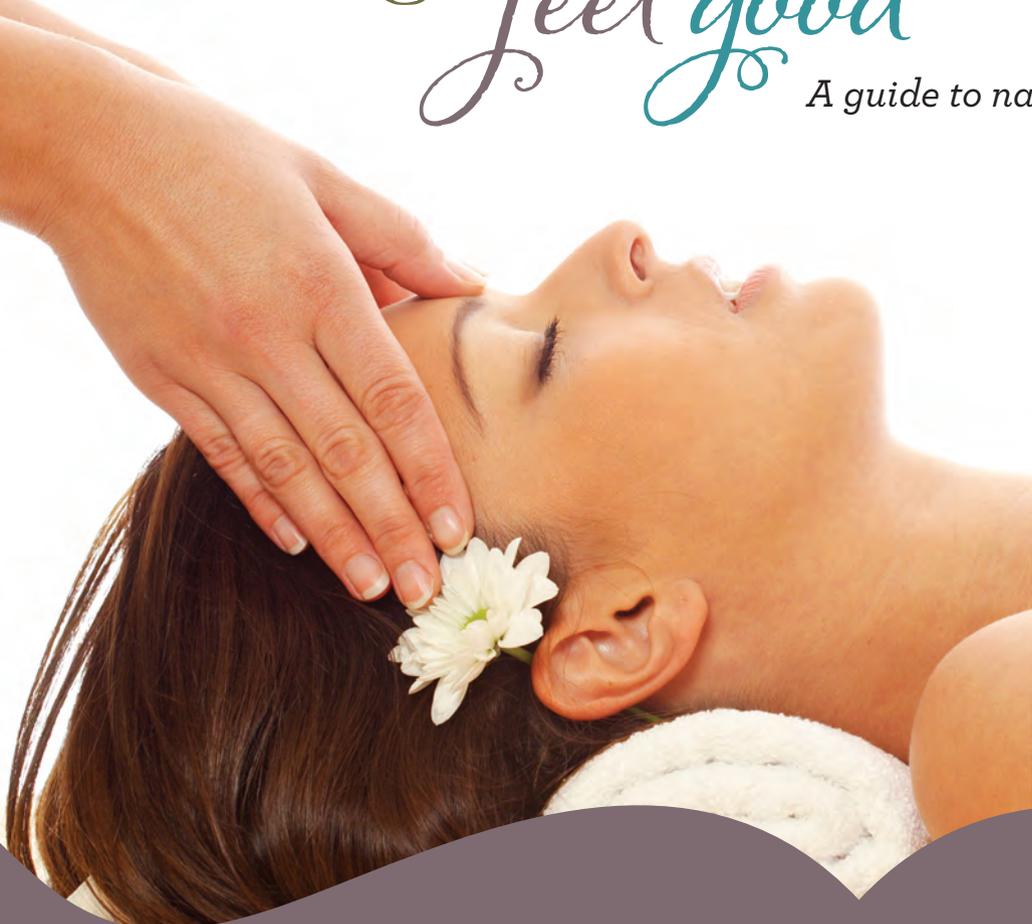


Look good feel good

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



YOUR HEALTH IS YOUR MOST IMPORTANT ASSET.
Your appearance is your calling card. Maintaining both takes effort.
Let this guide help you understand your options when exploring local
health care, well-being, and beauty solutions.

Photography by Martin Boling

Personalized Hormone Therapy

Continuing its four-generation mission to treat customers like family, Williams Bros. Health Care Pharmacy is offering a more personalized solution for people needing natural bioidentical hormone replacement therapy (BHRT). “The treatment is custom-blended to each patient’s individualized needs,” says JD Faulkner, regional pharmacy manager for Williams Bros.

When health care providers order bloodwork for people experiencing a decline in hormone levels—like low energy, weight gain, difficulty sleeping, and loss of libido—the results tell them the exact prescription for each individual’s hormone needs. “The pharmacist then creates a custom, personal medicine for each person,” Faulkner says. “It’s an improvement over the trial and error that is basically used to treat patients who need hormone replacement therapy. So patients will feel better, faster.”

Hormone therapy also helps men and women reduce risks of diseases associated with aging, like cancer, heart disease, osteoporosis, stroke, and senility. “Natural hormone therapy maintains sound levels of hormones to alleviate symptoms and reduce the risks of acquiring many of those diseases,” Faulkner says, adding that synthetic hormones introduce foreign substances that produce toxic byproducts, causing an array of side effects and more serious conditions.

“BHRT is safe and free of the risks associated with synthetic hormones,” he says. “Each person’s body is different and has its own unique needs, but commercially manufactured products tend to be one-size-fits-all and do not always account for the differences between individuals. We pride ourselves on giving that personal service.” For more information, visit williamsbrosparmacy.com.



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Affordable Assisted Living

Having welcomed its first residents in June, Evergreen Village at Bloomington offers affordable options for all-inclusive assisted living. The three-story, 115-apartment community for people age 62 and older serves up to 183 seniors, providing food, utilities, nursing care, and shuttle services to doctors' appointments, activities, and community outings for one price, either privately paid or through Medicaid's assisted living waiver.

"The affordable financial piece is something that hasn't been in the Bloomington market, so seniors had to stay home or with family members or bring services into their apartment," says administrator Josh Dodds. "That works for some people, but there's a point when it doesn't anymore. We don't charge people for needing something a little extra one or two times a month. It's the same rate regardless of how many times you push your call light."

Residents at Evergreen Village live in private apartments with a kitchenette, spacious bathroom, and emergency alert system. They have access to around-the-clock personal assistance and help with medications from the certified nursing staff, as well as housekeeping, laundry, restaurant-style dining, barber and beauty shops, and social and recreational activities. They can also be part of the community's decision-making process by participating on the resident and food councils. "This allows people to continue to have more control over their lives," Dodds says. "We offer the security of knowing someone is available, but also give residents the independence to do as they please and come and go as they please." For information, call 812-336-2718.



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A Full-Service Med-Spa—Salon

Deanna McAllister started Vanished Aesthetics and Contouring seven years ago as a traveling injector for small parties in people's homes. In 2015, she transitioned into a 700-square-foot location downtown, expanding her expertise to laser aesthetics and teaming up with one of Bloomington's top hair stylists. She acquired 600 new clients in the first year, forcing her to move.

Now located at 807 N. College in a building McAllister purchased, Vanished Aesthetics is a unique Med-Spa—salon combination, featuring providers at the top of their fields and armed with the latest technology and education. A Med-Spa is a spa that offers advanced aesthetic procedures—like CoolSculpting, injectables, European thread-lifting, body contouring, and HydraFacials—in a relaxing environment. Cosmetic and sexual health conditions or concerns, like orgasmic and erectile dysfunction, can also be addressed without the stress of an office-like environment.

McAllister opened her space to include a full-service salon, expanding to three elite providers and incorporating manicures and pedicures. "I think we're the only head-to-toe Med-Spa and salon location in the region," McAllister says, explaining that clients often take the day to have all of their needs met in one visit. "This is a unique setup. Ninety percent of our Spa clients now have their hair done here and vice versa."

A registered nurse and mother of four, McAllister has 15 years of specialty nursing experience and seven years in cosmetic injectables. She attends at least three educational conferences annually to identify updated techniques in aesthetics, and built her business model around her drive for technological advancement and serving people. "We don't do anything that isn't beneficial to the client or that isn't about the outcome they want," she says.



McAllister strives to provide personalized service and build relationships with her clients. All have her cell number so they can contact her. Also, when vendors give her a discount, she passes that on to her clients.

"Vanished Aesthetics takes pride in being a private appointment facility, keeping the experience all about the client, while mindful of the importance of their time," McAllister says. "It's our dream to offer people something unique and comfortable. This is a place they can trust and return to, expecting results every time. We strive to make beautiful and young affordable, while providing services with little to no downtime." For information, visit vanishedaesthetics.com.

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Be Well and Feel Well at The Bell



A Mindful Movement and Meditation class. *Courtesy photo*

For the past 20 years, Bell Trace Senior Living Community has operated with the “Family First” philosophy supported by Bloomington-based and family-owned CarDon & Associates. “Everything we could imagine and hope for our own family members, we are committed to providing for you and your family,” says CEO Stephen Moore.

Part of that mission is caring for people’s entire being, whether they’re receiving a manicure or pedicure in the newly renovated beauty and barber shop, relaxing with a massage from a licensed massage therapist, participating in exercise classes, or working with outstanding physical or occupational

therapists. “It’s important that we offer residents the opportunity to take care of the outside as well as the inside,” says Executive Director Joy Harter.

Bell Trace takes pride in its state-of-the-art Fitness Center, which is open to residents, their family members, Bell Trace employees, and the general public. Bloomington resident Wendy Rubin has had a long-standing relationship with the Fitness Center. “I am religious about coming four days a week, and I keep coming back because of the interpersonal relationships and the one-on-one assistance that is readily available,” she says. Each person’s individualized fitness plan is based on a comprehensive assessment, which includes looking at the member’s fitness level and fitness goals.

In addition to the personalized training provided by the Fitness Center, Bell Trace hosts a weekly balance class. This class is led by Michelle Miller, from the Indiana University Department of Kinesiology, and accompanied by her IU students in training. Miller and her team of students help participants build better balance, which comes from an understanding of how the body and the brain work together as a unified system. This allows participants to experience enhanced mobility and stability and become better movers in their daily lives. Bell Trace also offers Chair Yoga and Chair Ballet classes, and a Mindful Movement and Meditation class, all designed to nurture and nourish the mind, body, and spirit—and one’s whole being.

The Bell Trace mind-body-spirit offerings help residents BE well and FEEL well at The Bell. “Deep breathing, a focus on balance, and time for bodily relaxation are essential for our quality of life,” Harter says. “Living Well at the Bell is our philosophy, inside and out.” To learn more about Living Well at The Bell, call 812-332-2355.

Join the Bell Trace Fitness Center!

Bell Trace is the one name to remember for overall health and wellness! Whether you were recently hospitalized and need the top-notch services of our Therapeutic Rehab Center, or you want to remain active by joining our Fitness Center that is open to the public, we keep you “Living Well at the Bell.” Please contact us today for more information.



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FAMILY-FIRST SENIOR LIVING FROM CARDON

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Creating a Home-Like Environment

When program director Kyla Brock and unit manager Debbie Hovious walk through and interact with residents in the Garden Villa Memory Care Unit, they speak in soft tones to encourage a peaceful space for the residents. This fall, living quarters for all memory care unit residents were moved within the 1100 S. Curry Pike facility to the newly remodeled memory care unit. Space is being renovated to house an advanced memory care unit. This encourages a continuum of care with dedicated staffing to minimize stressful situations for Garden Villa residents.



(l-r) Kyla Brock and Debbie Hovious.

“Our hope is that folks can have some of the same staff and oversight of program direction and nursing supervision so residents and families can keep that continuity,” says Brock, noting that familiarity helps facilitate calm and peaceful surroundings. Hovious adds, “We want to be a nice, welcoming environment, but it’s more important to residents for us to have staff consistency.”

Since Brock and Hovious joined Garden Villa last summer, they have created an environment lined with nostalgic pictures to help transport residents to calming moments and times in their past. Shadowboxes donated by a family member provide visual cues at each door to assist residents in finding their rooms, restoring some independence to their day-to-day activities. Reminiscence activities help residents connect to familiar times, and the in-house beauty shop transports them back to a time when they had their hair styled every week. “Our goal here is to keep things as calm as possible, to have a feeling of home,” Brock says. “We really want the residents to feel like this is home, and we train staff to focus on that home-like environment.”

As Hovious sits and holds three baby dolls, she says each day—and every hour—can be uniquely different, adding with a laugh that she may sometimes even end up becoming a babysitter. She says it’s important to have individual programs geared toward the residents’ likes and dislikes and needs rather than simply providing programming that is the same for everyone. “It comes down to getting to know each person and their history and getting that intimate knowledge and making sure we value that,” she says. Brock adds, “They’re the same person on the inside, we just need to work harder to get to those core values.” For information, visit gardenvillahealth.com.

“It’s the perfect place for my mother.”

"Garden Villa is very good at combining the intelligence of science and nursing, the understanding of Alzheimers, and the ability to understand what families and residents need. It's the perfect place for my mother."

- **Son of a Garden Villa resident**
Via Google Reviews



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Challenge Yourself With Synergy

Between its Southeast and Northwest locations, the YMCA of Monroe County has a schedule that includes more than 120 classes and 60 instructors—plus 20 personal trainers who provide one-on-one sessions—to meet the needs of all age groups and fitness levels. Amy Plunkett, the YMCA's director of group exercise and personal training, strives to offer unique, diverse training opportunities for YMCA members and nonmembers alike. That was the impetus behind adding Synergy modular group training equipment to the Northwest YMCA and intense small group sessions to the YMCA's repertoire.

"The Synergy classes are between group exercise and personal training, in that middle area there," Plunkett says. "You're really able to still have a team atmosphere with people cheering each other on, getting to know one another really well, and the instructors are able to get to know the participants, their levels of fitness, and their fitness goals."

The high-intensity interval classes allow eight participants to rotate through exercises involving battle ropes, boxing bags, chin-up bars, rope pulls, and other accessories for 30, 45, or 60 seconds, depending on the purpose of the class. "With the variety of exercises we are able to offer, we'll always be able to challenge participants and change up exercises so they don't get bored," Plunkett adds. "I hope participants feel empowered and in control of their health, meet new people, make new relationships and friends, just feel good and know and understand what they are capable of doing." For more information, visit monroecountnymca.org.



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Northwest YMCA
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MonroeCountyYMCA.org



Detail-Oriented Beauty Care

As the only female at Southern Indiana Pathologists, Dr. Beatriz Sanchez jokes that she needed more estrogen in her days, which is why she recently opened Inject & Rewind five years after moving to Bloomington. “I’ve had the interest for a while, but you get so busy and hectic with careers and kids,” she says. “My kids are a little older now so I feel I can do a little something for me.”

The two careers may seem vastly different, but Sanchez says that isn’t the case. “With pathology, there’s a lot of pattern recognition—it’s an art form,” she says. “You have to be very detail-oriented, because you’re giving a patient a cancer diagnosis. I hope to translate that care to what I’m doing now in the beauty world.” Sanchez offers cosmetic injections, hyaluronic acid fillers, and platelet-rich plasma facials, known as blood or vampire facials, which involve separating plasma from blood and rubbing it into the skin after microneedling, allowing for deeper penetration. Platelets contain growth factors that stimulate cell turnover, collagen production, even tone, and fresher appearance.

The ease, safety, and immediacy of injectables makes them popular cosmetic enhancements, so Sanchez decided to pursue the venture. “Beauty comes from within—it’s about being confident in who you are,” Sanchez says. “For many women and men, feeling good from within can sometimes mean opting for cosmetic procedures. Every person has that right to alter their appearance without being ostracized for their personal choices.” For an appointment, call 765-792-4705.



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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."

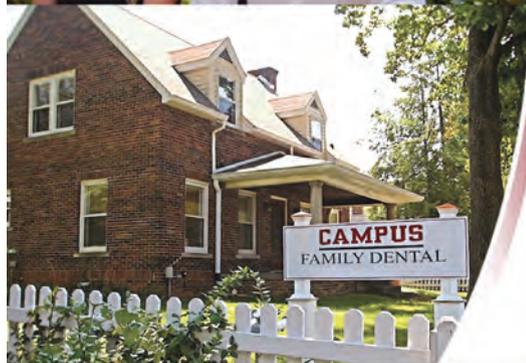
While the practice may be small, it offers the latest in dental technology, including digital X-rays. Campus Family Dental also offers a wide range of services for patients of all ages, including extractions and orthodontics. Located at 409 S. Dunn St., near the Indiana University campus, the practice

is 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.



(l-r) EJay Rippy, Brandi Mosier, Julie Waymire, Sandra Eastridge, Dr. Eric Hein, Krista Sears, Dr. Greg Velligan, Shanna Yarnell, and Crystal Lynn.



Welcome Dr. Eric A. Hein, DDS

CAMPUS FAMILY DENTAL

Dr. Hein is a graduate of Bloomington South High School and of Indiana University Dental School. With 20 years of practice in Valparaiso he and his family have relocated back to Bloomington. This quaint and relaxed office is convenient to campus and committed to individual attention.

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