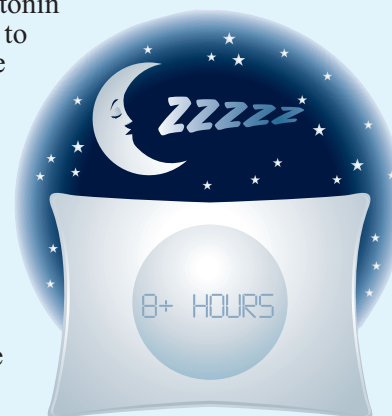
**② Physical activity can improve sleep, though researchers are not completely sure why.** It is known that moderate aerobic exercise boosts the amount of nourishing slow wave (deep) sleep.

The exercising needs to be at the right time as aerobic exercise releases endorphins, chemicals that keep people awake and is why runners feel energized after a run.

It can also raise core body temperature, this spike signals the body that it’s time to get up and get going. If you are having trouble sleeping, try to avoid working out within two hours of bedtime.

**③ Use melatonin supplements.** Melatonin is a hormone that naturally releases in the brain four hours before one has a sense of falling asleep. It is triggered by the body’s response to reduced light exposure, which should naturally happen at night.

Unnatural light from phones, laptops or televisions often prevent melatonin release, which can make it hard to fall asleep. Melatonin is available in pill form at pharmacies as an over-the-counter supplement. It is recommended that the same brand is used regularly because melatonin supplements are unregulated by the FDA, the per-pill dosages and ingredients may differ from manufacturer to manufacturer. Stick with one brand, and do not buy online from an unknown source.



**④ Keep the home thermostat between 65 and 72 degrees.** Women going through menopause and experiencing hot flashes should keep the room as cool as possible and wear cotton or breathable fabric to bed.

**⑤ Cut all the lights off.** Keep the lights off even when one gets up to go to the bathroom. Use a flashlight rather than turning lights on in the home.



# BAY HealthStyles Health Services Directory

Bay HealthStyles is an annual publication. Please call the Rappahannock Record at 435-1701 or the Southside Sentinel at 758-2328 to be included in this local directory or to make updates or changes. Listings are free to businesses in the Northern Neck and Middle Peninsula. Highlighted listings showcase an advertiser. The area code for all listings is 804 unless otherwise noted.

## Emergency Numbers

- ▶ COPE Crisis Hotline  
(800) 542-2673
- ▶ National Suicide Crisis Hotline  
(800) 784-2433
- ▶ Poison Control Center  
(800) 222-1222
- ▶ The Haven  
24 hour hotline  
(800) 22HAVEN

## Allergists & ENT

### Tappahannock

- ▶ Virginia Allergy & Asthma  
1396 B Tappahannock Blvd.  
527-1190

## Anesthesiology

### Gloucester

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

### Kilmarnock

- ▶ Bon Secours Rappahannock General Hospital  
101 Harris Rd.  
435-8000

### Tappahannock

- ▶ Tappahannock VCU Health  
618 Hospital Rd.  
443-6030

## Ask a Nurse

- ▶ Riverside Nurse Line  
1-800-675-6368

## Assisted Care & Senior Living Facilities

### Farnham

- ▶ Commonwealth Senior Living at Farnham  
511 Cedar Grove Rd.  
394-2102

### Gloucester

- ▶ Commonwealth Assisted Living Gloucester House  
7657 Meredith Dr.  
445-2426
- ▶ Forestview Apartments  
7336 Cary Ave.  
693-7035
- ▶ Sanders Retirement Village  
7385 Walker Ave.  
693-2000
- ▶ Walter Reed Convalescent Center  
7602 Meredith Dr.  
693-6503

### Hayes

- ▶ Ransom Home for Adults

8146 Broad Marsh Ln.  
642-6927

### Irvington

- ▶ Rappahannock Westminster-Canterbury  
132 Lancaster Dr.  
438-4000  
www.RW-C.org

### Kilmarnock

- ▶ Commonwealth Senior Living at Kilmarnock  
460 South Main St.  
435-9896
- ▶ The Lancashire  
287 School St.  
435-1684

### Locust Hill

- ▶ Dockside Health and Rehabilitation Center  
74 Mizpah Rd.  
758-5260

### Mathews

- ▶ The Brambles  
286 Bellaterra Rd.  
725-3800
- ▶ Riverside Convalescent Center Mathews  
603 Main St.  
725-9443

### Saluda

- ▶ Riverside Convalescent Center – Saluda  
672 Gloucester Rd.  
758-2363

### Tappahannock

- ▶ Essex House  
17976 Tidewater Trail  
443-5921

- ▶ Carrington Place of Tappahannock  
1150 Marsh St.  
443-4308

### Urbanna

- ▶ Bay Aging  
5306 Old Virginia St.  
758-2386

### Warsaw

- ▶ Northern Neck Senior Care Community, Magnolia Manor Assisted Living, Serenity Memory Care, Peak Rehab  
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313-2400  
NNSeniorcare.com

### West Point

- ▶ Riverside Rehabilitation and Convalescent Center

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843-4323

## Cardiology

### Gloucester

- ▶ Riverside Cardiology Specialists  
7544 Medical Dr. Suite 202  
694-5553

### Kilmarnock

- ▶ Bon Secours RGH  
43 William B. Graham Ct.  
435-7735

### Tappahannock

- ▶ Virginia Cardiovascular Specialists  
658 Hospital Rd., Suite 302  
443-6235

## Chiropractic & Acupuncture

### Gloucester

- ▶ Family Chiropractic  
3438 G. Washington Mem. Hwy.  
824-7303
- ▶ Towne and Country Chiropractic  
6091 G. Washington Mem. Hwy.  
693-0093

### Kilmarnock

- ▶ Northern Neck Chiropractic  
351 South Main St.  
435-3333
- ▶ Pure n' Simple Family Chiropractic  
279 N. Main St.  
435-2273

### Lively

- ▶ Living Lively  
5266 Mary Ball Rd.  
462-8888, 295-4200

### Mathews

- ▶ Towne and Country Chiropractic  
12 Court St.  
693-0093

### Saluda

- ▶ Family Chiropractic  
498 Gloucester Rd.  
758-1800

### Tappahannock

- ▶ Atlas Family Chiropractic  
281 Hospital Rd.  
443-6967
- ▶ Richard Banker Chiropractor  
215 Queen St.  
443-5099

### Warsaw

- ▶ Knight Chiropractic  
6171 Richmond Rd.  
333-3200

### West Point

- ▶ West Point Chiropractic Clinic

712 Main St.  
843-2093

## Community Services

### Gloucester

- ▶ Middle Peninsula Northern Neck Community Services Board  
Central Outpatient Services  
Gloucester Counseling Center  
9228 G. Washington Mem. Hwy.  
693-5057

## Dentistry: General

### Burgess

- ▶ Leslie Fina  
746 Jessie duPont Mem. Hwy.  
453-3101
- ▶ Stephen Radcliffe  
216 Jessie duPont Mem. Hwy.  
453-4361

### Callao

- ▶ Richard Cottrell & Associates  
367 Northumberland Hwy.  
529-7339  
King George  
11060 Smile Way  
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### Deltaville

- ▶ Deltaville Dentistry  
15613 Gen. Puller Hwy.  
455-8263

### Gloucester

- ▶ Nester Dental  
6423 Canon Way  
642-4893
- ▶ Family Dental Care  
6093 G. Washington Mem. Hwy.  
693-9600

### Hayes

- ▶ Hayes Family Dentistry  
3224 G. Washington Mem. Hwy.  
642-2212

### Hudgins

- ▶ Smiles of Mathews  
44 Cricket Hill Rd.  
505-1020

### Kilmarnock

- ▶ Dale Lazar  
283 North Main St.  
435-3008
- ▶ David Newman  
61 Irvington Rd.  
435-1220
- ▶ Kilmarnock Dental Center  
508 Irvington Rd.  
435-3102

### Mathews

- ▶ Mathews Dentistry  
9979 Buckley Hall Rd.  
607-9348

### Montross

- ▶ Family & Cosmetic Dentistry  
15587 Kings Hwy.  
493-8993

### Saluda

- ▶ Christopher Marshall  
655 Gloucester Rd.  
758-2143

- ▶ Eric Miller  
1123 General Puller Hwy.  
758-1103

### Tappahannock

- ▶ Colina Dental Center  
1646 Tappahannock Blvd.  
443-5984
- ▶ Dean Leming  
625 Charlotte St.  
443-3820
- ▶ Allison B. Robeson  
139 Prince St., Suite 1  
443-4484

### Warsaw

- ▶ Irina Chandler  
253 Main St.  
333-0226
- ▶ Warsaw Family Dentistry  
5671 Richmond Rd.  
333-4054

### West Point

- ▶ Sam E. English DDS  
Dentistry  
628 Main St.  
843-3233
- ▶ Smiles of West Point  
428 9th St.  
843-3602

## Dentistry: Oral Surgery

### Mechanicsville

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559-5416  
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## Dentistry: Orthodontics

### Gloucester

- ▶ Courthouse Pediatric Dentistry  
6882 Main St., Suite A  
695-2575

### Hayes

- ▶ Oceans of Smiles  
2674 G. Washington Mem. Hwy. Suite B



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▶ Beth Faber  
100 DMV Dr.  
435-0686  
**Tappahannock**  
▶ Beth Faber  
1790 Ball St.  
443-6419

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**Dentistry: Pediatrics**  
**Gloucester**  
▶ Courthouse Pediatric Dentistry  
6882 Main St., Suite A  
695-2575  
**Hayes**  
▶ Oceans of Smiles  
2674 G. Washington Mem.  
Hwy. Suite B  
757-874-0660

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**Dentistry: Periodontist**  
**Hayes**  
▶ Harvey Woodruff III  
2654 G. Washington Mem. Hwy.  
642-3558

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**Dermatology**  
**Gloucester**  
▶ Dermatology Consultants  
of Gloucester  
6790 Wood Ridge Dr.  
215-1292

.....

**Diagnostic Imaging**  
**Gloucester**  
▶ Riverside Walter Reed  
Outpatient Imaging  
7547 Medical Dr., Suite 1500  
693-8865  
**Kilmarnock**  
▶ Bon Secours Rappahannock  
General Hospital  
101 Harris Rd.,  
435-8561  
**Tappahannock**  
▶ VCU Health Tappahannock  
Hospital  
618 Hospital Rd.  
443-3311

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**Family Practice**  
**Aylett**  
▶ Bon Secours Aylett  
Medical Center  
1041 Sharon Rd.  
746-1677  
▶ King William-Dawn  
Community Doctors  
11814 King William Rd.  
769-3022  
▶ Riverside King William  
Medical Center  
4917 Richmond Tappahannock  
Hwy. #1-B  
769-1245  
**Callao**  
▶ VCU Health System Primary  
Care at Callao  
17452 Richmond Rd.  
529-6141  
**Deltaville**

▶ Fishing Bay Family Practice  
16681 Gen. Puller Hwy.  
776-8000  
**Gloucester**  
▶ Courthouse Family Medicine  
6760 Main St.  
693-3500  
**Hartfield**  
▶ Bon Secours Hartfield Medical  
Center  
9891 Gen. Puller Hwy.,  
776-9221  
**Hayes**  
▶ Riverside Hayes  
Medical Center  
2246 G. Washington Mem. Hwy.  
642-6171  
**Heathsville**  
▶ Bon Secours Heathsville  
Family Practice  
8152 Northumberland Hwy.  
580-7200  
**Kilmarnock**  
▶ Bon Secours Kilmarnock  
Primary Care  
402 N. Main St.  
435-2651  
**Lively**  
▶ Bon Secours Lively Medical  
Center  
36 Lively Oaks Rd.  
462-5155  
**Mathews**  
▶ Riverside Mathews  
Medical Center  
10976 Buckley Hall Rd.  
725-5005  
▶ Town Center Physicians  
10980 Buckley Hall Rd.  
725-9191  
**Montross**  
▶ CVHS Westmoreland Medical  
Center  
18849 Kings Hwy.  
493-9999  
**Saluda**  
▶ Bay Medical & Wellness  
Family Practice  
13794 Tidewater Trail  
286-9377  
**Tappahannock**  
▶ Bon Secours Tappahannock  
Primary Care  
1362 Tappahannock Boulevard  
443-5378  
▶ VCU Health Family Medicine  
300 Mt. Clement Park, Suite C  
443-6063  
**Warsaw**  
▶ VCU Health Family Medicine  
16 Delfae Dr.  
333-6400  
**West Point**  
▶ TPMG West Point  
Family Medicine  
408 16th St.  
843-3131  
**White Marsh**  
▶ TPMG White Marsh  
Family Medicine  
4844 G. Washington Mem.  
Hwy., Suite 8  
693-0042

**White Stone**  
▶ Riverside White Stone Family  
Practice  
30 Shady Ln.  
435-3133

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**Fitness & Weight  
Management**  
**Callao**  
▶ Abilities Abound  
765 Northumberland Hwy.  
529-5178

**Gloucester**  
▶ Riverside Wellness  
and Fitness Center  
7516 Hospital Dr.  
693-8888  
**Hartfield**  
▶ Middlesex Family YMCA  
11487 Gen. Puller Hwy.  
316-9191  
**Heathsville**  
▶ Northumberland Family YMCA  
6348 Northumberland Hwy.  
580-8901

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

**Kilmarnock**  
▶ Motion Studios  
15 E. Church St.  
202-580-9542  
www.motionstudiosVA.com  
▶ Northern Neck Family YMCA  
39 William B. Graham Court  
435-0223

▶ Santosa Studio  
Suzanne Best, E-RYT  
Personal Trainer & Yoga  
Clinician  
25 Office Park, Suite 1  
435-9078  
www.santosawellness.com

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

**Mathews**  
▶ Mathews Family YMCA  
33 Cricket Hill Rd.  
725-1488  
**Tappahannock**  
▶ River Fitness  
1025 Hobbs Hole Dr.  
443-0500  
**Warsaw**  
▶ Richmond County  
Family YMCA  
45 George Brown Ln.  
333-4117  
**West Point**  
▶ Greater West Point  
Family YMCA  
3135 King William Ave.  
843-3300

**White Stone**  
▶ BodyFit  
578 Chesapeake Dr.  
436-2214  
www.bodyfitva.com  
▶ Devi Hersche  
387-2333  
▶ Etudes Ballet School  
56 1st St.  
815-2695  
▶ Inside Out Yoga  
Susan Johnson  
366 James Wharf Rd.  
436-2204

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**Free Health Clinics**  
**Gloucester**  
▶ Gloucester – Mathews  
Free Clinic  
6031 Industrial Dr.  
210-1368  
**Kilmarnock**  
▶ Northern Neck –Middlesex  
Free Health Clinic  
51 William B. Graham Court  
435-0575  
www.nnmfhc.com

**Tappahannock**  
▶ Tappahannock Free Clinic  
317 Duke St.  
443-9590

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

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**General Surgery**  
**Gloucester**  
▶ Middle Peninsula General  
and Vascular Surgery  
7547 Medical Dr., Suite 1500  
693-3081  
▶ Riverside Surgical Specialists  
7554 Hospital Dr., Suite 303  
693-3400  
**Kilmarnock**  
▶ Bon Secours Kilmarnock  
Surgical Associates  
95 Harris Rd., Building 1  
435-1608  
**Tappahannock**  
▶ VCU Health Surgery at  
Tappahannock  
659 Hospital Rd., Pavillion A,  
Suite 203  
443-6232

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**Health Products &  
Nutrition**  
**Gloucester**  
▶ N-Touch Nutrition  
6091 G. Washington Mem. Hwy.  
693-0093  
**Kilmarnock**  
▶ Kim Diaz  
Nutrition and Health Coach  
577-0300  
▶ Higher Health Foods

43 N. Main St.  
436-0011  
▶ Jennifer Miller, Registered  
Dietician  
101 Harris Rd.  
435-8239

▶ Simple Wellness &  
Nutrition Coaching  
235 N Main St.  
703-447-0832

**Saluda**  
▶ Family Chiropractic  
Take Shape for Life  
Health Program  
498 Gloucester Rd.  
758-1800

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**Health Systems**  
▶ Bon Secours Medical  
Group 359-WELL (9355)  
www.bonsecours.com  
▶ Riverside Health System  
(757) 594-2000  
www.riversideonline.com

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**Hearing & Audiology**  
**Gloucester**  
▶ The Audiology Offices  
6764 Main St.  
695-1199  
**Kilmarnock**  
▶ The Audiology Offices  
45 N Main St.  
435-0758  
▶ Beltone-Ledford Audiology  
and Hearing Aid Center  
25 Office Park Dr., Suite 4  
435-1134  
**Warsaw**  
▶ The Audiology Offices  
4562 Richmond Rd.  
250-2006

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**Holistic Therapy**  
**Callao**  
▶ Abilities Abound  
765 Northumberland Hwy.  
529-5178

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

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



Hayes

- Concordia Home Health Services  
2988 G. Washington Mem. Hwy.  
642-1051

- Home Care Associates  
6834 Colemans Crossing  
Ave., Suite E.  
210-1333  
homecareassociates1@gmail.com

Irvington

- At Home Care  
4507 Irvington Rd., Suite 100  
438-5010
- At Home with RWC  
132 Lancaster Dr.  
438-4013  
www.athomeRW-C.org

Kilmarnock

- Bon Secours Home Health  
Northern Neck Branch  
101 Harris Rd.  
435-8587
- Right at Home  
87 N. Main St.  
480-2151
- Visiting Angels  
68 S. Main St.  
435-2229

Tappahannock

- Hospice of Virginia  
1924 Tappahannock Blvd.  
443-4090
- Mid Atlantic Home Health  
1413 Tappahannock Blvd.  
443-2971

Urbanna

- Bay Aging  
5306 Old Virginia St.  
758-2386

Warsaw

- Americare Plus  
1417 Tappahannock Blvd.,  
Suite A  
313-2033
- Hospice Support Services  
of the Northern Neck  
28 St. John St.  
333-0084
- Riverside Tappahannock  
Hospice/Riverside Home Care  
Hospice  
4709 Richmond Rd.  
443-6130

Hospitals  
Gloucester

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

Kilmarnock

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

Mechanicsville

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

Tappahannock

- VCU Health  
Tappahannock Hospital  
Rts. 17 and 360,  
618 Hospital Rd.  
443-3311

Internal Medicine

Deltaville

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

Gloucester

- Courthouse Pediatrics  
8264 G. Washington Mem. Hwy.  
695-0305
- Direct Access Internal  
Medicine  
6609 Main St.  
824-9153
- Internal Medicine Associates  
of Gloucester  
7547 Medical Dr., Suite 2200  
693-2720
- Peninsula Cancer Institute  
7544 Medical Dr.  
693-9037

Hayes

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

Kilmarnock

- Bay Internists  
107 DMV Dr.  
435-3103
- BSRGH  
101 Harris Rd.  
435-8000

King William

- Riverside King William  
Medical Center  
4917 Richmond Tappahannock  
Hwy., Suite 1-B  
769-1245

Tappahannock

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

Medical Equipment  
& Supplies

Mathews

- Hudgins Pharmacy  
256 Main St.  
725-2222

Mental Health: Psychiatry  
Gloucester

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

Kilmarnock

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

Saluda

- Middle Peninsula Northern  
Neck Community Services  
Board  
530 Gen. Puller Hwy.  
758-5314

Warsaw

- Middle Peninsula Northern  
Neck Community Services  
Board  
414 Main St.  
333-3671
- Steider & Associates  
376 Main St.  
313-2030

White Stone

- Steider & Associates  
56 First St.  
313-2030

Mental Health:  
Child Psychiatry

Gloucester

- Middle Peninsula  
Counseling Center  
9228 G. Washington Mem. Hwy.  
693-5057

Warsaw

- Middle Peninsula Northern  
Neck Community Services  
Board  
414 Main St.  
333-3671

Mental Health:  
Licensed Counselors

Gloucester

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

Kilmarnock

- Lee Archard  
25 Office Park Dr., Suite 2  
356-3008

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

- Bon Secours Rappahannock  
General Hospital Bridges

- Behavioral Health-Inpatient  
Program,  
101 Harris Rd.  
435-8490
- Bon Secours Rappahannock  
General Hospital Bridges  
Behavioral Health-Outpatient  
Program  
113 DMV Dr.  
435-9237
- Susan Brooke  
31 Noblett Ln.  
462-7919

Tappahannock

- Essex Counseling Center  
330 Hospital Rd.  
333-3671

Warsaw

- The Wellness Place  
622 Main St.  
472-3706

Mental Health:  
Marriage and Family

Gloucester

- Gloucester Counseling Center  
9228 G. Washington Mem. Hwy.  
693-5057

Lively

- Susan Brooke  
826 Monaskon Rd.  
462-7919

Kilmarnock

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

Neurology/Sleep  
Disorders

Gloucester

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

Obstetrics & Gynecology

Gloucester

- Riverside Partners in Women's  
Health  
7547 Medical Dr., Suite 1200  
693-2670

Kilmarnock

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

Tappahannock

- Bon Secours Tappahannock  
Dominion Women's Health  
Tappahannock Towne Center  
1396 B Tappahannock Blvd.  
443-9308

White Marsh

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

Occupational Therapy  
Gloucester

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

Kilmarnock

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

King William

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

Urbanna

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

Oncology

Gloucester

- Riverside Middle Peninsula  
Cancer Center Medical  
Oncology  
7544 Medical Dr., Suite B  
693-9037
- Riverside Middle Peninsula  
Cancer Center Radiation  
Oncology  
7544 Medical Dr.  
693-4900

Kilmarnock

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

Tappahannock

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

Ophthalmology

Gloucester

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

Heathsville

- Robert Jacey  
710 Train Ln.  
580-2454

Kilmarnock

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

Tappahannock



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

**Opticians  
Gloucester**

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

**Hayes**

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

**Kilmarnock**

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

**West Point**

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

**Optometry  
Colonial Beach**

- Gilchrist Eyecare  
420A Colonial Ave.  
224-2061

**Gloucester**

- Eyemax  
6651 Main St.  
694-4999

**Hayes**

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

**Mathews**

- Paul Edwards  
75 Main St.  
725-2430

**Tappahannock**

- The Eyesight of Tappahannock  
402 Airport Rd.  
443-5388
- The Eyesight of Tappahannock  
611 Della St.  
443-3901

**Orthopedics &  
Sports Medicine  
Gloucester**

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

**Kilmarnock**

- Kilmarnock Orthopaedics  
95 Harris Rd., Building 4  
577-4224
- Virginia Shoe Clinic  
453 East North Main St.

577-4012

**Tappahannock**

- Northern Neck Bone and Joint  
Center  
300 Mt. Clement Pk., Suite B  
443-8670
- Virginia Shoe Clinic  
1269 Tappahannock Blvd.  
443-2373

**Pain Management  
Tappahannock**

- VCU Health Pain  
Management  
300 Mt. Clement Pk., Suite D  
443-6143

**Pediatrics  
Deltaville**

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

**Gloucester**

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

**Hayes**

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

**Lively**

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

**Mathews**

- Riverside Mathews  
Medical Group  
10976 Buckley Hall Rd.  
725-5005

**Warsaw**

- VCU Health Family Medicine  
16 Delfae Dr.  
333-6400

**Pharmacies  
Aylett**

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

**Callao**

- Rite Aid  
17422 Richmond Rd.  
529-6230

**Gloucester**

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

**Hartfield**

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

**Hayes**

- Rite Aid  
2460 G. Washington Mem. Hwy.

642-2115

**Kilmarnock**

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

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

- Walmart Pharmacy  
200 Old Fair Grounds Way  
435-6317

- Walgreens Pharmacy  
573 N Main St.  
435-8890

**King William**

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

**Mathews**

- Hudgins Pharmacy  
256 Main St.  
725-2222

**Montross**

- Walgreens  
15748 Kings Hwy.  
493-9505

**Tappahannock**

- Tappahannock Pharmacy  
517 Church Ln.  
443-3461
- Walgreens  
1840 Tappahannock Blvd.  
443-4709
- Walmart Pharmacy  
1660 Tappahannock Blvd.  
443-1988

**Urbanna**

- Marshall's Drug Store  
50 Cross St.  
758-5344

**Warsaw**

- Walgreens  
4671 Richmond Rd.  
333-4122

**West Point**

- Walgreens  
345 14th St.  
843-2880

**Physical Therapy &  
Rehabilitation  
Aylett**

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

**Burgess**

- Belfield Physical Therapy  
15137 Northumberland Hwy.  
220-2009

**Callao**

- Abilities Abound  
765 Northumberland Hwy.  
529-5178

**Gloucester**

- Riverside Physical Therapy  
7578 Hospital Dr., Suite 106  
693-8867
- Pivot Physical Therapy  
6970 Fox Hunt Ln., Suite 201

694-8111

- Walter Reed Convalescent  
Center  
7602 Meredith Dr.  
693-6503

**Hartfield**

- Carousel Physical Therapy  
10880 G. Washington  
Mem. Hwy., Suite N  
776-8500  
www.carouselpt.com

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

**Hayes**

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

**Kilmarnock**

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

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

**Lancaster**

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

**Tappahannock**

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

**Urbanna**

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

**Warsaw**

- Belfield Physical Therapy  
4562 Richmond Rd.  
333-8222

**West Point**

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

**Plastic Surgery  
Gloucester**

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

**Podiatry  
Hayes**

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

**Kilmarnock**

- The Foot Center  
720 Irvington Rd.  
435-1644

**Tappahannock**

- Ronald Landess,  
721 Charlotte St.  
443-6400

**Radiation Oncology  
Gloucester**

- Riverside Middle Peninsula  
Cancer Center  
7544 Medical Dr.  
693-4900

**Radiology  
Gloucester**

- Riverside Radiology Services  
Riverside Walter Reed  
Hospital  
7547 Medical Dr.  
693-8856

**Kilmarnock**

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

**Tappahannock**

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

**Renal Dialysis  
Tappahannock**

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

**Warsaw**

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

**Social Worker  
Gloucester**

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

**Mathews**

- Brad Skelding  
2nd Floor, 40 Court St.  
854-1961

**Warsaw**

- Warsaw Counseling Center  
414 Main St.  
333-3671



## Spas & Massage Callao

- ▶ Abilities Around  
765 Northumberland Hwy.  
529-5178

## Deltaville

- ▶ Progressive Healing  
211 Porpoise Ln.  
776-0919

## Gloucester

- ▶ Heart Felt Touch Massage  
Therapy  
7282 York Ave.  
693-9000
- ▶ Riverside Wellness and Fitness  
Center  
7516 Hospital Dr.  
693-8888

## Hayes

- ▶ Bridgewaters Aveda  
Salon and Spa  
6661 Hickory Fork Rd.  
693-6272
- ▶ Gloucester Chiropractic &  
Massage Therapy, LLC  
2654 G. Washington Mem. Hwy.  
642-6106
- ▶ Hayes Therapeutic Massage  
2961 G. Washington Mem. Hwy.  
642-2100

## Irvington

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

## Kilmarnock

- ▶ La Source  
211 S. Main St.  
436-2985
- ▶ Maryanna Fisher  
BSRGH  
695-4647

- ▶ Results Oriented Massage  
25 Augusta St.  
815-5836  
www.  
resultsorientedmassage.com

- ▶ Spa 2 U  
Mobile Therapeutic Massage  
453-5367
- ▶ Stephanie Reeves Reed, LMT  
436-6555

## Mathews

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

## Urbanna

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

## Warsaw

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

## White Marsh

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

## Speech Pathology

### Gloucester

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

## Kilmarnock

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

## Urbanna

- ▶ Rural Infant Services Program  
5372 B Old Virginia St.  
758-5250 or  
(800) 305-BABY (2229)

## Testing Services

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

## Urgent Care Gloucester

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

## Tappahannock

- ▶ MD Express  
300 Mt. Clement Pk., Suite A  
443-8610

## Urology

### Gloucester

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

## Tappahannock

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

- ▶ Riverside Urology Specialists  
658 Hospital Rd., Suite 300  
443-6245

## Vascular Surgery Gloucester

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

## Tappahannock

- ▶ Vascular Surgery Associates  
Bon Secours Tappahannock  
Medical Center  
1396 B Tappahannock Blvd.  
443-9308

*Bay HealthStyles seeks to ensure that all content published here is current and accurate as of the date of publication. This information does not constitute legal or professional advice, it is a directory of professionals.*

# TOTAL YOGA WITH DAVID

David Scarbrough, PhD.,  
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