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SECTION

A guide to navigating local health care, wellness, and beauty solutions




Healing Mental Health Through Mindfulness

In 2001, haunted by depression, Greg Burdulis retreated to Burma and became a monk, spending seven years practicing meditation, mindfulness, and compassion. Upon returning to the U.S., he began sharing his experiences and helping others suffering from what he sees as the three most common emotional hardships: depression, anxiety, and stress.

Burdulis sees a trend in which people are giving more attention to the quality of their lives. The Power of Presence helps people achieve quality of life through systematic training of calm, clarity, and compassion. With psychiatrist Dr. Kuma-Gill, Burdulis also started Monk and Shrink, providing a discreet online forum for learning mindfulness that deepens psychiatric insights into depression and its healing.


Burdulis empathizes with those struggling from mental health issues. "Depression has been an extraordinarily difficult part of my life," he says. "Mindfulness didn't make it go away. Instead, mindfulness taught me how to manage myself and deal with it effectively. I've seen it help my clients in similar ways." Burdulis' coaching focuses on cultivating internal resources to help clients better cope with uncontrollable influences. "There's plenty about life we can't change, but that doesn't mean we are helpless victims. We can learn to pause, collect ourselves, and find new ways of seeing the situation. Instead of reacting to events, we can learn to respond creatively, daring to do things differently."

To explore opportunities to train with Burdulis through counseling, private retreats focusing on either individuals or couples, and courses, visit thepowerofpresence.net.



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anxiety
depression**



GREGORY BURDULIS

The Power of Presence

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Hit the Water For Fun & Fitness

As she starts her third season as guest service manager at Cave Country Canoes in Milltown, Indiana, Sherri Nail says she finds helping customers experience nature as exciting as they find floating down the secluded Blue River. The activity is gaining popularity, especially with women and older adults paddling kayaks, which are lighter and easier to maneuver than canoes. "It's a trend, and I think the reason is because, in a kayak, a person can be in control themselves," Nail says, adding that kayaks usually weigh 40 pounds.

Nail, 50, has paddled all over the country, and she encourages people her age to take up kayaking or canoeing. "It's good exercise and stress relief," she says. "It's a way to connect with nature, unplug, and unwind. It just makes perfect sense. You don't have to be an outdoor enthusiast to paddle down Blue River; it's so easy here. You don't have to haul the canoe or kayak to the river. We take care of that. You just enjoy and go on a mini-adventure."

Not only does Cave Country Canoes provide equipment and transportation, it has a modern campground along the Blue River. Staff provide instructions for navigating the river and hold boats while customers board. "We try to eliminate all of the fears," Nail says. "It's such a break in your week and does your soul good." Located about 90 minutes from Bloomington, Cave Country Canoes is open from April to October. For more information, visit cavecountrycanoes.com.



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Offering a Full Range of Wellness for Everyone

Through its Lifestyle360 Initiative, Meadowood Retirement Community offers residents a holistic approach to life. "We're not just keeping people busy," says Kathy Norris, director of sales and marketing. "We're feeding residents' minds, bodies, spirituality, and social and intellectual needs by offering a full range of wellness to help them discover a deeper appreciation of life."

The brainchild of former Indiana University President Herman B Wells, who imagined a community where IU faculty could retire, Meadowood offers residents nearly 200 activities each month—and bingo is not one of them. On- and off-site activities include hiking, trips to IU performance halls for concerts and shows, yoga and exercise classes, board games such as Scrabble and dominoes, art classes, knitting groups, outings to Cardinal Stage Company and Bloomington Playwrights Project performances, opportunities to catch IU athletic games, and much more.

"Whether it's physical fitness, spiritual well-being, or lifelong learning and other courses and lectures, Meadowood has something for everyone," Norris says. "Kids go to school, but they don't go to school just to go outside and play kickball—there's math, art, and music. Our residents experience the same full-spectrum opportunity. You can have whatever you want here." Residents living in one of the nearly 200 garden homes or apartments also have the opportunity to enjoy meals prepared by Chef Alan Booze, one of just eight elite chefs among the more than 270 communities operated by Meadowood's parent company, Five Star Senior Living.

To learn more, call 812-330-4375, ext. 311, or visit magbloom.com/meadowood.

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Providing Personalized Attention and Treatment

Campus Family Dental has been a part of the Bloomington community for 20 years. Dr. Eric Hein, who grew up in Bloomington and is a graduate of Bloomington High School South and the Indiana University School of Dentistry, took over the practice last year. One thing that attracted him to Campus Family Dental was that it is a personalized dental practice that allows for more time with each patient and, ultimately, the development of better doctor-patient relationships.

Dr. Hein and the Campus Family Dental staff are dedicated to taking the time to address every patient's unique issues and concerns. "We truly provide one-on-one patient care, and everyone here is a team," Dr. Hein says.

Because he keeps his schedule simple and doesn't have dozens of patients waiting to be seen, Dr. Hein says he feels free to really talk with people and get to know them. "I have time to sit down and listen to what my patients are experiencing and have a conversation about why they need treatment without any constraints or feeling rushed that there are 20 people waiting for me."

Those conversations are important. "I try to present every possibility and address their concerns," Dr. Hein says. "We want people fully informed about their treatment and the reasons behind it. Communication is first and foremost." Still, he says, he knows everyone has a schedule to keep. "We're not a fast-paced office, but as soon as patients arrive, we work hard to respect their time."

While the practice may be small, it offers the latest in dental technology, including digital X-rays. Campus Family Dental also offers a wide range of services for patients of all ages, including extractions and orthodontics. Located at 409 S. Dunn St., near the Indiana University campus, the practice is



(front, l-r) EJay Rippey, Julie Waymire, Dr. Eric Hein, Dr. Greg Velligan, Crystal Lynn. (back, l-r) Brandi Mosier, Sandra Eastridge, Krista Sears, Shanna Yarnell. Photo by Martin Boling

within easy walking distance for IU students, faculty, and staff, but also offers convenient off-street parking.

For information, call 812-339-6272 or visit campusfamilydental.com.



Welcome Dr. Eric A. Hein, DDS

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Compassionate caregivers from Home Instead Senior Care provide the gift of companionship and vital in-home services to benefit elderly clients and ease families' responsibilities. "We understand that for families needing home assistance, it can feel overwhelming," says Michael Talhelm, marketing and senior development manager at Home Instead Senior Care of Bloomington, a non-medical staffing agency. "We want to personalize that process and make it as smooth as possible because we know families are having to trust strangers to care for loved ones."

The agency, serving Monroe, Brown, Green, Lawrence, Martin, and Owen counties, offers many services to help with daily living activities, such as cooking, showering, transportation, and household duties, and keeps clients company. Caregivers are licensed, bonded, and insured, and undergo criminal background checks. "We want to make sure caregivers are a good fit for clients," Talhelm says. "We match their personalities. It makes it easier for families if caregivers and clients get along well or share common interests."

This personalized service was recognized nationally in February by J.D. Power, a U.S.-based global marketing information services firm, when the national agency received the J.D. Power President's Award. The honor, given "for exceeding customer expectations," Talhelm says, has only been given 13 times in 50 years.

Grants are available to pay for costs, Talhelm says, through Hilarity for Charity, a national program started by comedian Seth Rogen to help people with Alzheimer's and dementia. Applications are available at hilarityforcharity.org/programs. For a free consultation, call 812-961-2222.

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At Precision Eye Group, patients receive comprehensive care from optometrists and staff using advanced diagnostics and vision care technologies, all in a calm, friendly atmosphere.

"We're trying to do more than just offer the standard eye exam," says Dr. Brandy Deckard, who bought the practice in 2014. "We try to be personable and have relationships with our patients versus just having them come in for their exams, get their prescriptions, and leave. We want to make it an enjoyable experience while utilizing the latest technology to assess their eyes."

Precision Eye Group, 322 S. Woodscrest Drive, provides examinations and treatment for a wide variety of eye diseases, conditions, and problems, with the goal of helping patients maintain good eye health for life. Dr. Deckard, a 2007 Indiana University School of Optometry graduate, is joined by Dr. Derek Bailey, a 2016 graduate of the same school.

Dr. Deckard says her practice is differentiated from others by the digital equipment it installed in 2015. During exams, she and Dr. Bailey use an automated refraction system which allows them to advance through lens changes with the click of a button, rather than changing lenses manually. "We go through the same routine, but using this technology allows us to show patients direct comparisons between their new and old prescriptions," Dr. Deckard says. "It makes the process more efficient, and patients are more confident in their responses because they can see images side by side." And the digital results are seamlessly integrated into the practice's medical records, resulting in fewer chances for error.

Precision Eye Group is one of the few offices in the state with LipiFlow technology, allowing optometrists to better evaluate and treat dry eye disease, one of the more common eye problems, Dr. Deckard says. The equipment



Dr. Brandy Deckard. Photo by Jeff Richardson

provides a scan of oil glands in the eyelids to test if the glands are functioning properly. If not, the treatment will help address the obstructed glands to maintain their function.

Precision Eye Group also offers California optomap, an alternative to dilating drops. The process evaluates the health of the retina, blood vessels, optic nerves, and overall eye health. The evaluation creates a baseline photo of the retina that can be used for comparison with future exams.

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Garden Villa was founded in 1966 in Bloomington by Lee Marchant. Three years later, a second facility was opened in Bedford, IN. Marchant is still actively involved as the owner today and serving his beloved Bloomington community is one of his greatest joys.

Providing a community focused on health and well-being are Marchant's top concerns. He makes sure Garden Villa's staff are focused on caring for the community and providing health resources. In everything Marchant and his companies do, there is an emphasis on community, caring and health at the highest standard.



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Comprehensive Rehabilitation Services Focus on Safety, Mobility, Independence

Garden Villa rehabilitation therapists work hard to improve the quality of life and independence of long-term residents, rehabilitation patients, and community members, offering high-quality personalized physical, occupational, and speech therapy assistance.

"We want to make them as independent and mobile as possible and make sure they're safe in their environment," says Brian Edmonds, rehabilitation manager at Garden Villa, a west-side senior facility providing care for 52 years.

Founded by Bloomington businessman Lee Marchant, Garden Villa has about 125 full-time residents and rehab patients. The rehabilitation unit employs seven full-time therapists who work with long- and short-term patients needing therapy after being hospitalized or suffering injuries. Community members can receive services with a doctor's referral.

Therapists use a comprehensive approach to meet patients' needs so they can reach the highest level of independence. Physical therapists concentrate on helping patients with walking, balancing, lower-body strengthening, and gait training to improve mobility and strength, and decrease falling risks, he explains.

Patients clearly benefit from the therapists' skills.

"I thought I was never going to walk again, and therapy proved me wrong," says one Garden Villa patient. "If it wasn't for the therapist, I wouldn't be walking."

Occupational therapists focus on improving upper body strength and agility so patients can better perform daily living activities such as dressing, housekeeping, cooking, and toileting. Patients practice these skills by using a kitchenette, doing laundry, washing dishes, and showering.

Speech therapists help patients relearn critical skills such as speaking, swallowing, chewing, and recognizing words and speech.

The facility also offers aquatic therapy in its HydroWorx pool. Edmonds says it's one of only a few of these specialty pools in the area. The 8-foot-by-12-foot pool, equipped with a treadmill and a floor that rises, utilizes the buoyance of the water to support the patient's weight during exercise so he or she can perform physical tasks more easily with less joint pain and stress.

Community members can take advantage of Garden Villa's specialized Senior Flex program that uses state-of-the-art Keiser and Nautilus fitness equipment. The program is designed to improve functional strength, endurance, and general wellness for seniors who receive a doctor's consent to participate and meet membership requirements.

For more information on using Garden Villa's rehabilitation facility, visit gardenvillahealth.com.



(front, l-r) Brooke Kelly, Brian Edmonds, Jackie Routt; (back, l-r) Ginny Smith, Diane Ratto, Hannah Barnett, Stephanie Leonard.
Photo by Martin Boling