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A guide to navigating local health care and beauty solutions



Correcting Hormonal Imbalances

As a practicing gynecologist for 40 years, Dr. Clark Brittain has seen people struggle with hormonal imbalances that deeply impacted their health and intimate wellness. Wanting to help men and women fill the intimate void in their lives, 13 years ago he opened Vibrant Life offering therapies for vaginal dryness, sexual sensation, orgasmic dysfunction, Peyronie's disease—a penile bend that can cause pain and erectile dysfunction—and other issues.

"Establishing adequate hormone therapy isn't always enough to take care of the intimate wellness people seek," Dr. Brittain says. "Good sexual health helps relationships, it helps the immune mechanism, it helps the hormonal balance."

Heather Lindsey, a nurse who has been with Dr. Brittain since he opened the practice, believes strongly in the work they do. "We are changing lives, we are saving marriages, and sometimes we are saving lives," she says, explaining how sometimes people want to give up on life. "It's fun to be able to make a difference in people's lives and their marriages and how they feel every day."

Dr. Brittain explains how one patient had not had an orgasm for almost 12 years, but he was able to get her hormonally balanced and happy. "The next time she came in, she had a big smile," he says. "She was sexually active and satisfied for the first time in 12 years. When our patients rediscover their hormone balance and sexual identity, they look good, they're smiling, and their partners are smiling." For information, visit drbrittain.com.

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Opening the Subconscious Mind

Julia Mueller, owner of A Mind & Body Connection, didn't use hypnosis until several years after she was brutally attacked. "The attacker's intent was to kill me, but I survived," she says, adding that the trauma caused her to feel intense fear, mistrust, weakness, and defeat. "When I decided I didn't want to live my life in fear, I started searching for a way to climb out of that cave and found hypnosis."

Wanting to help others find the same positive results, Mueller returned to school and became a hypnotherapist. "I teach people how you actually have control over your most personal development tool—the subconscious mind," she says, explaining that hypnosis leads a person into a deeply relaxed state of mind, which opens the subconscious to access perceptions, beliefs, and habits. "People have all that they need inside themselves, but they don't know how to reach that place. My passion is coaching and facilitating incredible life changes at the deepest level. Your subconscious mind is your greatest ally, or your greatest foe."

Mueller says clients often wonder how long it will take to experience real change through hypnosis. "It could take a month, it could take a year, it could take a week, it could take a day, it could actually happen right now," she says. "The question is, how long are you going to allow it to take. It's really that simple." For information, call 941-730-3965 or visit her office at 2620 N. Walnut, Suite 700.

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Staying Active to Feel Good, Improve Life



Walker Kyles teaches an exercise class at Bell Trace. Photo by Martin Boling

With its Fitness Center and through programs like Mall Walkers, Bell Trace is focusing on providing opportunities for people to be active in their later years so they can maintain, regain, or improve balance, mobility, strength, independence, and quality of life, says Barbara Carroll, director of residential marketing.

Mall Walkers participants meet at College Mall on Tuesdays from 8 to 10 a.m. to receive encouragement, snacks, resource information,

with the mall and getting them to walk more than they normally would."

Haislip adds that people often keep coming every week because their friends participate. "They're going to see familiar faces, they're going to be in a temperature-controlled environment, and they're going to get their steps in and be active," she says.

The Fitness Center at Bell Trace is a big attraction for both residents and other

and a chance to win T-shirts, gift cards, and more. "The mall is a safe place for seniors to participate in low-impact exercise and stay active, as well as be social," says Kelsey Haislip, director of community engagement. "We do this in hopes that we're engaging them

Bloomington seniors. While the center is free for residents, Bloomington seniors can pay a small monthly fee to participate, or use their Silver Sneakers benefit through Medicare, supplemental, or private insurance. "Our Fitness Center is a great smaller environment that is not as intimidating as other gyms," says Fitness Center Director Alyssa Jackson. "I am there to help with whatever they need. I will answer any questions they might have and make sure they're using equipment correctly and safely. I also help them with fitness assessments and personal training, if that's a service they want."

Bell Trace residents also have the opportunity to take classes such as energizing exercise with popular Monroe County YMCA instructor Walter Kyles; Chair Yoga with Yolanda; Chair Ballet with Sarah Wroth, who is co-chair of the Indiana University Ballet Department; Balance Class with IU's Michelle Miller; and Mindful Movement and Meditation. Some classes are also open to members of the public. "As a person ages, staying active often determines whether or not a person maintains a high quality of life," Jackson says. "Bell Trace offers our residents and other seniors the chance to feel good and improve their lives." Learn more at belltrace.com.

Affordable Assisted Living

Having welcomed its first residents in 2018, 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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Holly Hammond, an infusion nurse marketer who provides training and support, says her experience as a registered nurse ensures that home health care and hospice agencies have the equipment and supplies they need to provide the best care possible to people in their homes. "Because of my background, I understand what's going into a patient's home and what they will need for a successful infusion in the home," she says. Those supplies include elastomeric devices and portable infusion pumps for more experienced patients who are able to administer their own medications. "We can deliver straight to the home—it saves time and is more convenient for patients."

"It makes me feel really good knowing I can help other people," Hammond continues, explaining that she also works closely with the infusion department, doctors' offices, hospitals, and other agencies to ensure communication. "As a nurse, I'm a patient advocate first and foremost, before anything else. I always let people know, even if our products or therapy services can't help them, we're willing to find out who can help them." Williams Bros. offers 24-hour nursing and pharmacy support. For information, visit williamsbrosparmacy.com.



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Destination Boudoir Events

Just as her customers sometimes reinvent themselves for a boudoir photo shoot, UNVEILED owner and photographer Samantha McGranahan continues to find new ways to unleash her creativity and empower women. She started her boudoir studio in Bloomington five years ago to help women love their bodies and feel more in control of their lives, and quickly realized the need to bring women together for intense empowerment events. The first was two years ago and the largest one so far happened this past summer with SPARK Weekend.

But now, McGranahan is amping up her empowerment efforts and planning an extravagant, all-inclusive destination boudoir event for 2020, which she hopes to replicate again and again. "This will be a mega-opportunity to experience all we do," she says. "It's an extended version of our empowerment events—a hybrid of what we are already doing—for a smaller group."

McGranahan anticipates hosting the retreats annually in different exotic locations—with lots of dancing, self-care, intention-based activities, and the chance to be photographed in a place and a way that is normally unattainable. "This will be an exclusive, unique experience—fun- and entertainment-based with relaxing and focusing on self," she says, adding that she is planning the inaugural trip at a beach destination. "I want this to be a balance between celebratory and intentional." Cost of the retreat will include all lodging, most of the meals, the photography shoot, and some excursions. Participants will be responsible for their own transportation. For more information, visit unveiled-photo.com.

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Building Community With Play and Learn



Since the Monroe County YMCA was founded in 1891, strengthening community has been a driving focus in the development of programs that encourage a healthy mind, body, and spirit for everyone. That has especially been so with the Play and Learn program, a drop-in watch service for children 6 weeks to 6 years old, which is available as part of each family membership,

weights, they can take a class, or jump on their laptops in our lounge area and get some work done. Parents can go take a shower without being interrupted."

Baker adds that a lot of parents will grab a cup of coffee and visit with their friends in the lobby. "There's a real sense of community with the Play and Learn families," she says, explaining

as long as parents stay on location.

"It's a way for parents to come and drop off their children to play and learn, and then go focus on themselves, whether that's exercising or having time to themselves or meeting with friends at the Y facility," says marketing and communications director Jodi Baker. "They can work out, they can go lift

that families moving to the area know the YMCA is a safe place and seek out friendships in that environment. "They will come to the Y to meet families that have kids about the same age and introduce themselves to other parents. We are seeing a lot of families grow and establish their relationships here. They go on vacations together and have play dates outside the Y."

Baker adds that parents can have confidence that their children are well cared for while they take care of themselves. The staff—trained in CPR and first aid—engages children in safe playtime activities, including stories, crafts, dress-up, and active play. "Families know they are leaving their kids in good hands," she says. "Their children are close by, but they still have time to themselves." A similar program—The Zone—is for children ages 7–12.

"It's easy for parents to put their children first, but it's important for them to take a step back and have time to themselves," she says. "That way they are bringing a better version of themselves to their children by taking a mental break or a physical exercise break." For information, visit monroecountnymca.org.

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Better Hearing for Improved Quality of Life



Dr. Kelly Munn, Southern Indiana Hearing Solutions' audiologist, recognizes the correlation between dementia and seniors with untreated hearing loss. She sees patients whose quality of life decreases as their hearing declines. "Hearing loss is something that's going to happen, but it has a stigma attached to it," she says. "It shouldn't be a privilege to hear well. We are social animals by nature, and hearing loss can lead to

people being depressed, less social, unhappier, and less engaged."

While helping people hear is her life's work, Dr. Munn herself has been diagnosed with mild hearing loss. She explains that ears and hearing will age along with the rest of a person's body, and hearing loss may not be recognized until someone else brings attention to it. "Hearing loss progressively worsens," she says. "What we're missing isn't always apparent to us unless

we are made aware of it." Continual auditory deprivation can lead to depression, decreased interest in being social, and overall lower engagement. As hearing loss worsens, a person may start to notice having to ask people to repeat themselves more frequently or turn up the volume on their televisions or radios.

Although bulky hearing aids used to deter people from seeking help, Dr. Munn says

technology has changed that with smaller, more advanced devices—and that can change lives. She explains that people may now more frequently cross paths with someone using ear buds or other similar technology, and that has helped to reduce the stigma previously associated with hearing devices, which these days are much more discreet. Current products tuck into the ear—nearly invisible to the untrained eye—and also have adapted Bluetooth technology, giving patients the ability to change settings on their devices with the touch of a thumb on a smartphone or similar device.

"Helping patients understand this technology often removes much of the stigma and frustration associated with hearing loss," Dr. Munn says. "People have more choices than ever, and I want to help them make the best decision for their situation.

"A part of smart aging is staying active," she continues. "Wearing hearing devices help people function well as they age. People that wear hearing devices tend to continue to perform higher—intellectually, physically, and socially." To evaluate your hearing health, schedule an appointment at 812-822-2666.