

# AGING WELL

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## *Courageous Living*

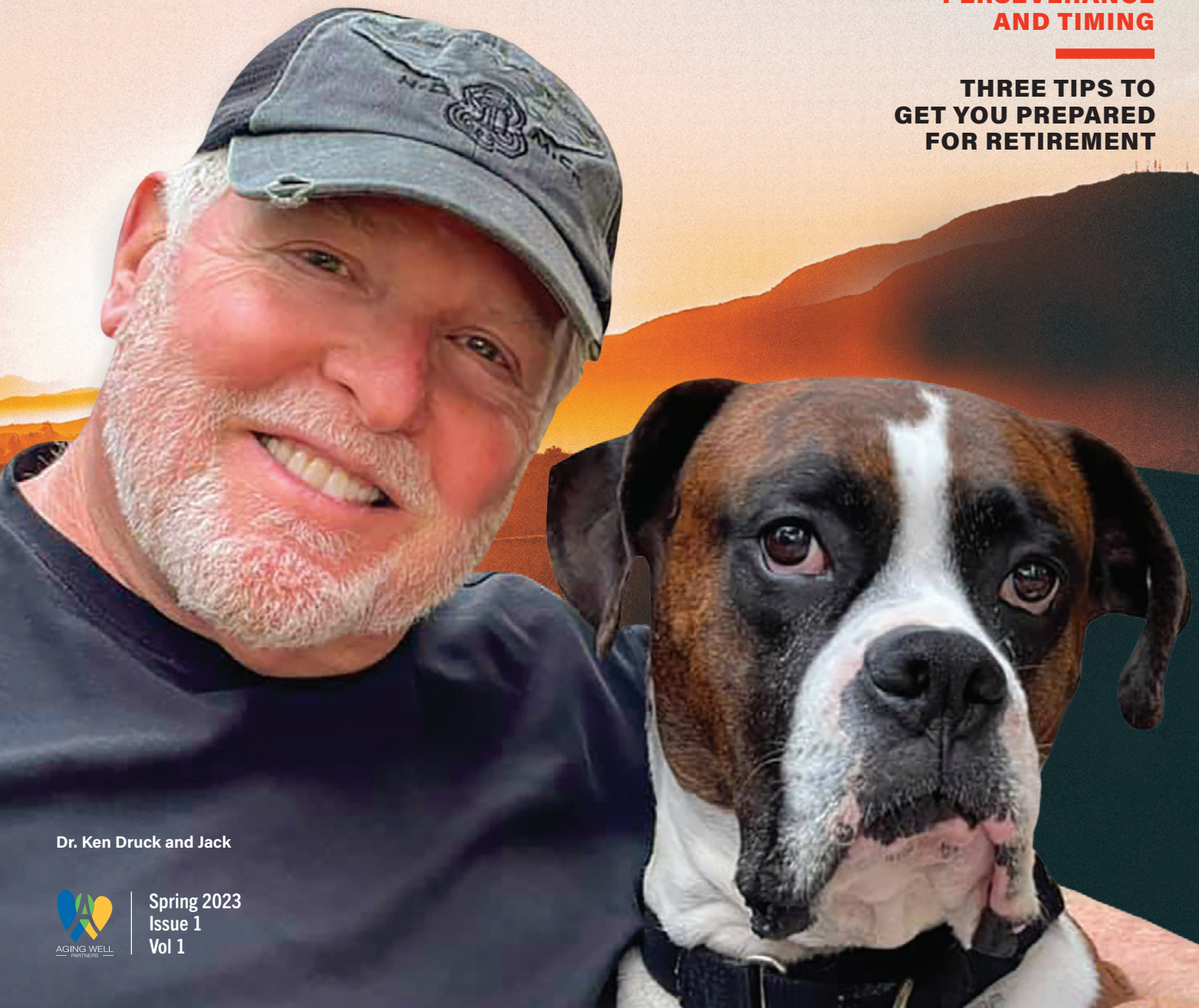
**DR. KEN DRUCK'S FIVE  
PILLARS OF COURAGEOUS  
LIVING: A MANIFESTO**

*Programs  
for Veterans*

*Running  
& Real Estate*

**COMMITMENT,  
PERSEVERANCE  
AND TIMING**

**THREE TIPS TO  
GET YOU PREPARED  
FOR RETIREMENT**



Dr. Ken Druck and Jack



AGING WELL  
PARTNERS

Spring 2023  
Issue 1  
Vol 1



# Navigate the Path Ahead



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PARTNERS

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# Aging Without Limits

The Aging Well concept sprung out of the need to live and age better than our friends and family that have gone before us. We're dispelling the myth that we must retire from our careers, hobbies, and sports at some pre-determined age in our mind; or that we can't learn or start new projects in our "senior years" because time's up. From running half marathons at 68 years old (*Running & Real Estate* p. 6), embarking on a new sport (*Have you Been Pickled?* p. 20), or deciding to repurpose a room in your home (*Rooms with a Use* p. 12) that you plan to age-in-place in; boldly states that you're ready for a fabulous last half of your life.

It's doubtful there is a person that greeted 2023 with anything but great aspirations for the best year yet. If this resonates with you, start with the story on *Courageous Living* (Ken Druck, Ph.D p. 18) a whole movement dedicated to helping us create a vision of the life we choose to live.

It takes grit to commit to age well and enjoy your life, despite the many obstacles thrown your way. We don't have a crystal ball on the number of years we'll be on this planet, nor the circumstances of what life will bring us; but we can manage how we feel and what we do each day to make those years amazing and count.

We've already won the lottery just living in San Diego. Most are familiar with the saying of *nothing is perfect*, but do we believe it? It's the little things that bring joy and true happiness in your everyday life. *Resilience: Why It Matters* (Dr. Joe Casciani p. 14) reminds us that we all have it, and that resilience is always there to tap into, especially on the days we must dig deep in order to find it. Resilience never leaves us and inspires us to look for ways to move forward. This mindset is critical to advance your life to a state of value, contentment, and purpose.

In 2023, we challenge you to commit to figuring out **What Aging Well means to you** (Melina Rissone p. 10). Is it planning for your future (*Critical Documents...* p. 16), finally getting rid of chronic pain (*Pain Free and Walking...*p. 8) or deciding to start a new project, business, hobby; or finally fixing or dumping a broken relationship? All are fantastic jumping-off-points to begin your journey to live and age well. You won't regret it.

Age Well San Diego!

**Jacqui Clark, CSA™**  
Co-Founder, Aging Well Partners



Jacqui Clark is a Certified Senior Advisor™ (CSA™), consultant with Living Coastal Senior Resources, and co-founder of Aging Well Partners. She is an industry leading living-and-aging well expert, and a respected communications specialist.





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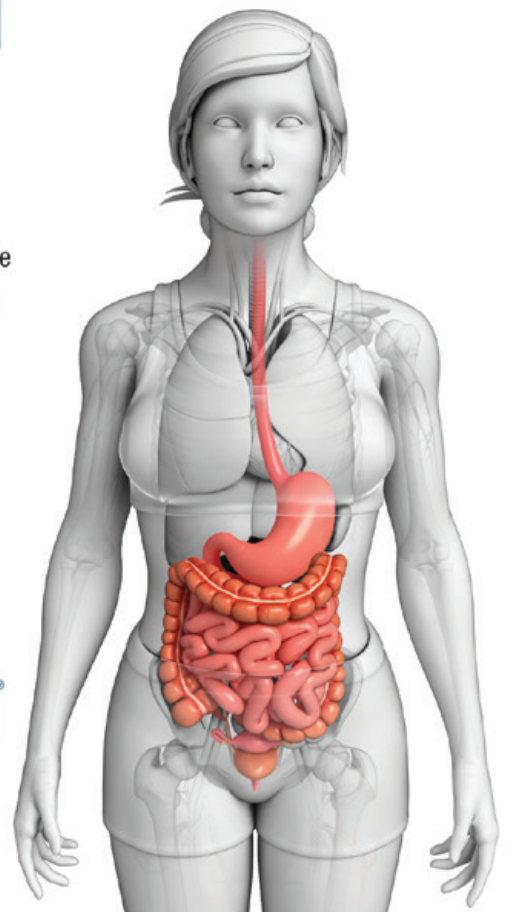
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# Running & Real Estate

COMMITMENT, PERSEVERANCE AND TIMING

**N**ever stop exploring opportunities to move and improve. At 40 I was challenged by my male co-workers to run a 5-mile marathon relay. I had never run in my life, nor did I have any desire. I purchased a pair of “used” running shoes and thought that would be the end of my running career.

But it wasn't, I was hooked. The “runner's high” is addictive. Fast forward almost three decades and I've run 12 marathons, many half marathons, 10Ks, 5Ks and Trail Runs. Taking on a race requires focus, commitment, perseverance, and determination to finish what you've started. No different than committing to purge the “stuff” in your home in order to make a move. I live by these values both personally and professionally.

In my 50s, I took care of my parents; one wheelchair bound after a stroke, and one with vascular dementia. Running was my savior then and still is today. It provides me with “my time” to be outdoors early in the morning, so I clear my head and solve any issues I'm trying to address. It also provides a sense of accomplishment and it's a great exercise at the same time.

I spent several years sharing my passion as a running coach for one of the county's running groups. I love sharing my passion and knowledge for running and real estate, in addition to making new friendships along the way. Listening to others with compassion and an empathetic ear on a run, when you think you can't go one more mile, brings a great sense of accomplishment for mind and body, while serving my community. I think it's no different than getting a seller past overwhelm—into escrow and closing the sale of their home, just when they thought it couldn't be done.

Now at 68, I would say it's more of a jog than a run, but I still have the passion, determination, and conviction to keep moving to stay healthy. I want to be that 80-year-young woman crossing the finish line and getting first place, even if I'm the only runner in my age group.

I've made several career changes in my lifetime but running has been my constant moving meditation. I'd love to hear from you or meet up to run, jog, or walk along the coastline, or one of San Diego's wonderful trails. —**Patti Gerke**



**Patti Gerke** is a Senior Real Estate Specialist® (SRES®) and a Certified Residential Specialist® (CRS®). For the past 21+ years she has specialized in working with seniors and their family members, utilizing her compassionate perseverance to provide guidance, assistance, and expertise when selling their home. She's lived in Carlsbad for 38 years with her husband. Find Patti at [patti@pattigerke.com](mailto:patti@pattigerke.com).



# TASTY TACO TUESDAY SALAD

**K**eeping recipes easy and fast is essential to achieving the goal of eating healthy every single day. One of the great things about Tacos is that they can go on a bed of fresh greens with lots of scrumptious veggies or wrapped up in corn tortillas that pack a punch of fiber, whole grains and just happen to be gluten-free as well. This super simple meal can be ready and on your table in 20 minutes or less.

The bonus is the number of vitamins (A, B C, K) plus: Folate, anti-inflammatory properties, boost of the immune system, lower blood pressure, beta carotene, antioxidants, calcium, fiber, and potassium.

*\*Thank you to Christine Shelton of Encinitas, for her delicious recipe! If you have an Aging Well recipe you'd like to share with our readers, please email me at Jacqui@AgingWellPartners.com*



## INGREDIENTS:

1 pound- Jennie O Ground Turkey or lean organic beef  
 1 Teaspoon turmeric  
 ½-1 teaspoon Garlic Salt  
 ½ teaspoon Onion Powder  
 1 tablespoon of Taco Seasoning (Kinder's Seasoning "The Taco Blend" or SavorySpiceShop.com "Taco Seasoning")  
 1 carrot finely chopped  
 ½ cup Water  
 1 bag Arugula  
 Mexican blend shredded cheese  
 Red, Yellow and/or orange Bell pepper - Julienned  
 Multi grain Tortilla Chips (optional)  
 Sliced Avocado  
 Diced Jalapeño  
 Diced Scallions  
 Sour Cream or Yogurt (optional) -

*\*Veggies: This recipe works well with almost any kind of veggie, so pile them on with different types of lettuces, cilantro, cucumbers, tomatoes, etc. The more colorful your plate the better.*

## DIRECTIONS:

Brown meat in skillet, drain if needed and pat any excess fat with a paper towel. Return skillet to low heat and add turmeric, garlic salt, onion powder, and Taco Seasoning. Add chopped carrot. Add ½ cup of water. Bring to a low boil and then turn down to simmer for 5-10 minutes. Serve on a bed of salad greens of arugula, or favorite greens. Top with bell pepper, sliced avocado, shredded cheese, jalapeños, diced scallions and sour cream. Serve with tortilla chips or corn tortillas. Enjoy and Age Well San Diego!



# Pain Free and Walking After Years of Pain

## HOW ONE CONSULTATION WAS THE KEY!



As we get older chronic pain shows up more often in our life, but it's a mistake to stop looking for relief, especially when it impacts the quality of your life. Susan had hip pain for a very long time. She was sent to several rounds of physical therapy but had ZERO relief and had pretty much resigned herself to living with the pain.

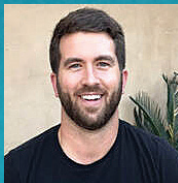
Susan is retired, yet a very active woman in her early 70s. She enjoys Pilates, walking, and is the primary caregiver for her husband, who is living with Alzheimer's. Susan's husband happened to be a client of Sean Kuhn, PT (physical therapist) and owner of *Physio on The Go* and decided to get a consultation with Sean.

When she initially came to Sean, she had been diagnosed with bursitis by her primary doctor and underwent MONTHS of PT based on that diagnosis with no relief! And yes, you read that right—after MONTHS of PT in a traditional outpatient system, she was still unable to walk more than a block or two without her hip being painful, fatigued, and keeping her up at night.

She was very discouraged because she was used to running 2-4 miles a few times a week. Since we had previously worked with her husband at their home, she reached out to schedule a consultation to see if we could even help her. Through our consultation and subsequent assessment, it turned out that the problem was not her hip at all...the problem was coming from her back. Once the root cause was identified and a plan of action determined, after a few weeks she was sleeping much better, back to doing Pilates, and could finally return to walking 3-4 miles without limitation after 8 weeks of PT!

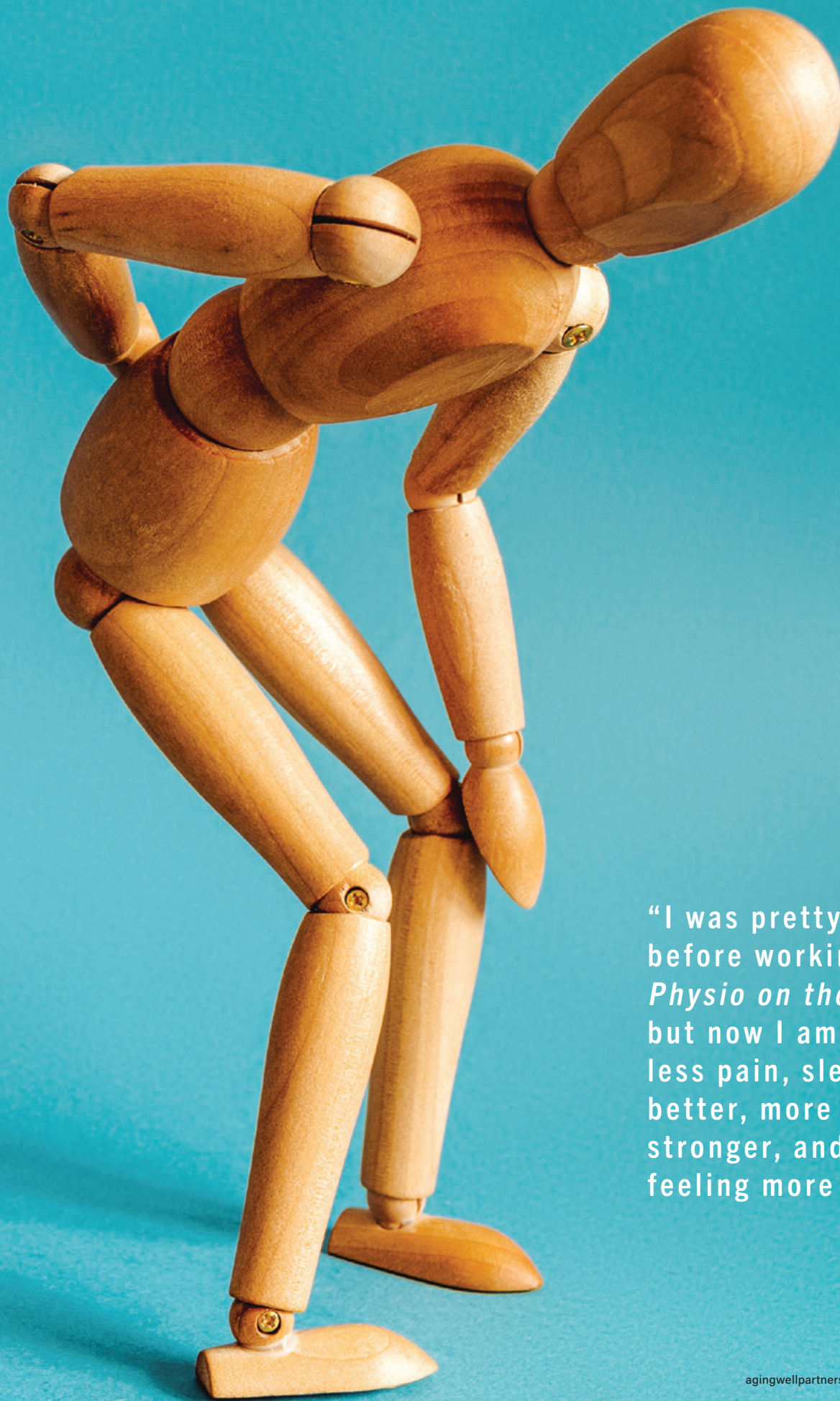
"I was pretty sad before working with *Physio on the Go*, but now I am in less pain, sleeping better, more flexible, stronger, and back feeling more myself!"

Susan was feeling better than she had in a long time and described feeling "more fluid" with her mechanics, didn't have the fatigue and soreness, and did not complain. Success for Susan became a reality because she decided not to give up and seek one more consultation.



**Dr. Sean Kuhn, PT, DPT, FAFS, 3DMAPS, MBA** is founder of *Physio on The Go* a San Diego based (and native) Functional Medicine Physical Therapist who has been in the physical therapy industry for over 10 years, earning his doctorate degree from the University of St. Augustine for Health Sciences in San Marcos, CA in 2013. After a year of practice, Sean began more extensive study into the integration of the human body through a post-doctorate Fellowship in Applied Functional Science, and later, training in Functional Medicine. His passions include spending time with his wife and two daughters and being active outdoors. Find Sean at [www.physio-on-the-go.com](http://www.physio-on-the-go.com)





“I was pretty sad before working with *Physio on the Go*, but now I am in less pain, sleeping better, more flexible, stronger, and back feeling more myself!”







# What Does “Age Well” Mean to You?

## THREE TIPS TO GET YOU PREPARED FOR RETIREMENT

I often hear people say they want to age well, but what does that mean? For some, it means they want to maintain their independence as long as possible. Others, it is the desire to stay socially active and engaged in their community. Another group aspires to maintain good health and vitality. And then of course are the ones that want all of the above. Is that even possible? Absolutely!

It's important to stay connected and grounded with yourself and your community. This can be done in many ways, but some of my favorites include spending time outdoors hiking, camping, simply enjoying nature, being involved in social activities with friends or family, and taking time for prayer or meditation. These activities can't be underrated in terms of the value they have in helping us stay connected to ourselves, while also connecting us with others.

Take the time to create islands of relaxation in your schedule. A great start is taking breaks during the day to do something you enjoy, such as reading a book, listening to music, taking a walk, or spending time with friends or family. It can also be accomplished by setting aside time each week or month for activities you love. Some great ideas are traveling, going out for dinner, seeing a movie, or taking a class. These help us rejuvenate and refresh, so we can continue our busy lives feeling energized and balanced.

Like food and water, it's important to make time for yourself every day and exercise. You don't need a lot of time and it can be accomplished by taking a few minutes each morning and evening to take a walk, perform yoga, prepare healthy foods, and get enough sleep.

Taking time for yourself each day helps you stay centered and balanced so you can handle whatever life throws your way.

It's never too early to start planning for retirement, and that includes thinking about where you want to live. The environment we live in is a huge factor in our happiness, but good news, you get to choose if you plan for it now.

As you age you should ask yourself where you want to live? In the city or in the country? Do you want to be close to family and friends or do you want more privacy? Do you want to be active and involved in the community or do you prefer a more relaxed lifestyle? Planning gives you choices to live your life on your terms, and we are lucky that San Diego County provides so many choices from the city to the beaches, the mountains and everywhere in between. Once you have a good idea of what you're looking for, it's time to start planning. I look forward to hearing from you about your plans for aging well.

—Melina Rissone



In 2001 **Melina Rissone** moved to San Diego from Germany. She has always led an active lifestyle and takes advantage of beautiful San Diego County today. She enjoys reading, camping, hiking, personal development, and yoga; but her calling has been to work with active adults and seniors who are preparing to right size their homes for retirement. She is a Senior's Real Estate Specialist (SRES) broker in San Diego. She is an expert in the knowledge of guiding homebuyers and sellers over the age of 50 through major financial and lifestyle transitions. Melina feels blessed each day to come home to her beautiful daughter and German shepherd, Carlee. You can contact Melina Rissone, Broker Associate. DRE# 01498140 at [www.MelinaRissone.com](http://www.MelinaRissone.com) (619) 864-6017.

### TIPS to Age Well



1. Stay connected and grounded with yourself and your community



2. Create islands of relaxation in your schedule



3. Make time for yourself to exercise every day and enjoy a healthy diet





# Rooms with a Use



**Bryan Devore** is a Seniors Real Estate Specialist and Director of the Senior Division of Berkshire Hathaway HomeServices California Properties. When he is not helping seniors make the transition to the next chapter of their lives, he stays busy with his wife, two sons, and his “bonus” son and daughter. You can learn more about Bryan at [www.DevoreRealtyGroup.com](http://www.DevoreRealtyGroup.com)

**D**o you have fond memories of the dinner parties and family gatherings you used to enjoy in your formal dining room? You would set the table with your China and polished silver and host your friends and loved ones around a wonderful meal. Nowadays, people are not entertaining like they used to. The formal dining room has become one of the least used rooms in the entire house – but that doesn’t mean it is a room without a use.

Usually, the formal dining room has several windows that bring in natural light. Most dining rooms also have plenty of wall space. These features make it a great space to create a craft room, office, or even an exercise area. If you need privacy, you can erect permanent walls or perhaps avoid that cost by partitioning the room with a decorative screen.

If your goal is to age in your current home,

having a downstairs bedroom is a must. If you do not already have one, using your dining room as a bedroom can give you the space you need. It is important to note that a room must meet certain parameters to “legally” be a bedroom. There are certain size requirements, it must have a door, and it must have two methods of ingress and egress. Your city or state may have other requirements as well. While these requirements are important to note when it comes to resale value, practically speaking they do not need to prevent you from using the space as a bedroom. Just adding walls may be exactly what you need.

Even if you are no longer using your dining room as a dining room, don’t let that stop you from enjoying that space. Don’t hesitate to call if you would like any guidance or ideas to maximize the value of your home.

—**Bryan Devore**



# Aging in Place and Doing It Well

**SOME  
APPROACHES  
TO ENSURE  
LONGEVITY  
AT HOME**



**Jacqueline Silverman, CSA, CAPS**, is the founder of San Diego's Aging Advisory Services which specializes in aging-in-place guidance. She offers a range of support services and a vetted list of resources. Website: [www.agingadvisoryservices.com](http://www.agingadvisoryservices.com) Contact: [Jacqueline@agingadvisoryservices.com](mailto:Jacqueline@agingadvisoryservices.com)

Continuing to live in your own home as you age is an ideal scenario for most of us. Unsurprisingly, while it's something we may wish for, it's rarely assured.

"I'll know when it's time to do something," is what most people think when they consider making household accommodations for our aging selves. Yet the decision to make changes typically occurs *after* an unexpected at-home incident. By then, options have declined.

To age well in place, to be in familiar surroundings that are safe and comfortable, to be where family and friends can easily visit and know that you are secure and content – all of that takes thought and preparation. For most, it's not a major task and may only involve some adjustments and fine-tuning.

Let me elaborate a bit.

## Planning ahead and being hard-nosed about it

Probably the most difficult part of aging in place well is taking a look at your surroundings with a fresh perspective (and maybe even a little ruthlessness as you consider the environment you love).

Imagine if you were one day to need a walker or wheelchair, is there a clear path that allows you to get around? Were you to have difficulty climbing steps, are handrails in place around your home? Are there places inside and out that could use more light? What about small rugs that might pose a tripping hazard?

Looking at your home critically is not easy. And even if your health right now is optimal and mobility issues aren't a concern, thinking about future needs is wise – it can easily make the difference between remaining at home or having to move.

## Identifying and implementing modifications

A key element of aging in place is to make your home as useable as possible. This can involve logical and often simple, low-cost adaptations to existing conditions. It can mean, for example:

- Installing night lights, motion sensor

lights, and brighter light bulbs;

- Replacing doorknobs with easier-to-grasp lever handles;
- Putting grab bars in the bathroom to prevent falls; and
- Removing tripping hazards such as throw rugs that are not securely tacked down.



More costly projects can include:

- A walk-in shower; or installing a chair lift especially in multilevel homes.

The goal here is first to create a comprehensive list of potential home modifications, and then prioritize items on the list in three categories: a) modifications to implement now for your safety and comfort, b) modifications to implement later, and c) modifications on hold, i.e., the "wish list"

Once completed, it's essential to get started on the first category.

## Identify a support network

It's important for aging adults to talk to their children (or siblings or relatives or others) about your plans to age in place. In addition to informing them about physical changes being made to your home, the conversation reinforces your desires and expectations. Particularly important, it provides an opportunity to talk about any aging-related concerns (yours and theirs) and, specifically, how you might at some point need to rely on them for support.

Depending on your own interest and circumstances, it can be helpful to put together a list of resources that you and/or friends and family can contact should the need arise. This can include contact information on physicians, pharmacies, homecare providers, financial institutions, estate planning representatives, etc.

—**Jacqueline Silverman, CSA, CAPS**





## Resilience: Why it Matters



*Dr. Joe Casciani is the owner and Chief Curator for the Living to 100 Club, a source of solutions to living longer and healthier, with a special focus on mindset and attitudes about aging. He has a 40-year history as a psychologist and manager of mental health practices specializing in behavioral health services with older adults. In addition to his work as a clinical consultant, he is an engaging and inspiring speaker, and helps audiences move beyond their questions and concerns about aging to create a vision of what is possible in the years ahead. He strongly believes there is value in helping people feel inspired about their future.*

**W**e hear the term resilience used quite a lot these days, likely because it comes into the picture of so many adverse and unpleasant events occurring in our world. We see the likes of surviving the ravages of war, recovering the destruction of hurricanes or fires, and managing the tragedy of senseless losses and deaths. And of course, resilience is that necessary quality to get back up on one's feet and stay determined to return to normal as soon as possible. We always want to ask: How do the victims of these events recover? Is it always possible to rebuild and recover? How long does it take? And what about those who choose not to "get back up off the mat?"

There are many words synonymous with resilience, words like *grit*, *drive*, *fire*, and even *spirit*. Whatever we want to call it, I believe that this quality resides in each one of us. It doesn't go away. Though, sometimes it may feel like we have no resilience left inside, maybe after repeated trials or suffering. Or, it may be blocked or covered up, and we say we have nothing

left to make it through. But, I maintain, one's resilience is always there to tap into. We may have to dig deep and fight that sense of helplessness during the most difficult times. But the resilience is there. As long as we are breathing, and we can make decisions for ourselves, we can access this inner quality.

### What Does Resilience Look Like?

Here are the features of resilient people:

- **Emotional awareness** – resilient people are aware of their (many and mixed) emotions that are triggered by the distressing loss, and respect these emotions but they do not let them control their actions
- **Persevere in the face of difficulty** – this is the ability to maintain a purpose in spite of the difficulty, obstacle, or discouragement
- **Competence** – resilient people can call on past coping skills and are confident of their self-reliability to cope again



- **Seek and maintain social support** - reaching out and asking for help at time of need also is a characteristic of resilient people
- **Courage** - a belief that he or she can persevere
- **Mental clarity during a stressful event** - this is related to the ability to stay calm in a crisis
- **Optimism** - resilience is always paired with a certain amount of optimism, and the belief that the positives will outweigh the negatives
- **Internal locus of control** - those who are resilient use their own intuition and judgment to make decisions and guide future actions, and are not solely driven by the opinions of others
- **Sense of humor** - in time, a sense of humor will dull the sharp edges of the loss
- **Spirituality** - for many resilient people, a belief in God or a higher power serves as a major encouragement

**Ask Yourself**

- How many of these characteristics can you identify with?
- Would you consider yourself someone with low, medium, or high resilience?
- Are you able to see these qualities in others?
- Can you adopt more of these qualities in the face of a new stressor or setback of your own?
- What about using the qualities of resilience to aid a loved one?
- How will you feel in the future if you had more of these strategies at your fingertips?

**Summary**

In short, we know advancing age brings with it new stresses and new losses. And as we've heard so many times, "Aging ain't for sissies!" It is so important to spotlight the fact that resilient people are able to bounce back after hard times. Maybe we can return to "normal," like after a fall, hip fracture, and successful rehab. And maybe we can never return to normal, following the onset of a dementing illness or the loss of a spouse, so we create a "new normal." Regardless, we recover emotionally from the loss and stay determined to keep moving forward.

As distressing as the negative event is, there is always an opportunity to start a new chapter, and keep a positive outlook toward the future. Resilience matters, and ours is always available. —*Joe Casciani, PhD*

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**AGING WELL**



# Critical Documents

## PLANNING NOW FOR PEACE OF MIND LATER

**W**e make a list before going to the grocery store. The grocery list becomes our critical document before heading to the store.

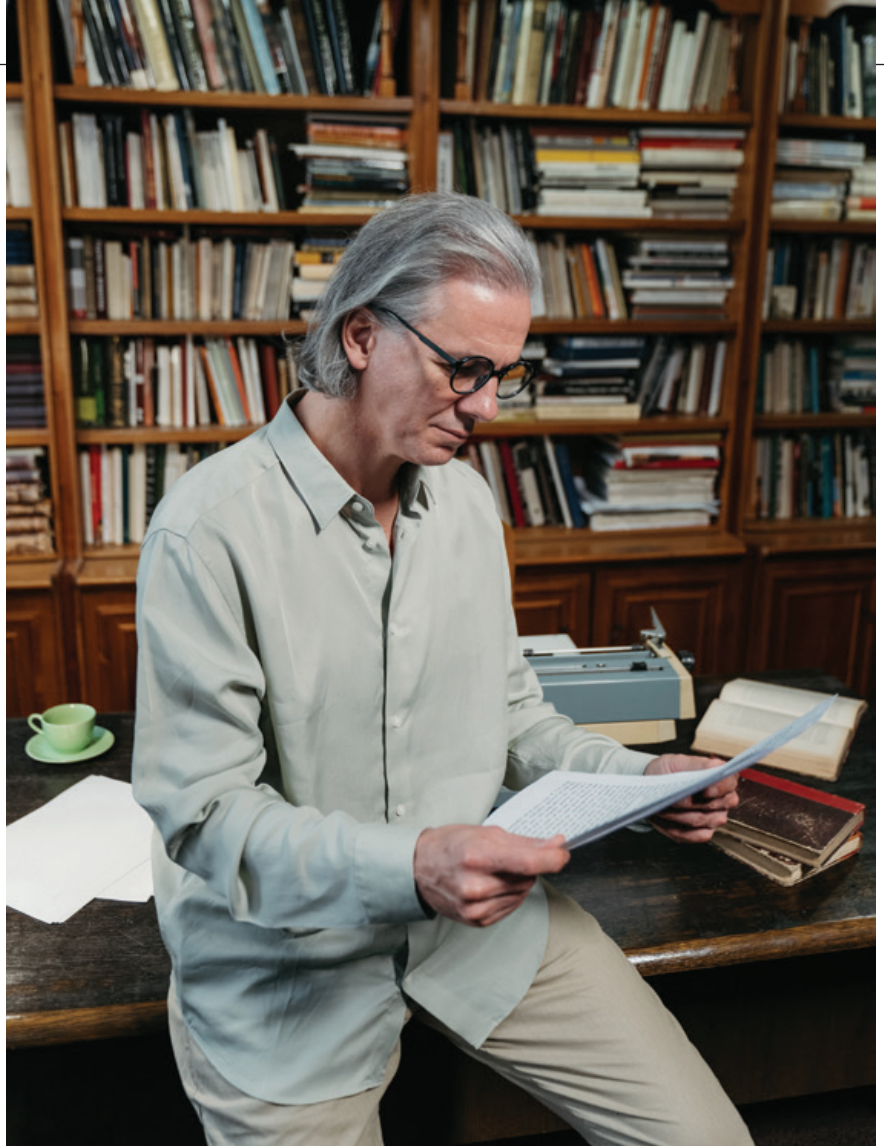
We make a list before packing and going on a vacation. The packing list becomes our critical document before heading to the airport to embark on the journey.

We follow a recipe when we want the dish to turn out perfectly. The recipe becomes our critical document to ensure quality and consistency in the dish we are preparing. This critical document becomes ever more critical if the originator is no longer with us and his/her words on an index card become our only road map.

Now let's shift the focus of the critical document to YOU and your healthcare and finances. Four documents become crucial to you and your loved ones if the unforeseen happens.

### In Case of Emergency (ICE)

This document lets others – paramedics, Emergency Medical Technicians (EMT), family, friends, and neighbors know what to do for you in the case of an emergency. Information like your primary care physician, choice of hospital, medical conditions, allergies, religious affiliation, and your emergency contact's name and number are found on this document. Often, an ICE is kept in plain sight like on the refrigerator or affixed to the inside of the front door for others to readily access.



### Do Not Resuscitate (DNR)

This document tends to intimidate people. Rest assured, the DNR document is not entered into alone – it must be signed by you or your Healthcare Durable Power of Attorney AND a physician. There are two types of DNR documents – the Prehospital DNR, which is typically created in a long-term care setting and the Hospital DNR, a document that is created while in the hospital setting and kept in the person's medical record. The DNR is meant to instruct emergency medical services providers of "a patient's decision to forgo resuscitative measures in the event of cardiopulmonary arrest." This form does not deprive someone of other life sustaining treatments such as the need for artificial nutrition, hydration and/or pain management.

### Durable Power of Attorney (DPOA or POA)

There are two types of DPOAs – one for matters involving medical decisions and

We follow a recipe when we want the dish to turn out perfectly. The recipe becomes our critical document to ensure quality and consistency in the dish we are preparing.



the other for financial matters. The durable power of attorney documents go into effect only when a person is unable, for physical or mental reasons, to speak and act for themselves. An example of when a person may not be physically able to speak for themselves would be if they were placed on a ventilator and couldn't speak their medical or financial wishes. Mental capacity may be altered due to dementia, medications, or an injury to the brain thus activating the durable power of attorney for medical and financial. Each power of attorney document can be as comprehensive – or not – as the originator wishes it to be. A person's healthcare/ medical POA does not have to be the same individual named as the person's financial POA. Without power of attorney documentation, a person's financial and medical decisions will be left to a conservator or guardian, appointed by the court system.

### **Advance Care Directives**

Advance Care Directives (ACDs) are just that – documents or directives outlining your personal medical and healthcare wishes in the case you are unable to communicate them. We have already discussed a few (ACDs) – the DNR, ICE, and POA documents – and these documents speak for you while you are still living. Other ACDs include a Living Will, Organ and Tissue Donation, and the Physician Order for Life Sustaining Treatment (POLST) which will be discussed here.

### **Physician Orders for Life Sustaining Treatment (POLST)**

This is a form filled out and signed by you and a physician (or Physician Assistant or Nurse Practitioner) and is often kept in your medical record at the healthcare organization where you receive care. The POLST very clearly states that it “complements an Advance Directive and is not intended to replace that document”; having both a POLST and an Advance Care Directive is the ideal situation medically speaking. This document is very straight forward – you and your physician discuss any health conditions you may have and how you want medical interventions and/ or artificially administered nutrition situations

handled, should they occur for you. There are only three options in each category of medical intervention and artificial nutrition; the opportunity to get more detailed about how you want your healthcare handled should certain medical situations arise must be spelled out in your Advance Care Directive.

### **Organ, Eye and Tissue Donation**

If you've been to the DMV lately, you likely know about organ and tissue donation. While getting or renewing your driver's license, you must select if you want to donate your organs and tissues upon your death. To find out more about this topic and if you want to be a donor but it's not on your driver's license, you can visit [donatelife.california.org](http://donatelife.california.org) and create or revise your account to accurately outline your wishes for organ, eye, and tissue donation.

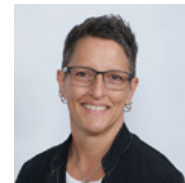
### **Wills and Trusts**

These documents can be drawn up by an attorney or, if you are the do-it-yourself type, you can find forms online. If you go the DIY route, you may want to have your documents reviewed by an attorney to ensure they will hold up in a court of law should that be necessary. A will outlines how your assets will be handled after your death whereas the other documents discussed so far direct medical and financial decisions while you are still alive. Keep in mind, the Executor named in a will is NOT the same as being named Power of Attorney for someone.

We have covered a lot of ground in this article and while it may seem a large list of documents to gather and complete, one step at a time. These documents are your direct path to communicating your wants and needs from a medical and financial standpoint in the event of an emergency or unforeseen medical issue. Don't leave your healthcare and financial situation to chance or someone else's decision; get started today – have the necessary conversations with your friends, family, healthcare providers and financial people and begin the process of gathering and completing *your* critical documents. You'll be glad you did.

—Kie Copenhaver

Each power of attorney document can be as comprehensive – or not – as the originator wishes it to be.



*Kie Copenhaver, CSA, RHIA, RCFE, SHSS has spent over 30 years working with the aging population and has committed her life's work to ensuring that older adults get the services they need and the respect and advocacy they deserve. Kie is a Registered Health Information Administrator, a Certified Senior Advisor, a Senior Home Safety Specialist and a licensed Residential Care Facility for the Elderly Administrator in the state of California. She is currently a CA licensed Health Insurance agent, specializing in Medicare. You can book an appointment with Kie at (619) 378-6895.*

# Courageous Living

## THE FIVE PILLARS OF COURAGEOUS LIVING: A MANIFESTO



**C**ourageous Living is a movement devoted to helping each of us craft a vision for the life we choose to lead. Whether we're just setting out on life's journey, winding down an active career, or reinventing ourselves along the way, each season of life demands newfound courage. The Five Pillars outlined below are a useful guide, empowering us to live courageously and become the most authentic and best versions of ourselves.

### The Five Pillars:

1. **Honest self-assessment**
2. **A strong work ethic for facing life's challenge**
3. **Building a resilient spirit**
4. **A willingness to reimagine the future**
5. **An unwavering commitment to pay forward the good**

#### **Pillar #1: Honest self-assessment**

We are all works in progress. Becoming the better, stronger, smarter version of ourselves begins with self-reflection and taking an honest inventory. By taking a close look at ourselves and our lives—and telling ourselves the truth—we become aware of the many ways in which we can realize our greatest potential.

#### **Pillar #2: A strong work ethic for facing life's challenges**

Aspiring to be the best version of ourselves, we face inward to meet life's challenges and harvest its opportunities. We cultivate the strength, faith, vision, empathy, wisdom, humility, and integrity to move forcefully and courageously through the years and seasons of our lives. Despite the temptations to turn away, hide, deny, and avoid, we can choose to take a deep breath, roll up our sleeves and get to work on the relationships and situations that really matter.

#### **Pillar #3: Building a resilient spirit**

By summoning the courage to turn life's adversities, setbacks, fears, dry spells, and losses into opportunities for personal and spiritual growth, we build character, which propels us to higher levels of effectiveness, awareness, and compassion. Whether we're caught up in the demands of career and family or winding down an intensely stressful period in our lives, our resilient spirits allow us to continue learning, stretching, growing, flexing, and upgrading our "operating systems" as times and circumstances change.

#### **Pillar #4: A willingness to reimagine the future**

The practice of Courageous Living shows us how to live fully in the hours, minutes, and days of our lives; and to awaken to radiant new visions and insights relating to our best possible futures.

#### **Pillar #5: An unwavering commitment to pay forward the good**

By living courageously, we aspire to become the very best parents, children, husbands, wives, co-workers, neighbors, and friends. Dedicated to assuming our share of social responsibility and leaving the world a better place, we show our gratitude for the blessings, gifts, and miracles in our lives by paying forward the good. We dedicate ourselves to turning darkness into light; ugliness into beauty; and injustice, pain and suffering into peace, truth, kindness, equality, and positive social change.

By cultivating honesty, integrity, humility, trust, compassion, courage, honor, respect, and gratitude in our daily lives, we develop a quality that is both grounding and transcendent: *strength of heart*. This is the "secret sauce" that helps us ripen as human beings, becoming ambassadors of peace and loving-kindness, and make the most of our lives.

Our mission, vision and commitment is to create the resources, road-maps, educational forums and community for lifelong learning.

**"Courage empowers us to heal the past, stand in the present and shape the future."**

— Ken Druck, Ph.D.



**Ken Druck, Ph.D.** is a leading mental health expert focused on the areas of civility, relationships, and aging. He writes regularly for the national press and is the author of several books including *Raising an Aging Parent*, *Courageous Aging*, and *The Real Rules of Life*. Dr. Druck lives and maintains a small coaching and consulting practice on the ocean in Del Mar, California, writing and speaking prolifically on subjects he loves, working on community service and civility projects and enjoying the quiet beauty of life. [www.kendruck.com](http://www.kendruck.com)





# Have You Been Pickled?

**K**itchen Sink, Dill, Dead Paddle, Pancake, Poach, and the dreaded... Pickled! Sounds more like a mishap in the kitchen or a recipe gone bad, than one of the crazy popular sports on the rise called Pickleball. Over 4.8 million people have played at least once. Drop in one night at *Bobby Riggs Racket and Paddle Club* in Encinitas to see 20 spectacular courts lit up, booked, and a queue forming for the next game. That's how popular it is!

Joan and Bob started playing pickleball during the Pandemic. They were looking for something that would be easy to learn, to do as a couple, and that would be good for their health. They took pickleball lessons, played with friends, and joined the Pickleball Club of Carlsbad. After trying to play in skilled level group sessions, they realized pickleball for them was more of a social sport, something to have fun with, and that they did not want to play competitively.

Pickleball is the fastest growing sport in the US. It is like tennis and ping pong on a small court. According to the "2022 Sports & Fitness Industry Association" (SFIA) report on pickleball, active older adults are especially drawn to the fun sport: 1.4 million "core" participants defined as those who play at least eight times a year...60 percent are 55 or older and more than 33.7 percent are 65 or older. Playing helps people to be social, improve their blood pressure, lower cholesterol, provide cardiorespiratory fitness, and improve reflexes and balance.

"We love that the court is small, it is

Playing helps people to be social, improve their blood pressure, lower cholesterol, provide cardiorespiratory fitness, and improve reflexes and balance.

played with a paddle, it takes very little time to learn the rule's, keeping score is easy, and it can be played outdoors," says Bob and Joan. When two of the local independent and assisted living communities discovered their love for pickleball, they asked them if they were willing to teach it to their residents. They instantly said yes!

Bob and Joan who are partners in the *Chintz Team with Pacific Sotheby's International Realty* have been providing no cost pickleball lessons to assisted living communities for the last year. When they talk to seniors about listing their homes and helping them in the downsizing process, the subject of pickleball always seems to come up. Bob says, "personally, it has helped us stay physically active and our minds alert. We play with our adult children. They love that we stay healthy, active and have a positive outlook on life. What better way to show "your" children getting older can still be fun!" Oh...and Bob and Joan have never been pickled (When a team scores zero in a whole game.)!

If you are interested in learning how to play Pickleball, please contact Joan and Bob at (310)251-7158 or [bob.heck@pacificsir.com](mailto:bob.heck@pacificsir.com) "We would love to hear from you!"

**Joan Chintz** DRE# 01064786 has been practicing real estate since 1991 and has a Senior's Real Estate Specialist (SRES) certification. Excellent service, honesty and expertise is her promise to each client.

**Bob Heck** DRE# 02023420 has a passion for working with transitioning seniors and their families. As a previous Director of Sales and Marketing in assisted living and memory care, Bob has guided many seniors through the transitioning process. Working with his wife Joan, he continues working with and supporting senior communities.





# Programs for Veterans

San Diego is home to over 240,000 veterans, one of the nation's largest concentrations of veterans. And with roughly 100,000 active service members, San Diego is a highly desirable destination for active and retired service members from all branches of the military. With such a large population of military members and their families, programs like the VA Homemaker/Home Health Aide Program, In-Home Respite Care Program, and the Aid and Attendance benefit program can play a significant role in caring for our veterans.

The VA *Homemaker/Home Health Aid Program* will pay a partnered in-home care agency for non-skilled assistance services with activities of daily living (ADLs) provided **directly to the veteran**. These ADLs include things such as:

- bathing and personal care
  - assistance with dressing and grooming (i.e., shaving, brushing teeth, hair care)
- verbal medication reminders
- meal preparation and feeding (if needed)
- light laundry related to incontinence care

This program is very specific to services provided directly to the veteran and **does not include** the following:

- Companionship services
- Travel services or mileage reimbursement
- Heavy or non-essential housekeeping
- Yard care
- Medication dispensing
- Services when veteran is away from home
- Services outside of the veteran's place of residence
- Services provided for other persons or pets in the residence
- Eligibility for this service is assessed and determined by VA staff and a VA social worker will coordinate with the veteran and/or family member to set up services once approved.

The VA *In-Home Respite Care Program*



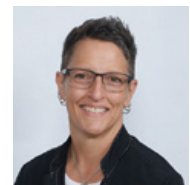
provides much needed respite (a break) for an unpaid family caregiver, who is often the significant other or spouse of the veteran. The veteran is eligible to receive up to 30 days of 6 hours per day respite per calendar year. A VA Social Worker will initiate this service and the approval process is the same as the VA Homemaker/Home Health Aid Program. Additional respite days can be requested, and approval will be determined by VA staff.

The VA Aid and Attendance benefit provides veterans or surviving spouses monthly financial assistance to help pay for the costs of in-home care (assistance with activities of daily living) or offset the cost of an assisted living home or community. The Homebound allowance provides financial assistance for those veterans who are receiving a VA pension and spend most of their time at home due to a permanent disability.

To find out more about any of these veteran benefits, contact your local VA representative or call us. We can help find an VA approved vendor who can assist with eligibility and the application process. Often, these VA approved vendors can get applications submitted and benefits approved in a fraction of the time the process typically takes. Get the help you need. Get the help you deserve. You answered the call to serve our country; now it's time to make the call and make your health and well-being a priority. —**Kie Copenhaver**

.....

**You answered the call to serve our country; now it's time to make the call and make your health and well-being a priority.**



.....

**Kie Copenhaver, CSA, RHIA, SHSS, RCFE administrator Medicare Insurance Agent, Lic# 4126440**

# UK THC OK!

## CANNABIS PRODUCTS ASSOCIATED WITH QUALITY OF LIFE IMPROVEMENTS IN PATIENTS WITH POST-TRAUMATIC STRESS

**L**ondon, United Kingdom: Patients with post-traumatic stress experience symptom improvements following the use of cannabis products, according to data published in the journal *Expert Review of Neurotherapeutics*.

British investigators assessed the safety and efficacy of cannabis products in 162 PTSD patients with a physician's authorization. Study subjects were participants in the UK Medical Cannabis Registry. Study participants consumed either cannabis extracts or THC-dominant flowers for a period of six months.

Authors reported that patients showed "statistically significant improvements" in a variety of domains, including sleep, anxiety, and stress. Self-reported adverse events were typically mild in severity.

"This observational study suggests an association between CBMP [cannabis-based medicinal products] treatment and improvement in PTSD-specific, HRQoL [health-related quality of life], sleep, and anxiety outcomes at up to 6-month follow-up," they concluded. "CBMPs were well-tolerated and adverse events manageable. ... This study can serve to inform future randomized placebo-controlled trials with the aim of confirming these promising effects, whilst informing current clinical practice."

Observational studies assessing the role of cannabinoids in mitigating symptoms of PTSD have generally yielded mixed results. A 2021 clinical trial reported that the inhalation of marijuana flowers provided limited benefits compared to a placebo in treating symptoms of PTSD.

# CBD is SAFE!

## CONSUMPTION OF AVAILABLE CBD PRODUCTS ASSOCIATED WITH PERCEIVED IMPROVEMENTS IN PAIN, ANXIETY, SLEEP, AND WELL-BEING



**L**os Angeles, CA: Subjects who consume commercially available CBD products report improvements in their overall well-being as compared to those taking a placebo, according to data published in the journal *Integrative Medicine Reports*.

A team of investigators affiliated with the University of California, Los Angeles and with the Scripps Institute assessed the health and safety of 13 commercially available CBD products in a cohort of over 2,800 participants. Subjects were randomly assigned to consume either CBD or a placebo for a period of 4 weeks.

Researchers reported: "Well-being, anxiety, sleep disturbance, and pain significantly improved among those assigned to take a CBD product relative to waitlist controls. Among those assigned to a CBD product, the percentage of individuals with a given condition who experienced an improvement which could be considered clinically meaningful or important was 46.6 percent for anxiety; 47.9 percent for sleep disturbance, and 35.2 percent for pain. ... All products in the study exhibited a favorable safety profile; no severe side effects were reported."

They concluded: "Our results suggest that the commercially available CBD products included in this study are safe and may serve as potentially effective complementary therapies for management of anxiety, sleep disturbance, and pain. These effects appear independent of the prior CBD use and product spectrum."

Prior analyses of commercially available CBD products have raised concerns about their purity and potency. Survey data compiled by the National Consumers League in 2020 determined that more than eight in ten US voters desire greater federal regulatory oversight over the labeling and marketing of commercially available CBD products.





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# RESOURCE GUIDE



**Melina Rissone, Real Estate Broker**  
**Associate at CBW**

**619.865.6017**  
**melina@melinarissone.com**

As an SRES Associated Real Estate Broker with Coldwell Banker West, Melina Rissone's mission is to support active adults and seniors with their real estate planning and home sales. She understands the emotional demands and can help minimize them. She takes the no-pressure approach to the transaction and is 100% service oriented.



**Patti Gerke, REALTOR®**  
**MBA, CRS, SRES, | DRE# 01386269**

**(760) 525-7269**  
**patti@pattigerke.com**

Patti Gerke is a Senior Real Estate Specialist® (SRES®) and a Certified Residential Specialist® (CRS®). For the past 21+ years her focus has been on working with seniors and their family members, estate planning attorneys, private fiduciaries, and financial advisors. Patti is continually recognized by her peers and clients for her integrity, passion for excellence, and empathetic ear for those she serves. Whether downsizing, distributing estate assets or moving across the country, Patti's #1 mission is to provide each client, whether buyer or seller, compassionate perseverance to provide resources, expertise and guidance through the real estate planning and selling journey.



**Joseph M. Casciani, PhD**  
**Living to 100 Club**  
**858-272-4992**  
**jc@livingto100.club**  
**www.livingto100.club**

Dr. Joe Casciani is the Chief Curator for the Living to 100 Club, a source of solutions to living longer and healthier: with a special focus on mindset, outlook, and positive attitudes about aging. He offers individual coaching sessions for seniors and their families to help cope with obstacles and losses that often come along in our senior years – whether physical, personal, or psychological. You can listen to Dr. Casciani's weekly Podcast, *Living to 100 Club*, on your favorite listening platform.



**Bob Heck & Joan Chintz**  
**310-251-7158**

**Rtheck007@gmail.com**

The Chintz Team Concierge Service is always ready to help you, where and when you need it most and on your terms. Joan Chintz, Certified Probate & Trust Specialist has the experience in real estate that gives you peace of mind. Bob Heck has been a Senior Transitioning Specialist for over a decade. Joan and Bob understand that when it's time for you next chapter in life there can be an overwhelming list of to-dos; but they've got you covered. Local Expertise. Global Connections. We are seniors serving seniors!



**Sean Kuhn**  
**619-391-8688**

**info@kuhnphysicaltherapy.com**

Physio on the Go is here to provide clients with a unique, highly individualized, and convenient model of care, that brings self-care, wellness, and physical therapy directly to you—online or at home. Our mission is to empower clients to improve their health and enhance their longevity by giving them simple, yet powerful tools to increase mobility, reduce pain, increase physical performance, and prevent unnecessary medical intervention and disease to live a long and active life.



**George G. Glenner Alzheimer's**  
**Family Center**  
**619-543-4704**

**information@glenner.org**

The George G. Glenner Alzheimer's Family Centers, Inc.® provide specialized day programs for seniors with Alzheimer's and other forms of dementia. Care is available Monday through Friday with full-day and half-day rates available. Each center offers structured, therapeutic activities and socialization in a safe, secure, family-like environment.





**St. Paul's PACE**  
**619-677-3800**  
**info@stpaulspace.org**

St. Paul's Program of All-Inclusive Care for the Elderly (PACE) is a managed health care plan exclusively for seniors. As part of St. Paul's PACE, you receive primary medical care, medication management, physical therapy, specialty services, in-home care, social work assistance, and transportation to and from the medical center. With St. Paul's PACE, you can remain living in the comfort of your home and get the medical care you need in a safe environment.



**Devore Realty Group**  
**760-908-3838**  
**Bryan@DevoreRealtyGroup.com**

The Devore Realty Group specializes in helping seniors and their families when they are making transitions from their homes. We provide three home selling options - traditional home sale, renovate-to-sell, and as-is sale - that provide our clients with peace of mind. Included in each home sale option are FREE downsizing services, and if you are considering a move into a senior community, we can help defer your move-in costs until after your home sells. We can also assist with any real estate purchase. FREE! Call us to start the easiest transition you will ever make.



**San Diego Oasis**  
**619-881-6262**

Oasis is a unique educational program for adults 50+ who want to continue to learn and be productive throughout life. Membership is free and open to anyone 50 or older. Join Oasis and enjoy stimulating classes and opportunities to serve your community.



**Living Coastal Senior Resources**  
**760-218-9866**  
**Jacqui@LivingCoastalSR.com**  
 Let the aging experts help you create a plan on your terms and lifestyle. *Living Coastal Senior Resources* have the knowledge and experience to solve the many challenges that can come with aging. We consult, advocate, and oversee the entire process of aging in place at home, managing disease, or finding the right assisted living or memory care. We believe the freedom to direct your future is what aging well is all about. Age well with the right choices.



**Aging123**  
**619-378-6895**  
**julie@aging123**

At Aging123, we specialize in educating, advocating and navigating the placement journey for aging adults and their loved ones. We've toured and inspected all Assisted Living and Memory Care homes and communities we refer our clients to; we've done the footwork; all you have to do is make the choice that's right for YOU.



**Silver Linings Transitions**  
**760-522-1624**  
**info@silverliningstransitions.com**

Silver Linings Transitions is a member of the National Association of Senior Move Managers (NASMM)...we subscribe to a code of ethics and a governing body. As Senior Move Managers, we assist adults and their families with the emotional and logistical aspects of relocation- whether it's to a smaller space, moving to be near family, or moving into a senior living residence. Let *Silver Linings Transitions* take the worry (and work!) out of the moving process.



**AGING ADVISORY SERVICES**  
**Aging Advisory Services**  
**858-395-7733**  
**jacqueline@agingadvisoryservices.com**

Specializing in aging in place, Aging Advisory Services helps older adults in the San Diego Region live safely and comfortably in their own home as they age. We provide assessments and consulting to help people better understand, plan for, and manage changes associated with aging. Our services include a signature Home Safety Evaluation and Implementation Plan, project management to support aging well in place, and connections to reliable resources tailored to each client's lifestyle, wishes, and needs. Contact us at [www.agingadvisoryservices.com](http://www.agingadvisoryservices.com) to schedule a free consultation.



**NONA'S HOMECARE**  
**Nona's Home Care**  
**(619) 788-4459**  
**info@nonashomecare.com**

At Nona's Home Care, we understand that it's not easy choosing your in-home care agency. Our caregivers have been thoroughly trained and practiced in providing the best home care assistance while catering to the specific needs of each client. We bring the highest quality care to you, so that you may thrive in your most comfortable, and familiar environment.



By *LinDee Rochelle*

# EVERY BODY IS DIFFERENT

**W**e all know that bodily aches and pains are part of life. At different stages, sports injuries, a serious fall, or the natural aging process, can lay you up for a while. Despite standard treatment, do you experience stubborn, chronic pain that just doesn't want to go away? Are you considering an alternative approach?

Shawn Robek, DC, CCSP, ART, TPI, founder of FIX Medical Group, knows just how you feel. It was his own injury and persistent pain a couple decades ago that set him on a path to helping others get back to doing what they love.

"I got into the business," said Shawn, "because I suffered a bad snowboarding injury twenty-seven years ago, and

thought I was going to be left paralyzed. Though I recovered, the injury made me realize how horrible my quality of life would be without the ability to do the things I love with the people I love".

Because of that painful experience, the mission for Shawn's medical offices is based on "Getting people back to doing what they love." For some, in relation to medical treatments, "That premise can be confusing," said Shawn, "but once they get our purpose, commitment and passion, they understand what we are trying to accomplish."

What Shawn and his elite staff of medical professionals are working to achieve is easier said than done. But their actions behind the words address a growing number of issues that plague the medical industry.

It's no secret that our health system is in shambles. With so much misinformation, conflicting statistics, and wild claims professing miracles, how can you determine what health methods will work for you and your specific health goals? After all, "every body is different," and no two people will receive the same exact results from any given product or treatment.

## **RISING ABOVE STANDARD MEDICAL SERVICES**

FIX Medical Group is an integrated team of medical professionals working with patients and addressing their needs to help them reach their goals. They FIX your body from the inside out, working with you to understand and listen to the messages your body is sending. As their



website mentions, “This isn’t a quick fix, it’s a permanent one.”

Shawn has guided his organization in this manner since opening his first location in San Diego, in 1999. Since then, it has grown into four locations, with two each in San Diego, California and Scottsdale, Arizona.

As well as treating the general population in all locations, they also work with many professional athletes from the NHL, NFL, MLB, and PGA.

What is it that makes their services “well-rounded”? “We’re unique,” says Shawn, “blending multiple specialties to change the face of patient care. We believe that doctors should act like coaches, working side by side with patients to help reach their health and wellness goals.”

In traditional medical treatments, a patient may exhibit three areas of concern, yet each specialist in those areas is wearing blinders, looking only for the problem they have been trained to treat. In reality, our bodies are not compartmentalized. They’re made up of interconnected parts to create a whole, like pieces of a puzzle. With current primary care services, however, we’re schlepped from one specialist to another, searching for answers until someone yells, “Eureka!”

But Shawn doesn’t see patient needs in that way. His clinics are comprised of clinicians, chiropractors, medical doctors, physical therapists, nurse practitioners and others, all working as a team to understand what your health goals are and help you to achieve them.

### STIRRING UP A POT OF SPECIALTIES

“Very few clinics,” says Shawn, “offer an experience of so many specialists under one roof that all have the same mindset for the good of the patient.” They’re a unique, dedicated team, providing a premiere concierge field of treatment to facilitate getting you to a healthier destination, and back to doing what you love.

Some of the core areas of expertise in



FIX Medical Group include:

- **Structural care:** an athletic blend of physical therapy and chiropractic treatment. It has been described as “aggressive but fun.” As a chiropractic doctor, Shawn knows the value of blending these two areas of treatment for maximum benefit.
- **Wellness care:** This area incorporates their Restart Wellness Program which works on your internal and external imbalances, enhances your mood, helps you sleep better, addresses weight issues, and provides results that last.
- **Regenerative medicine:** Perhaps you’ve heard of PRP (platelet-rich plasma) or stem cell treatments? They’re the latest in medical advancements responsible for cell growth and repair for some injuries and illnesses. Though not yet flowing into mainstream medicine, Shawn’s organization is equipped to provide these innovative, and well-tested treatments.
- **Aesthetics:** Shawn noticed in his patients, that there are times when after all the hard work for three to six months in an internal wellness plan, some patients wanted to also rethink areas of their external body for aesthetic reasons. To accommodate, he created this area utilizing “truSculpt iD,” a body-sculpting product that aids in muscle sculpting and fat reduction.

With a team of providers, FIX members have access to all services when needed. Whatever area of health change you choose—one or all—“Your clinician ‘walks shoulder-to-shoulder’ with you,” Shawn said. “We will encourage you through the tough parts, hold you accountable to your commitment, and be there to listen whenever you need.”

### WHAT DOES “TEAM” MEAN?

Each FIX Medical Group location relies on the clinic director and exceptional staff to treat their esteemed clients. However, above-average treatment is not limited to your health. “We really live by, and all of our decisions are made, according to our core values,” says Shawn. This is especially true when hiring:

- Clinic directors must have been with the organization at least five years and know how to create an environment where both patients and staff can thrive. They will also be an incredible practitioner that drives patient results, with extraordinary leadership skills.
- Providing fanatical customer experience is expected of the elite staff, as well. Along with the clinic director, they must understand what that means and work diligently to make sure each client or potential patient has that experience—“not simply doing their job.”
- Any provider who is hired must also

(continued from p. 29)

be selfless and do for others without expecting anything in return.

- Demonstrate radical transparency. “We’re an open office organization,” says Shawn. “We speak to one another in a way that we feel the person needs to hear the information. No worries about hurt feelings from miscommunication. We speak freely.”
- Everyone hired is expected to realize how much suffering there is in the world and how little they have likely suffered in comparison. “We want our doctors (especially), to be excited to truly ‘see’ people,” says Shawn, “and be as passionate as they are about their goals.”
- Show unconditional gratitude. Each staff member is expected to understand



## At a Glance:

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 San Diego, CA 92108

### Rancho Bernardo

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 Diego, CA 92128

### Scottsdale

11333 N Scottsdale Rd. Suite 140,  
 Scottsdale, AZ 85254

### Scottsdale – Inside Gainey Village Health Club & Spa

7477 E Doubletree Ranch Rd., Scottsdale,  
 AZ 85258

## 3 Minutes with Rebecca

**Your Name?** Rebecca R

**First, what was the length of your RESTART program?** 3  
 Month RESTART

**What outcomes did you have that you were not expecting?**

First I sleep, not just fall asleep, but stay asleep and wake up refreshed daily! The other huge change has been my pain level. Prior to Restart I had significant pain in my jaw, following three surgeries I was left with constant pain, areas of numbness, and consistent flare ups of this pain. In the last month that has almost completely disappeared. Which has given me back a huge piece of my daily life! Pain in my body overall has decreased and allowed me to be much more active doing things I love!



**Please share something you were not able to do before the program that you can do now.**

Hike. Last fall I was injured while hiking, I have been fighting to come back from my injury. With Shawn and Katie's help I was able to deal with the acute injury, but Restart wiped out

the remaining inflammation and I am happy to report I have been cleared to hike and start enjoying the beautiful Arizona mountains again!

**Would you recommend us to your friends and family?**

5 out of 5

**How has your life changed since starting the RESTART program?**

I am a much healthier version of myself. I am able to be active in ways I haven't been in years if ever. I have more energy to do things with my kids and friends. I am a better version of myself.

**Overall, how would you rate your experience?**

5 out of 5

**Thanks! Before you go, is there anything you'd like to add?**

I just want to thank the whole Fix Medical team for guiding me on this journey over the last 6+ months. I wouldn't be where I am without them. I never dreamed that an injury at the top of a mountain would change my life in so many amazing ways.

that everyone there is very lucky to be on this earth, doing what they're doing. “So,” said Shawn with a chuckle, “there is very little whining in our offices.”

While that stringent list may seem a big ask, Shawn is aware that the professionals who come to them pay with the energy they provide, which was based on their efforts outside of the office. That reality is respected, and gratitude is shown for choosing to work there.

Shawn's fourth quarter goals are to redefine the patient experience and to spread their doctor-coach approach

throughout the medical industry, one patient at a time.

Unlike traditional medicine, “We stay in touch with people whether they're in care, or not,” says Shawn. “We know it's typically difficult to get answers from doctors, but we're here for them if they need consulting or guidance, by phone, email, text, or face-to-face, regardless of if they're an active patient.”

The FIX Medical Group difference is their commitment to clients and patients that extends beyond the initial recovery. They are not abandoned after a treatment plan is over.







...hard decisions are compounded by our worry that "letting go" means saying goodbye to our history, our hopes and the belief that if no one "keeps our things," we cease to exist.

.....



**Jami Shapiro is Magical Moves and De-Cluttering Expert at Silver Linings Transitions**, is a senior and specialty move management company offering downsizing, home organizing and move management assistance. We also run a monthly Downsizing Support Meetup on the third Thursday of every month. For more information call 760 522-1624 or email info@silverlinings.transitions.com



The New Year brings new resolutions for improving our health and wellbeing. One of the best things you can do for your health is to de-clutter your home. Clutter significantly impacts our physical and mental

health - becoming both a safety hazard and contributing toward higher rates of depression. As a senior move manager, I meet with clients shortly after they've made the decision to move to a senior community or a smaller home. For many the decision is delayed due to the overwhelming task of moving and the fear of making downsizing decisions.

These hard decisions are compounded by our worry that "letting go" means saying goodbye to our history, our hopes and the belief that if no one "keeps our things," we cease to exist.

I was an only grandchild. When my grandmother passed away, my mother wanted me to keep her china. I wasn't even using the china I'd registered for only two years before.

Generational priorities change and the things you've cherished don't hold the same significance for your loved ones. Though her china was donated, I fought hard for a lamp in my grandmother's living room because THIS item had significance for me. It now sits on my nightstand.

### Here are seven tips to decluttering/downsizing;

1. Break the task into manageable pieces. Create a "to do" list, starting with the easiest tasks and work toward the harder ones.
2. When organizing, clear off shelves and areas you want to de-clutter so you have a fresh canvas. Then, gather like items together and begin to fill the space eliminating duplicates, broken items and things you aren't really using. Use labels and bins to keep the area organized.
3. If you want your loved ones to say "yes" to your things, create a list of the most important items and share their story. Host a family "show and tell" and give items away.
4. Use a site like Artifacts.com or make an album and take photos and the history behind mementoes. Often, these photos are just as special as the item itself.
5. If you have a collection, choose and display your favorites then gift, sell or donate the rest.
6. Set your timer for 10 minutes a day for one week. Fill one bag with trash and one with donations. You can also use stickers for furniture. Make sure you've scheduled a delivery pick up for the end of the week.
7. Don't let pride keep you from asking for help - whether a friend or loved one or a service like Silver Linings Transitions. Be kind to yourself. It's mentally taxing to do this work.



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