

TUESDAY 05.19.15

central  
jersey



## Exceptional caregivers

The good work and great devotion of oncology nurses is celebrated. **2B**

## ECT was a life-saver for Highland Park woman



**IN HER OWN WORDS**  
ELEANOR SHIMKIN-SOROCK, M.D.

**HIGHLAND PARK** — The 1975 movie “One Flew Over the Cuckoo’s Nest” (which is fictitious), depicts electroshock as a painful, frightening procedure.

Yet, years of research have transformed electroconvulsive therapy (ECT) into an almost different procedure.

In fact, modern ECT saved my life. Without it, I might have died or gone into a nursing home.

I am a retired psychiatrist. I thought I had Parkinson’s dementia. My husband, a psychiatric nurse and epidemiologist, thought I might be right.

We made repeated visits in the next two and a half months to psychiatrists and neurologists, each saying the other had the answer. Psychiatrists tried multiple medications, all of which were ineffective or not tolerated.

Cases of “dementia” resolving after successful treatment of depression are well documented — Banga A, Gyumey T, Matuskey D, Connor D, Kaplan R, Steffans D. Late-life onset bipolar disorder presenting as a case of pseudo dementia: A case discussion and review of the literature. *Yale Journal of Biology and Medicine*. 2013; 86: 235-244 and Wagner G, McClintock S, Rosenquist P, McCall WV. Major depressive disorder with psychotic features may lead to misdiagnosis of dementia: A case report and review of the literature. *Journal of Psychiatric Practice*. 2011;17(6); 432-438).

Finally a cognitive neurologist told us in mid-November that the duration of onset was wrong for Parkinson’s dementia. Dementia from Parkinson’s disease (which I did not have) takes years to develop. I was fine four months earlier, although I do have bipolar disorder (manic depression). All my problems were actually due to severe bipolar depression. The neurologist strongly recommended inpatient psychiatric care at a facility that had ECT.

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**ECT as now administered is much safer ... It may be the treatment of choice in many cases of severe depression.**

### HORTICULTURAL THERAPY



GETTY IMAGES/STOCKPHOTO

Have you ever considered how your current state of health might impact your ability to garden?

## A REALITY CHECK FOR SPRING

Your health might impact your ability to garden



**LAURA DE PRADO**  
HORTICULTURAL THERAPY

This is the time of year when the birth of spring inspires us to get out there and garden. You are another year older and wiser.

But have you assessed your gardening abilities lately?

If you have ever worked with a personal trainer, joined a gym or had a physical then it is likely you have had an assessment of your health and where if any changes or improvements could be made in order to improve the quality of your life. Have you ever considered how your current state of health might impact your ability to garden? If you have experienced a temporary or permanent change to your health, I encourage you to read on.

There are three considerations for you to look at in your simple assessment:

The first is time. How much time you have available to garden and the time any task will take you will affect every decision you make. Your time, no doubt, is limited and as a result you



PHOTO COURTESY OF LAURA DEPRADO

A variety of light weight, adjustable tools, that can be used for more than one garden task. Enabling garden tools can be made by simply adapting the tools you purchase at most garden centers or hardware stores.

probably rush, grab any tool, lift, drag, shovel, scoop, rototill, plant, bend and lift and push and pull repeatedly just to get the gardening job done. Your first consideration is to think about how you can maximize your time, without risking your health.

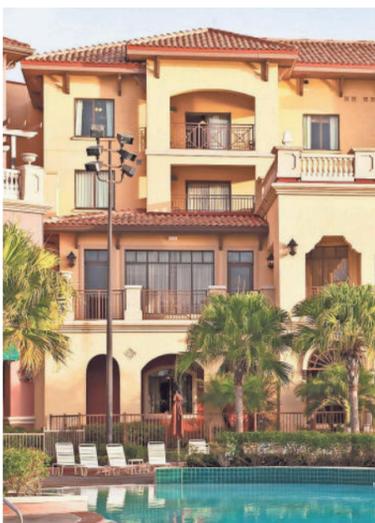
The second consideration is mobility. Are you free to move about in any space? Can you stand, walk, reach,

carry, tow, lift, push and pull freely? Do you have a new or reoccurring limitation like knee, back, hip, shoulder, hip problems, arthritis, a broken limb, or are you in a wheelchair, or using a walker? Are you recovering from a recent operation, undergoing treatment for illness? Are you on medications that limit your sun exposure? If you

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### LIFE ABOARD THE TRAVELING CIRCUS

## Are timeshare opportunities a scam or steal?



COURTESY OF WYNDHAM/RCI

The Wyndham Bonnet Creek resort in Orlando, Florida.



**JENNA INTERSIMONE**  
LIFE ABOARD THE TRAVELING CIRCUS

Timeshare experiences fall into one of two categories.

People either think of those two nightmarish hours they sat through a boring meeting with only a continental breakfast to get them through, or about 8 percent of Americans — according to the American Resort Development Association (ARDA) — think of their beautiful timeshare that they fly off to every few months, trying out different lodgings whenever they please.

The reason that perceptions of timeshares vary so vastly is simply because they either perfectly fit a traveler’s vacation style or they don’t. By weighing what you’re looking for out of your vacation versus its price, you can determine if a timeshare is the right buy for you.

**Unlike a vacation home, timeshare owners only pay for what they use, making a very expensive property more affordable without worries about year-round maintenance.**

If you can’t find the time to plan an annual trip, you’re not alone. According to a Skift survey, 41 percent of Americans didn’t take a vacation last year, leaving 169 million vacation days at their office desk.

Steve Alessandrini, senior director of public relations for Wyndham Worldwide/ Resort Condominiums International (RCI), said that purchasing a timeshare is one way to commit yourself to traveling regularly.

“When you buy a timeshare, you know that you already paid for that week so you want to use it,” he said.

Just because you’re heading to your

timeshare, however, doesn’t mean you’re going to the same place every year. Nowadays, timeshares often operate on a points system, so travelers can earn points with their resort and visit any of those properties, sometimes with options for cruising and camping, although there are sometimes fees involved with these exchanges.

Unlike a vacation home, timeshare owners only pay for what they use, making a very expensive property more affordable without worries about year-round maintenance. Also, timeshares, which at their median are priced at \$19,725 but vary widely, usually have more amenities than a hotel room.

“You’re getting a lot more space in a timeshare than a hotel room, so if you’re traveling with children, they have some room and you don’t have to tiptoe around at night,” said Alessandrini. “Timeshares also have a home-away-from-home feeling, since you have a washer and dryer and kitchen.”

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