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*A guide to navigating local
health care and beauty solutions*

Photos by John Bailey

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Making Waves in Bloomington

Royale Hair Parlor, under the guidance of owner Bridgett DiVohl, continues making waves in the Bloomington beauty world. Five of Royale's eight stylists recently trained to master two new trends in the world of curls. One of those trends is American Wave. A contemporary take on the perm, an older style DiVohl says clients shy away from, American Wave adds volume to limp hair, creating body that is great for hot-tool styling or blow drying. DiVohl recently sent two of Royale's stylists to Arrojo Studios in New York City to learn the Wave method; they are currently the only two Bloomington-area stylists trained in American Wave.

"We really wanted to add services to texture hair and loved Nick Arrojo's recent design of a customized method of adding curl to hair," DiVohl says. "American Wave creates soft, natural-looking wave and curl patterns for our modern style-conscious clients."

In addition to the American Wave-trained stylists, Royale also has three Deva Curl-certified stylists. Deva Curl is a line of hair care products and a special cutting technique formulated specifically for curly hair.

While Royale Hair Parlor offers a solution for every hair problem and a style for every hair type, the salon purposefully does not offer non-hair related services. Keeping such a tight focus allows DiVohl and the stylists at Royale to remain ahead of the curve when it comes to offering clients the latest techniques and trends in hair fashion. For more information, visit royalehair-parlor.com or call 812-360-1860.

we look different

Precision Eye Group
 Dr. Brandy Deckard Dr. Derek Bailey

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We Look Different

Precision Eye Group has undergone significant changes within the past year. Not only has the space at 322 S. Woodscrest Drive undergone a major remodel and added state-of-the-art optical technology, but Dr. Derek Bailey has joined Dr. Brandy Deckard, who purchased the business in 2014 after practicing there for six years. But Dr. Bailey is a familiar face to patients. He started as a technician at the practice in 2012 while attending IU School of Optometry. This gave him valuable training and knowledge in delivering great patient care.

In May, Dr. Bailey graduated and joined Dr. Deckard, fulfilling a long-time desire to work in the health care industry and, specifically, optometry. While growing up in Bloomington, Dr. Bailey was exposed to the field by local optometrists, who were family friends. He was inspired by mission trips with a nonprofit organization, His Eyes Honduras, while attending Wabash College. "The field of optometry is amazing," says Dr. Bailey. "Not many professions give you the ability to help people to see better. You're giving patients a new outlook on life."

Since last year, patients have seen the Precision Eye Group reception area and office totally remodeled, with new equipment such as an automated refraction system. "The system makes patients feel more confident as they're going through the refraction," says Dr. Deckard. "It gives patients a better experience, comparing how they will see with the new prescription versus their current prescription, in the click of a button." For more information, visit precisioneye.com.



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"Meadowood residents living on our 55-acre campus enjoy a variety of fitness options that allow them to stay healthy and promote mobility — from exercise, yoga, and Qi Gong — to strength-training and outdoor hikes," says Libby Dawson, resident services director at Meadowood. Dawson adds that it is important to stay active to maintain optimal health and well-being, as well as to prevent falls. Meadowood, a longtime senior retirement community, also offers one-on-one personal training and group exercise classes.

As part of its LifeStyle360 Holistic program, Meadowood employs Sarah Ramusack, a fitness instructor who leads exercise classes using bands, weights, and exercise balls. Ramusack also oversees the Nautilus fitness room and leads residents on weekly hikes to favorite locales, such as Bryan Park and the Jackson Creek Trail. Vibe Yoga instructors visit Meadowood twice weekly to lead residents in chair-based yoga. Fitness instructor Jenny Yang also meets weekly with residents to conduct Qi Gong, a Chinese slow movement practice.

Another exciting opportunity at Meadowood is a balance class offered during each academic semester by the Indiana University Department of Kinesiology and led by Tammy Nichols, who has a master's degree in kinesiology motor control. The class offers hands-on assistance by IU students, who volunteer for this nine-week program in order to satisfy their clinical requirements. For more information, visit meadowoodrc.com or call 812-336-7060.

Not Just a Workout, A Way of Life

Achieving fitness or weight-loss goals may be what inspires people to walk into Urban Fitness Studio, but once they sign up, clients quickly discover that co-owners Anna Branam and Carly Dunnuck want to do more than help them realize short-term goals — they want to help them change their lives.

Four years ago, Winni began training to lose weight while seeking sanctuary from a stressful job that requires her to commute from Chicago four days a week during the school year. “I began as a complete novice,” Winni says. “After four years, I am stronger and healthier thanks to Carly’s caring attention. I have lost 22 pounds and have become more physically confident.”

Though Winni’s commute took a summer hiatus, her workouts didn’t. She continued training with Dunnuck via Skype, which kept her accountable over the summer. “I was a skeptic of Skype training, but it worked beautifully. Our work together has carried forward into choices I make every day,” Winni says. “At my age you realize that what you consume and how you move affects your health and well-being in many ways.”

Urban Fitness Studio offers clients tailored instruction and the tools they need to reach both short- and long-term health and wellness goals. “Our well-rounded approach to personal training places emphasis on consuming whole, locally sourced food; functional movement; posture; and breath work,” Dunnuck says. “We tailor each workout with the individual client in mind.” For more information or to inquire about a complimentary consultation, visit urbanfitnessstudio.com.

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A Focus on Positive Patient Outcomes

Dr. Michael S. Hoffman sees every patient visit to his Bloomington Podiatry Centre as another opportunity to offer the best personalized service and optimum outcomes he has provided for many years. “I’m proud I have remained privately owned. There are many advantages of having a privately owned practice,” says Dr. Hoffman, who practices at 203 W. 1st St. “The main advantages are patients do not experience long waiting times for appointments, and I remain in complete control of patient care, thus creating enduring and personal relationships with my patients.”

Dr. Hoffman treats disorders of the feet and ankles and can make assessments before serious injury or disease occurs. Conditions he treats include injuries, heel pain, ankle sprains, fractures, plantar fasciitis, bunions, corns, nail fungus, hammertoes, and neuromas.

“I focus on patient outcomes and treating each individual with the same care and attention I would want for myself and my loved ones,” he says. “My treatment plans are tailored around conservative services and procedures that will provide the most effective results with less recovery time and the least amount of discomfort while keeping patient out-of-pocket costs to a minimum.”

That’s why he specializes in minimally invasive surgery and laser treatment for toenail fungus. He is one of the only doctors in the state offering minimally invasive foot surgery involving an incision less than an inch. For toenail fungus, he urges patients to consider quick and pain-free laser treatments, proven to give excellent results. For more information, visit bloomingtonpodiatrycentre.com.

Fitness Center Promotes Movement

Working out in a small, relaxed atmosphere with personalized guidance is a benefit offered by the Bell Trace Fitness Center. Available to both residents of the senior living community and Bloomington residents, the fitness center is focused on encouraging healthy lifestyles and helping those ages 55 and older remain physically active. "We strive to make everyone comfortable, with individual fitness plans best suited to their needs," says Bell Trace Executive Director Joy Kahn Harter. "If you're looking for individual attention in a smaller space that's less intimidating, this is a good place to work out."

The fitness center, located on the Bell Trace campus at 725 N. Bell Trace Circle, offers monthly memberships at modest rates to Bell Trace and Bloomington residents and for free to Bell Trace employees. Open Monday through Thursday, the center has treadmills, stationary bicycles, a large stretching cage, and strength-training equipment.

Jordyn Bieghler, new fitness center director, says exercisers begin their memberships with free fitness assessments that document their current fitness levels. They're given

cardiovascular treadmill tests, body composition analyses, and evaluations of flexibility, balance, posture, muscular strength, and endurance. "We talk through their fitness goals and desires, and then we put together an exercise program for them," Bieghler says. Indiana University interns studying exercise science and kinesiology also help with exercise programs and workouts. Members can exercise independently or with one-on-one help, depending on their individual situations, says Bieghler, who earned an IU bachelor's degree in kinesiology with a concentration in health and fitness in 2015.

The fitness center also offers a beginning balance class, which Bieghler helped teach while working at the center as an intern. The next balance class, open to the public and Bell Trace residents, will begin in January 2017. The series of 22 classes increases mobility and helps reduce the risk of falling. Pre-hab conditioning and post-rehab maintenance training is also available at the fitness center.

Harter says the fitness center's programs complement the physical and occupational



Executive director Joy Harter (left) and physical therapist Stephanie Dunn (right) work with Bell Trace Fitness Center member Barbara M. Dixon.

therapy offered at Bell Trace's Rehabilitation Center. "I'm really grateful we have the fitness center," she says. "It's such a positive feature we offer to encourage people to live healthy lifestyles and create a culture of fitness here." For more information, visit belltrace.com or call 812-323-2858.

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Comfort Keepers Sponsors Food Drives

Comfort Keepers caregivers often grocery shop and fix meals for seniors as part of their in-home daily routine. The agency's Feed Seniors Now program also collects nonperishable food locally and nationally and donates it to seniors in need. "The reason we do this is that statistics show seniors need to eat healthy to stay healthy," says Stacey Goffinet, marketing director for Comfort Keepers of Bloomington and Columbus. "Our ultimate goal is to keep people at home as long as possible, and proper nutrition is a key to doing that."

For four years, Comfort Keepers has collected food for donation at its Bloomington office, located at 4101 E. 3rd St., and at its Columbus location at 3136 N. National Road. In 2015, Comfort Keepers, which provides non-medical home health care assistance to seniors, collected 94,245 pounds of food nationally.

"We do annual food drives for seniors and have a big push around the holidays," says Goffinet about the Bloomington site, locally owned and operated by Doug Johnson and registered nurse Ann Harrison. Several food drives throughout the year are aligned to meet community needs, expressed by the Area 10 Agency on Aging. Food is donated to Area 10, which has a homebound grocery delivery service. Goffinet volunteers to deliver food to Area 10 clients. "We really encourage our caregivers to donate food as a way of giving back," Goffinet says. Staff members and their family and friends make contributions, too. For more information, visit comfortkeepers.com.

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Treatments to Improve, Maintain Skin Health

Dermatology Center of Southern Indiana MediSpa offers “full circle skin care,” providing nonsurgical and cutting-edge skin treatments while working with patients to maintain their achieved results, says Brittany Allen, DCSI MediSpa manager. “We help patients look as good as they feel,” says Allen, advanced nurse injector.

MediSpa, located at 1200 S. Rogers St., provides medical and cosmetic treatments to address changes caused by aging and environmental factors. They treat sun damage, acne, unwanted hair, wrinkles, scarring, unwanted fat, and other cosmetic issues. Among the most popular therapies is Sciton’s Halo, using the world’s first hybrid fractional laser to precisely eliminate years of damage and restore the luminous glow patients had when they were younger. The laser reduces pore size, corrects damage caused by sun exposure, improves skin texture and tone, and minimizes wrinkles. Halo is offered as a package of two visits, and makeup can be applied within a day or two after each treatment. “With Halo, you get the best of both worlds,” Allen says. “Halo creates beautiful results without the down time of more aggressive treatments.”

To delay skin aging, MediSpa offers Forever Young BBL therapy by esthetician Amy Collier. The procedure uses innovative technology that delivers broadband light therapy to repair the appearance of aged skin. It’s also important to maintain healthy skin, and MediSpa’s medical-grade exfoliation services, performed by esthetician Tessa Shaw, are a great option. Allen advises everyone to regularly wear sunscreen and recommends ZO Skin Health products to protect and enhance skin health.



DCSI MediSpa esthetician Amy Collier (left) with patient Ellie Cordell.

“Everyone’s skin is different, so treatments are tailored to fit each individual’s needs and lifestyle,” Allen says. Additional cosmetic treatments, such as Botox Cosmetic and Juvederm, the top-selling collection of dermal fillers, are offered to smooth lines for a natural, long-lasting result.

“I value the relationships I’ve developed with my patients, and it’s a privilege to work on such a great team,” Allen says. “We pride ourselves in doing extensive research before offering treatments to our clients to ensure our treatments are safe and effective. Our reputation proves that. We’ve been in the community for more than 50 years.”

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New Doctor Joins Premier

Premier Healthcare's newest physician, Dr. Kevin Miller, says he's happy to be back in the city where he attended high school and the first two years of medical school. He returned to Bloomington in July with his family to establish his family medicine and sports medicine practice at Premier Primary Care East. "I'm excited to be a part of the medical group," says Dr. Miller. "We have a great group of physicians and it's good to be back in Bloomington." Utilizing his special training, Dr. Miller also provides medical care at Indiana University field hockey games and wrestling meets, and serves as physician for sports teams at Eastern Greene High School and Owen Valley High School, attending both schools' football games.

Originally from Indianapolis, he moved to Bloomington in time to start his freshman year at Bloomington High School South, where he played baseball and football, graduating in 2004. He says injuries he sustained in football sparked his interest in athletic training and sports medicine. He was influenced by his grandfather, Dr. James Miller, a family doctor in Greensburg, Indiana, to practice medicine.

As a physician with Premier Healthcare, Dr. Miller lends his expertise to the largest multispecialty group in southern Indiana, with offices on Bloomington's east and west sides, and outreach clinics in several communities. Premier Healthcare started in 1972 as Internal Medicine Associates and expanded in 2010 to include surgical specialties. Premier has more than 40 physicians specializing in all facets of internal medicine, as well as family medicine and surgical specialties.

Dr. Miller earned his bachelor's degree in athletic training from Ball State University in 2008, then earned his medical degree from the IU School of Medicine in 2012. He received family medicine training at St. Vincent Hospital



Premier Healthcare's newest physician, Dr. Kevin Miller.

in Indianapolis and completed a sports medicine fellowship at St. Vincent Sports Performance.

"I enjoy treating and working with athletes of all ages and all skill levels," says Dr. Miller, including recreational athletes, people starting exercise programs, and youth involved in competitive sports.

Dr. Miller lives in Bloomington with his wife, Amy, a teacher, and their children — Henry, 2, and Eleanor, born in June. "We love hiking and enjoying outdoor activities and attending the cultural events here," he says.

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Nurturing Mind, Body, and Soul

Family members often detect signs that loved ones are becoming frail and need extra care. Rebecca Nunley, business development manager of Home Instead Senior Care in Bloomington, says these signs include fatigue, weight loss, difficulty standing and concentrating, poor judgment, and a decline in personal care and hygiene. Once they notice these signs, family members can take steps to reduce frailty by helping seniors stay active and engaged, says Nunley. "They need to know the importance of caring for their loved ones' minds, bodies, and souls to help them stay independent," she says.

Home Instead Senior Care offers a variety of services for in-home senior care, including Companionship Services that provide healthy interaction, physical activity, and outings, the kinds of activities Nunley says keep seniors healthy. For example, mental sharpness is maintained by reading, playing games, or just changing daily routines. Physical activity is equally important, as is nurturing the soul by participating in faith and social groups, and engaging in hobbies, Nunley adds.

Caregivers with Home Instead provide a wide variety of services that help seniors stay active and independent. They can also help those dealing with dementia or recovering from surgery. Home Instead Senior Care offers help with personal care and bathing, shopping, doctors' visits, medication reminders, laundry, light housekeeping, meal preparation, and other needs. Assistance can be provided on a regularly scheduled basis, on-call when needed, and for short- and long-term periods. For more information, visit homeinsteadbloomington.com or call 812-961-2222.

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Focus on Stroke Rehabilitation

Helping people recover from strokes is a primary goal of the well-trained staff at Stonecroft Health Campus on Bloomington's southwest side. "It's truly a passion of our therapy team, and our therapists take great pride in helping people return to their daily activities," says Josh Dodds, senior executive director of Stonecroft and Hearthstone Health Campus, located northwest of Bloomington. Both communities are operated by Trilogy Health Services, a provider of senior health and hospitality services in the Midwest.

The Stonecroft health center and residential facility opened in August 2015 at 363 E. Fieldstone Blvd. with a state-of-the-art therapy gym, a theater room, and restaurant-style dining. It offers a complete continuum of care, including assisted living facilities, skilled nursing, short-term rehabilitation, long-term care, respite care, outpatient therapy, and "prehab" therapy before joint surgeries. Of the center's 93 beds, 70 are for patients needing skilled nursing care. The remaining 23 assisted living beds are in studio and one-bedroom apartments.

"We are focusing on stroke rehabilitation. That's going to be our niche," says Dodds. "We have post-acute trained therapists who have previously worked in a hospital and are very adept in helping patients recover. We have had great results from our therapy team." Stonecroft Health Campus is in the process of earning stroke certification by a national accreditation organization.

Therapies are personalized to specific needs, Dodds says, and residents and outpatients can both receive therapy at the facility. For more information, visit stonecrofthc.com or call 812-825-0551.

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