

# Collins Respiratory Care recognized by Hospice Care Plus

Collins Respiratory Care of Brodhead was one of five recipients of special awards at Hospice Care Plus's annual dinner Tuesday evening.

Collins' earned an Above and Beyond Award, given to businesses or groups who go to great lengths to support the mission of Hospice Care Plus.

David Tapley, durable medical equipment manager, presented the award. In his remarks, David thanked

Collins Respiratory for their help as Hospice Care Plus started its own durable medical equipment (DME) enterprise. Collins's shared expertise, tips, and helped train all new staff.

"Having our own DME has been a great success and has saved our organization many thousands of dollars," said Tapley. "And Collins Respiratory Care is a big part of that success."

Four other regional groups also received Above

and Beyond Awards: Project Linus (Richmond), WWAG Radio (Tyner), Thomas Investments (Beattyville) and Hardy Oil (Irvine).

Gail McGillis, Hospice's CEO, and Kathy Samples, board president, thanked the winners for their dedication to quality of life and compassionate care for their communities.

To learn more about Hospice Care Plus, visit hospicecp.org.



Outgoing board member David Benge with Above and Beyond Award winners at Hospice Care Plus's annual dinner. Pictured from left are: David Benge, Shelley Clements and David Collins of Collins Respiratory Care, Barbara Thomas of Thomas Investments, Joan Boewe of Project Linus, Brenda Hardy of Hardy Oil, Becky Elam of Project Linus, and Butch Hardy of Hardy Oil. Not pictured: Sherry Brockman and Dan Caldwell of WWAG Radio.

# Optometrists offer tips to deal with dry eye

Cold winter weather arrived early this year. It not only dries out your skin, it also can contribute to dry eye.

"The tears your eyes normally produce are important for your overall eye health and vision," said Dr. Matthew Burchett, an optometrist with the Eye Care Center, which has eight offices in Central Kentucky. He also is president of the Kentucky Optometric Association. "When your eyes don't produce enough tears, or the tears don't have the right chemical composition, you may experience stinging and itchy, scratchy eyes."

According to a 2013 survey by the American Optometric Association, 41 percent of Americans suffer from dry eye. Nearly three-

quarters (73 percent) use artificial tears or over-the-counter eye drops to reduce the symptoms associated with dry eye – even though some eye drops may actually have an adverse effect on dry eye symptoms.

The Kentucky Optometric Association recommends that people can help relieve symptoms of winter dry eye by following a more complete approach, including:

- Increasing the amount of humidity in your home and/or office.
- Blinking more frequently.
- Drinking plenty of water to avoid dehydration.
- Using preservative-free lubricant eye drops.
- Wearing sunglasses while outdoors to protect

your eyes from harsh elements; and

- Eating fish or taking 1,000 milligrams a day of fish oil.

If these tips don't offer any relief, the KOA recommends scheduling an appointment with an eye doctor to discuss prescription-based alternatives.

"Dry eye can't be cured, but the use of artificial tears or tear substitutes can be used," Burchett said. "For more severe cases, ointments can be used at bedtime, or small plugs may be inserted in the eyes' tear drainage canals to slow the loss of tears. In addition, nutritional substitutes may be recommended, and prescription medicine may be given to reduce inflammation and improve the production of tears."

# "Parks"

(Cont. from B4)

*New Year's Eve Mountain Bash*

Enjoy classic dance party favorites from the '70s, '80s, '90s and more recent hits as Pine Mountain rings in the New Year. The park will provide an assortment of snacks, mixers and decorations. A special package is being offered that includes dance admission, one night's lodging, dinner buffet and New Year's Day brunch. Call 1-800-325-1712 for reservations.

*Rough River Dam State*

*Resort Park, Falls of Rough New Year's Eve Party*

The park is offering an overnight package for \$169 plus tax per couple, which includes one night's lodging, a prime rib dinner buffet, live entertainment from Starr Mountain Band, party favors, snacks and a breakfast buffet on New Year's Day.

The dinner and dance package is \$89 plus tax per couple and includes prime rib dinner buffet and dance for two.

For guests wanting to stay over an extra night on New Year's Day, Rough

River Dam State Resort Park is offering an extra night's lodge room for only \$39. Cottage discounts are also available.

For more information or to make reservations, call 270-257-2311 or 1-800-325-1713.

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# M E R R Y CHRISTMAS

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*From Angela & Katie*



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Seated: Tiffany Kincaid and Teresa Jackson. Standing: Melissa Wilson and Terry Jackson.

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# GREETINGS OF THE SEASON

May you and your loved ones enjoy all the splendor of this very special time of year. It's been a pleasure serving you.

*From Danny and Gaylen Settles and  
all the employees at*



Front row from left: Danny Barnes, Brook Cromer, Hannah McClure, Lucy Cole.  
Middle row from left: Peggy Noland, Angel Smith, Savannah Falin.  
Back row from left: Linda Bowman, Andrea Reynolds, Devon McGuire, Denise Wallin.