



# MEDICARE NEWS

June 2021 Edition

**My goal with  
this newsletter  
is to:**

1

**KEEP YOU  
INFORMED**

I will be sharing current articles about the changes in Medicare.

2

**ANSWER YOUR  
QUESTIONS**

I'm available to answer issues specific to you.

3

**STAY  
CONNECTED**

I want to make Medicare coverage as simple as possible.

(858) 935-9120

## The Secrets to Aging Well

Numbers are important to Bob, a retired investment banker who lives in Sarasota, Florida. Bob just celebrated 11 years of marriage, he cycles 40 miles per day, mentors four high school students and races cars 150 miles per hour in High Performance Driver Education events. The number that doesn't seem to matter? His age.

Bob says, "I'm 75, and it's irrelevant to me. There's no reason to say that I'll slow down because I'm getting older." Many older adults do slow down, however, when faced with chronic disease, disability or isolation. So why is it that some people, like Bob, can escape that fate and live vibrantly later in life? Certainly genetics play a big part in this, and then of course luck. However, you can fight destiny a little bit.

Some change is inevitable. We lose muscle and bone mass as we get older, and we experience a decline in sex hormones, kidney function, mental sharpness and reaction time. Cartilage in the joints often wears away and causes pain, digestion slows, balance becomes impaired and vision and hearing may decline. Chronic disease may also develop, such as cardiovascular disease or Type 2 diabetes. A shift in social connections can also affect us in older age. Our children grow up and move away. We no longer see co-workers when we retire. People close to us – friends, siblings, a spouse – succumb to illness or dementia. This can lead to loneliness, isolation or depression, and a downward spiral.

## Early Action Steps to Age Well

Research is increasingly demonstrating that the way you take care of yourself today may have a big effect on your health later in life. For example, studies have linked midlife fitness with reduced odds for developing chronic disease (such as Alzheimer's disease, stroke and diabetes) later in life. Exercise has been shown to reduce the risk for cardiovascular disease, muscle loss, obesity, depression, cancer and many other chronic diseases. It has a direct effect at the cellular level. It decreases systemic inflammation, fat in the body and LDL 'bad' cholesterol, and it increases HDL 'good' cholesterol, bone density and muscle mass. Studies have also shown that eating a healthy diet in midlife is associated with better health in our older years.

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*Secrets to Aging Well continued...***BIRTHDAYS**

- Stephen McD
- Pamela N
- Teresa S
- Dean K
- Pam H
- Ralph W
- Judy C
- Michael G
- Ruth L
- Teri F
- Curtis M
- Frances P
- Teri F
- Curtis M
- Frances P
- Fred F
- Patricia F
- Don D
- Dan G
- Scott M
- Norm T
- James McC
- Michael R
- Arlene B
- Mary M
- Judy W
- Duane C
- Stephen R
- John H
- Wendy G
- Daniel R
- Don L
- Kerry H
- Leslie P

**What If You're Already Older?**

If you haven't taken great care of yourself over the decades, there are still lots of things you can do to make the most of the years ahead.

Time and again, studies show the true benefits of not smoking, keeping weight down and keeping major health conditions like high blood pressure, heart disease or diabetes well controlled. Aim for seven to eight hours of sleep each night to avoid fuzzy thinking and reduce the risk of falls. Start exercising (even a brisk walk once a day is helpful), start socializing, challenge your brain with word puzzles & games, get your hearing checked, reduce stress and most importantly, live with purpose – volunteer or tutor, help a friend or neighbor, or just do anything that gives your life meaning!



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**REFERRALS**

- Gary L referred Meef L
- Amy H referred Caroline H
- Caroline H and Amy H referred Leslie P
- Janean S referred Rosemary G
- Janean S referred Mark W
- Joe D referred Kerry H

*We try hard to recognize every referral but if we missed anyone, please let us know.*

*Just send us a quick email so that we can acknowledge you. We want all of you to know that it is our privilege to serve you.*

*The greatest compliment you pay us is the referral of your family and friends. Thank you!!!*

**The Truth Hurts Sometimes**

Aphorism is a statement of truth or opinion expressed in a concise and witty manner.

- I read that 4,153,237 people were married last year. Not to cause any trouble...but shouldn't that be an even number?
- I find it ironic that the colors red, white and blue stand for freedom until they are flashing behind you.
- When wearing a bikini, women reveal 90% of their bodies. Men are so polite they only look at the covered parts.
- Relationships are a lot like algebra. Have you ever looked at your X and wondered Y?
- My therapist says I have a preoccupation with vengeance. We'll see about that!
- I think my neighbor is stalking me as she's been Googling my name on her computer. I saw it through my telescope last night.
- Money talks...but all mine ever says is good-bye.
- You're not fat, you're just easier to see.
- If you think nobody cares whether you're alive, try missing a couple of payments.
- I can't understand why women are OK that JC Penney has an older women's clothing line named, "Sag Harbor".
- Money can't buy happiness, but it keeps the kids in touch.
- The reason Mayberry was so peaceful and quiet was because nobody was married. Andy, Aunt Bea, Barney, Floyd, Howard, Goober, Gomer, Sam, Earnest T. Bass, Helen, Thelma Lou, Clara and, of course, Opie were all single. The only married person was Otis, and he was a drunk.

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## Personal Note

Happy Father's Day! My dad, Robert H Robeson, Jr., was a dedicated Naval officer for 37 years! He had some amazing duties... most of which were as the Captain of several destroyers and cruisers. As with many military parents, he was gone for up to six months at time...making it hard to be with us and impart all of what God blessed him with.

Robie [his nickname] grew up in a wealthy family in Rochester, NY. His family [all the way back to his great grandfather...Mildred Fillmore Robeson] established the Robeson Cutlery Company in Elmira, New York in 1879. Unfortunately, his father, Robert Robeson, lost the company during the Great Depression and died soon after. My Dad had two sisters, Shirley and Joaine, and they and their mom, Edna, were devastated. Dad was faced with the reality of becoming the "man" of the house at a young age and finished high school and went on to the Naval Academy...graduating in 1945. He decided early in his life that he would never allow his family to experience the turmoil and financial ruin that he had experienced as a young boy.

I can say for both my brother, Scott, and I that we never were without. Even though Dad was gone most of the time...when he was home he was 100% committed to our becoming disciplined young men. Robie lived a full, long life and passed away at the age of 94. If you still have the privilege of your Dad in your, life don't forget to make it a point to reach out and give him a hug or give him a call!

**JIM  
ROBESON  
CLU, CHFC**

### **MEDICARE MADE EASY**

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