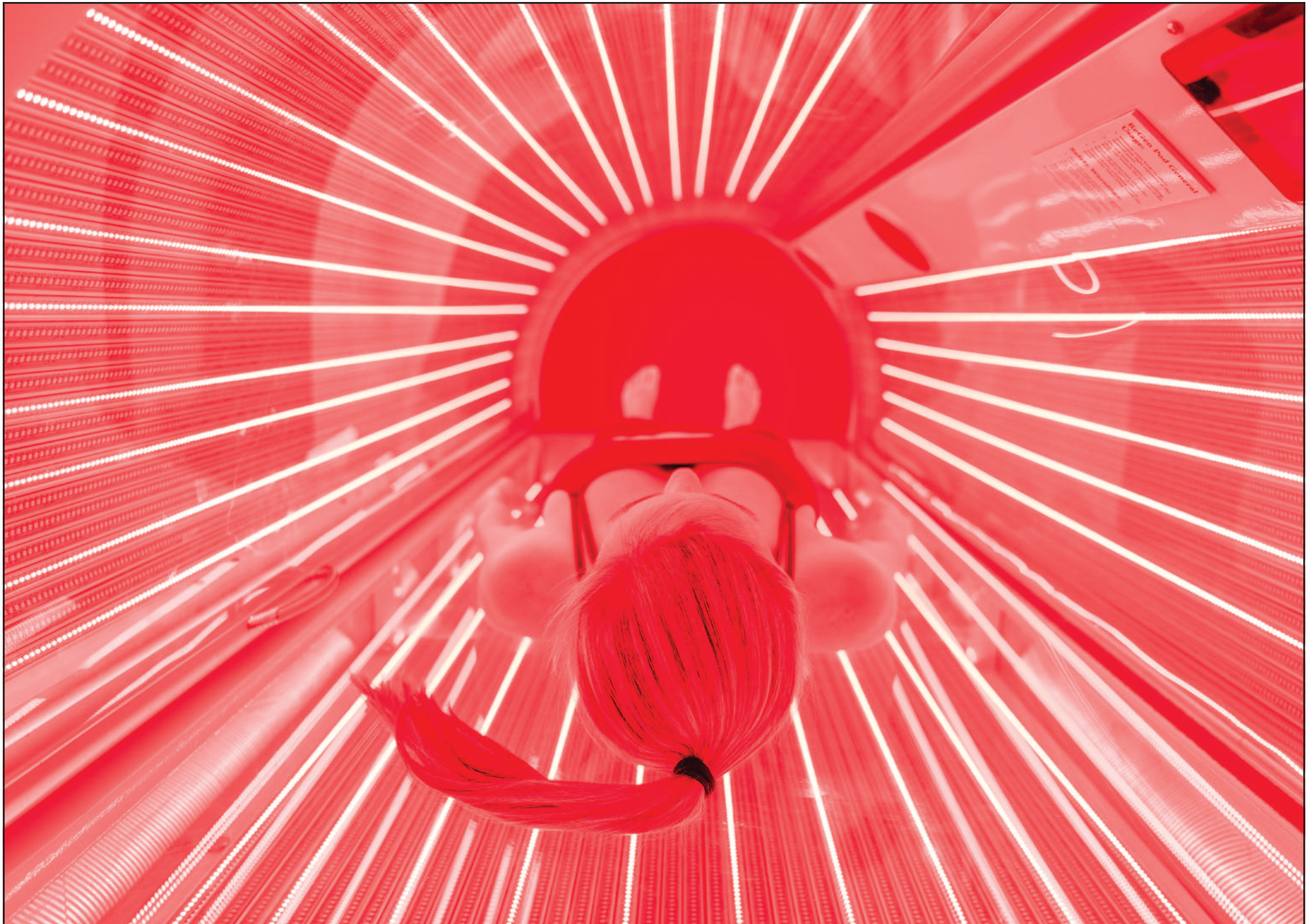


# LIFESTYLES

AN ADVERTISING SECTION OF EVERGREEN NEWSPAPERS | VOL. 12 ISSUE 5 • MAY 2020

## Light-Based Technology



## For Evidence-based Treatment

Light Therapy, also known as photobiomodulation therapy (PBMT), is a 50-year-old technology that is used to heal and strengthen the body. Recently, the field of Light Therapy has experienced an exponential increase in use, including new applications to treat immune system issues, reduce chronic inflammation, and improve brain function. Light Therapy, based on scientific evidence, can heal the body at the cellular level and increase overall health without side effects. It can be used as a stand-alone therapy or paired with other treatments depending on a person's specific needs. Light Therapy sessions and devices are relatively inexpensive, making the benefits of the technology widely accessible.

Light Therapy uses devices that emit red, near-infrared, and infrared light onto cells in the body without an invasive procedure — these wavelengths of light can pass harmlessly through the skin. Specifically, Light Therapy nurtures the mitochondria (which are responsible for energy production). Light Therapy can help cells to repair body damage from stress or injury. As an evidence-based, low risk, and high

### FEATURE OF THE MONTH

reward treatment, Light Therapy has the ability to keep those who are healthy in great condition and provide relief for those who have health issues.

#### Light Therapy Can Ease Inflammation

Inflammation is the body's response to injury or disease. Several harms to the body like infection or injury start the inflammation process. Other events can contribute to a buildup of inflammation, like aging and too much exercise. In the short term, inflammation can be beneficial and necessary to heal our bodies back to normal, but too much inflammation for too long can be detrimental.

During the aging process, most of us run the risk of increased, long-term (chronic) inflammation. This type of inflammation is associated with hastening the biological process of aging and is known as 'inflammaging'. Chronic

inflammation can make us more susceptible to health complications like chronic heart conditions, type II diabetes, or cancer. Chronic inflammation also has a role in making our bodies less athletic and less able to recover from injuries, and leaves us looking less youthful. While there is no exact formula to predict how our bodies are going to change as we grow older, inflammation is a common risk factor among different aging processes.

Light Therapy treatment can decrease inflammation, pain, and accelerate bodily healing by reducing excessive oxidative stress, which is the accumulation of wear and tear in the body. Oxidative stress builds up in the body when we get sick but don't recover, and accumulates naturally throughout the aging process. Additionally, injuries, stress from work, unhealthy eating habits, overuse of alcohol, sleep deprivation, or even working out too much can all increase oxidative stress and inflammation. Light Therapy goes be-



## LIGHT LOUNGE

From Page 1

yond treating the symptoms of inflammation. Science has shown that this specific light may heal cells from the effects of oxidative stress and restore the body at the cellular level, leaving us feeling healthier, stronger, and more youthful.

### Light Therapy Can Strengthen The Immune System

The immune system is a set of biological structures with a primary function to shield the body from infection and to heal injuries. Immune cells, glands, and organs facilitate body responses like inflammation to fight infection and heal the body. Light Therapy

has been shown to strengthen all of these different components of the immune system, in healthy people and those who may be injured or have an illness.

The complexity of the immune system leaves it prone to error, sometimes it works against us by attacking our own cells. When this happens repeatedly, we can develop conditions called autoimmune diseases that compromise our immune system. Additionally as we age, our immune system naturally slows down. Compromised or slowed immune systems can lead to more infections, reduced healing, or an overall reduced state of health.

Light Therapy acts at the cellular level to

Please see **LIGHT LOUNGE**, Page 7



# Light-based technology is changing medicine

Light Therapy, known to scientists as photobiomodulation therapy (PBMT) is a 50-year-old technology used to promote a healthy brain and body. In recent years, Light Therapy has seen an increasing usage in treating immune system issues, chronic inflammation, and more.

### IMMUNE SYSTEM

As a technology, Light Therapy has been shown to strengthen different components of the immune system.

### INFLAMMATION

Light Therapy can decrease inflammation, pain, and accelerate healing by reducing excessive oxidative stress at the cellular level.

### BRAIN HEALTH

Research reports that using Light Therapy shows improved memory and mood, decreased levels of cognitive decline with age, and promotion of the brain's cognitive function.



# COOKING UP A NEW KITCHEN!

By JASON HARRIS  
*Your Remodeling Connection*

We often hear customers say, “We want to spruce up our kitchen, but we don’t know whether we should just refinish the cabinets or do a complete makeover.”

What’s funny is I think many of them don’t care which costs less; it seems like they’re secretly hoping I’ll tell them they’re better off doing a full remodel. I haven’t always obliged, but my response has begun to change. I had always said that refinishing is less expensive, though not as much of a savings as one might think – maybe 50% to 60% compared to new cabinets. Lately, however, we’ve had two clients shock us by saying they received quotes of \$15,000 to refinish their cabinets and add new granite countertops – no new floors or backsplash – while we were thinking, “For a kitchen that size?! It should be under \$10,000 for everything....”

Since cabinets are typically the most expensive part of a kitchen redo, and certainly the focal point

visually, it’s where I’ll start. If clients say they don’t know much about cabinetry, I’ll guide them throughout the store and give what I call Cabinets 101 to explain why there is such a range of pricing.

Generally, if we were to remove their doors, most cabinets are similar. The majority will have standard fiberboard sides, while some will be plywood. Maybe they’ll have melamine or plywood shelves, but they’re basically just boxes hanging on a wall. So what causes such a spread in costs?

1) Probably the biggest determinant is the door, which can lead to 30% or greater price swings within the same brand. The more intricate the design, the higher the price. The common Shaker — a picture frame of stiles and rails with a flat panel — takes far less time to build than a raised panel with scalloping and roping. Beyond that, is the door a traditional (or partial) overlay, where much of the cabinet’s frame is still visible behind the door’s edges, or does it hide most of the framing in a full overlay? Full overlays are more popular, but

they also use more wood.

2) Soft closing doors and drawers have become fairly common and should extend the life of your cabinets, but the leading brand of hardware costs about \$35 a set, so a four-drawer cabinet could be nearly \$140 more than one with metal runners on the sides.

3) Ever turned on the heated seats in the car before your mother sat down? Man, that trick never gets old! The truth is auto manufacturers could put heated seats in any model, but they limit them to certain trim levels to spur you to step up. It’s the same with the cabinet makers; they could offer all colors on any door, but they don’t. So if you feel you need a particular color, it could cost more. It’s not just marketing, though; the more parts a manufacturer inventories, the greater their costs, so stocking dozens of colors and doors will lead to higher prices.

4) Wood species affect the prices. For most manufacturers, cherry costs more than maple, which costs more than oak.

5) Craftsmanship. We have a

line of cabinets that we think is the best value. Kind of the Accord of cabinets. But there are certain options or levels of finish that they just can’t offer. For instance, if you want exact fits or no seams, they can’t provide it, but our top lines can. Those manufacturers can adjust the sizes in 1/16” increments in any direction. Or they can install a valance at the factory, then sand and finish and sand and finish, until you have to look to find the seams. That’s the difference between furniture grade and field modified.

6) Finishing, glazing or distressing require differing levels of manpower. Custom cabinets might have a topcoat of lacquer or urethane, while factory boxes often undergo “catalytic conversion varnish,” which hardens the finish through a baking process. Glazes can change the hue of the base stain, as well as add highlighting inside grooves. Distressing marries the rustic look of older cabinets with modern accessories and conveniences.

On a final note, frameless

cabinets are growing increasingly popular. Without the frame, the interior room is slightly larger, particularly with wider drawers, while their laminate doors are available in dozens of colors and textures.

Well, that’s all we cover in Cabinets 101. If you ever feel the need for a refresher course, please visit the professors anytime at our store in Lakewood!

*Imagine walking into a store where you’ll find every product for your remodeling project....and.... people who actually know what they’re talking about. Now imagine no more!*

*One trip to our beautiful showroom and you’ll see why we’re unlike any other store. From cabinets to flooring, windows or more, you’ll find hundreds of samples to match your colors in one place. Even better, our prices are affordable — usually less than the Big Boxes on higher qualities — and you’ll always be greeted by the same friendly experts.*



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*Imagine walking into a store where you’ll find all the products for your remodeling project....and....people who actually know what they’re talking about.*

*Now imagine no more!*

*One trip to our beautiful showroom and you’ll see why we’re unlike any other store. From cabinets to flooring, windows or more, you’ll find hundreds of samples to match your colors in one place. Even better, our prices are affordable — usually less than the Big Boxes on higher qualities — and you’ll always be greeted by the same friendly experts.*

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Kristin Witt, Publisher

Advertising Department  
Steve Moe, 303.350.1045  
Kayte Walker, 303.350.1046Creative Department  
allgraphics@evergreenco.com  
Production Manager:  
Tom Fildey  
Graphic Designer:  
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## Personalized video tours...

Here at Elk Run, we stay apart for the good of all,

**but we do this together!**

Whether you are feeling a little too socially-distanced or you are worried about your parent at home alone, we are all still here, confidently enjoying life!



I'm Lisa, marketing director at Elk Run.

Call me, I'll listen and personalize a video tour for your safe virtual visit!



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# Elk Run Assisted Living: Embracing Change in Difficult Times

BY JO ANN M. COLTON  
*Special to Lifestyles*

Even in the best of times the word “change” often evokes anxiety in some people due to fear of the unknown. Many people do not easily adapt to any type of change, especially the changes caused by the COVID-19 pandemic... But residents of Elk Run Assisted Living at 31383 Frost Way in Evergreen remain healthy and are adjusting very well to the world’s new “normal.”

Elk Run Assisted Living offers seniors 65 years or older assisted living care or respite care within protected surroundings. During these difficult times, safety measures and practices have been

ramped up and all personnel continue to be health-screened before entering the building. Highly-trained caregivers persist in rendering 24/7 competent and compassionate care to all community members, the onsite nurse ensures proper medication practices and answers health-related questions, and all residents get twice-daily vital checks. When needed, Elk Run partners with Life Care Center of Evergreen and Mount Evans Home Health Care & Hospice.

During Colorado’s Stay-at-home Order, the Elk Run community has turned to technology to provide alternate ways in which community members can spend time with others while staying within

CDC’s guidelines relating to social distancing.

“Crisis or not, one of Elk Run’s goals has always been to make its community feel more home-like and we are doing just that,” said Executive Director Dan Kipp. “Residents can now connect with family and friends on Zoom or FaceTime in their own apartments or privately in a conference room—and these positive technological changes have been well-received.”

“Likewise, we are so excited that people in Evergreen and Conifer have also reached out to help us stay virtually connected to our greater community through Zoom,” said Admissions/Marketing Director Lisa Carter.

“Over the past month our residents have reserved time to socially engage with others to talk/visit, enjoy piano and/or violin solos—and more.”

Elk Run touts many amenities and its basic rentals (Studio, Large Studio, or One Bedroom) include: kitchenette/private bath, personal call system/mobility-assistance features, weekly laundry/house-keeping, three delicious daily meals, and round-the-clock snack availability. Highly-affordable personalized living/healthcare plans can be tailored to residents’ needs.

Nothing stays the same in life and “change” is the only constant. Consequently, if you, or your loved ones, currently live alone

and are considering making a residence change, know that Elk Run Assisted Living continues to welcome new residents. Potential new occupants must undergo a thorough health screening/assessment through Elk Run’s Director of Health Services before they can move onto the premises. However, even during these solitary days and unsettling times, Elk Run residents are safer together.

*For residency information and/or for those willing to share their time, talents, and/or interests with Elk Run residents via Zoom, contact Lisa Carter (lisa.carter@cassialife.org).*

## Simple and Fun Crafts to Keep Kids Entertained

(StatePoint) Keeping children content and occupied isn’t always an easy task -- especially with more and more days being spent at home. As parents and caregivers, it can also be challenging to come up with creative solutions and fun projects that differ each day. However, even if you lack crafting abilities, you can still inspire your kids and help them stretch their creative muscles with items commonly found right at home, including scissors, straws, rulers and duct tape.

In an effort to keep your kids entertained on those rainy, “I’m bored,” or just need something to do days, Duck Tape Brand Duct Tape offers several ideas for kids of all ages to engage in crafting fun -- from teens to toddlers. And, Duck Tape keeps messes at bay since no glue, glitter or markers are needed.

1. Flower Power. Bring the garden inside with Duck Tape roses -- no

watering required! Creating these roses will get your kids excited for the new season ahead and test their measuring and counting skills as they pull together a colorful bouquet. Plus, these flowers make great gifts!

2. Luck of the Draw. Are your kids having a day where everything you suggest sounds unappealing? Help them avoid boredom with a popsicle stick activity jar. Work together to identify fun activities and write each down on a popsicle stick. Let your kids add colorful designs to the sticks and place them in a jar. Next time your family is feeling less than inspired during playtime, bust out the activity jar and leave it to the sticks to decide.

3. Home-Schooled Fun. With most children adjusting to remote learning during this time, it’s important to provide a space where they feel inspired to learn. One great

way to do this is to designate a work station where each kid can house favorite supplies and personalize it with a few decorations -- just as they do at school. Let kids create their own desk organizers with a few items you likely already have on hand, such as Duck Tape, scissors, and empty paper rolls or cereal boxes. Once all the supplies are gathered, all they need to do is wrap the paper rolls and boxes in the tape design of their choosing. Next, designate each container to hold pencils, markers and important homework. Not only will your kids take pride in their new creations, you’ll enjoy not having to search for missing papers each morning.

4. Creative Reading. Help keep reading fun by letting kids create their own custom bookmarks. This easy, DIY project is perfect for beginners, since all the crafter needs to do is cut the tape and fold



it over card stock for a one-of-a-kind design.

For more inspiration and craft instructions, visit DuckBrand.com.

By providing a little creative inspiration, you can help your kids spark their imaginations and have

them on their way to creating their next masterpiece. Plus, these crafts are easy enough that you can end the day proud of your Pinterest-worthy parenting.



# Your Backyard, Your Sanctuary

The outdoor space at your home should be your sanctuary. Whether you spend time on your patio with your family or enjoy watching the sun rise over the mountains with a cup of coffee, you want that place to bring you joy. For most people, there's nothing like a flickering fire to elicit feelings of comfort and home.

Does your backyard need that perfect fire feature to make it complete? Mountain Hearth & Patio will help you turn your deck or patio into a getaway where you can enjoy the outdoors by a beautiful, safe flickering fire. A gas fire pit or outdoor fireplace will make your yard or deck an extension of your home, where you can spend time with family trading stories around the fire.

Your new gas fire pit or outdoor fireplace is more than just a beautiful fire feature; it also has some distinct advantages. Both burn gas for safety and are easy to use. Your outdoor fire will become your favorite gathering place; and will improve your home's value as well.

Our fire pits and outdoor fireplaces burn either natural gas or propane. You can even have us plumb them directly into a main gas line so you don't have to worry

about exchanging propane bottles, or how much gas you have left when you want to light a fire.

Unlike burning wood outdoors, gas is easy to use. It's incredibly convenient to ignite, burn as long as you want, and turn off with the flip of a switch. An outdoor gas fire can be match-lit or lit with an electronic ignition at the push of a button.

If you're looking for that campfire camaraderie, get an outdoor gas fire pit. A gas fire pit gives you the beautiful flame and feeling of a wood fire without the smoke and flying embers. This also comes with added safety, gas fire pits are exempt from most burn restrictions, so you can enjoy your fire any time of year.

You have nearly unlimited fire pit style options! Your design choices are all highly-customizable with tons of options for burners, burner media, log sets, and more. Whether you want something more traditional with lava rock and realistic, ceramic oak logs or something more modern with glass beads or tumbled stones—the experts at Mountain Hearth & Patio will help you make your outdoor dream a reality.

The first place to start is to determine whether you want a

prefabricated or site-built fire pit. Prefabricated fire pits are a great option for someone interested in a "fire table," or a fire pit with a sleek, contemporary design. Prefabricated fire pits come ready to burn, with the burners, burner media, and finished style ready to go. The installation is simple; just put your prefabricated fire pit in place, connect it to gas, and it's ready to enjoy!

Site-built fire pits are custom and can be built round, square, rectangular, or any other shape. With a site-built fire pit, you select everything from the burner to the media, to the finish. This gives you complete customization when designing your fire pit to match your vision. We will work with you to create your fire pit and choose the perfect options to match your outdoor style.

If you want to bring the comfort of your living room to your deck or patio, an outdoor fireplace is perfect for you. In general, outdoor fireplaces must be installed under an overhang, the ideal canopy for your outdoor living area. Your options for your new space are unlimited, but comfy seating around a built-in gas fireplace is a great place to start.

These outdoor fireplaces come

with an array of design options which allow you to fully customize your outdoor fireplace to match your vision. From log sets and burner media to finishing material, Mountain Hearth & Patio can help you make the right decisions for your project. We will guide you through selecting and installing the perfect outdoor fireplace for your home.

You can even have a fireplace configured for indoor/outdoor installation so that you get the benefit of a fireplace in your living space and on your patio, all while creating a beautiful transition from interior to exterior. These fireplaces are a unique way to connect your outdoor and indoor spaces, with the added benefit of fire inside and out.

No matter what kind of gas fuel you burn, there's an outdoor fireplace for you. Our outdoor fireplaces are designed to burn natural gas and can easily be adapted to burn propane. Not only that, these appliances can be remote operated giving you beautiful flames at the push of a button. Because they burn gas, they're also usually exempt from local burn restrictions. Regardless of the time of year or the weather, you can safely and reliably enjoy a beautiful fire

in your outdoor fireplace.

If you've already perfected your outdoor living space and are looking for options to bring a little cooking outside, we can help! We have grills available on closeout so you can enjoy an exceptional outdoor cooking experience along with an opportunity for savings. We have both gas and charcoal grills available in a variety of sizes. Whether you want a ceramic charcoal grill, like the Primo Kamado, that can smoke a brisket perfectly or a gas grill, like the Bull Brahma, to cook a beautiful steak, we have options for you to choose from.

*At Mountain Hearth & Patio, we will help you put the finishing touches on your outdoor space. From our outdoor gas fire pits and fireplaces to our closeout grills, we have what you need to turn your backyard into your ideal summer getaway. Our NFI and CSIA-Certified technicians and staff can help you see your fire feature project to completion. We can also service and repair your indoor fireplaces so you can enjoy flickering flames year-round, inside and out. Call us at (303) 679-1601, visit our website at [www.MtnHP.com](http://www.MtnHP.com), or email us at [Office@MtnHP.com](mailto:Office@MtnHP.com) to start your outdoor fire project.*

## Get away—to your own backyard

Turn your outdoor space into a personal sanctuary. Mountain Hearth & Patio will help you make the most of the time with your family, relaxing around your new gas fire pit!



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# How Do We Respond to COVID-19's Critical Questions?



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*Michele Robbins and Kristin Robbins*

Office Located in Downtown Evergreen  
4611 Plettner Ln #102, Evergreen, CO 80439

(720) 683-0010 | info@rpmagency.com  
www.rpmagency.com

**Life Happens Fast...**  
Protect What Matters Most

When I meet with clients for the first time, I want to learn what matters most to them. The more I listen to their stories, the more effective I can be as their advocate and advisor. I ask them a series of questions that reveal to me what they value above all else, and what levels of coverage will best protect their assets. I essentially learn what I can do to best provide them greater peace of mind.

In the wake of the COVID-19 crisis, I find that I am asking these same questions of myself. As I observe the impact of the pandemic and listen to the multitude of perspectives from business owners, public officials and neighbors, I am learning more than ever about my community my ability to have an impact...one customer, one conversation, one answer at a time.

**“What do I value above all else that defines what I stand for?”** Each of us has to answer this question for ourselves. It is not a question for others to answer for us, nor does it give anyone a free pass to judge others' beliefs. We've all seen more than our share of the vitriolic arguments on social

media and in the press. I am hopeful that the divisions springing from uncertainty and fear will not persist and that we can move forward with united resolve.

Have there been miscalculations by policymakers and influencers? No doubt. What is not debatable, however, is that while COVID-19 is not the first pandemic to strike, it is the first of its kind. Its lightning-speed spread across continents has made us realize just how small, connected and vulnerable our modern world has become. Clearly, there is no handbook on coronavirus. Informed by scientists, public health experts and our plain common sense, we are called to take personal responsibility for our decisions and behaviors and to stand behind them.

**“How do I protect what means the most to me?”** We have become keenly aware of the health and safety of our loved ones. We hold them closer than ever as we mourn the thousands of lives lost to an indiscriminate virus spread by unknown carriers. While we cannot guarantee anyone's safety, we can make be part of creating a less

## Play Safe at Home With a Fun-Filled Family Staycation

(StatePoint) Staying at home and practicing social distancing can feel more challenging as the weather warms and the itch for family fun at the beach becomes stronger. However, being socially responsible does not mean you need to put the fun on hold.

Consider these ideas from the experts at Intex to create a fun and safe backyard beach day of your own:

- Create a “View”: Recreate the feel-

ing of being at the beach by designing your own tropical “view.” With a couple of inflatable palm trees and some umbrellas, you can feel like you're on a tropical vacation. All that's left is to lay out some beach towels and break out the SPF.

- Play Games: No beach day is complete without your favorite beach games. Keep it casual with Frisbee and paddle ball or set up a volleyball net for a little bit of family competition.



Mother and Daughter team Kristin Robbins, left, and Michele Robbins with RPM Agency

threatening environment for our friends and neighbors by wearing a mask, being hypervigilant about disinfecting, and practicing social distancing.

I believe the most critical question is **“What can I do to serve others and promote peace of mind?”** In our mountain community, we have witnessed countless examples of individuals rising up and giving back. I have been inspired by Cactus Jack's Saloon owners Gary and Megan Mitchell who, despite the economic impact to their business, offered free meals to essential workers; by Cindy Alvarez of Wambolt and Associates for providing pro bono services to clients who could not

otherwise afford to settle the estate of their deceased family member; by the donor whose convalescent plasma with COVID-19 antibodies helped save Evergreen doctor Michael Leonard. I am thankful for Evergreen Chamber of Commerce President Betsy Hays, a dynamic and motivational leader who has worked tirelessly to ensure that vital information on health guidelines and financial assistance is distributed in a timely and accessible manner to keep Evergreen in business. And, I think we are all grateful to the Colorado folks who spearheaded the worldwide adoption of the 8 p.m. howl – a fun way to honor our healthcare workers, release anxiety and connect us to

our neighbors.

As we move into the safer-at-home response to COVID-19, uncertainty, fear and discomfort will still exist. So will optimism, faith and compassion. We eagerly anticipate the re-opening of businesses, the chance to gather with a few friends, and greater access to our beloved outdoor recreation. No matter how the next few months unfold, we have the opportunity to decide what role we will play in our homes and our communities. As business leaders, neighbors and family members, we have a personal decision to make. Will we focus on what we lack or will we celebrate the small victories on the horizon of hope?

- Cool Off: You don't need the lake or ocean to enjoy hours in the water. With a pool, you can keep the family busy all day long right in your own backyard. The Ultra XTR Rectangular Above Ground Frame Swimming Pool from Intex has an easy set-up and sizes to fit almost any backyard. Along with its selection of pools, the brand also offers play centers, including the Rainbow Ring Play Center with waterslide, wading pool, water sprayer and ring toss game.

- Get Comfortable: With a unique style for everyone in the family, inflatable floats can transform your backyard into a vacation getaway. The Intex Palm Leaf and Pink Seashell designs can help you extend the tropical feel of your staycation and provide some fun options for the family. For those who like to enjoy a nice cold drink, be sure your lounge includes a cup holder.

- Fire Up the Grill: Fire up the grill for a cookout or make a picnic style

lunch with sandwiches and snacks. Either way, you'll be recreating delicious beach fare.

- Crank Up the Tunes: Make a relaxing beach playlist, grab the speakers and crank up the tunes.

Use your time at home to build lasting memories with family. With a few fun backyard ideas, you can make the time spent social distancing less stressful and a lot more fun.



## LIGHT LOUNGE

From Page 2

improve immune system health. Research has shown that Light Therapy helps to support a healthier immune system function in patients with autoimmune, cardiovascular, and other chronic health problems. Light Therapy has also been shown to improve immune function in the lungs, decrease respiratory system inflammation, increase respiratory system function, and improve overall well-being in patients with respiratory conditions. Light Therapy keeps our immune systems healthy and ready to fight infection, and prevents aging and autoimmune disorders from harming our bodies through inflammation.

### Light Therapy Can Also Boost Your Brain Health

Researchers are also making advances on using Light Therapy on the brain. This three pound organ in our head makes us intelligent creatures capable of thinking, feeling, or questioning the purpose of life. But, being intelligent takes up lots of energy — the brain's mitochondria work overtime to let us think. In doing so, cells can produce excess oxidative stress. Through Light Therapy, mitochondria absorb light and enhance cell functions by clearing oxidative stress, keeping the brain healthy.

According to Dr. Michael Hamblin, an associate professor and Light Therapy expert at Harvard Medical School, the negative effects of stroke or even conditions such as Alzheimer's can be treated with Light Therapy. Since brain injuries and diseases are difficult to treat, Light Therapy is showing promise in the clinic as a method that can help patients without causing side-effects.

Even without illness, our brain may lose performance as we get older. Researchers report that using Light Therapy on the brain can offset performance loss by improving memory and mood, promoting the ability to manage time, pay attention, multitask, and remember details. Light Therapy can help offset injury or age, helping protect our brains from harm.

A large and growing body of scientific evidence shows that the effects of Light Therapy can help those with inflammation, immune system deficiencies, and issues with brain health. Light Therapy is a non-invasive method of potential treatment that can help us to stay healthy in a wide variety of circumstances.

Visit us at our Evergreen, Colorado location to book a treatment and see the benefits of Light Therapy for yourself.







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