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Volume 14 • Issue 3

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Silent:** What
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icare exclusive

NERLYN JESTINE
Owner & CEO
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FROM OUR PUBLISHER



Activating Our Tri-Dimensional Life

By ANGEL CHAVEZ

Start your day by acknowledging: My Father is Spirit being, I am a spirit being I have an eternal soul and temporarily live in this physical body: My daily activities are tri-dimensional and I will thrive harmoniously today.

Let's do our part, our Father is doing His: "Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it." *1 Thessalonians 5:23-24*

Make it simple as ABC...

A) ACQUIRING KNOWLEDGE. How? "My son, give attention to my words; Incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, And health to all their flesh." *Proverbs 4:20-22*

Some people are experts and very sensitive in acquiring gossip or reports of fear. How? a) They pay special attention to it. b) They incline their ears to it. c) They think, imagine and add to it. d) They love it in their heart, and e) They expand it with their tongue. "Death and life are in the power of the tongue, And those who love it will eat its fruit." *Proverbs 18:21*

If we can only do the same with and for the Lord, then we can heal the earth and the climate change that some people fear so much. So, let's start: "So, then faith comes by hearing, and hearing by the word of God." *Romans 10:17*

"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—

meditate on these things." *Philippians 4:8*

B) AFTER FINDING KNOWLEDGE, WE WILL AUTOMATICALLY LOVE IT, BUT LET'S KEEP IT IN THE MIST OF OUR HEART AND DON'T BECOME PASSIVE, ACTIVATE IT! FAITH IS VOICE-ACTIVATED: THE CORRECT USE OF OUR TONGUE BRINGS THE MANIFESTATION OF THE TRUE-PRINCIPLES FROM THE SPIRITUAL DIMENSION INTO THE NATURAL DIMENSION.

"And since we have the same spirit of faith, according to what is written, "I believed and therefore I spoke," we also believe and therefore speak," *2 Corinthians 4:13* Therefore, speak it, keep establishing the truth, revelation knowledge is true, get bold and command it into this earth. Speak to the mountain!

C) FINALLY ACTION IS REQUIRED. FAITH WITHOUT ACTION IS DEAD! ACT AS IF THAT PRINCIPLE THAT YOU KNOW IN YOUR HEART IS ALREADY YOURS IN THE NATURAL. FOR WE WALK BY FAITH NOT BY SIGHT "But do you want to know, O foolish man, that faith without works is dead?" *James 2:20*

THAT SPIRITUAL PRINCIPLE THAT YOU KNOW IN YOUR HEART WILL OVERRIDE THE NEGATIVE THOUGHTS, OR IMAGINATIONS, OR FEELINGS, AND ANYTHING OF THE KINGDOM OF DARKNESS. LIFE COMES FROM THE SPIRITUAL DIMENSION BY WORDS. EVERYTHING YOU SEE WAS CREATED FROM THE UNSEEN:

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Yes, Parenting Is Harder Now. What to Do About It.

Source: ALLPRODAD.COM



In 2024, the U.S. Surgeon General issued a public health warning for parents, saying, “As technological and economic forces have reshaped the world at a dizzying pace, it has also become harder for parents to prepare children for a future that is difficult to understand or predict.” Did you catch that? The Surgeon General found enough challenges facing modern-day parents that he felt he needed to issue guidance in the form of a public health warning. You know how you’ve always thought it was so much harder to parent nowadays? You’re probably right.

Obviously, it’s difficult to compare one generation to the next. You weren’t in your parents’ shoes, and so you can’t say unequivocally that it’s harder to parent now than it was yesterday. However, I would argue that the pressures facing parents are more complex than those of the generation that came before us. Yes, parenting is harder. Here are 5 ways I see that to be true and how we can begin to respond.

1. Providing for your family is more expensive.

In the past 30-40 years, salaries and purchasing power have increased significantly in the U.S. However, they have not kept up with the rising cost of home ownership (and rental prices for that matter), higher education, or the price of owning a car. Add to that the cost of sourcing each of your family members with a cell phone, the fees for youth sports (especially travel teams), and the overall expectations of what is normal (vacations, electronics, and so forth), and the financial pressures become very real, very quickly. Why is parenting so much harder now? It really does cost more.

What can we do about it? Two words: simplicity and contentment. This isn’t easy, but neither is it impossible. You can say, “Just spend less money,” but that’s nearly impossible if we don’t learn to desire different things. Spending time as a family practicing gratitude and simplicity are core practices in helping to free yourself from the financial pressures

that are so ubiquitous. Look for opportunities to share with your kids how grateful you are for what you have. Choose to enjoy time together doing free or inexpensive activities (movie or game nights at home, library visits, hikes, and more). Make thrifting for clothing a game to see who can snag the best finds and then share your haul with one another. Do things together to serve people who are under-resourced and marginalized, such as visiting the elderly in a county nursing home or taking meals to a shut-in. Creating meaningful family experiences like these will help shape how your kids see themselves as fortunate.

2. You both want to be involved.

The old stereotype of the mom being in charge of the kids while the dad just loses himself in his work or in front of the TV is increasingly antiquated. The fact is, both moms and dads are spending much more time with their children now than they were a few decades ago. This is great! At the same time, when you combine the desire of both parents to be involved with the increase in kids’ activities, it can feel like you’re both running around all the time.

What can we do about it? Well, for one, we can limit the number of activities our kids participate in. For my family, my wife and I only allowed one extracurricular activity per season. This created margin for us to actually be present with our kids rather than functioning primarily as their chauffeur. Additionally, we can work to be present in those moments when we’re driving from one place to the next or grabbing a quick bite to eat. Set phones aside, turn the music down, and tune into your kids, even if it’s just for five minutes. There’s no one right way to do it, but I would suggest the wrong way is simply saying yes to every activity out of fear your kid will miss out. No one can do everything. That’s a good lesson for all of us to learn.

3. It’s a culture of comparison.

Never before have we had so much access to what everyone else is doing at all times. This can put a lot of pressure on your kid and you. We obviously know of the challenges social media creates for our kids. But it’s also a problem for parents. Now you get to see your coworker’s pictures of all the amazing trips he takes his kids on, which you can’t afford. You read your neighbor’s touching anecdotes about how his son is his best friend, while yours hardly talks to you. And of course, your brother-in-law posts about the joy that radiates from his daughter while yours battles anxiety. Why is parenting so much harder now? We’re constantly comparing ourselves to others.

What can we do about it? We can moderate our social media usage. Spending extensive time on social media offers few benefits and many challenges. Secondly, we can pay attention to what we’re giving our attention to. There’s this great line in C.S. Lewis’ book, *The Horse and His Boy* (from *The Chronicles of Narnia*). In it, a child was asking Aslan about another child, and Aslan replied,

see “PARENTING” on page 7



FROM THE CITY COUNCIL

by SARAH PROHASKA
Communications Director for
the City of Port St. Lucie

Residents can share input, opinions through National Community Survey

The City of Port St. Lucie is asking residents for their opinions and perspectives through an annual survey to help shape the future of the community.

For the past nine years, the City has used the National Community Survey™ to gather insights from residents that help guide the City's strategic planning, prioritization of programs and projects, as well as development of new services.

Conducted by the National Research Center (NRC) and Polco, the surveys are being mailed to a statistically valid sample of residents. Recipients are encouraged to complete and return the surveys as the information gathered will play a critical role in updating the City's strategic plan and goals.

For those who do not receive a survey by mail, an online version is available to all residents at cityofpsl.com/communitysurvey beginning Feb. 18. The online survey will be open until March 25.

The survey focuses on various aspects of community livability, including the quality of life in Port St. Lucie, demographics, local government services and residents' use of those services. The data provides important insights into residents' perceptions and offers comparative analytics from other local governments across the nation.

The collected data will support the Mayor, City Council and City staff in making informed operational, strategic and policy decisions. Insights from past surveys have directly influenced several key community projects and initiatives, such as: Road improvement projects funded by the voter-approved Half-Cent Sales Tax, like the Floresta Drive Corridor and St. Lucie West Boulevard.

Creation of Naturally PSL: Green Spaces and Places, an initiative designed to bring residents more access to nature and neighborhood parks, while preserving green space across the City. Development of The Port District, which opened in June 2024, as well as Tradition Regional Park, which will open in 2026, and Torino Regional Park, which broke ground in 2025.

Operating a high-performing government organization is a key strategic goal of the Mayor and City Council, and this survey is an important way the City is working toward that goal. The International City/County Management Association (ICMA) has identified conducting surveys for data-driven decisions as a leading practice for local governments to pursue in evaluating their performance, enhancing their communications with the community and helping with decision making. ♦



FROM THE SLC PROPERTY APPRAISER

by MICHELLE FRANKLIN
Saint Lucie County Property Appraiser
www.paslc.gov

A Smart Move for New Homeowners: Homestead Exemption in Saint Lucie County

Buying a home is a major milestone, and for new St. Lucie County homeowners, it also opens the door to meaningful property tax savings. If your home is your permanent residence, you may qualify for a Homestead Exemption, a benefit designed to reduce the taxable value of your property and provide long-term financial relief.

The application process is simple and can be completed online through the St. Lucie County Property Appraiser's website, making it easy for homeowners to apply at their convenience.

Eligibility for the 2027 Tax Year

Homeowners who moved into their property on or after January 1, 2026, may apply for Homestead Exemption for the 2027 tax year, provided the home is established as their permanent residence as of January 1, 2027. The exemption applies only to the primary residence and is not available for rental properties or second homes.

Application Period

The online Homestead Exemption application opens March 3, 2026. Filing early is encouraged to allow sufficient time for review and processing before the 2027 tax roll.

Benefits of Filing Online

The St. Lucie County Property Appraiser's office offers a secure, user-friendly online application to streamline the process. Online filing allows homeowners to apply from anywhere, eliminates the need for paper forms, and provides guided prompts to help ensure accurate submissions. Once completed, applicants receive immediate confirmation, offering peace of mind that their application has been successfully received.

How to Apply

Beginning March 3, 2026, homeowners may apply by visiting www.paslc.gov. Applicants should confirm that they meet the ownership and residency requirements before starting the application.

To complete the process, the following information will be required for each applicant:

- Social Security number
- Florida driver's license or Florida identification card
- Florida voter registration and vehicle registration information

see "SMART MOVE" next page

smart move cont.

After applying, homeowners will receive a confirmation email containing a receipt and a reference number. This information may be used to check the application's status if needed.

Help When You Need It

Assistance is available for homeowners who have questions or need help completing their application. Our office is available by phone Monday through Friday, from 8:00 a.m. to 5:00 p.m., at (772) 462-1000. Online assistance is also available at any time through Ask Lucie, our virtual chat assistant, at www.paslc.gov. For those who prefer in-person assistance, office visits are available after March 3 at the following locations:

Fort Pierce Office: 2300 Virginia Avenue,
Fort Pierce, FL 34982

Saint Lucie West Office: 250 NW Country Club Drive,
Port Saint Lucie, FL 34986

Both offices may be reached at (772) 462-1000.

What to Expect Next

Homeowners with approved Homestead Exemptions will first see the exemption reflected on their 2027 TRIM Notice, mailed in mid-August of the year the exemption is applied.

Applying for a Homestead Exemption is an important step for new homeowners looking to reduce their property tax burden. By filing online, St. Lucie County residents can take advantage of a straightforward process that helps ensure they receive the tax benefits available to them. ♦



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parenting cont.

"I never tell anyone a story other than their own." The fact is, you don't know anyone else's story fully. You don't know the pain behind the picture or the struggle behind the story. You only know yours. Stop spending your time focusing on others' stories and instead focus on living your own.

4. We're disconnected from support systems.

Ironically, we've never been more connected and yet we're increasingly isolated. According to a Pew Research survey, approximately 1 in 5 Americans live far from family. In 1981, a Gallup poll reported that some 20% of Americans felt lonely. By 2020, it had increased to 36%. Add to this the decline in trust in social institutions and religious gatherings, and we are increasingly doing this parenting thing alone. Childcare is often someone you pay to watch your kids rather than a family member, which can add significant financial pressure and reduce the likelihood that you'll spend time with others who can support you. Why is parenting so much harder now? We're disconnected.

What can we do about it? We need to prioritize social relationships. Depending on your wiring, that may sound like a drink of cool water or a polar bear plunge into the icy depths. But either way, it's important. This can take many forms: inviting a couple over for dinner, joining a parenting group at your church, asking an older couple to mentor you, or deciding with your wife to give each other a night out with friends each month. Whatever it is, building your support network is critical.

5. There are increasing concerns around kids' mental health.

According to the CDC, nearly 1 in 5 kids ages 3-17 have been diagnosed with some mental, emotional, or behavioral health issue. And you do not feel equipped to handle it. Add to that the parental guilt that often boils to the surface: "Why does my kid struggle so much more than others? Am I doing something wrong? What's the matter with me?" This can feel overwhelming and terrifying. It can also be confusing, as clinical terms like "anxious" or "depressed" get used ubiquitously in ways that aren't precise. Why is parenting so much harder now? Mental health issues are a growing concern.

What can we do about it? To begin, talk with your kids. Ask questions. Check in on them. Be present and curious. Secondly, educate yourself. For all the shortcomings of the internet, it's easy to find solid information if you do a little homework. Reach out to mental health experts, school counselors, or your pediatrician. You have options that take some work, but the payoff is worth it. Finally, remember that your child's mental health is not a referendum on your parenting. Your child needing to see a therapist doesn't make you a bad parent. But being curious and supportive enough to do whatever you can to get your child the help he or she needs does make you a good one. ♦



Could there ever be a worldwide internet outage?

Source: LIVESCIENCE.COM

Whether it disrupts access at work or makes your favorite show buffer at its most suspenseful moment, the inconvenience of an unreliable internet connection is something we've all experienced. Large-scale outages over the years have served as reminders that the internet can also face more widespread issues and bring everyday tasks to a halt. But would it ever be possible for the entire internet, all across the world, to go down?

The internet is often called a “network of networks,” including those linking devices across homes, businesses, public spaces and more. For the entire internet to go down, therefore, many pieces of infrastructure would need to be impacted within a short time.

“It is possible but would require significant resources and/or huge coincidences which makes it a highly unlikely, but possible, event,” George Cybenko, a professor of engineering who specializes in information systems and theory at Dartmouth College, told Live Science in an email.

Quite a bit of “heterogeneity, randomness and distributed asynchronicity” were built into the internet from the start, so a whole-system failure is very unlikely and would be extremely difficult to cause, Cybenko said. “We have local networks as well, say within a home or a business, that could continue to function even if the global nature of the internet has failed,” he explained.

When information is shared over the internet — for example, as a text message is sent from one smartphone to another — it is broken into small packets of information, each of which is routed through the quickest available path through the network. That means that, even if one of these routes is compromised, the message can still travel because it has a long list of alternatives, according to The Open University.

This design consideration alone protects the entire network from completely failing due to either physical damage — for example, if an undersea cable were cut or a large internet hub lost power — or software damage, whether caused by systems issues or hackers. Even when a large infrastructure provider, like Cloudflare, goes down, the disruption may last only a few hours and cannot spread to other providers or systems.

If a larger outage were to occur — for instance, from a powerful and unexpected solar storm — repairs could take time to resolve. However, many governments and large companies have plans for how to recover from a large internet outage and resume operations as quickly as possible, which often include tools like cloud storage systems and backup power generators, Cybenko said.



Conversely, some governments have shut off the internet in times of massive protests. This is accomplished by dismantling or destroying internet infrastructure like power grids and fiber optic cables, or throttling — intentionally limiting the processing speed of an internet connection via broadband providers, according to the World Economic Forum. But even those intentional outages can be resolved relatively quickly.

“It is surprising how rapidly people can recover [the internet] — it continues to befuddle people how resilient the internet is,” William Dutton, a senior fellow and advisory board member at the Oxford Internet Institute and the University of Oxford’s first professor of internet studies, told Live Science.

In the meantime, though, the impacts of such an outage could go much further than inconvenience. Critical infrastructure, such as hospital IT systems, often depend on the internet, and essential services, like power grids and traffic management, could be shut off indefinitely.

“The more central the internet becomes to so many different functions, from health care to even warfare, the more critical it is that it be secure and that it be reliable,” Dutton said. “These kinds of outages and so forth are obviously concerning, even for short periods of time.”

Since the internet’s invention, fears have circulated that as it continues to expand, its foundations run the risk of being strained or overloaded. But Dutton said this is a common misconception.

“The more you add nodes and so forth, the internet actually becomes more resilient — growth actually makes it stronger rather than weaker,” Dutton said. “It’s certainly possible, but I doubt that it will collapse at all.” ♦

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The Day the Internet Went Silent: What Would Happen If the World Lost Connection?

Source: MEDIUM.COM

Imagine waking up one morning, reaching for your phone, and seeing no notifications. No Wi-Fi. No mobile data. No internet — anywhere.

At first, you might think it's a glitch. You restart your phone. Nothing. You turn on the TV — no streaming services load. You open your laptop — emails refuse to send. Slowly, an uncomfortable realization hits: the internet is gone.

In today's world, the internet is not just entertainment. It's the invisible engine that powers modern life. From hospitals and airports to banks and classrooms, everything depends on it. Losing it wouldn't just be inconvenient — it would be world-changing.

The First 24 Hours: Confusion and Panic

In the first few hours, chaos would spread. People rely on messaging apps, maps, and online news to understand what's happening. Without them, rumors would replace facts. Businesses that depend on online systems would shut down instantly. ATMs would stop working. Digital payments would fail.

Airports would ground flights. Stock markets would freeze. Emergency services, many of which rely on internet-based systems, would struggle to coordinate.

Hospitals, Governments, and Survival

Hospitals would be hit hard. Patient records stored in the cloud would become inaccessible. Surgeries might be delayed. Life-saving equipment connected to networks could fail.

Governments would scramble to communicate using old methods — radio, landlines, even paper notices. For younger generations who've never lived without the internet, this would feel like stepping into another century overnight.

The Psychological Impact

Beyond logistics, the mental impact would be massive. Social media, for better or worse, connects billions of people emotionally. Suddenly, that connection would vanish. Loneliness and anxiety would rise. People would be forced to confront silence — something modern society rarely experiences.

Ironically, some would rediscover face-to-face conversations. Families might talk more. Communities could grow closer. The loss would hurt, but it might also reveal how dependent we've become.

Would the World Recover?

Eventually, yes. Engineers would work around the clock to restore systems. Temporary offline solutions would emerge. But the lesson would be unforgettable: the internet is not guaranteed.

This imagined disaster exposes a powerful truth — we've built our world on something invisible, fragile, and deeply essential.

The real question isn't what if the internet disappeared — it's are we prepared if it ever does? ♦

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What can you do today to improve your heart health? Simple steps can make a difference

Source: AMERICAN HEART ASSOCIATION

Everybody wants a healthy heart. But where should you start? And can simple steps make much difference?

Heart experts have easy answers to those questions.

“It doesn’t matter if you’re old or you’re young, you can still improve your health regardless of where you’re coming from,” said Dr. Charles German, director of preventive cardiology at MedStar Georgetown University Hospital in Washington, D.C. “And it’s never too late to start working on those heart-healthy habits.”

Dr. Lori B. Daniels, a cardiologist and a professor of medicine at the University of California San Diego, agreed. And while the basics of a healthy lifestyle are spelled out in the American Heart Association’s Life’s Essential 8 – behaviors and factors that are key for improving and maintaining cardiovascular health

she and German also offered specific actions anybody can take today to get on a heart-healthy path.



1. Just stand up and move

The foundation of heart health is a healthy lifestyle, German said. And that means staying active.

But you don’t have to start by training for a marathon. Just reducing the amount of time you spend sitting counts as a good first step toward better heart health, he said.

“A lot of times people will say, ‘Oh, Doc, I just don’t have time to exercise,’” he said. They may be taking too narrow a view.

The American Heart Association recommends 150 minutes a week of moderate-intensity aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of both, preferably spread throughout the week. It also recommends adding moderate- to high-intensity muscle-strengthening activity such as resistance or weight training, at least twice a week.

But “any movement is better than none,” German said. “More movement is better than some, but for those folks who are very sedentary, even light-intensity walking is great for heart health.”

Just getting up throughout the course of the day, cumulatively, counts toward the total, he said, even if you don’t have time to go to the gym to do dedicated exercise. (Making time to go to the gym, even on the weekends, is of course a good idea, experts say.)

2. Read the nutrition label

The American Heart Association recommends a heart-healthy diet that includes various types of fruits and vegetables, whole grains, beans, legumes, nuts and seeds. Added sugar, salt and fried foods

see “HEART HEALTH” on page 13


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God's Prescription For Sleep

By DR. DAVID THOMPSON
CHAPLAIN, SLSO

A number of years ago I worked as a Medical Chaplain. We had a psychiatric unit as part of the hospital. One day I received a call from one of the psychiatrists to report to the unit "STAT" which means as soon as possible. This call was not one I usually received. I always got requests from the staff, but never the doctors. They did appreciate my presence and were glad I was part of the team. My dual degrees as a licensed clinical social worker and a doctorate level minister gave me credibility with the entire psych team. The request was to consult with psychiatry. This was a new shift in my responsibilities on the Unit.

I met with the psychiatrist to determine the nature of the problem, and how I could be of assistance. They informed me that they had a patient on the unit that had not slept in weeks. They had given her enough sedatives that it should have put down an elephant. The patient, however, was still unable to sleep. They were bewildered and unclear about the next course of treatment. It was at this point they decided to involve the chaplain to determine if a spiritual intervention was needed.

Prior to visiting the unit to meet with the psychiatrist, I said a prayer for grace and wisdom. I met with the patient to determine what was contributing to her inability to sleep. She informed me that she had recently lost two loved ones. One was her husband of many years. The other was an adult child that just had died of a terminal illness. There was another impending loss of a loved one shortly to take place. It was apparent that she was overwhelmed with sadness and grief. She appeared to be in shock from these sudden deaths.

The magnitude of these losses had overwhelmed her, captivating her mind, will, and emotions. I stopped and prayed. I told God he could jump in at any time and give me some direction with this elderly woman. I felt impressed after I prayed to start writing down several Bible passages. The scripture states "if any man lacks wisdom, let him ask of God." James 1:5.

I gave the scriptures to the patient. Her eyes got very wide, she looked exasperated. She shrieked and said, "Do you want me to read the Bible?" I replied, "yes". She went on to tell me she had never read the Bible in all her life. I said not to worry, it won't hurt you. Then I reassured her I would follow up with her tomorrow.

The next day she looked refreshed and peaceful. I inquired how she slept. She said, "Chaplain Dave, I have had the best night's sleep in months. I slept like a little lamb". It was quite amazing. This sleep greatly helped the staff assist her with her treatment. As I was leaving the psychiatric unit I was amazed at the patient's transformation. I realized that God had given a timely prescription for sleep. Shortly after that I had other occasions to give this scriptural remedy for sleep to others battling insomnia for varied reasons. I have been sharing this sleep prescription for years.

In 2005, I was hired as the Chaplain for the St. Lucie County Sheriff's Office. I had many occasions to use the sleep prescription with the staff and jail inmates. It has given sleep to returning war vets, stressed out first responders, and individuals



with physical trauma and anxiety. In all my years of passing this prescription out many have had physical and emotional healings.

What is the big deal with these scriptures? Proverbs 4:20-22 gives us an insight as to why they are so powerful: "My son, give attention to my words; keep them within your heart; for they are life to those who find them, and health to all their flesh."

I have had my own challenges with sleep, particularly after a heart attack, which resulted in me coding for five minutes in 2012. I had a .09% chance of coming back to life. It was a big trauma for me. I asked my cardio-nurse why I could not sleep. "Well Chaplain, she replied, "think about it. You died! Nighttime- darkness. Darkness reminds you of death! I would not take the prescribed Ambien for sleep. God prompted me to read the passages and I went to sleep. As I read these passages out loud, verse after verse assured me of God's Presence, His Peace, and His steadfast love. God's love pushed away all the fear and anxiety.

These are the scripture passages that have helped many: Psalms; 23,27,31,34,37,46,56, 91,121. Mathew 6:25-34. Philippians 4:6-8. Isaiah 43:1-5, 18-21. Now some read all these passages at once. Others read a few at a time. Each person can go at their own pace. As you read them remember Psalm 127:2 "The Lord gives to his beloved sleep. If you experience some breakthroughs in your sleep and would like to share that with me, call 772-318-9093 or e-mail drdavidthompson90@gmail.com or thompsondav@stluciesheriff.gov. ♦



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Are Meat Eaters Really More Likely To Live to 100 Than Non-Meat Eaters?

Source: SCITECHDAILY.COM

Among adults over 80, diet quality and maintaining a healthy weight matter more for longevity than whether meat is eaten.

A recent study suggests that people who avoid meat may be less likely than meat eaters to live to 100. Before viewing this as a warning about plant-based diets, however, the results deserve a closer look.

The researchers followed more than 5,000 adults in China who were aged 80 and older and took part in the Chinese Longitudinal Healthy Longevity Survey, a nationally representative project that began in 1998. By 2018, participants whose diets excluded meat were less likely to reach centenarian status than those who ate meat.

At first glance, this finding seems to clash with a large body of evidence linking plant-based diets to better health. Vegetarian eating patterns have repeatedly been associated with lower risks of heart disease and stroke, type 2 diabetes, and obesity, benefits often attributed to higher fiber intake and lower levels of saturated fat.

So how can these results be explained? Several key factors need to be considered before drawing broad conclusions about diet and longevity from this study.

Your body's needs change as you age

This study focused on adults aged 80 and older, whose nutritional needs differ markedly from those of younger people. As we age, physiological changes alter both how much we eat and what nutrients we need. Energy expenditure drops, while muscle mass, bone density, and appetite often decline. These shifts increase the risk of malnutrition and frailty.

Most evidence for the health benefits of diets that exclude meat comes from studies of younger adults rather than frail older populations. Some research suggests older non-meat eaters face a higher risk

of fractures due to lower calcium and protein intake.

In later life, nutritional priorities shift. Rather than focusing on preventing long-term diseases, the goal becomes maintaining muscle mass, preventing weight loss, and ensuring every mouthful delivers plenty of nutrients.

The study's findings may, therefore, reflect the nutritional challenges of advanced age, rather than any inherent problems with plant-based diets. Crucially, this doesn't diminish the well-established health benefits of these diets for younger and healthier adults.

Body weight explains much of the risk

Here's a crucial detail: the lower likelihood of reaching 100 among non-meat eaters was only observed in underweight participants. No such association was found in older adults of healthy weight.

Being underweight in older age is already strongly linked with increased risks of frailty and death. Body weight, therefore, appears to be a key factor in explaining these findings.

It's also worth remembering that this was an observational study, meaning it shows associations rather than cause and effect. Just because two things occur together doesn't mean one causes the other.

The findings also align with the so-called "obesity paradox" in aging, where a slightly higher body weight is often linked to better survival in later life.

Notably, the reduced likelihood of reaching 100 observed among non-meat eaters was not evident in those who included fish, dairy, or eggs in their diets. These foods provide nutrients that are essential for maintaining muscle and bone health, including high-quality protein, vitamin B12, calcium, and vitamin D.



Older adults following these diets were just as likely to live to 100 as meat eaters. The researchers suggested that including modest amounts of animal-source foods may help prevent undernutrition and loss of lean muscle mass in very old age, compared with strictly plant-based diets.

What this means for healthy aging

Rather than focusing on whether one diet is universally better than another, the key message is that nutrition should be tailored to your stage of life. Energy needs decline with age (due to decreased resting energy expenditure), but some nutrient requirements increase.

Older adults still require adequate protein, vitamin B12, calcium and vitamin D – especially to preserve muscle mass and prevent frailty. In older adulthood, preventing malnutrition and weight loss often becomes more important than long-term chronic disease prevention.

Plant-based diets can still be healthy choices, but they may require careful planning and, in some cases, supplementation to ensure nutritional adequacy, particularly in later life.

The bottom line is that our nutritional needs at 90 may look very different from those at 50, and dietary advice should reflect these changes across the lifespan. What works for you now might need adjusting as you age – and that's perfectly normal. ♦

heart health cont.

should be limited.

"A Mediterranean-style diet is probably among the healthiest for your cardiovascular health," Daniels said.

But German acknowledged that if you're not there yet, "I don't think it's realistic for someone to go from imperfect to perfect diet" overnight.

His advice is to begin by paying attention to food labels.

"Look at the amount of sodium," he said. "That's how you can gauge how much salt you're taking in." The Association recommends limiting sodium to no more than 2,300 milligrams a day – about 1 teaspoon, with an optimal goal of no more than 1,500 mg a day for most adults.

Note levels of saturated fat as well, he said. The Association recommends limiting saturated fat to 6% of total calories. So if you're eating 2,000 calories a day, no more than 120 of them should come from saturated fat.

As you become more aware of what you're eating, Daniels said, make changes you can live with. Healthy eating doesn't mean you have to permanently eliminate every food you enjoy. It does mean not "scarfing it mindlessly," but you can leave room for favorites. "Because we're in it for the long haul," she said. "This is a marathon, not a sprint."

3. Take a stress-reducing walk

Stress is linked to behaviors that raise the risk for heart disease and stroke. So it's important to find healthy ways to relax, Daniels said, whether it's meditation, reading a book or learning a stress-reducing breathing technique.

"I'm a big fan of taking a walk," she said, "because you can kill several birds with one stone. You get your exercise in. You get your relaxation." And if you do it after a meal, it can help control your blood sugar levels.

4. Check your numbers, starting with this one

Life's Essential 8 emphasizes the need to know your numbers for cholesterol, blood sugar and blood pressure.



The first two require checking in with a health professional. But Daniels noted that many drugstores have a blood pressure monitor on site. So that can be a convenient place to start, she suggested.

German noted that getting an accurate blood pressure reading on your own can be tricky. But done properly, it can provide valuable data to your doctor. Using it, "we can assess how well your blood pressure is controlled, and is there anything that we need to do to get it under control if it's not in control."

5. Try this tip for better sleep

Sleep is essential for heart health. Most adults need seven to nine hours a night. "But how do you do that?" German asked. "It can be very challenging."

see "HEART HEALTH" on page 38

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Why Exercise Matters for Your Heart Health

Source: CLEVELANDCLINIC.ORG



The advice is clear-cut: Sit less and purposefully move more for heart health.

But how does exercise help keep your heart healthy? How much exercise do you need? And what kinds of exercise should you do? All valid (and important) questions.

We talked with preventive cardiologist Vikas Sunder, MD, and cardiac rehabilitation expert Erik Van Iterson, PhD, about what exercise does for your heart health and how to get started on a heart-healthy exercise program that fits your life.

Exercise for heart health

The American Heart Association recommends at least 150 minutes of moderate-intensity exercise each week. That's aerobic exercise — the kind that gets your heart rate up for more than a few minutes.

Additionally, an ideal exercise program for heart health also incorporates about an hour of strength-training exercises per week. Two sessions of resistance training

for about 30 minutes at a time is a typical recommendation.

Those suggestions may change depending on your health, your goals and your current amount of physical activity. And reaching that standard could take some time. That's OK.

"The goal should be to first and foremost avoid sedentary behaviors that take up the majority of your day," Dr. Sunder notes. "Anything that people can do to move more than their baseline is important progress toward improving their heart health."

Heart-healthy benefits of exercise
Aerobic and strength-training exercises are both important for a healthy heart.

"When your heart functions in a healthy way, it's more able to interact and communicate with other organ systems," Dr. Van Iterson points out. "Your whole body benefits from well-oxygenated blood moving from the heart, out to your body and back again. Exercise helps to improve that entire process."

Exercise lowers risk for heart conditions, improves mental health and reduces visceral fat that can compromise your organs.

What specifically can you look for as heart-healthy benefits of exercise? Dr. Sunder and Dr. Van Iterson share just a few.

Lowered risk of heart conditions
Getting your body moving has plenty of heart-healthy benefits that directly affect how your heart works. Among them:

- Lower blood pressure.
- Lower cholesterol.
- Reduced risk of Type 2 diabetes.
- Reduced risk of heart disease.
- Weight management.

Improved cardiorespiratory fitness.
"Scientific data has consistently shown that aerobic, or cardio-style, exercise improves not just the circulation within your heart, but also the circulation throughout your entire cardiovascular system," Dr. Van Iterson shares. "That ability to circulate blood in an effective and efficient way typically leads to powerful reductions in cardiovascular risk."

Lowering visceral fat

You may have heard that a round mid-section (or so-called "apple body shape") can be a sign of potential health problems. And it's true.

A high waist circumference (the measurement around your belly button area) can be a sign that you may have higher-than-healthy levels of fat deep inside your abdomen, surrounding your organs. It's called visceral fat, and too much can be dangerous to your health.

"High levels of visceral fat can have detrimental effects on the cardiovascular system and increase systemic inflammation," Dr. Sunder affirms.

Aerobic exercise and strength-training exercises that incorporate your core can help burn fat and increase the overall proportion of lean muscle throughout your body.

continued next page

Improved metabolic rate

Strength-training exercise can help your body gain more lean muscle mass. And muscle helps keep your body and heart healthy by improving your metabolic rate. In other words, muscle helps your body burn calories more quickly — even when your body is at rest.

“Unlike fat cells, muscle tissue is metabolically active,” Dr. Van Iterson explains. “That means that when you have a higher muscle mass, it’s not only during the literal act of exercise that your metabolism revs up; it’s working almost all the time.”

Improved mental health

Exercise releases feel-good hormones called endorphins that help improve your mood and reduce your stress levels. That’s important because your mental health plays a big role in keeping your heart healthy. And as exercise makes you feel good, it should help with keeping up your motivation to do more exercise consistently.

“We know from studies that mental health concerns like anxiety and depression are associated with increased risk of heart attack, stroke and other cardiac events,” Dr. Sunder says. “And regular exercise can greatly decrease your risk for anxiety disorders and depression.”

Exercise is like the beginning of a chain reaction. It increases endorphins, which makes you feel happier. In turn, that lowers your stress, which improves your mental health. And improved mental health lowers your risk for a slew of heart-related health conditions.

Heart-healthy exercises to try

The No. 1 rule for starting a new exercise program is to start small and build up gradually. Because consistent exercise over time is the key to success.

“Your exercise routine needs to be something that you can sustain over time,” Dr. Van Iterson advises. “I encourage people to view exercise as something they’re doing to set themselves up for long-term success. Overloading your system by doing too much too fast will turn out to be a counterproductive experience.”

Feeling exhausted and being out of breath at the end of a workout aren’t typical signs you should use to evaluate whether you had a good workout. In fact, those feelings commonly signal that you overdid it.

Avoid the trap of doing one really intense exercise session and then needing a few days to recover before being able to exercise again.

If you’re new to exercise, Dr. Sunder and Dr. Van Iterson recommend starting with aerobic activities. After you consistently meet or exceed your aerobic exercise goal, consider adding in some strengthening exercises. Try starting with these exercises to improve your heart health.

Aerobic exercise

Doing aerobic, or cardio, exercise is the first step to improving your heart health.

“The biggest thing that gets overlooked is that you can keep it simple,” says Dr. Van Iterson. “It’s really thinking about what we consider cardio or aerobic exercise, like walking. For others, it can be running or jogging. It all depends on where you’re at in your life

see “EXERCISE” on page 38



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Nine Natural Ways to Lower High Blood Pressure and Improve Heart Health

Source: CONNEQTHEALTH.COM

A low-sodium diet, regular exercise and other heart-healthy lifestyle changes can dramatically improve blood pressure, lowering your risk of heart attack and stroke. Here are nine scientifically-proven lifestyle adjustments that could save your life.

In 2017, the American Heart Association and the American College of Cardiology released new treatment guidelines that significantly lower the criteria for high blood pressure. As a result, now almost 47% of all adults—and 80% of those over the age of 65—qualify for a hypertension diagnosis.

Known as the “silent killer” because it often presents with no symptoms, hypertension is the leading risk factor for cardiovascular disease, causing over 10 million deaths worldwide each year, according to CDC. And yet, despite the well-publicized risks associated with

high blood pressure, only one in four people who suffer from high blood pressure have it under control.

The good news: If you are one of the nearly 116 million Americans who suffer from this dangerous condition, making heart-healthy lifestyle changes can dramatically reduce your risk of cardiovascular related events. Here are the top scientifically-proven ways to lower your blood pressure naturally.

1. Maintain a Healthy Weight

A 2020 review estimates 65 to 78 percent of cases of primary hypertension are related to obesity. A high percentage of fat tissue causes complex physiological changes in the body that can create or worsen hypertension. In the absence of any other changes, simply losing weight can reduce systolic blood pressure by 5 to 20mmHg.

2. Embrace a Heart-Healthy Diet

If you have hypertension, doctors routinely prescribe the Dash Diet (Dietary Approaches to Stop Hypertension). This low-sodium, high-fiber, micronutrient-rich diet emphasizes fresh, minimally processed whole foods that are low in saturated fat (think vegetables, low-sugar fruits, lean meat, and low-fat dairy products).

3. Eat Potassium-Rich Foods

In addition to cutting down on sodium, cardiologists recommend increasing your intake of potassium-rich foods like bananas. Potassium helps mitigate the negative effects of sodium in the body.

The recommended target for the average adult is 2,600 milligrams per day for women and 3,400 milligrams 4,700 mg per day, according to a new report from the National Academies of Science, Engineering, Medicine.

The more potassium you eat, the more sodium you lose via urine. This mineral also tends to ease tension in blood vessel walls, which helps further lower blood pressure.

If an individual is hypokalemic (potassium deficient) then BP will be increased, Luke Laffin, M.D., Co-Director of the Center for Blood Pressure Disorders at the Cleveland Clinic explains. He recommends increasing potassium in your regular diet rather than taking a potassium supplement.

continued next page

And don't stop at bananas! At 422 mg of potassium each, you would need to eat almost a dozen to get anywhere near your daily quota.

Instead, consider rounding out your diet with these potassium-dense staples: potatoes with skin (926 mg), yam with skin (911 mg), white beans (600 mg per half cup), carrot juice (689 mg), salmon (500 mg per three ounce filet), spinach (400 mg per half cup cooked).

One word of warning: Individuals with chronic kidney disease have to be careful not to increase potassium intake too much, Dr. Laffin says. Kidney disease can make potassium harder to eliminate in the urine and high levels of potassium in the blood increase the risk of dangerous heart rhythms, he says.

4. Exercise Regularly

Many chronic conditions, including high blood pressure, are linked to a sedentary lifestyle. Regular aerobic exercise makes your heart stronger, allowing it to pump blood more efficiently with less effort. This decreases the force of blood against arterial walls, lowering blood pressure.

Physical activity can also lead to weight loss, which, as previously noted, has a beneficial effect on blood pressure.

You don't need to run a marathon to reap the heart-healthy benefits of regular exercise: The current guidelines from the American Heart Association recommend at least 150 minutes of moderate exercise or 75 minutes of vigorous activity a week, or a combo of the two.

The American Heart Association recommends aiming for at least 30 minutes of exercise a day, which you can break into 10-minute sessions. These are just as effective as a solid half-hour chunk of exercise.

It takes about one to three months for regular exercise to have an impact on your blood pressure and you must continue it for BP to stay low. On average, hypertensive adults can expect to see a decrease of five to seven mmHg with consistent exercise.

5. Reduce Stress

When your body experiences stress, it engages the amygdala, or fear center of the brain, Mass General cardiologist Michael Osborne, M.D., explains. After the amygdala sends a distress signal, the sympathetic nervous system releases the stress hormone cortisol which initiates a "fight or flight" response, he says. The heart rate quickens and blood vessels tighten, causing blood pressure to spike.

This is helpful if you are being chased by a bear. Less so if your email keeps pinging all day with stressful messages from work. Using advanced imaging, Dr. Osborne and his colleagues at Mass General have been able to demonstrate an association between increased metabolic activity of the amygdala (relative to regions that regulate its response) with increased markers of inflammation throughout the body, impaired metabolism, inflammation of the arteries, and risk for cardiovascular events.

"Stress reduction interventions have been shown to modify the structure of the amygdala," Dr. Osborne says, noting that simple lifestyle adjustments such as getting more exercise, improving sleep and practicing meditation may help rewire the body's fight or flight response to the daily stressors of modern life.

6. Avoid All Tobacco Products

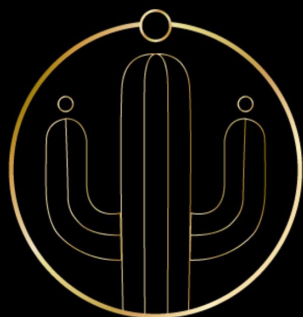
Even modest smoking, defined as "above five pack years" of exposure, can raise your risk of hypertension by over 30%, according to a 2021 study in the American Journal of Hypertension.

A pack year is calculated by multiplying the number of packs of cigarettes smoked per day by the number of years an individual has smoked, according to the National Cancer Institute at the National Institutes of Health (NIH). For example, five pack years is equal to smoking five packs per day for one year, or 10 packs per day for half a year, and so on.

Nicotine stimulates the sympathetic nervous system, constricting blood vessels and making the heart beat more quickly, which causes a temporary spike in blood pressure.

Though it's still unclear if these short surges lead to long term changes in blood pressure, high blood pressure variability—that is, daily fluctuations caused by stressors like nicotine—may be as equally as damaging as sustained high blood pressure, according to a 2016 review in the British Medical Journal.

see "BLOOD PRESSURE" on page 27



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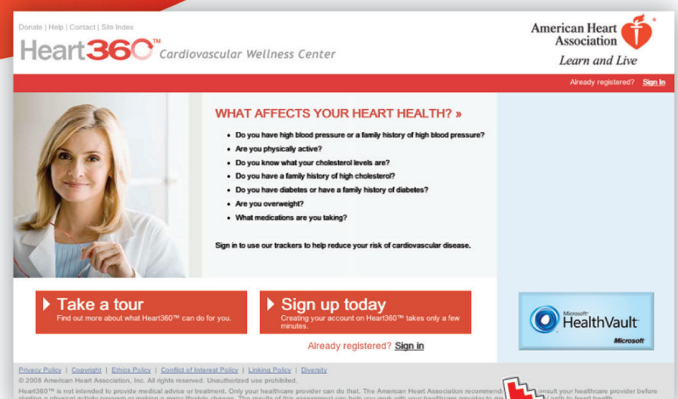
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NERLYN JESTINE

OWNER & CEO OF VITAL HEALTH CENTER

Hi Nerlyn. Please give us a short introduction about yourself and your family.

I'm a nurse practitioner and healthcare entrepreneur, and I lead with intention—both in my career and in my life. I'm also a wife and a mother, and my family is my why. They are the foundation that fuels my discipline, vision, and resilience. Building and scaling healthcare organizations while raising a family has shaped how I show up as a leader: decisive, compassionate, and deeply committed to excellence. Opening our new Port St. Lucie location represents growth, legacy, and a continued promise to bring high-quality, patient-centered care to the communities we serve.

When and why did you decide to provide medical services to our local community?

I made the decision to expand to the Treasure Coast two years ago. It wasn't impulsive—it was strategic. I saw a growing community with real gaps in access to timely, high-quality care, especially for working families who need efficient, reliable

healthcare close to home. Port St. Lucie represents growth, opportunity, and alignment with our mission. We took the time to plan intentionally, build the right infrastructure, and ensure that when we arrived, we did so with the systems, standards, and leadership in place to truly serve the community well.

What do you love most about what you do?

What I love most about what I do is the impact. I get to bring clarity to moments that feel overwhelming for people and help them move forward with confidence and dignity. I love building caring environments where patients feel genuinely seen and teams feel supported, respected, and empowered. At its core, my work allows me to combine purpose with precision—helping people feel better while creating systems that actually work. That balance is what makes it meaningful to me every day. I take pride in creating environments where employees feel valued, supported, and empowered to do their best work.

continued next page

When teams are cared for, patients feel it. Being able to lead with purpose, uplift others, and build systems where people can thrive professionally and personally is what makes this work deeply fulfilling for me. I genuinely consider it a privilege to serve our patients and to build meaningful teams alongside dedicated professionals, who are rooted in purpose, trust and excellence.

Please tell us how your unique expertise has helped people in the community.

I have so many however, what sets my expertise apart is that I've seen healthcare from every angle—bedside, home, insurance, leadership, and systems design—and I've learned how to make those worlds work together for patients.

Early in my career as a registered nurse, I worked closely with patients and families during some of their most vulnerable moments—childbirth, recovery, transitions from hospital to home. Later, as a case manager for a national insurance company, I gained a behind-the-scenes understanding of how care decisions are approved, denied, delayed, or optimized. I learned where patients often fall through the cracks—not because providers don't care, but because systems aren't aligned.

That combination fundamentally shaped how I practice today as a nurse practitioner and healthcare leader. When I see a patient, I'm not just treating the immediate problem—I'm anticipating the barriers that could prevent them from getting better. I understand how insurance design affects access, how documentation affects continuity, and how proactive follow-up can prevent unnecessary hospitalizations.

As a result, patients often tell me they feel truly seen and supported—not rushed through a visit, but guided through their care. Whether it's managing complex conditions, preventing avoidable readmissions, or building care models that prioritize both quality and efficiency, my approach consistently leads to better outcomes for patients and more sustainable systems for the communities we serve.

That integrated perspective is what drives everything I build—and it's why expanding our care model to new communities matters so deeply to me.

What is your philosophy on business and life?

My philosophy on business and life is guided by alignment. I believe that when your work is rooted in purpose, it should bring peace, not constant pressure. Joy, harmony, and balance are signs that you're moving in the right direction—not distractions from success, but reflections of it. I try to lead with clarity, compassion, and faith, trusting that when decisions are made with integrity and intention, growth unfolds naturally and sustainably. Joy and harmony aren't extras—they're the foundation of sustainable success.

What are your future plans for your business?

My future plans are focused on intentional expansion and long-term impact. I'm committed to building healthcare organizations that are scalable, sustainable, and deeply rooted in the communities they serve. That means growing thoughtfully—expanding access, strengthening care models, and investing in systems and people that elevate quality without sacrificing balance. As we move forward, my goal is to continue creating environments where patients feel genuinely cared for, teams feel supported, and success is measured not just by growth, but by stability, trust, and meaningful outcomes.



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U.S. CONSTITUTION

by DR. BRENDA MACMENAMIN, DCE
Professor, Christian Leadership University

Abigail Adams to JQA on Education

“Above all, the colonists were acquainted with the Bible itself, principally in the Geneva Version... Though the Bible had been richly valued for generations, it was not until the seventeenth century that it was widely read and studied. The message of Protestantism was that men could find in Scripture the means to salvation, the keys to good and evil, the rules by which to live, and the standards against which to measure the conduct of prince and pastor...”

“Abigail Adams, had accepted the responsibility for keeping up the education of her children—especially of her oldest son, John Quincy Adams, in the absence of his father. First came instruction in the Word of God. So well did his mother commit the Word to young John Quincy’s heart that it became for him both compass and anchor in a long life of service...”

Here are excerpts from a letter she wrote to him, when he was in Europe with his father, John Adams in 1778, “It is a very difficult task, my dear son, for a tender parent to bring her mind to part with a child of your years going to a distant land; nor could I have acquiesced in such a separation under any other care than that of the most excellent parent and guardian who accompanied you. You have arrived at years capable of improving under the advantages you will be likely to have, if you do but properly attend to them. They are talents put into your hands, of which an account will be required of you hereafter...”

“You are in possession of a naturally good understanding, and of spirits unbroken by adversity and untamed with care. Improve your understanding by acquiring useful knowledge and virtue, such as will render you an ornament to society, an honor to your country, and a blessing to your parents. Great learning and superior abilities, should you ever possess them, will be of little value and small estimation, unless virtue, honor, truth, and integrity are added to them. Adhere to those religious sentiments and principles which were early instilled into your mind, and remember, that you are accountable to your Maker for all your words and actions.”

O Father, let us be a Supernatural, Holy people! Teach us how to train up the next generation to “fit them for usefulness in their future stations” for Your Glory, O God!

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Your Gut: The Hidden Key to Whole-Body Health

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Most people think about digestion only when something feels “off”—bloating, fatigue, brain fog, skin issues, or low energy. But the truth is, your gut quietly influences nearly every system in your body.

In fact, we carry far more bacteria than human cells. These tiny organisms—called the microbiome—help regulate digestion, immunity, mood, and hormones. When they are balanced, you feel better. When they are not, everything feels harder.

Your intestinal lining acts like a smart filter, letting nutrients in and keeping toxins out. When this lining becomes irritated, tiny gaps can form. This is often called “leaky gut.” Through these gaps, harmful substances can enter the bloodstream, triggering inflammation and stress in the body.

Daily elimination is essential. When waste is not fully removed, toxins may be reabsorbed and burden the liver, immune system, and hormones. Healthy digestion means moving waste out efficiently and consistently.

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True gut health focuses on three things: removing waste, restoring balance, and repairing the gut lining. When the gut heals, people often notice better energy, mood, immunity, sleep, and focus.

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What Happens To Us When We Die?

Hospice Workers Share Conversations With Patients as They Near the End of Their Life

Talking about mortality can definitely be a frightening subject. But for some people, like those who work in hospice, discussing what happens when you die may feel like a more natural conversation to have.

So, what does it feel like to be days from death? And what happens to you when you die? While some of these questions may never be answered, we spoke to several hospice care professionals across the U.S. to find out what they've learned from their patients in their final days as they prepared to make a transition from life to death.

"Very few people are afraid of death. They're afraid of dying, the process leading to death," says Travis Overbeck, National Director of Patient Experience for Seasons Hospice.

Of course, no one truly knows what comes next, but some patients have a very clear idea of what they believe should happen once they die, says Overbeck. Hospice workers like himself get to explore their patients' belief systems and ask them what they'd like their death to look like.

For instance, in the Buddhist tradition, there's an expectation of silence at the time of death, according to Overbeck, and there should not be any wailing or grieving at the individual's bedside so they can make their way peacefully into the next life.

"I've seen so many patients at the time of death. Most often, there's this sense of peace and calm, and it's really beautiful," Overbeck says. "That's why I do what I do. It's all about bringing that peace and comfort to our patients at end of life."

Here are some of the most common themes that have emerged from end-of-life conversations with hospice workers.

"Would you mind praying for me?"

Overbeck, a chaplain who sees patients of all faiths and backgrounds but practices Christianity himself, remembers his final conversations with a Jewish patient in her last days of life. She said, "I know you're Christian, and I know I'm Jewish, but would you mind praying for me?"

"What would you like me to pray for?" Overbeck replied.

"I pray that when I die, it will be peaceful, and I will be comforted," was the patient's request.

After some conversation, they prayed together and the two hit it off. When Overbeck returned to the hospital the next day, the patient's friend found him in the hallway. She told Overbeck that the patient had become unresponsive—but before she stopped speaking, the patient asked her friend to have Overbeck pray for her again if he returned.

Overbeck entered the patient's room and, knowing that hearing is typically the last sense to go, he reintroduced himself and said, "I'm going to go ahead and pray for you." He prayed again for peace and a comfortable transition. And at the end of his prayers, suddenly the patient began to talk.



"I'm going on a journey to a place I've never been before," she started, "and everybody is sparkling, and everybody is smiling at me." The patient died about 45 minutes later.

"I don't care what belief system you are or aren't. At the end of the day, that's real. That was her experience," Overbeck says.

Bringing life closure

Much of Overbeck's work is dedicated to tying up loose ends and bringing his patients' life to closure, whether that's reuniting family members that have become estranged or ensuring the patient's legacy is preserved. "There's a process in dying," Overbeck says. "It's the opportunities to say, 'I love you,' opportunities to say, 'I forgive you,' opportunities to ask for forgiveness, opportunities to say, 'Goodbye.'"

Overbeck recalls another conversation with a patient who was the CEO of a very large, well-known company. "Travis, I had it all," the CEO told Overbeck. "I had the vacation homes. I was able to send my kids to the finest schools. We traveled the world. But at some point, I lost my focus. I began to value my job and my money more than anything else."

Along the way, it cost him not only his marriage but his relationship with his kids. In fact, the patient had a grandchild he'd never even meet. Overbeck asked the patient for permission to reach out to his family. A few phone calls later, they were flying into town to visit the hospital.

continued next page

Overbeck helped facilitate conversations between the patient and his family members, and while he acknowledges it wasn't easy, he was ultimately able to bring them a feeling of closure. Most importantly, the patient was able to meet his grandchild for the first time. The patient died later that day.

"The biggest realization that I've had is that we all have a finite amount of time—it's about how you're going to live with that time," Overbeck says.

Cultivating gratitude

Carolyn Gartner, licensed clinical social worker with Visiting Nurse Service of New York Hospice and Palliative Care, began practicing meditation and studying Buddhism around the same time she started pursuing social work.

Working in hospice care, she's found her patients hold a perspective of gratitude and acceptance that parallels what she's been taught through her meditation practice. "I feel my older patients really understand the idea of letting go, and not letting small things bother you," Gartner says. "We get so caught up in the day-to-day, and I see my older patients are a good role model for how those things pass."

Gartner works with a diverse array of patients throughout Brooklyn, from celebrities to patients in public housing. Recently, she and a chaplain from VNSNY Hospice went to visit a Jamaican patient who loves Bob Marley music.

The patient's daughter told them that her mother had experienced a severe explosion of pain the day before, so Gartner prepared to handle the situation sensitively, thinking perhaps the patient wouldn't want to listen to music that day.

When they walked in the door, however, the patient was wearing a big smile on her face and said: "Okay, ladies, when are you starting the Bob Marley?"

"I do think that this work, almost every day, reinforces to me: We are energy. We are light. There is a spirit," Gartner says.

At end-of-life, people like to reflect on their life story, Gartner says. Patients will take out old photos and share stories of joy and pain all in one session. Having studied screenwriting as an undergrad at New York University, Gartner uses these same storytelling techniques with her patients to learn and listen to their stories.

"My observation is that people will often die the way they live, so it's really interesting to see how people process what they've gone through," she says.

While the patients may seem ready to accept what comes next, Gartner says it's the families who often need help coming to terms with it. VNSNY Hospice assists with the pre-bereavement process for family caregivers so they can see beyond the grief and enjoy the time they have left with the patient. "Patients almost always know what's going on in their body. It's the family who doesn't," she says.

Seeing lost loved ones

Over the years, Kalah Walker, patient care administrator for VITAS Healthcare, has seen numerous hospice cases where the patients will call out to their loved ones who've passed, as if they're seeing someone that everyone else cannot.

see "WHAT HAPPENS" on page 29

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This Is the #1 Reason You're Aging Faster—Here's What Experts Recommend to Help

Source: EATINGWELL.COM

Aging is inevitable, and it's not something to fear or try to avoid. That said, supporting healthy aging is crucial to keep the quality of life in your days. And to do so, you don't need to add an expensive serum or supplement pack to your routine.

Managing your stress levels is the single best way to slow cellular aging and increase your odds of living a long, healthy life. "Chronic, unmanaged stress can take a toll on every organ system in your body, increasing your risk for numerous diseases, including heart disease, diabetes, cancer, osteoporosis and others," explains Elizabeth Harris, M.S., RDN.

We talked with experts to understand how chronic stress speeds up the aging process, how to better manage stress and ways you can support healthy aging to feel your best well into your golden years.

Why Chronic Stress Speeds Up Aging

Stress is a normal part of daily life, but when it becomes chronic, it can affect how you feel day-to-day and change how your body functions at the cellular level. "Our bodies are designed to repair and reset every day, but chronic stress gets in the way of that process," explains Lynette Gogol, D.O., DipABLM. When we're

constantly in a state of fight-or-flight, hormones that are helpful in short-term emergencies remain elevated, interfering with the body's ability to recover and repair over time.

Most people do not experience daily life-threatening events, but constant small stressors, day after day, can have a similar effect on the body. Busy schedules, financial worries, poor sleep, emotional strain and feeling constantly "on" can all activate the body's stress response. When these stressors happen repeatedly, the body doesn't fully return to baseline, allowing damage to accumulate.

"One of the biggest reasons is something called allostatic load," explains Talia Follador, RDN, LDN. Allostatic load refers to the cumulative wear and tear on the body as it repeatedly tries to adapt to stress and maintain balance. When stress is ongoing, recovery never fully happens, allowing allostatic load to build over time. Higher allostatic load has been linked to faster biological aging and a greater risk of age-related disease.

As stress hormones like cortisol stay elevated, they begin to affect cells directly. "Stress hormones are constantly elevated,

see "AGING FASTER" on page 30

blood pressure cont.

7. Drink in Moderation (If at All)

Heavy drinking, defined as more than three drinks a day for women and four drinks for men, temporarily raises blood pressure and repeated binge drinking can lead to long term increases, according to the Mayo Clinic.

Heavy drinkers who cut back to moderate drinking (up to one drink for women and two drinks for men) can lower their systolic BP by about five-and-a-half mmHg and their diastolic by four mmHg.

While the exact mechanisms aren't totally clear, researchers believe alcohol consumption can stimulate a hormone that constricts blood vessels and causes the body to retain water and sodium, elevating blood pressure. Hence the puffy morning after face you get after a big night of drinking.

Heavy alcohol consumption also causes your body to release cortisol, causing BP to surge as the heart rate speeds up and blood vessels narrow.

8. Improve Sleep Hygiene

When you go to bed at night, your blood pressure usually goes down. This is called "nocturnal dipping" and it's good for your heart: It gives the organ a reprieve from the constant relentless pounding required to keep the human machine firing on all five cylinders during the day. A decrease between 10-20% is considered normal.

But people who have sleep problems often don't experience this dip, which can increase their risk of hypertension.

Everytime you wake up in the middle of the night, your body produces cortisol, sleep specialist and spokesperson for the Sleep Foundation Raj Gasptuda, M.D., says. In addition to keeping you awake, this elevates blood pressure.

To optimize sleep, the Sleep Foundation recommends the following guidelines: commit to a regular sleep schedule that affords you at least eight hours, sleep in a completely dark and quiet bedroom, avoid stimulating blue lights two hour before bed, cut down on caffeine, and don't eat a big meal or drink alcohol before bed.

Heavy food can cause indigestion and heartburn. And while initially sedating, alcohol tends to disrupt the deeper, more restorative cycles of sleep as the body processes the alcohol in your system, sometimes forcing you to wake up in the middle of the night to use the bathroom.

9. Monitor Your Progress

Get your blood pressure regularly checked at your doctor's office and make sure they measure central blood pressure, too. This tells you what the pressure is near the aorta, which more accurately reflects vascular health than brachial pressure alone because it takes into account arterial stiffness (i.e. how elastic the arteries are, a key metric of heart health).

Invest in a home blood pressure monitor to track the progress of your lifestyle therapies. When measuring your blood pressure at home, do it at the same time every day, ideally in the morning. Do not smoke, drink caffeinated beverages or exercise for 30 minutes before taking the measurement. Instead, sit quietly for five minutes doing nothing. This will help ensure you get an accurate result. ♦

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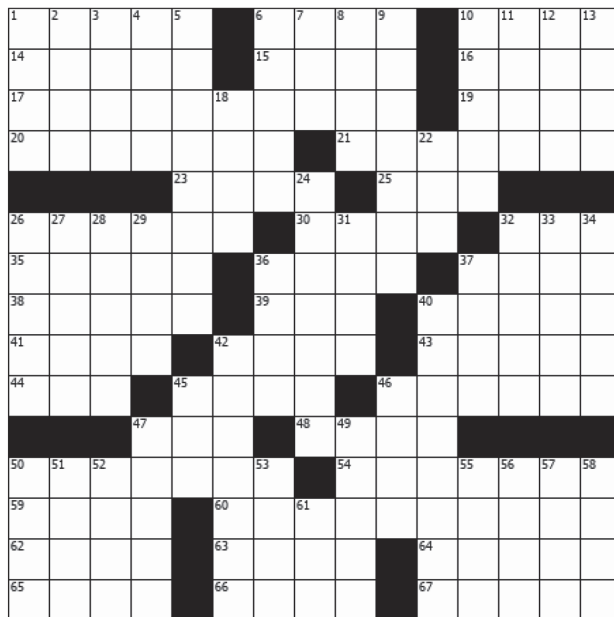
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Across

1. Proprietor
6. Large truck
10. Sensible
14. Juice type
15. Noggin
16. Walked upon
17. Opposition
19. Top
20. Made into law
21. Made of clay
23. Region
25. Caustic chemical
26. Up-to-date
30. "A ____ of Two Cities"
32. Head gesture
35. ____ & Roeper
36. Confederate
37. Crazy
38. Lions' cries
39. Syrup source
40. ____ blanche
41. Solidifies
42. Transgressions
43. Defeated one
44. Philadelphia time zone (abbr.)
45. Beat it!
46. Adjusts again
47. Alias letters
48. On an ocean trip
50. Wiping out
54. Offensive tackle, e.g.
59. Military status
60. Worsen
62. Common skin problem
63. Waterless
64. Grain towers
65. Plant's beginning
66. Camera glass
67. Abounds



Down

1. Fairy tale monster
2. Tiny bird
3. Space gp.
4. Long tale
5. Begins again
6. Window blind
7. Yet, to a poet
8. Defense spray
9. Perfectly
10. Iowa or Ohio
11. Curved doorway
12. Alaskan port
13. Adam's abode
18. Shore bird
22. Bread choice
24. Georgia city
26. Combine
27. Certain woodwinds
28. Distributed cards
29. Messes up
31. Swiss peaks
32. Norwegian
33. Group of eight
34. Achievers
36. Vietnam's continent
37. Asian country
40. Least dirty
42. Watergate, e.g.
45. Snow runner
46. Harness part
47. Inquired
49. Winter toys
50. Epochs
51. Marathon, e.g.
52. Novelist ____ Rice
53. Actor Richard ____
55. Pennsylvania city
56. Man or boy
57. Molecule part
58. Famous loch
61. Card game

Find the solution at onlinecrosswords.net/80975

what happens cont.

Often, they look out into the distance, and the hospice worker knows it's the name of a family member who's no longer with us. Generally, this happens within the last days of their life, Walker notes. "You know what they're seeing when they're looking off into the distance," she said. "Once they do that, they're able to let go."

Sometimes, the patients will ask their hospice worker if they can see the family member too. Walker says it's important to be there in the moment with them, agree, and allow the moment to happen as the patient is experiencing it. "There's a nurse who gets to be there to bring life into this world, and we get to stand there and hold a patient's hands or their family's hands as a life leaves this world," she says.

Walker says the real work with end-of-life care comes after the patient passes, however. "Hospice isn't just about death and dying. It's about learning about what's really important in life and keeping those memories alive," Walker said.

VITAS' staff supports families who've experienced loss with programs like gifting them memory bears as reminders of their loved ones or butterfly release ceremonies. At the butterfly release ceremony, families will open a package and release butterflies into the sky, giving them a chance to reflect and experience a feeling of release themselves. "I've seen the butterflies sit there in the moment. You notice they kind of hover around, and it's almost as if that butterfly is the loved one," Walker says. ♦



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aging faster cont.

so your mitochondria start producing excessive reactive oxygen species that damage DNA, proteins and cellular structures,” says Abe Malkin, M.D., M.B.A.. This oxidative damage fuels chronic inflammation and can contribute to many conditions associated with aging, including heart disease, diabetes and cognitive decline.

Chronic stress has also been linked to changes in the body’s biological aging markers. “Long-term stress has even been linked to shorter telomeres—the protective caps on your chromosomes that help your cells repair and regenerate—meaning your cells lose resilience over time,” explains Follador. Stress is also associated with changes in DNA methylation, a measure of biological age, which can move biological aging ahead of chronological age.

While these cellular changes may not be visible day to day, their effects often show up as chronic disease earlier in life. “Chronic stress activates your sympathetic nervous system and increases arterial stiffness, a key sign of vascular aging,” says Follador. In one study of 1,346 women, those under 55 experiencing toxic psychosocial stress levels had nearly an 80% higher risk of heart disease compared to those with lower stress levels, highlighting how significantly chronic stress can accelerate diseases often only seen in older age.

What to Do Instead

The good news is that just as high stress levels can speed up aging, spending time resting, recovering and helping your body build resilience can have a positive effect. Researchers have found that periods of rest can help you partially or fully recover from stress-induced increases in biological age. “Small, consistent practices prevent stress from accumulating and help your body return to its natural state of repair,” says Gogol.

Here’s what experts recommend to reduce stress and slow down aging.

Carve Out Time to Have Fun with Others

While making time for yourself to have fun can help reduce stress, experiencing joy with others may be even more beneficial. “People surrounded by a supportive social network tend to experience less stress, and research suggests they may live longer and enjoy better overall health,” says Follador. One small study found that people who experience positive emotions with another person have lower stress hormone levels than those who experience positive emotions on their own. Plan regular dates with a partner, family or friends to try new activities, go for a walk, grab a coffee or participate in a book club or group class to include fun and connection in your routine.

Prioritize Sleep

Sleep deprivation and disturbances are strongly connected to advanced biological aging.

“Chronic stress disrupts sleep, and poor sleep makes stress worse, so it can become a vicious cycle, says Malkin, who recommends aiming for seven to nine hours of sleep, maintaining

a consistent sleep schedule, limiting screen use before bed and keeping your room dark and cool.

Move Your Body Regularly

Regular, consistent movement can help reduce stress levels, but the effects are so powerful that even working out once a week has stress-lowering benefits.⁸ “Whether it’s running, lifting, yoga or walking, find what works for you and make it a consistent habit,” recommends Malkin.

And while you can’t go wrong with whatever movement you decide to do, adding strength training to your routine may support healthy aging in a big way. A 2024 study of 4,800 adults found that those who regularly strength-trained had significantly longer

Stress goes well beyond burnout—it could impact how long you live.

continued next page



telomeres than those who did not, even after accounting for other factors like age, race, sex, smoking status and income.

Create a Daily Stress-Relief Practice

For many, daily stressors are here to stay, but we can strengthen our ability to manage them so they have less impact on our personal stress levels. “Whether it’s meditation, deep breathing, mindfulness or just taking breaks throughout the day, you need techniques to actively calm your stress response,” says Malkin.

If you’re not sure where to start, small changes can add up to make a big difference. Instead of constantly jumping from one task to another and rushing through your day, add short, intentional breaks into your routine to bring stress back down before it ramps up again. “A 60-second pause before shifting tasks can signal to your brain that you’re safe, which helps lower stress over time,” says Gogol.

Talk to a Professional

If stress is interfering with your life, seeking a professional to help you work through these stressors can make a significant difference. “Cognitive-behavioral therapy has strong evidence supporting its effectiveness in helping people manage stress more effectively,” says Malkin. A trained therapist can help you work through everything from mental health struggles to familial and work stressors, or past traumas that are affecting how you feel today.

Other Tips for Supporting Healthy Aging

- Eat regular, balanced meals: Skipping meals or eating inconsistently can worsen blood sugar swings and raise cortisol, making stress feel more intense. Balance meals with protein, complex carbohydrates and plenty of fruits and vegetables for stable energy throughout the day.
- Eat more plants: Diets rich in fiber, antioxidants and other plant compounds can help prevent oxidative stress and chronic inflammation, two key drivers of aging. Eating a variety of fruits, vegetables, whole grains, legumes, nuts and seeds can help.
- Limit or avoid alcohol: Alcohol can disrupt sleep, increase inflammation and damage the liver and cardiovascular system. Studies have also found a link between higher alcohol intake and markers of accelerated biological aging.
- Stop smoking: Smoking is one of the fastest ways to accelerate aging, and making the choice to stop could reduce your biological age by up to 13 years.

Our Expert Take

Chronic stress can speed up the aging process through its effects on inflammation and damage to DNA, raising the risk of age-related diseases earlier in life. Thankfully, our bodies are responsive to change: just as chronic stress can accelerate biological aging, intentional practices can slow it down. Prioritizing sleep, movement, connection and stress-management strategies in your regular routine can help your body age well with plenty of space to rest, repair and recover. ♦

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6 Medical Charges Seniors Thought Would Be Covered By Medicare

Source: MED.STANFORD.EDU

Medicare is comprehensive, but it is not all-inclusive. Many seniors enter retirement assuming that “medical + hospital = covered.” In 2026, they are discovering the hard way that Medicare has specific, statutory exclusions that leave gaping holes in their safety net.

These aren’t “errors”—they are features of the system. But they result in bills that can reach thousands of dollars. From the dentist’s chair to the ambulance ride, here are six charges seniors are shocked to find they have to pay themselves.

The “Observation Status” Rehab Bill

We’ve mentioned this before, but it remains the #1 shock for families. If a hospital keeps you under “Observation” (Outpatient) rather than admitting you as an “Inpatient” for at least three midnights, Medicare will not pay for your subsequent stay in a Skilled Nursing Facility (SNF).

Seniors often think “I was in the hospital for 4 days, so rehab is covered.” If those 4 days were “Observation,” the \$15,000 rehab bill is 100% your responsibility. You must ask every day: “Am I inpatient or observation?” If you are observation, you can appeal, but you are fighting an uphill battle against hospital coding rules.

Routine Dental & “The Bone” Rule

Medicare pays for nothing involving the teeth—no cleanings, no fillings, no dentures. The confusion arises because they do pay for jaw surgery or oral cancer treatment.

Seniors often assume that if a dental infection is “medically necessary” to treat (e.g., before heart surgery), Medicare will pay to pull the tooth. Wrong. They will pay for the heart surgery, but they will carve out the cost of the extraction and bill you for it. This statutory exclusion is strict and often leaves patients with a surprise bill from the oral surgeon.

Hearing Aids and Exams

Hearing loss is a medical issue, but Medicare treats hearing aids as “routine.” They cover zero percent of the cost of the devices or the fitting exams.

In 2026, with Over-the-Counter (OTC) hearing aids available, some seniors are finding relief. But for prescription-grade devices needed for severe loss, the \$4,000 to \$6,000 bill is entirely out-of-pocket unless you have a specific Medicare Advantage plan with a hearing benefit.



Ambulance “Taxi” Denials

Medicare only pays for an ambulance if it is “medically necessary,” meaning that traveling by any other means (like a car or taxi) would endanger your life.

If you call 911 because you fell and broke your wrist, but you were alert and stable, Medicare may decide you could have taken a car. They will deny the \$1,200 ambulance claim months later. Lack of a ride does not justify an ambulance in Medicare’s eyes; only your medical condition does.

“Self-Administered” Drugs in the Hospital

If you are in the hospital (Outpatient/Observation) and the nurse gives you your daily insulin or blood pressure pill, Medicare Part B does not cover it. These are considered “Self-Administered Drugs.”

The hospital will bill you for them, often at massive markups (e.g., \$20 for a single aspirin). It is one of the most frustrating small bills seniors receive. Savvy patients know to bring their own meds from home, provided the hospital policy allows it.

Routine Vision & The “Refraction” Fee

Medicare covers cataract surgery, but it does not cover the “refraction” test (the “better 1 or better 2” test) that determines your prescription for glasses.

Even if you are at the ophthalmologist for a covered medical issue like glaucoma, if they do a refraction to check your vision, you will be handed a separate bill for \$40 to \$60 for that specific part of the exam. It is a “non-covered service” that almost everyone needs but no one expects to pay for during a medical visit.

Know the Gaps

The only way to protect yourself is to know what isn’t covered. Consider a “Hospital Indemnity” plan to cover observation stays, and set aside a dedicated savings bucket for dental and hearing needs. Medicare is a safety net, but it has holes. ♦



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Should you rent or buy your home? Weighing the costs and benefits

Planting roots or a rolling stone?

Source: BRITANNICA.COM

For many of us, purchasing a home is the biggest financial decision we'll make in our lives. In fact, your home can be more than just the place you live—it can also be your most important asset. For generations, people have invested in their homes, taken out loans against their homes, and sold their homes to support themselves in retirement.

Your house can be where you plant your roots and the place your family calls “home.” But if you’re more of a rolling stone, renting might be the way to go, as buying and maintaining a home can be expensive and unpredictable.

It’s all about how you weigh the pros and cons to buying a house, vs. the pros and cons of renting.



see “RENT OR BUY” on page 36

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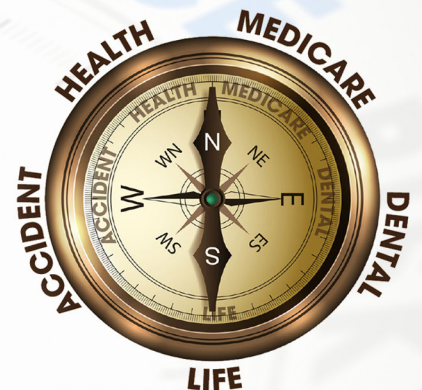


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rent or buy cont.

Costs of buying a home

Buying a house comes with many expenses over many years.

To buy and own a house, you will have to pay:

- Down payment. This is paid up front—20% is a typical amount.
- Closing costs. These typically range from 1.5% to 6% of the cost of the house.
- Monthly mortgage payments. These vary depending on the price of the house, interest rates, and the length of the mortgage.
- Real estate taxes. They vary widely depending on the state and municipality.
- Maintenance and repair costs. Maintaining the house and yard will be up to you. You will also need to keep an emergency fund for the unexpected.
- Homeowner's insurance.
- Condo or homeowner association fees. Some homes require membership in an association.

When you buy a house, you're accepting the risk that the house might lose value over time. Plus, if you like to keep up with current trends, owning a home might mean periodic remodeling, refreshing, and landscape development.

The benefits of buying a home

Despite all those costs, buying a house is still an attractive financial proposition for many people. Although actual home price appreciation varies by location, historically, home prices have gone up an average of 3.8%.

Aside from the potential for value appreciation, there are other benefits to home ownership:

- Mortgage interest deduction. You can typically deduct some or all of your mortgage interest payments on your tax return, depending on your tax situation.
 - Long-term predictability. Fixed-rate mortgages lock in a steady payment. So, in a way, a mortgage offers protection from inflation. And if you're diligent about paying off your mortgage, eventually you'll have no monthly payment (but you'll still have the other costs outlined above).
 - Personalization. You can renovate and update your home to your tastes and preferences.
 - Home equity. This can help build your retirement nest egg, or you could borrow against the equity in your home.
- Buying a home means planting roots, letting them grow, and pruning and shaping as you wish.

The costs of renting

Once you've assessed the pros and cons of home buying, do the same exercise for renting. You may have heard conflicting reports about whether it's cheaper to rent or buy.

In an apples-to-apples comparison, the rental should cost more. After all, a place you're renting is owned by someone, and that person or entity is on the hook for property taxes, maintenance, hazard insurance, and any association fees. Plus, because owning and renting property is a profit-seeking business, the landlord expects to earn a profit. They're going to mark up the costs before passing them on to you, the renter.

A big difference shows up in the maintenance department.

A landlord might be more likely to patch (rather than replace) a leaky roof, and less inclined to upgrade those countertops to keep up with trends. If you're willing to sacrifice those bells and whistles, a rental might be cheaper for you. But there are a few unavoidable costs of renting:

- Security deposit. This could be at least one month's rent, but sometimes as much as three months' rent. Although the landlord will return a security deposit (or a portion of it, depending on whether you've damaged the place) at the end of the lease, if you rent somewhere else you'll need to post another one with the new landlord.
- Broker's fees. In some cities, these are the norm. They can be as high as 10% of a year's rent.
- Unpredictability. The landlord could raise the rent at the end of the lease, sell the building, or simply decide to rent to someone else.
- No inflation protection. Rent will rise over the long term (versus fixed mortgage payments), and you'll never pay it off.

According to the Census Bureau, between 38 and 42% of renters change their address each year, compared to just 9 to 12% of owners. Frequent moves might not be a big deal when you're young, but the older you get, and the more stuff you accumulate, the more moving costs add up.

The benefits of renting

There are certain key benefits to renting instead of owning, particularly if you might be relocating in the next few years:

- Mobility. When you rent, you're not tied down—you can move with relatively short notice and few costs.
- Financial flexibility. Because you won't be on the hook for the repair and maintenance of the property—and you aren't required to fork over a hefty down payment—you can keep more of your emergency funds in longer-term investments and retirement savings.
- No real estate risk. If the property declines in value, the owner takes the financial hit.

Renting means flexibility in your location, finances, and time.

How do you value flexibility versus the benefits of owning?

The bottom line

In the end, the decision whether to rent or buy your home comes down to your personal situation. Do you have money for a down payment, or do you need to save for a few years? Is relocation in your future, or would you like to test out a few locations before you pick one? You might want to rent, at least for a while.

Alternatively, do you want to plant your roots, start a family, target a specific school district, or stay close to family? Do you have a dream home you can't wait to create? It might be time to buy.

You'll also want to evaluate the real estate market. Some communities have pockets of value, with decent schools and low property taxes, while others have a vibrant rental market with a lot of turnover. Be sure to compare the options in your area before deciding, and weigh the pros and cons against your short- and long-term goals. ♦

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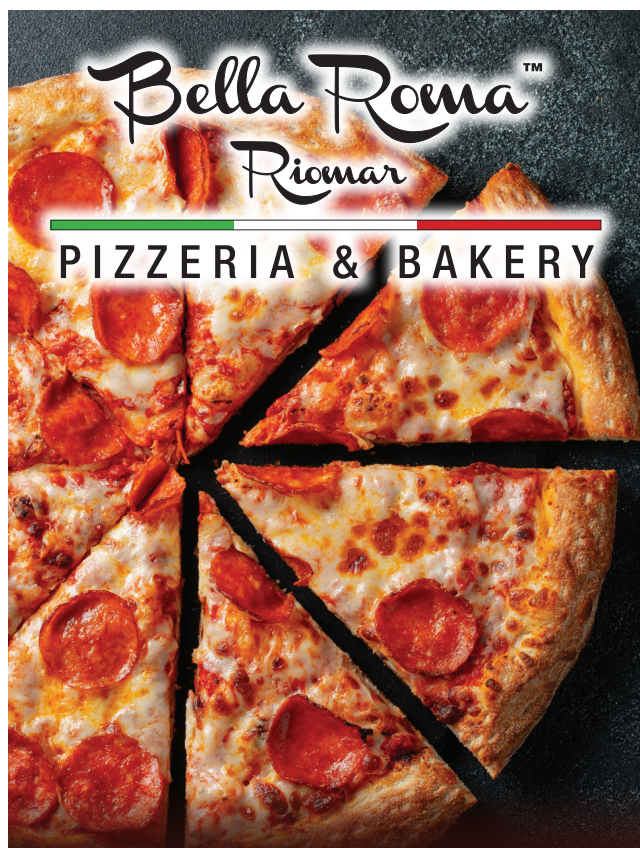
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exercise cont.

and identifying realistic goals, what recent background you have with exercising and if you have any risk factors like a family history of heart disease.” Remember, too, that even your day-to-day activities matter.

“Even cleaning your house, gardening or shopping can be ways to get in some physical movement that benefits your heart,” Dr. Sunder notes. “That all counts as time spent up and moving, which, ultimately, is the goal.”

Schedule your exercise in ways that work for you. If you don’t always have a half-hour block to dedicate to exercise, don’t let it discourage you from doing what you can. Even if you can get 10 minutes in a day, it’s worth it.

A few examples of exercise that benefits your heart health:

Brisk walking, Jogging or running, Swimming, Cycling, Climbing stairs, Rowing, Cross-country skiing

Strength-training exercise

For some people, strength-training exercise can conjure up images of powerlifting on a sweaty gym bench, and if that’s your thing, more power to you.

But there are other exercises that can help build muscle and improve your heart health that may be more approachable for newcomers. You start by trying: **Pilates, Yoga, Leg lifts, Crunches, Kettlebells, Small dumbbells, Resistance bands, Functional training (like push-ups, squats and lunges), Weight machines**

Anything you can do to get your body moving is going to benefit your heart. And the rest of your body. And your mental health. So, start small. Keep going. And show your heart the love it needs. ♦

heart health cont.

He recommends starting by trying to be consistent about bedtime and waking up. “We all have an internal circadian rhythm,” he said. If you’re going to bed at different times every night and waking up at different times every day, “you’re never going to get into that pattern.”

Help yourself by dimming the lights (which includes screens) and paying attention to room temperature, German said. “It seems people sleep better when it’s a little bit colder.”

6. If you’re prescribed medications, take them

“That’s incredibly important,” German said. But many people who start taking important medications such as cholesterol-lowering statins soon stop.

Daniels understands. When someone is taking a medication for prevention, and they feel fine, it’s hard to see progress. Such medicines definitely save lives, she said, but “there’s no little bell that goes off each time a heart attack or a stroke has been prevented.”

German said many factors, some beyond a patient’s control, affect whether a person continues to take medications. But people can help themselves by getting into the habit of taking a medication at the same time every day. If a prescription label suggests timing that’s inconvenient, he said, you often can work with your doctor to find a better one.

7. Remember: It all adds up

A lot of the risk factors for heart disease and stroke are invisible, German said. “High blood pressure, high cholesterol – those are silent risk factors until it’s too late.”

But taking steps toward prevention, whether it’s staying on track with prescriptions or making lifestyle adjustments that lower risks, is about more than just living longer, he said. “It’s also about living with a healthy heart, healthy mind, healthy body as you age.” ♦

activating cont.

“By faith we understand that the worlds were framed by the word of God, so that the things which are seen were not made of things which are visible.” *Hebrews 11:3*

Jesus is the Word and He said that His Word overrides the natural: “It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.” *John 6:63*; “Heaven and earth will pass away, but My words will by no means pass away.” *Matthew 24:35*

THEREFORE: a) FIND IT; b) ESTABLISH IT TILL IS SETTLED IN YOUR HEART AND Then, c) WALK IT.

These are the abc of faith. Practice it and don’t become religious.

I have visited about 7 of our beloved churches in the Treasure Coast, I love them all, but I find mostly a personalized theology mixed with personal feeling and religion. How do you know you are growing up in faith? See if you are happy and satisfied with the results. JESUS SAID THAT WE SHOULD KNOW THE TREE BY ITS FRUITS. If you are not satisfied, then start with the abc of our precious faith. To Jesus be the Glory for evermore.

ACQUIRE HIS RESURRECTED NATURE FIRST. Let’s pray: Lord, I do believe that Jesus of Nazareth took my place in the Cross. Lord, I am sorry for all my sins against you and against my own life, please forgive me. I believe Jesus was raised on the third day for my justification. Jesus, I receive you as my Lord and Savior. Your Holy blood cleanses my soul right now and BY YOUR STRIPES I RECEIVE COMPLETE HEALING OF MY BODY, And God gives me a new heart and eternal life. Now my name is written in the book of life, guaranteed by the following written law:

“That if you confess with your mouth that Jesus is Lord and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart, one believes unto righteousness, and with the mouth confession is made unto salvation.”

Romans 10:9-10

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