



Winter Newsletter

Happy Holidays!

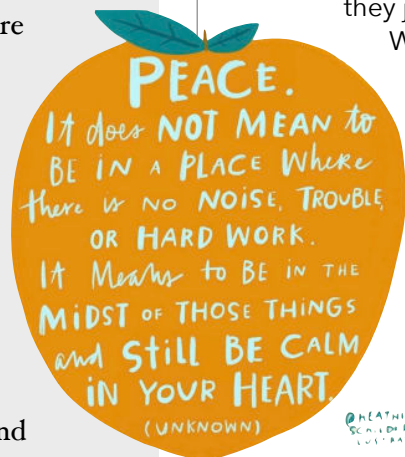
In the buzz and whirl of the holidays, it is important to remember to take a moment for appreciation. Sometimes it feels like there is so much pressure to do everything that we are always falling short. If we take a conscious moment to appreciate that we simply are, we may also have gifts to share that are infinitely more valuable than trinkets.

Feeling appreciated provides a sense of value and personal purpose.

It is good practice to take a few moments and recognize what you value and appreciate in yourself, and in others. Be specific and write down a list of what you are grateful for, both in yourself and in others. You may immediately feel lifted up, and others feel it as well when you share with them how you value them.

Join us this season!

Join us for fun, free online activities designed for health!



Stay in Touch!

The Holidays can be a wonderful time of cheer and sharing but are also known to be a time of loneliness, isolation and even depression for many.

Social isolation can be very difficult and many seniors are struggling with this in particular during 2020. Social isolation can be helped by reaching out to chat by phone, zoom, or online media. Simple interactions can make a big difference during the holidays. Cross generational communication can be particularly helpful.

While social isolation sometimes leads to loneliness, loneliness is a bit different. Many can be alone and be happy reading or doing any number of things they enjoy.

Or, they may feel a sense of solitude or loss, perhaps they just do not know what to do with themselves.

When this loss of purpose and loneliness happens, individuals can retreat further into themselves and this, in turn, can lead to depression. Depression is a mood disorder that causes persistent feelings of sadness and isolation. Depression impacts neurological functioning and physiological aspects of the brain.

Transcranial Magnetic Stimulation (TMS) is a non surgical technique that uses external magnetic pulses to electrically stimulate the brain's surface and reinforce

SAVE THE DATE!

info@brainstimcenters.com

Holiday Prep: Stress Management

December 14, 7PM

Breath work & Guided Meditation with Wendy Hassenpflug, MS, E-RYT, CPT . Wendy is founder of Vayu Yoga and has taught mind / body wellness for 32 years

Teaser Pilates: Get Going for 2021!

December 29, 11:30AM

Cristina teaches pilates and swimming and will help you lengthen and strengthen for the New Year!

beneficial connections with critical, deeper structures that control mood and emotion. TMS research suggests that 70-80% of patients experience some recovery from depression.

This holiday season, please reach out and talk with your friends and loved ones to help alleviate social isolation.

Cheering someone else up has the added benefit of making both parties feel better! Remember, we are here to help with the bigger issue of depression if you or a friend may need the additional help. TMS is FDA approved for use in major depression and OCD.

For more information about the center or Dr. Liker, visit www.brainstimcenters.com or call us for a free consultation at: 310.895.7122



I Hope You Dance

In the journal *Physiotherapy Theory and Practice*, a March 30, 2018 study entitled “Effects of dance-based movement therapy on balance, gait, and psychological functions in severe cerebellar ataxia” observed a 39-year-old male who was diagnosed with cerebellar atrophy at the age of 24, engaged in an 8-week program designed to improve his balance and postural stability through dance-based movement training. To summarize their findings, “The individual demonstrated improvements in independent standing balance, gait characteristics, and functional mobility. In addition, improvements in self-reported depression and quality of life scores were observed after completion of the intervention.” So, put on your favorite music and dance! Even one song can change your mood!



Apple Rose Tarts - Tasty, Simple, Beautiful Sweets

I made these with my kids. They are fun, beautiful, healthful and done in a flash! Use muffin tins to bake ~16 tarts.

- 2- 3 pink or red apples (I like pink lady)
 - 2 sheets of puff pastry
 - tsp lemon or orange juice
 - 4 TBSP Jam (any- apricot, raspberry, strawberry)
 - cooking spray or butter
- Optional:
- ground almonds (you can use a clean coffee grinder!)
 - cinnamon
 - cardamon
 - icing sugar

Set the oven to 400. Spray or butter your muffin tins. Core, cut in half and slice the apples very thinly in half moons, leaving skin on for color. Toss slices in citrus juice. If you have cut your apples too thickly, it helps to microwave for 40 seconds to make them flexible. Take chilled but defrosted puff pastry out and slice into strips lengthwise, leaving the width

around 1.5 to 2 inches (makes about 8 strips for each sheet). If using cinnamon, cardamon and almonds mix together with your jam to taste. Take the strips of chilled puff pastry and line up the apple strips lengthwise in rows, with the curve side facing up, and slightly overlapping, the flat side at the middle of the pastry strip. Drizzle your jam mixture along the bottom of the apples (the flat side), and fold the puff pastry over the bottom of the apples. So, you should have a strip of folded puff pastry with the curves of apple slices peeking out the top. Roll pastry strip from one end until you have mini roses. Place in tins. Bake for 35-40 minutes until soft and tasty looking, you can sprinkle with sugar and cinnamon and serve alone or with ice cream.

