

Metro West Living

TRACY HERMAN: CRAFTING JOY

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- **The Winter Pruning Advantage: Why It's the Perfect Time to Trim Your Trees**
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Hello Readers,

As we step into the new year, we invite you to enjoy our first issue of 2025, chock full of interesting content about our MetroWest community. Our region offers so much in history, yet is brimming with modern vibrancy. I'm grateful to begin another year with all of you!

We will continue to delve into the heart of our communities, uncovering local artisans and entrepreneurs who are shaping the local culture. Whether you're a long-time resident or new to the area, we will help you experience the best of what MetroWest has to offer.

In this issue, we meet a very creative Needham resident, Tracy Herman, who is inspiring her local community through the art of craft. Her business is one of the many in MetroWest that embrace the spirit of connection and experience through human interaction.

Join us as we celebrate the spirit of these towns, where tradition meets innovation and every corner holds a new adventure. Here's to a year filled with discovery, community, and the simple joys of living in MetroWest. Happy New Year and happy reading!

We are appreciative for your continued support and enthusiasm for *MetroWest Living* magazine. It is your readership that fuels our passion to uncover and share stories that make our region so special.

If you would like to be featured, or know someone who would make a great feature, please email me: pcrisano@bestversionmedia.com

Cheers,

Peter

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TRACY HERMAN: CRAFTING JOY

By Peter Crisano | Photos courtesy of Colors By Harry and Diane Brophy

As a print magazine, I often think about the unique space we occupy in the media industry. Like most people, I imagine, I am prisoner to my phone and all the modern conveniences that seemed to have developed at light speed, forever changing how we interact with the people and the world around us. That makes me even more interested to try and explore some of those traditional opportunities, not overcome with the digital noise from which there seem to be fewer and fewer respites.

Discovering Tracy Herman, owner of a local crafting studio called Knot and Purl, was just the right prescription. What she offers to the community goes beyond the physical manifestation of art but extends into creating a haven for connection and engagement. To understand just how she got here, it might help to dig a bit into who this wonderful individual is exactly.

Around the Newton/Needham line, a vibrant community brimming with creativity and connection, you can find Tracy, a woman whose life story is as colorful and intricate as the crafts she loves. Her personal journey is one of creativity, a deep sense of community, and a strong bond with family.

Tracy is the eldest of four siblings, with two sisters and a brother. Though originally from Philadelphia, her family has mostly settled in the Boston area, with her parents spending

half the year now in Falmouth. The family's close-knit bond is strengthened by their proximity, as two of her siblings live nearby in Sudbury and Wayland, each with young children of their own. While one sister and her family remain in the Philadelphia area, Tracy cherishes her connections to all her siblings. This closeness to her Boston-based family has become a cornerstone of her life, providing her with abundant opportunities to thrive as an aunt.

Tracy previously spent four years in Boston's Seaport district and before that, seven years in England. "When it was time to return to the U.S., I was fortunate that most of my family had settled in Boston, which made the transition much smoother," she says. Her eventual move to Needham Heights, from Seaport, has transformed her life, offering a sense of community and connection that she lacked in the busy city. Tracy's business, which opened nearby in Newton Highlands, has quickly become a hub of enthusiasm and support. She feels a genuine connection to the neighborhood and is excited to watch her young nieces and nephews grow up nearby.

Tracy's varied living locations were in part driven by her diverse educational path. She holds a BA in Biology/Psychology from Skidmore College, an MBA from West Chester University of PA, and an MSc in Drug Discovery and Pharmaceutical Management from University College London. Her academic



Another one of Tracy's passions is her devoted and cherished shadow, Dobby the Seaport Elf. A Cavalier Tri-colored Spaniel, Dobby is more than just a pet; he is a beloved companion and well-known figure in the neighborhood. Dobby, who just turned four years old, comes from the original line of the 1700s breed, known for its sweet and friendly demeanor as well as being athletic, playful and healthy. Tracy's favorite story to share is about Dobby's unique lineage, which sets him apart from the more common Cavalier King Charles Spaniels.

that has the potential to become an annual tradition. She is also introducing a Santa visit for both children and pets along with an 8-day Hanukkah event full of crafting, community and charity, hoping to establish them all as neighborhood traditions.

Among her many roles, she proclaims herself as the family's genealogist and photo archivist, a job that she takes great pride in. She is not short of interesting facts and stories about her family, which has its share of scandals, fame, and

Continued on next page.

achievements reflect her dedication to learning and her passion for making an impact in the world.

From a young age, Tracy found solace and joy in many types of crafting. Over the years, she has explored various kinds, from scrapbooking to painting, crocheting, stained glass, and drawing. Creating has been a constant theme for her, providing an artistic channel that both focuses her and balances her personal and professional life. "It was always an outlet that provided a lot of contentment and happiness when work may have been stressful or challenging at times," she says.

"In the 1800's when Queen Victoria came around, she wanted a pug as the royal dog but it was hard to go against the establishment so a compromise was reached and they cross-bred the Cavalier Spaniel with the Pug and got the Cavalier King Charles Spaniel which is what people mostly see these days. Low to the ground, smushed face, breathing, hip and heart issues to say the least of their challenges despite the same loving devoted temperament. In the 1920's in the US, there was a breeder interested in getting back the original line to improve the health of the overall breed. That's Dobby!"

Moving to the suburbs has transformed both Tracy and Dobby's lives. There's a whole new community to connect with, that Tracy admits was lacking in the city. Having launched her business just before Halloween, she celebrated the milestone with a community event

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Resident Feature



fortune. Tracy's dedication to preserving her family's history is a testament to her love for her roots and her desire to keep their stories alive.

Not only believing in keeping traditions alive, but she also believes in the power her studio has as a space to nurture relationships, support one another, and celebrate the unique stories that each neighbor brings. Tracy is eager to get to know her neighbors, hear their stories, and collaborate on creative endeavors with all who pass through her studio doors.

The grand opening of Knot & Purl officially occurred on October 26, 2024. Tracy's journey into this line of work was driven by a desire to find more fulfillment and purpose. Her corporate career had become increasingly uninspiring, and she found herself merely going through the motions,

struggling to bring her best self to work each day. As she navigated the challenges of aging and the competitive landscape, she began to feel left behind and overlooked, which sparked a fear of an uncertain future in corporate leadership. Realizing that her passion for her career had waned, she embraced a pivotal moment. With the wealth of business experience she had accumulated over the years, she felt empowered to embark on a new journey—starting a business that would endure and thrive, rather than merely serving as a fleeting chapter in her life. This transition aimed to create something meaningful and lasting, rooted in the lessons she had learned along the way.

Knot & Purl, located on Lincoln Street in Newton Highlands, isn't just her sanctuary, it's a welcoming craft studio for those who want to get away from the digital noise and embrace their inspirations. Offering a variety of workshops and open craft hours for all ages and skill levels along with unique handmade gifts for purchase, the space invites individuals to explore their artistic passions through diverse crafts, including wood and canvas painting, mosaics, yarn art, and more. With a focus on celebrating life's special moments, Knot & Purl serves as a hub for imagination, collaboration, and fun, where everyone can feel at home while bringing their own ideas to life.

Witnessing the joy that crafting can bring is just one of the many reasons to visit Knot & Purl. "The way individuals come together to share ideas, learn from one another, and celebrate their unique expressions

has taught me that crafting is not just about the finished product; it's about the experiences and relationships formed along the way" says Tracy.

Another great thing about the studio is that Tracy has the opportunity to meet new people. Each workshop and open craft hour allow her to connect with people in person, and it brings her immense joy to see them explore their artistic talents. The friendships formed and the collective experiences created together make every moment in the studio feel enriching and worthwhile. "It's a beautiful blend of community and creativity that truly fuels my love for this business," she says.

For more information on Knot and Purl: knotandpurl.com

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THE WINTER PRUNING ADVANTAGE: WHY IT'S THE PERFECT TIME TO TRIM YOUR TREES

By Steven Kendall

While spring may seem like the ideal time to prune trees, winter offers a unique set of advantages that make it an optimal season for this essential tree care practice. Here's why:

1. Clearer View of the Tree's Structure

- **Uncluttered Canopy:** In winter, when trees are bare, you can easily see the tree's structure, including weak or diseased branches.
- **Precise Cuts:** This clear view allows for more precise pruning cuts, ensuring the tree's health and shape.

2. Reduced Risk of Disease and Pest Transmission

- **Dormant Pests and Diseases:** During winter, most pests and diseases are dormant. Pruning at this time minimizes the risk of spreading them to other trees or plants.
- **Faster Healing:** Winter pruning wounds heal more quickly, as the tree's energy is focused on survival rather than growth.

3. Improved Tree Health and Vigor

- **Removal of Dead or Diseased Wood:** By removing dead, diseased, or damaged branches, you can prevent the spread of disease and redirect the tree's energy to healthy growth.
- **Enhanced Air Circulation:** Proper pruning can improve air circulation within the tree's canopy, reducing the risk of fungal diseases and insect infestations.
- **Stimulated Growth:** Strategic pruning can encourage new growth in the spring, leading to a healthier, more vigorous tree.

4. Enhanced Tree Shape and Form

- **Aesthetic Appeal:** Winter pruning allows you to shape the tree's form and remove crossing or rubbing branches, improving its overall appearance.



- **Structural Integrity:** By removing weak or hazardous branches, you can enhance the tree's structural integrity and reduce the risk of damage from wind and ice storms.

5. Optimal Timing for Specific Tree Species

- **Different Species, Different Needs:** Certain tree species, such as maples and birches, benefit from winter pruning, as it reduces the risk of bleeding sap.
- **Consulting a Professional:** Consulting with an arborist can help you determine the best pruning time for your specific tree species and local climate conditions.

While winter pruning offers numerous benefits, it's important to follow proper pruning techniques to avoid damaging the tree. If you're unsure about how to prune your trees, consider hiring a certified arborist to ensure that the job is done correctly.

By taking advantage of the winter months to prune your trees, you can contribute to their long-term health, beauty, and safety. ■



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NEW YEAR, NEW GLOW: HOW TO MAKE CHANGES THAT ACTUALLY STICK

By Martha Mensoian, Owner of Hustlestop

The New Year is here, and with it comes the urge to overhaul your life in one dazzling swoop. But let's be real: who has the time (or patience) for that? Instead of signing up for the burnout express, let's play smarter. This year, it's all about making changes that stick—the kind that let you look fabulous and feel unstoppable. Here's your ultimate 2025 blueprint for beauty and wellness that works as hard as you do.

1. Set Realistic Goals

Forget the "go big or go home" mantra—unless you're looking to book a one-way ticket to overwhelm city. Small, achievable wins are where it's at. Think regular hair trims or weekly nail care instead of a PhD in skincare overnight. Remember, progress is sexy; perfection... not so much.

Actionable Tip:

Break it down into micro-goals. Little victories add up:

- Brush your hair nightly to stimulate your scalp and spread natural oils (bonus: it's oddly soothing).
- Skip the nail-peeling horror show—use remover to save your nails from unnecessary trauma.
- Treat yourself to a quarterly facial. Your skin will thank you, and so will your selfies.

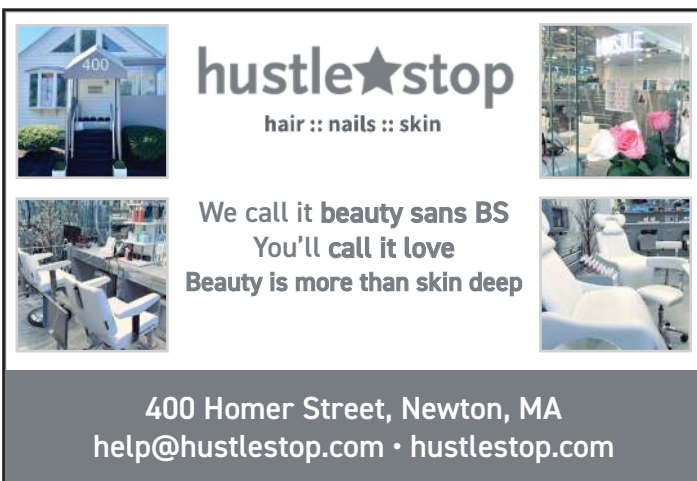
2. Simplify Your Routines

Raise your hand if your bathroom resembles a beauty product battlefield. Streamline, baby! Multitasking products are your BFFs—think tinted moisturizer with SPF or a multi-purpose make-up stick for lips, cheeks, and lids.

Actionable Tip:

Marie Kondo your cabinet:

- Chuck expired products—your face deserves better.
- Donate unopened items to shelters or community programs.
- Place multitaskers front and center; they're lifesavers for busy mornings.



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3. Make Appointments Non-Negotiable

Your calendar's already packed, so let's add a non-negotiable: your time. Regular beauty appointments aren't indulgent; they're maintenance for your fabulousness. Treat them like meetings with your most important client (hint: that's you).

Actionable Tip:

Book your next appointment before leaving the salon. Even if you reschedule, future-you will appreciate the reminder.

4. Embrace Small Daily Habits

Big transformations start with tiny tweaks. Two minutes a day can revolutionize your glow game. Think: a quick scalp massage or nightly hand cream ritual—small, yes, but powerful.

Actionable Tip:

Pair new habits with existing ones. For example:

- Brush teeth? Apply lip balm right after.
- Wash hands? Slather on that hand cream.

5. Invest in Professional Expertise

DIY can be fun, but sometimes you need the pros. A stylist who nails your low-maintenance look or a nail tech who keeps your mani flawless for weeks is worth their weight in gold. Think of it as outsourcing your glow.

Actionable Tip:

Start the year with a beauty consultation. Let experts tailor a plan for your hair, nails, and skin. Pro tip: quality over quantity when it comes to products.

6. Focus on Wellness from Within

Your glow starts deeper than your skin. Prioritize the fundamentals: sleep (when your body repairs itself), hydration (because water = life), and nourishing foods (your hair, skin, and nails will cheer).

Actionable Tip:

Keep a chic water container at your desk or by your bed and stash plain nuts (without added ingredients), dried fruit (unsweetened), or dark chocolate (70%+) for smart snacking.

7. Track Your Wins

When you're in the trenches of change, it's easy to forget how far you've come. Take stock of the compliments and milestones—yes, even the small ones.

Actionable Tip:

Document your journey. Snap monthly progress pics or jot down wins in a notebook. Seeing progress is the best motivator.

8. Be Kind to Yourself

Spoiler alert: you'll mess up. You'll skip a workout, forget to moisturize, or demolish a pizza solo. Guess what? That's normal. Perfection is overrated; persistence is where it's at.

Actionable Tip:

Adopt a mantra like "Progress over perfection" or "Done is better than perfect." Whisper it every time you're tempted to self-critique.

9. Prioritize Sun Protection

Don't underestimate the power of SPF. Sun damage not only ages your skin but also increases the risk of serious health issues. Protecting your skin should be a daily ritual, rain or shine.

Actionable Tip:

Choose a mineral (i.e., physical) sunscreen with zinc oxide and titanium dioxide (not a chemical one) and apply it as the last step in your skincare routine. Bonus points if your makeup includes SPF too!

10. Celebrate Rest as a Ritual

Rest is productive. A well-rested you is a glowing you. Whether it's a quick power nap, a meditation session, or just unplugging for an evening, make downtime a priority.


Actionable Tip:

Create a bedtime routine that feels luxurious: think silk pillowcases, calming teas, or a good book. Your body and mind will thank you.

Wrap-Up

This New Year, let's ditch the all-or-nothing resolutions. By focusing on bite-sized goals, simplified routines, and consistent self-care, you'll own 2025 with a glow that's unstoppable. Check back here each month for an article on specific ways to tackle hair, nail and skin improvements in 2025.

Cheers to beauty and wellness with a huge side of confidence that shines brighter than Times Square on New Year's Eve! ■

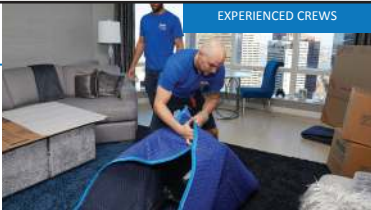


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THE RESTAURANT INDUSTRY: GENDER EQUALITY AND BREAKING DOWN THE BARRIERS

By Scott Drago, Owner, Blue on Highland in Needham

Several major restaurant companies have vowed to achieve gender pay and representational parity. And while much progress has been made, some challenges remain in the way of full gender equality.

The “Me Too” phrase was coined in 2006 to raise awareness about sexual abuse and harassment. In 2017, that phrase evolved into a movement sparked by a celebrity tweet encouraging women to come forward and talk about their own experiences. A hashtag moment swiftly went viral, and the conversation extended beyond social media all the way into corporate boardrooms, where leaders were faced with a daunting task of offering solutions.

The movement triggered a wake-up call in the restaurant industry, which — to be blunt — has a sexual harassment problem. According to the Harvard Business Review, as many as 90% of women in the industry have reported some form of sexual harassment, more than any other industry. That problem is exacerbated by a gap in representation (and

decision making) among industry leaders.

Whether the industry has responded sufficiently since 2017 to close that gap depends on who you ask, but undeniably some progress has been made. Major restaurant companies have implemented new training and development opportunities, for instance, or added new policies for complaints and consequences. Others have started proactively prioritizing equal representation among decision makers, as well as pay equity among employees at all levels.

The demand for change exists. Women’s Foodservice Forum CEO Therese Gearhart said memberships and partnerships with her organization have “increased tremendously in the past two or three years.”

“How we’re being tapped into and how we’ve pivoted is a great signal in how our industry is engaging,” she said. “It’s a signal that the industry is clearly trying to deliver what employees need to thrive right now.” ■

Nearly

70%

of job seekers value a diverse workforce when evaluating companies and job offers.

SOURCE: GLASSDOOR

Women account for 85% of all consumer purchases and

93%

of all food purchases in US households.

SOURCE: FORBES

According to the National Restaurant Association, 63% of entry-level restaurant workers and 69% of mid-level workers are women, but just

38%

of executives in the industry are women.

SOURCE: NRA



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THE CHILLING REALITY OF A HEATING SYSTEM FAILURE

By Tom Thrasher

Winter's icy grip can turn a cozy home into a frigid fortress, and a malfunctioning heating system can transform a peaceful night into a harrowing ordeal. When the mercury plummets, and the warmth within your walls begins to fade, the importance of having a reliable heating professional becomes abundantly clear.

The Discomfort and Danger of a Heating Outage

A heating system failure can lead to a cascade of problems, both physically and emotionally.

• Physical Discomfort:

The most immediate consequence is the plummeting temperature. Shivering, discomfort, and potential health risks, such as hypothermia, can arise.

• **Emotional Distress:** A cold home can create a sense of unease and anxiety. The worry of potential damage to pipes, property, or personal belongings can add to the stress.

• **Financial Burden:** Emergency repairs can be costly, and the longer the system remains inoperative, the higher the potential for damage and increased repair costs.

• **Disruption of Daily Life:** A heating failure can disrupt daily routines, making it difficult to work, study, or simply relax.

The Peace of Mind a Reliable Heating Professional Provides

Having a trusted heating professional on call can offer significant peace of mind during the winter months.

• **Prompt Response:** A reliable technician can quickly diagnose and address the issue, minimizing the time your home is without heat.

• **Expert Knowledge:** Experienced professionals understand the intricacies of heating systems and can efficiently identify



and resolve problems.

• **Quality Repairs:** A reputable technician will use high-quality parts and ensure that the repair is done correctly, preventing future issues.

• **Preventive Maintenance:** Regular maintenance can help identify potential problems before they escalate, reducing the likelihood of breakdowns and costly repairs.

Building a Relationship with Your Heating Professional

A strong relationship with a heating professional can be invaluable.

• Regular Communication:

Stay in touch with your technician, discussing any concerns or questions you may have.

• Emergency Contact

Information: Ensure you have their contact information readily available, especially during severe weather conditions.

• **Trust and Reliability:** Choose a professional who is known for their honesty, integrity, and commitment to customer satisfaction.

• **Recommendations:** Seek recommendations from friends, family, or neighbors who have had positive experiences with heating professionals.

In Conclusion

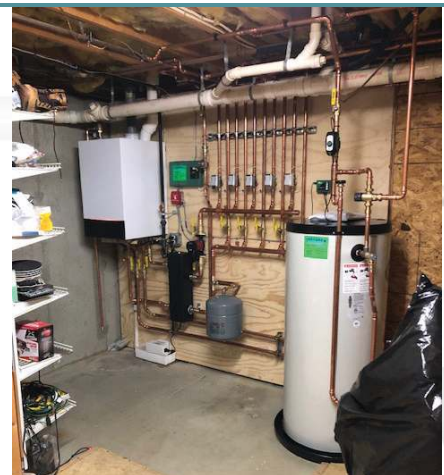
A reliable heating professional is more than just a service provider; they are a guardian of your home's comfort and well-being. By establishing a relationship with a trusted technician, you can rest assured that you'll be prepared for any heating challenges that winter may bring. Remember, a warm home is a happy home, and a reliable heating professional is the key to maintaining that warmth throughout the coldest months. ■

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THE EMOTIONAL IMPACT OF A BEAUTIFUL SMILE

By Dr. Jason Tubo

A beautiful smile is more than just a physical attribute; it's a powerful tool that can significantly impact our emotional well-being. Cosmetic dentistry offers a range of treatments that can enhance the appearance of your teeth, boosting your self-confidence and transforming your overall outlook on life.

The Psychology of a Smile

A smile is a universal language, capable of conveying a wide range of emotions. When we feel good about our appearance, we tend to carry ourselves with more confidence and poise. A beautiful smile can:

- **Boost Self-Esteem:** A confident smile can dramatically improve self-esteem, making you feel more attractive and desirable.
- **Enhance Social Interactions:** A pleasant smile can make a positive first impression and facilitate smoother social interactions.
- **Reduce Stress and Anxiety:** By addressing dental imperfections, cosmetic dentistry can help alleviate stress and anxiety, leading to a more relaxed and optimistic mindset.
- **Improve Mental Health:** A beautiful smile can positively impact mental health by reducing feelings of self-consciousness and depression.

Common Cosmetic Dentistry Procedures

Cosmetic dentistry offers a variety of procedures to address different dental concerns:

- **Teeth Whitening:** A simple and effective way to brighten your smile and remove stains caused by coffee, tea, wine, or smoking.



- **Dental Veneers:** Thin, custom-made shells that are bonded to the front surface of teeth to improve their appearance, color, shape, and size.
- **Dental Bonding:** A composite resin material is applied to the tooth surface to repair chips, cracks, or gaps, or to improve the overall appearance.
- **Dental Implants:** Artificial tooth roots that are surgically placed into the jawbone to support replacement teeth. Implants provide a permanent and natural-looking solution for missing teeth.
- **Orthodontics:** Braces or clear aligners can correct crooked or misaligned teeth, improving both the appearance and function of your smile.

The Emotional Transformation

The emotional benefits of cosmetic dentistry often extend beyond the initial improvement in appearance. As you gain confidence in your smile, you may experience:

- **Increased Self-Assurance:** A beautiful smile can help you feel more confident in social and professional settings.
- **Improved Relationships:** A confident smile can enhance your relationships with friends, family, and romantic partners.
- **Enhanced Career Prospects:** A positive and attractive appearance can positively impact your career opportunities.
- **Greater Life Satisfaction:** A beautiful smile can contribute to a more fulfilling and enjoyable life.

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LEVERAGING HOME EQUITY TO CONQUER CREDIT CARD DEBT AND BOOST YOUR CREDIT SCORE

By Amy Slotnick, NMLS ID #27030, SVP, Fairway Independent Mortgage Corporation

Are you grappling with the weight of credit card debt, feeling overwhelmed by the ever-increasing interest rates? Have you considered the untapped potential of your home's equity to offer a lifeline? By tapping into your home's equity, you can embark on a journey towards financial freedom, reducing the burden of credit card debt while simultaneously improving your overall credit score.

Understanding Home Equity

Before delving into the strategies, let's clarify what home equity entails. Home equity represents the difference between your home's current market value and the outstanding balance of your mortgage. As your home appreciates in value or as you diligently pay down your mortgage, your equity gradually increases. This accumulated equity can be harnessed to secure loans with favorable terms, offering a strategic advantage in tackling credit card debt or outstanding high interest installment debt.

The Power of Home Equity Loans and Lines of Credit

Two primary financial instruments allow you to access your home's equity: home equity loans and home equity lines of credit (HELOCs) both of which are secured as liens against your home.

- **Home Equity Loans:** These loans provide a lump sum disbursement, akin to a traditional personal loan. The interest rate is typically fixed, and you'll receive the funds upfront to pay off your credit card balances. Payment for these typically include principal and interest.

- **Home Equity Lines of Credit:** HELOCs function more like a credit card, offering a revolving line of credit that you can draw upon as needed. The interest rate is usually variable, and you'll make interest only payments on the outstanding balance. At some time, the rate will convert to principal and interest in order to satisfy the loan in full.

Key Advantages of Tapping Home Equity

- **Lower Interest Rates:** Home equity loans and HELOCs generally carry significantly lower interest rates compared to

credit cards. By consolidating your high-interest credit card debt into a lower-interest loan, you'll save substantial amounts on interest payments over time.

- **Simplified Payments:** Multiple credit card payments can be a logistical nightmare. Consolidating your debt into a single home equity loan or HELOC streamlines your finances, making it easier to track and manage your monthly payments.

- **Improved Credit Score:** Paying off credit card debt can have a positive impact on your credit score. Lowering your credit utilization ratio (the amount of credit you're using compared to your available credit limit) and eliminating high-interest debt can lead to a significant boost in your credit score.

- **Potential Tax Benefits:** In some cases, the interest you pay on a home equity loan may be tax-deductible, providing additional financial relief.

Strategic Considerations

Before taking the plunge, carefully consider the following points:

- **Eligibility:** Lenders typically require a minimum credit score and a certain amount of equity in your home to qualify for a home equity loan or HELOC.

- **Fixed vs. Variable Rates:** Decide whether a fixed or variable interest rate aligns better with your financial goals and risk tolerance.

- **Closing Costs:** Be prepared for closing costs associated with obtaining a home equity loan or HELOC.

- **Risk Assessment:** Remember that your home serves as collateral for the loan. If you default on the payments, you could risk losing your home.

Conclusion

Tapping into your home's equity can be a powerful tool for conquering credit card and long term debt and improving your credit score. By carefully weighing your options and making informed decisions, you can unlock the financial benefits of your home and pave the way for a brighter financial future. ■

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AN IN-HOME SAUNA: A LUXURIOUS INVESTMENT FOR WELL-BEING

By Ginny Nolan

Imagine stepping into your own personal oasis after a long day, a space where you can unwind, de-stress, and rejuvenate. An in-home sauna offers more than just a luxurious amenity; it's an investment in your overall well-being. Let's explore the myriad benefits of adding a sauna to your home, from enhancing your personal enjoyment to reaping significant health advantages.

Enhanced Personal Enjoyment

- **A Serene Retreat:** Your in-home sauna becomes a private sanctuary where you can escape the hustle and bustle of daily life. The soothing warmth and tranquil ambiance create a perfect environment for relaxation and introspection.
- **Personalized Pampering:** Tailor your sauna experience to your preferences. Experiment with different temperatures, humidity levels, and aromatherapy to create a customized oasis that caters to your unique needs and desires.
- **Social Hub:** Share the joy of sauna bathing with friends and family. Host sauna parties or simply enjoy quality time with loved ones in this unique and intimate setting.

Health Benefits

- **Stress Reduction:** The heat of the sauna induces a deep state of relaxation, helping to alleviate stress, anxiety, and muscle tension. Regular sauna use can lower cortisol levels, the stress hormone, promoting a sense of calm and well-being.
- **Improved Cardiovascular Health:** Sauna bathing can enhance cardiovascular health by increasing heart rate and blood flow. Studies have shown that regular sauna use can reduce the risk of heart disease, stroke, and high blood pressure.



- **Pain Relief:** The heat from the sauna can help alleviate muscle soreness and joint pain, making it an excellent tool for post-workout recovery or managing chronic pain conditions like arthritis.
- **Detoxification:** Sweating in a sauna can help your body eliminate toxins and impurities, promoting healthier skin and overall well-being.
- **Boosted Immune System:** Regular sauna use can stimulate the immune system, making you more resistant to illness and infection.
- **Improved Sleep Quality:** Relaxing in a sauna before bedtime can help you unwind and prepare for a restful night's sleep.

Adding Value to Your Home

An in-home sauna is not only a luxurious addition to your personal lifestyle but also a valuable investment that can significantly increase your home's value. Potential buyers often view saunas as a desirable feature, especially in today's wellness-focused market.

In Conclusion

An in-home sauna offers a multitude of benefits, from enhancing personal enjoyment to promoting physical and mental health. Whether you're seeking relaxation, pain relief, or improved overall well-being, a sauna can be a transformative addition to your home. Embrace the luxury and health advantages of this timeless wellness practice and elevate your lifestyle to new heights. ■



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Charity Spotlight

THE 'QUIN HOUSE IMPACT FUND

By May Zanor

As part of The 'Quin House Impact Fund efforts, The 'Quin House recently held two volunteer activations to support local organizations. On November 13, The 'Quin House leadership team volunteered alongside Pine Street Inn employees to help prep apartments to be move-in ready for their newest residents. The 'Quin team helped transform these apartments into a home with essentials such as toiletries, towels and bathmats, bedding, kitchen items, and more. The Pine Street Inn residence in Jamaica Plain is the largest permanent supportive housing location in Massachusetts, with 140 apartments for individuals previously experiencing homelessness, and is set to officially open in early 2025.

On November 15, 20 members of The 'Quin House joined The Impact Fund efforts to address children's clothing and supply insecurity in the Greater Boston community. They were provided with the opportunity to hear from representatives from Cradles to Crayons, a non-profit organization that provides resources to children up to 12 years of age, living in homeless or low-income households. Then everyone joined in a collaborative volunteer activity to organize and package clothing and toiletry kits for children in need.



Florence Ip volunteers for Cradles to Crayons at The 'Quin House.

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A 'Quin House member Alicia D'Aloia packs a Bruins jersey donated to Cradles to Crayons for children in need together with 'Quin House members AnneAlise Bonistalli and Dina-Leigh O'Neil.

The 'Quin House Impact Fund serves as a financial resource for local philanthropic organizations that are making positive contributions to our community. The 'Quin House also organizes guest speakers and lecturers to enlighten their members on how their gift can make a true impact. And, whether it's coordinating ongoing volunteer events or setting up mass donation drives, The 'Quin House enables members to find - and enact - the most impactful ways to aid the causes they are passionate about. ■



The 'Quin House leadership team volunteers at the Pine Street Inn.

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5 WINTER TIPS PET PARENTS NEED TO KNOW

By Dr. Lauren Krone, Medical Director

When the weather changes, an influx of emergency cases arrive in our hospitals. And even though every case is unique (like snowflakes!), there are five common cold-weather tips you should know to help avoid a trip to the ER.

1. Know when temps are dangerous

Different species have their own range of sensitivity. So, how cold is too cold?

• **Dogs:** There are variables, such as age, health conditions, and breed, but generally, 32°F and under can pose danger. A quick potty break outside is enough, then bring them inside.

• **Cats:** 45°F and under can be a health risk. For outdoor cats, give them access to warm shelter like a shed with a blanketed area.

2. Hide the antifreeze

Unfortunately, pets are drawn to its syrup-like aroma. Even a small amount ingested can lead to severe kidney damage that's often fatal. Keep antifreeze capped and in a safe space away from curious pets.

3. Remove rock salt - it's a pain in the paws!

A grain or two of rock salt stuck between the toe beans is enough to cause major irritation. Check paws - pads and nails - to make sure there are no stragglers. Consider pet booties to keep tender paws safe.

4. Watch for ice

Darting across icy patches can cause legs to go in all different directions! Icy walkways can lead to fractures, breaks, and sprains. Try to avoid walking your pet in freezing conditions.

5. Keep pets indoors

In freezing weather, pets can develop frostbite, which can cause pain and irreversible damage to ears, paws, and other extremities. If their body temperature drops too low, hypothermia can set in, which can be fatal.



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