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February 2024

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Remarrying Your
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STROKE SYMPTOMS



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FACE Drooping

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ARM Weakness

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



SPEECH Difficulty

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TIME to Call 911

Stroke is an emergency. Every minute counts. Call 911 immediately. Note the time when any of the symptoms first appear.

OTHER STROKE SYMPTOMS

WATCH FOR SUDDEN:

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CONFUSION, trouble speaking or understanding speech

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Note from the Publisher

In matters of the heart, age is but a number, and love knows no boundaries. As the publisher of First Coast Senior Living, I'm happy to dedicate this note to the enduring theme of love that resonates within our vibrant community.

Love, in its various forms, is a timeless thread weaving through the fabric of our lives. Whether it be the steadfast companionship of a lifelong partner, the bonds with friends that withstand the test of time, or the love that emanates from within, every story is a testament to the richness of our shared experiences.

In the pages of our publication, you'll find tales of love that transcend age, celebrating the resilience and joy it brings into our lives. From heartwarming articles to expert insights on nurturing connections, we aim to capture the essence of love in its many hues.

As we navigate the seasons of life, let us embrace it in all its forms and continue to build a community where these stories are cherished and celebrated.

We're introducing our new fully-integrated website soon. Be sure to sign up for your complimentary digital subscription using the form at FirstCoastSeniorLiving.com.

Cheers,



Mischelle Grant, Publisher
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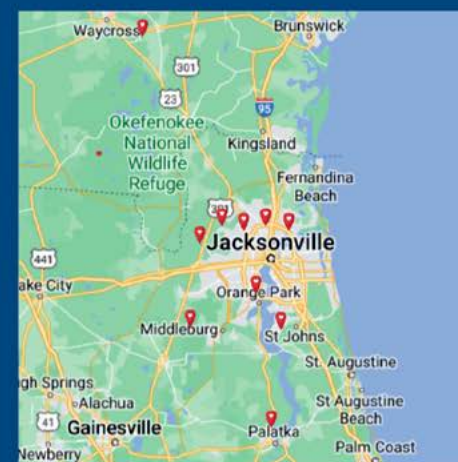
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Weightlifting for Wellness: You'll Love Feeling Strong



Ray Carr, Owner of Elevate Fitness.

Ready to get in the best shape in your life? It's never too late – but it is a use-it-or-lose-it proposition with a catch.

“Even when we use it, if we don't use it enough, we still lose it gradually as we age,” says Ray Carr, Exercise Physiologist and owner of Elevate Fitness in Orange Park, pictured above and right. “It's very important to have a consistent plan to continually use it.”



In this case, the “it” is muscle strength and mass and the best way to use it is consistent weight and resistance training aimed at building strength and improving mobility.

“One of the major issues for the senior community are falls,” Carr says. “Falls happen not only because of lack of balance, but also lack of strength in the hips and legs as we age. Muscle fibers have to be engaged regularly to allow for the flow of red blood cells that help increase the strength of those fibers. Without it, they start to atrophy and lose their ability to engage, pull and stretch. Strength is not just for aesthetics It's for quality of life and the ability to operate more safely.”

Resistance exercises, particularly those involving weight-bearing activities, also stimulate bone growth and increase

bone density, both of which are crucial in preventing osteoporosis and fractures. They also support weight management and metabolic health. Increased muscle mass can boost metabolism and help prevent age-related weight gain.

Carr helped his mother, Jacqueline McDougald, 61, begin a weight training regimen six months ago. Not only does she feel stronger and more agile, but she's also lost 20 pounds and four dress sizes, slimming down from a size 14 to 10.

“I was worried that my bones were getting weak, and my knees were hurting,” McDougald says about asking Carr for advice. She works out three days a week and started small with just 10 minutes of easy exercises that included wall push ups and repeatedly sitting down in a chair and standing up.

“I feel a lot better,” McDougald says. “I sleep better at night, and I don't have the leg cramps I used to,

because I'm working those muscles that I didn't before.”

Both Carr and McDougald emphasize that it's okay to start small.

“You don't have to jump right into a gym and try to lift weights,” Carr says. “Start with using your body weight, then add resistance as you start to feel stronger.

Beyond physical benefits, weight training also has been linked to improved cognitive function, enhanced mood and reduced risk of depression. 🧘



Jacqueline McDonald, 61, works out three days per week.

This is 65!

Did you know that our muscles play a pivotal role, especially as we cross the half-century mark? Life gets busy and distractions are everywhere. “Even a short weight training session can make a huge difference,” says Coach Kim of thekfactorcoaching.com. “You should consider integrating weight lifting into your routine because of the awesome benefits it provides.”

STRENGTH & VITALITY: Lifting weights not only builds muscle but also revs up our metabolism.

BONE HEALTH: Resistance training is key to combating the onset of osteoporosis.

IMPROVED BALANCE: Stronger muscles mean fewer falls, and that's crucial as we age.

ENHANCED MOBILITY: Keep dancing, jogging, or simply playing with your grandkids without a hitch.

HEART HEALTH: Regular weight training can help improve cardiovascular health.

Remember, it's not about the candles on your birthday cake but the strength in your stride. Let's age not just gracefully, but powerfully!



Kim Knapp, Fitness Trainer. theKfactorcoaching.com

TRAVEL

Rediscover Romance in Your Own Backyard



The Riverdale Inn Bed & Breakfast in Riverside.

Planning a local staycation can be a refreshing way to unwind without the stress of travel. Book a cozy Airbnb or indulge in the charm of a local bed and breakfast. Take the opportunity to explore hidden gems in Jacksonville, whether it is a quaint café, a scenic park, or an interesting museum. Pack a picnic and enjoy a leisurely day outdoors, or meander through a nearby garden hand in hand.

The Riverdale Inn, located in the Riverside area, is a lovely historic mansion featuring eleven charmingly decorated guest rooms with private bathrooms, refrigerators, Keurig coffee machines and gourmet breakfasts is a smart option close to home. A one-minute walk, you'll stroll along the St. John's River, or escape for a delicious Thai dinner at Blue Orchid.

To add a touch of romance to your staycation, consider treating yourselves to a candlelit dinner at a local restaurant. Explore culinary delights you might have overlooked or revisit a favorite spot, creating a memorable dining experience. Enjoying a special meal in the comfort of your own home together is always a winner.



For a relaxing evening, plan a movie night featuring your favorite films or explore new ones together. Snuggle up in your blankets, enjoy a charcuterie board and a bottle of wine to create your own

private cinema experience.

The key to a successful staycation is to focus on creating a relaxed atmosphere and enjoying each other's company. Whether you choose to explore northeast Florida's local treasures, indulge in culinary delights, or simply unwind at home, the goal is to savor the moments together and make lasting memories. ☺

Got a great idea for a romantic staycation? Share your experiences with First Coast Senior Living readers on our Facebook Page, or email us at editorial@firstcoastseniorliving.com.

Photo by Sara Alder



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Florida Blue Opens Sanitas

A Senior-Focused Primary Care Center in Duval County



Pat Geraghty,
CEO of Florida Blue

Florida Blue, and Sanitas Medical Center (Sanitas) have opened an innovative primary care health center in Jacksonville focused on supporting the area's Florida Blue members who are 50+ and/or Medicare members. The center's comprehensive and high-touch care model brings together the primary care services adults need in one location by providing preventive primary care, onsite pharmacy dispensing, chronic condition management, mental health services, labs and imaging, and a community space for patient and community education, social engagement and wellness classes and activities.

"At Florida Blue, we pride ourselves on being a health solutions company, which means understanding each member's unique needs and providing appropriate solutions to help them thrive. This is especially important for older adults as health care needs can increase with age," said Pat Geraghty, president and CEO of GuideWell and Florida Blue. "Through the innovative model we have developed with Sanitas, we are providing customized, accessible, and harmonized primary care solutions to members to help them live healthier lives." Using a four to five person care team for each patient, Sanitas tailors services to meet patient needs, and provides access to nurses who specialize in different conditions such as diabetes or high blood pressure, as well as nutritionists and social workers.

In Florida, there are more than 4.9 million Medicare-eligible adults, and that number continues to grow. The U.S. Census figures note that by 2030, older Americans will make up 21 percent of the population. According to data from the American Psychological Association, by 2060, the number of people aged 65 and older in the U.S. is projected to double from 46 million to more than 98 million, marking the first time in history that the number of older adults will outnumber children under age 5.

Sanitas is located in the Regency area at 9400 Atlantic Boulevard, Suite 11, 32225. For more information, call 1-844-665-4827 or visit www.mysanitas.com/en/jax.

JUST ASKIN'

My Unconventional Journey in the World of Odd Jobs



"I was Winnie the Pooh every Saturday through the summer at the Sears in Atlanta when I was 15. I have vivid memories of children attacking while I wore a hot-house costume while not speaking and trying to be nice. It was in the days before big, heavy costumes like that had any cooling packs or fans. I would take breaks to go to the bathroom, which took at least 20 minutes, and I would be soaked with sweat. I found that if I weighed in the morning before putting on the costume and then when I finished I had dropped about five pounds. And, Oh Lawd, did that thing stink! It was then I made the decision I loathed children and would never be a parent! While I was determined to never reproduce, I did manage to squeeze out three of the little suckers! I still have flash backs every time I see Winnie!"

Robin Herren Sievers

formerly of Avondale, retired PR professional

"It was 1967. Everyone knew that girls weren't butchers. But I always defied the gravity of conventional wisdom, playing in a rock n' roll band all my teen years when only boys did that.



So, when my dear grandfather, Jodie T. Snowden, suggested I work in his butcher shop in Pierson, Florida before and after



school during my senior year in high school, I leapt at the chance to carry beef quarters weighing more than I did and wield a cleaver and butcher knife like a pro. I learned that girls could be strong, and I could do anything if I put my mind to it."

Sharon Cobb

Riverside, screenwriter, filmmaker, author

"The oddest job I've ever held was peeling the price tags off of L'EGGS pantyhose packages back when they came in those giant plastic eggs. Later, I got 'promoted' to cleaning and sorting them to be sent back out to stores. It was during my senior year in high school, and I always said, someday, I'll tell people about this being the weirdest job ever!"



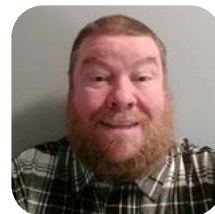
Julia Long Painter, *Orange Park*



"I worked in a potato field in Minnesota near my South Dakota hometown around 1966. I would stand at the back of a big machine with a belt around me so I wouldn't fall. As it went down the rows it would pick up dirt and potatoes. My job was to push dirt to the left and potatoes to the right. I was a sight to see at day's end! It was dirty, but I loved it because it was outside, and it was different from any job I had ever had. Also, we got potatoes to take home."

Janet Lundborg Gay, *Westside*

"I was the security/bouncer at one of those old lingerie modeling shops – the ones where the guys would come in and pick a girl to 'model' lingerie in private for him. I actually sat in a back room monitoring everything via cameras all over the shop. They didn't want a guy out front, for fear it would scare away potential clients. The building itself is gone now. They used to have these shops all over town. I can't remember for sure, but I think [former Mayor] Tommy Hazouri led the charge to get them closed down. Yeah, it was a very interesting job."



Dean "Mac" McDonald, *Middleburg*

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Lessons You'll Love



You're never too old to learn how to play a musical instrument. Kenny Graves, Retail Store Manager at Music Arts in Jacksonville says adults over fifty make up about forty percent of their client base for lessons, with guitar and piano being the most popular with the demographic.

Participating in music lessons as an older adult provides many advantages. Primarily, it serves as an excellent means to keep the mind agile and involved, potentially acting as a deterrent to cognitive decline. The process of learning to play an instrument or sing fosters improvements in memory, concentration, and overall cognitive acuity.

Piano lessons are popular.

On a physical level, engaging with musical instruments enhances fine motor skills and hand-eye coordination, crucial elements in maintaining dexterity as we age. Furthermore, this creative pursuit offers a profound emotional outlet, contributing to reduced stress levels, an elevated mood, and an overall sense of well-being.

"I've learned one of the benefits for older students is that they get to do something they've always wanted to do – learn how to play an instrument. If the goal and the desire are there, they will become proficient and they love it," Graves said.

Taking up music lessons later in life proves to be a holistic approach to a more active, enriched and fulfilling lifestyle. 🎵

Photo by Alfio Medeiros



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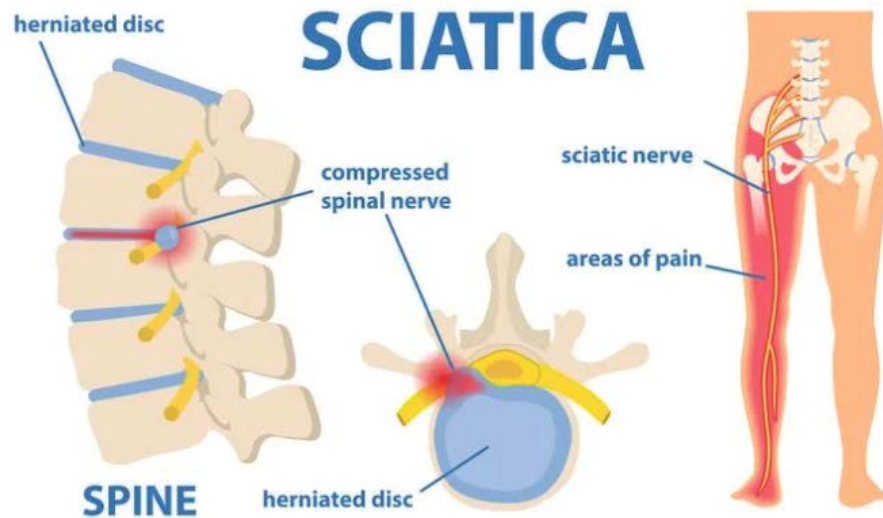
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What is Sciatica?

How to Get Pain Relief



Picture this: you're going about your day, feeling fine, when suddenly, out of nowhere, a sharp, shooting pain descends upon your buttocks like a lightning bolt. Sitting down is suddenly an Olympic-level challenge, and standing back up becomes a physical feat completely devoid of any grace.

Introducing sciatica – pain that radiates along the sciatic nerve, typically affecting one side of the body and extending from the lower back through the hips and down the leg. Tingling or numbness also are common symptoms and discomfort can worsen with prolonged sitting or standing.

Sciatica is often caused by compression or irritation of the sciatic nerve, which can result from degenerative changes, herniated discs, or spinal stenosis.

“People 55 and older are at particular risk of sciatica due to age-related degenerative changes and muscle strength loss,” says Dr. Tina Warren of Oakleaf Chiropractic and Injury Center in Jacksonville. “Aging can lead to wear and tear on the spine, causing discs to lose water content and height, leading to conditions that may impinge on the sciatic nerve.”

Treatments for sciatica may include:

- **Physical Therapy:** Targeted exercises and stretches can help alleviate sciatic pain.
- **Heat and Cold Therapy:** Applying heat or cold packs can reduce inflammation and soothe pain.
- **Epidural Steroid Injections:** These injections deliver anti-inflammatory medication directly to the affected area.
- **Chiropractic Care:** Spinal adjustments and manipulations may relieve pressure on the sciatic nerve.
- **Acupuncture:** Traditional Chinese medicine involving the insertion of thin needles at specific points can offer pain relief.
- **Surgery:** In severe cases, surgical intervention may be considered to address underlying issues.

Though medications, including non-steroidal anti-inflammatory drugs (NSAIDs) and muscle relaxants may provide relief, “they don't address the cause,” says Dr. Warren, who advises seeing a doctor if your sciatica symptoms last for several days or return. Mild sciatica usually goes away over time, but if pain lasts longer than a week or you have trouble controlling your bowels or bladder, it's time to get professional help.

“Seeing both a chiropractor and a physical therapist who create a coordinated treatment plan is an excellent option for resolving the issues that cause sciatica.”

TOP 3 STRETCHES FOR SCIATICA

These three sciatic pain stretches are a mix of flexion and extension exercise, as well as rotational exercises. These exercises are a remedy for lower back pain and sciatica in many people, but if any of them increase sciatic nerve pain, stop immediately.



Double Knee to Chest:

1. Lay flat on your back.
 2. Take both your hands and place them on top of your lower leg below the knee.
 3. Then gently pull your knee to your chest in a controlled manner.
 4. Hold 10 seconds, repeat three times.
- This helps stretch the lower back gently.

Prone on Elbows

1. Lay on your stomach.
 2. Keep your hips flat on the table.
 3. Press your upper trunk up until you can place both elbows under each shoulder.
 4. Hold 5 seconds, repeat ten times.
- This helps stretch the lower back.



Lower Trunk Rotation:

1. Lay on your back with your knees bent.
2. Rotate the back to allow both legs to move together from side to side.
3. Keep the shoulders flat on the surface.
4. Hold 5 seconds, repeat ten times on each side.



Bonus Stretch for Sciatica Pain

It is difficult to self-diagnose the source of sciatic nerve pain. But if the problem is a tight piriformis:

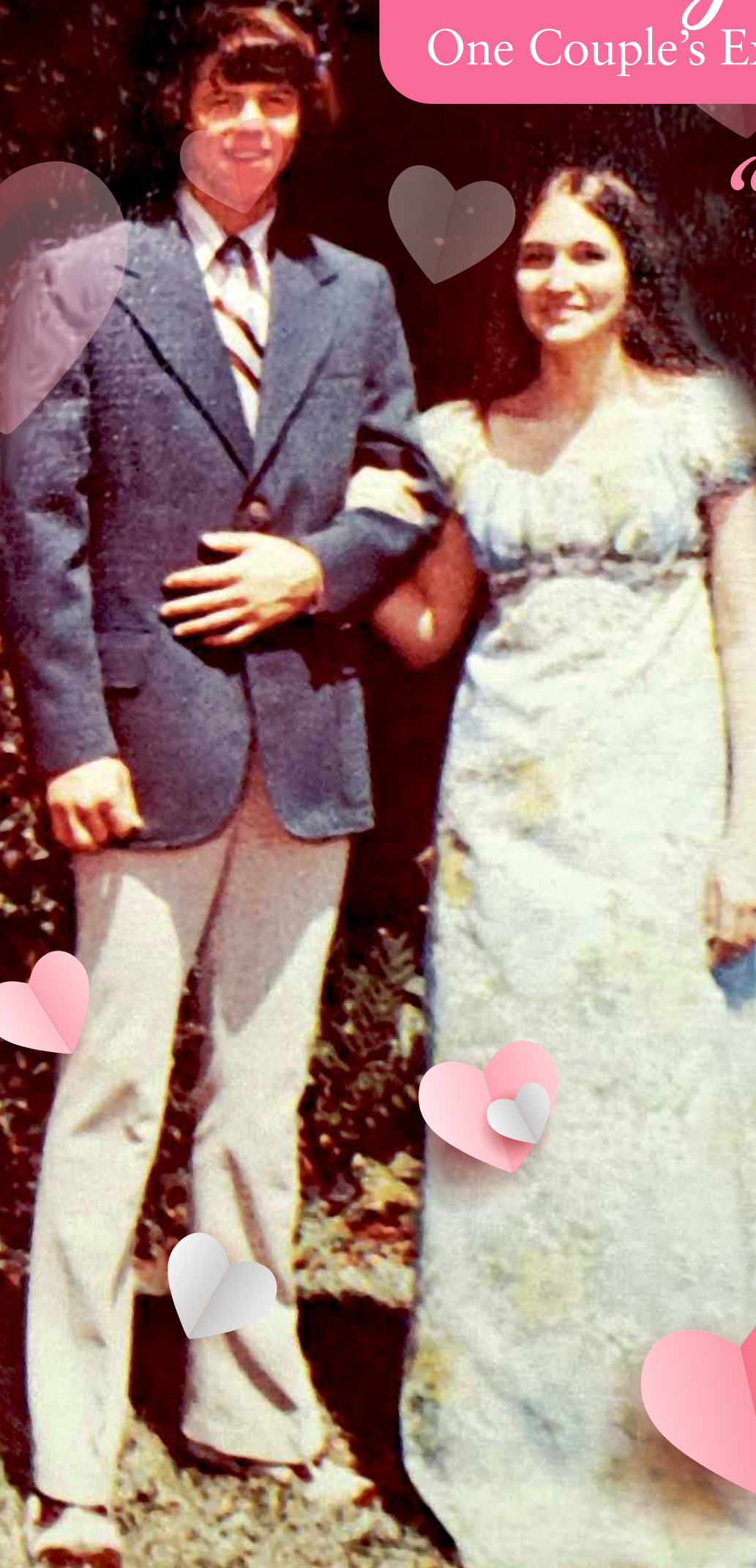
1. Lie flat.
2. Cross the leg you want to stretch over the other leg, at a 90-degree angle.
3. Reach down to the bent leg around the knee area.
4. Pull toward the opposite shoulder.
5. Hold for 30 seconds and repeat two to three times.

You should feel a stretch in the buttock of the crossed leg. Again, if the pain increases, stop immediately. This is also an exercise for the hip for with lower back and hip pain.

Source: Jacksonville Orthopedic Institute (JOI)

Newlyweds Again!

One Couple's Experience Marrying Twice



“Don’t give up on me,” Alan Jones would say to ex-wife Toni Garner Jones in the occasional phone call or family gathering during the 17 years following their divorce. The former couple raised two children and have four grandchildren together, so staying in touch wasn’t unusual. But the comment was, Toni says.

“I would look at him and think, ‘What the heck is he talking about?’”

The answer became obvious to everyone in their lives this past October when the couple, who first married in 1974 and divorced 32 years later, took a second walk down the aisle and said “I do” all over again.

“It was his way of letting me know that he wanted to get back together, but just wasn’t ready,” Toni says.

Remarrying the same spouse after a divorce is more common and, according to Chaplain Scott Shubert, owner of Jacksonville’s Walk-In-Wedding Chapel, far more successful than you might think.

“Couples who get married to each other again usually stay married for life,” Shubert says. “Their success rate is about 50% higher than all first marriages and nearly 75% higher than second marriages to other people.”

The Jones are counting on their marital do-over to bolster those statistics.

Young Love

Toni first caught Alan’s eye in the bleachers at a high school football game and they got to know each other when both their families began attending the same Jacksonville church shortly after. With a surprise baby on the way, they eloped to Ludowici, GA. She was 16, he was 18. And despite the monumental odds, they made it work for more than three decades before calling it quits.

“Alan had a midlife crisis,” Toni quipped.

“She’s right,” Alan admits. “I was 18 and just wanted to play sports.”

The couple divorced in 2006 and it would be several years before things would be amicable between them again.

Both dated other people and Alan had a fleeting notion of marrying one.

“The longer I was with her, the more I realized she just wasn’t Toni,” he says.

“I never really got over him,” Toni adds.

Fast forward to early 2023, when the two jointly grieved the unexpected loss of a family member and memories flooded back. They began spending more time together with their kids and grandchildren and, when dinner and a night out at a Little River Band concert led to more dinners and more nights out, the two became as inseparable as when they were lovestruck teens. Within six months, they tied the knot again.

Two Times a Charm

One key realization that many remarrying couples share is that their relationship wasn't as bad as they initially thought during the divorce. The break in their union allows them time and space to reflect on the positives that once existed, leading to a newfound appreciation for the connection they share. The second chance at marriage becomes an opportunity to build upon the strengths of their relationship and address the challenges that led to the initial separation.

Shubert highlights three critical insights gained by couples after divorce.

"Many couples getting remarried have told me after the divorce that they realized three things," he says. "Their relationship wasn't as bad as they thought it was; finding a better mate is harder than they thought it would be; and they were more responsible for the breakdown of the relationship than they thought they were at the time."

For those contemplating a second marriage to the same person, Shubert offers valuable tips based on his extensive experience with remarried couples:

Accept Responsibility: Acknowledge the role each partner played in the breakdown of the relationship and commit to personal growth. Taking responsibility is a crucial step toward building a healthier connection.

Communicate: Foster open and honest communication. Learn from past mistakes and ensure that both partners feel heard and understood.

Seek Professional Help: Consider seeking the guidance of a relationship counselor or therapist. Professional support can provide valuable insights and tools to navigate challenges and strengthen the marital bond.

Cultivate Forgiveness: Let go of past grievances and forgive both yourself and your partner. Forgiveness is essential for healing and moving forward, allowing the relationship to thrive without the weight of previous mistakes.

Celebrate the Positive Moments: Focus on the positive aspects of the relationship. Celebrate achievements, milestones, and the unique connection that brought you back together.

"Almost all of the couples I've married for the second time both accepted responsibility for their part in the breakdown of the relationship and worked to fix their shortcomings as a partner," Shubert says.

Toni's advice for couples considering a second shot at wedded bliss echoes Alan's years-long plea: "Don't give up." 🌸



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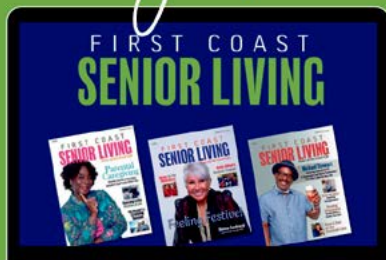
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Grand Plans

by Susanna P. Barton

Greetings, Grand Planners!
It's February – the month of Valentine's Day and love and the sweetness of our lives. It's also time for Step 2 of Grand Plans:

How to Mitigate Geri-Drama in 20 Easy Steps. This step is considering how we will memorialize ourselves and show loved ones how much we care. This is a wonderful opportunity to account for the highlights of our life story and write it down so others will know it – and be able to share it.

This mission is a real labor of love – as sweet as a “Be Mine” or “Kiss Me” or “Hot Stuff” candy, an endeavor that will make your family swoon with thoughts of “You Rock” “4EVER.”

Like most important life tasks, this process begins with reflection. I, for example, might sit down at the beach with a hefty pour of chardonnay. Whatever your best-case thinking place looks like, go there and get busy itemizing your major life events, achievements, and people who have been meaningful in your life. Think about your values and beliefs and how you want to be remembered.

If you've been in Jacksonville long enough, you'll remember the story of local public relations expert Bonnie Phillips Upright's mother and the viral memorial she penned for herself. This first-person piece was so beautiful and well-written that it was plagiarized over and over again – coast to coast! While a terrible situation for Bonnie and her family, it's certainly a testament to the richness of the memorial's reflective content.

Your musings don't have to be viral-worthy. Start with the basics. At a minimum, highlight a few dates, times, and places. Consider graduation and wedding dates, names of your parents, siblings, spouses, and children, degrees you may have achieved and when (and from where!), places you worked, and organizations important to you. Maybe



some significant accomplishments define you, so write those down, too! Was travel your thing? Reflect on a few trips that influenced your life in some way.

When you're done, file the information somewhere safe and tell your loved ones where they can find it in case they need or want to put it out on the interwebs one day. If you already have written down life highlights, but did so many years ago, think about dusting off your composition and updating it now and again. Giving thought and framework to your life story is an empowering way to take control of your narrative and leave a lasting impression on your loved ones. It



allows you to preserve your legacy in a way that genuinely reflects who you are and how you want to be remembered.

Whatever it is you envision, write it all down and tell someone about it. Do whatever brings you peace because that will, in turn, bring your people peace when it comes to sharing your story. And that is, “True Love” “4EVER.”

Susanna Barton has worked as a professional writer in Jacksonville for nearly 30 years. Her book Grand Plans: How to Mitigate Geri-Drama in 20 Easy Steps and its accompanying workbook, the Grand Planner, are available in local stores and on Amazon.

Medical Debt

How to Survive the Dial for Dollars

Nearly \$54 billion. That's the amount of unpaid medical bills older Americans were carrying in 2020 – an increase of 20% from the year before. Another eye-opening fact? Among the nearly four million older adults with medical debt, nearly all of them reported having health insurance. While anyone can have medical debt, those more likely to be affected include older adults of color and older adults with low income.

Shouldn't health insurance prevent medical debt?

Even if you have Medicare or an employer-sponsored health plan, you still may be responsible for out-of-pocket costs like co-payments, coinsurance, deductibles and out-of-network surcharges. These costs can add up fast, especially if you have a chronic condition, serious illness or disability. A single unexpected crisis, such as a car accident or bad fall, can plunge a person into debt quickly. In fact, most medical debt is due to bills from a one-time or short-term health care expense.

“Communication is very important. Ignoring the debt won't make it go away...”

– Mary Daniels, Patient Advocate

Billing errors make older adults even more vulnerable to medical debt. Older people are more likely to have greater chronic health needs, which translates into a more complex billing process. This often leads to mistakes, such as the wrong parties being billed or providers seeking inappropriate reimbursement. Once an insurer rejects a claim,



providers often continue to pursue patients for payment instead of fixing the error and resubmitting the claim. If patients don't recognize their bill is inaccurate, unchecked errors can result in a snowball of medical debt that soon becomes unmanageable.

“It's critical that you closely check and monitor your medical bills for any fees charged that don't match the explanation of your care and benefits,” says Jennifer West, a Jacksonville-based medical billing specialist. “Time is of the essence, so if you see anything that doesn't add up, contact your provider or its billing agency quickly. If you've tried but been unable to get a clear explanation or resolve your billing issue, it may be time to reach out to a medical debt advocate or attorney.”

Negative impact on credit score: If they go unpaid for a certain length of time, your medical bills can wind up in debt collection. Once that happens, you may be subject to unpleasant calls from debt collectors demanding prompt payment. ☞

What is a Patient Advocate and How Can They Help You?

Mary S. Daniel, a Board-Certified Patient Advocate who specializes in medical billing and caregiving advocacy, is a nationally recognized speaker who frequently addresses this topic. She says most patients seeking medical care don't have the knowledge needed to understand our complex process and it's easy to get intimidated and accept the “no's” the system is always giving us. Her work includes the management of bills for a chronic illness, the negotiation of large bills if faced with a catastrophic event, and getting authorization for services that may be denied by your insurance company.



“Hiring an advocate allows an expert to navigate options so you get the very best care. Services can include making doctor's appointments, accompanying the patient to the appointment, asking questions of the providers, assistance in understanding medical bills and even prescription reviews. Patient advocates come from various medical backgrounds including nurses, pharmacists, medical practice administrators, or medical billing professionals who put their expertise to use helping others understand the medical system they know,” Daniel said.

The first step Daniel recommends is to always talk with the provider. Many offer financial assistance programs that will reduce and many times eliminate the debt completely. “Communication is extremely important. Ignoring the debt won't make it go away, talking to the provider about your individual situation always allows for a better outcome,” said Daniel. You can find more information at MarySDaniel.com.

Don't Get Robbed by Romance

Love is in the air, or at least that is what romance scammers would have potential victims believe. They prey on people looking for relationships by tugging at their heartstrings and building trust. Then use that trust to con them out of hundreds, or thousands of dollars.

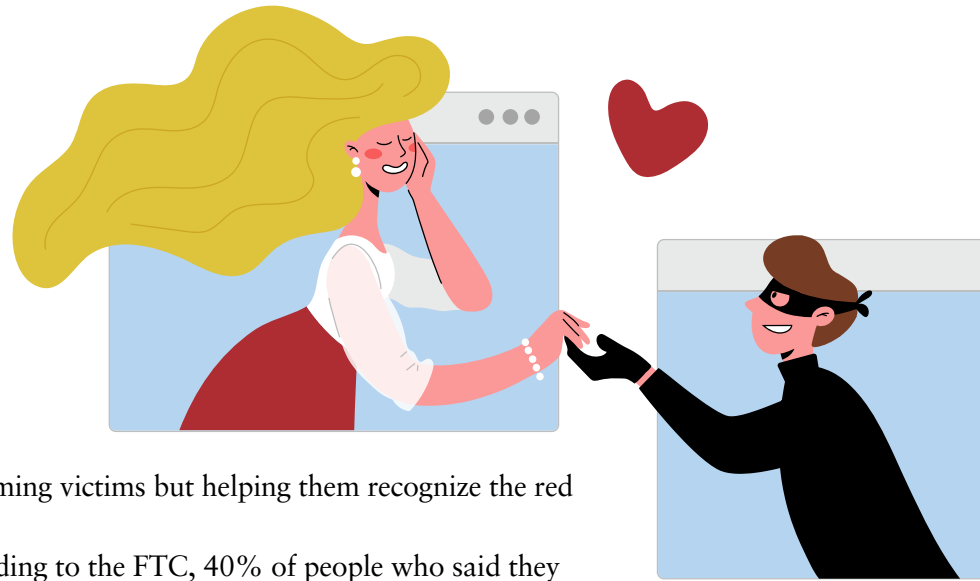
Losses related to romance scams hit \$1.3 billion in 2022, according to the Federal Trade Commission. The median loss per victim was \$4,400.

Reports of these scams have been steadily rising over the past several years and likely will continue to rise. Because older adults are twice as likely as younger adults to lose money to sweetheart swindles, it's important to warn aging parents about the signs of these scams. There's no guarantee you can prevent parents from becoming victims but helping them recognize the red flags can reduce the risk that they'll be swept up by this con.

Warn your parents about the information they share online. According to the FTC, 40% of people who said they lost money to a romance scam last year said the contact started on social media. Scammers can use information posted on social media to make a connection with potential victims. The more personal information you or your parents post, the easier it might be for someone to target them.

Keep lines of communication open with your parents. Show interest if they talk about someone new in their lives. You could ask how they met, whether they have met in-person, where the person lives or what line of work that person is in. Pay attention to the red flags.

Protect yourself and your parents from fraudulent actions by scammers. If you or someone you love suspects a rifle for love, contact the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) or your local authorities.



FEBRUARY AT THE FLORIDA THEATRE

 FEBRUARY 1	 FEBRUARY 2	 FEBRUARY 3	 FEBRUARY 4	 FEBRUARY 7
 FEBRUARY 9	 FEBRUARY 10	 FEBRUARY 13	 FEBRUARY 15	 FEBRUARY 16
 FEBRUARY 20	 FEBRUARY 21	 FEBRUARY 22	 FEBRUARY 23	 FEBRUARY 23
 FEBRUARY 24	 FEBRUARY 25	 FEBRUARY 27	 FEBRUARY 28	 FEBRUARY 29

Buy tickets at floridatheatre.com or 904-355-2787
128 E. Forsyth St. Jacksonville, FL 32202



Things To Do

February 6, 7:00 pm - 10:00 pm

The Golden Age of Cinema

Coopers Hawk, 4850 Big Island Drive, Suite 103, Jacksonville 32246

Night of glitz and glamour celebrating Old Hollywood and its cinema. Hosted by Cooper's Hawk and Screen Actors Guild awards provides a full-course meal and wine tasting while enjoying the production of old and high fashion movies. Tickets: \$69. chwinery.com

February 8 & 9, 9:00 am - 2:00 pm

Jacksonville Landscape Show

Jacksonville Fairgrounds Exhibition Building, 510 Fairground Place, Jacksonville, 32202

Attending JLS 2024 will provide you the chance to network with a wide range of industry experts, including designers and wholesalers, and get a close-up look at the newest gadgets and goods. Continuing Education Units are provided for accreditation if needed. Tickets: \$20 - \$175. Prices vary depending upon date and seminar nefnla.org

February 10, 10:00 am - 2:00 pm

Active After 50

St. Johns Convention Center at World Golf Village, 500 Legacy Trail, St. Augustine 32092

Visit over 50 local companies, pickleball clinics, demonstrations, live music, belly dance demos, prize giveaways at the 9th annual Active After 50 Expo! Meet medical providers, home repair professionals, resource groups and more. Tickets: Free Admission. lifestyleeventsmanagement.com

February 10, 11:00 am - 2:00 pm

Cooking Classes

Istanbul Center, 2032 Southside Blvd, Jacksonville 32216

Broaden your culinary skills, sample tastes of Turkish recipes and other cultures and acquire the knowledge of meals from scratch while socializing with other foodies. Tickets: \$15. istanbulcenterjax.org



February 13, 8:00 pm

Gladys Knight

Florida Theatre, 128 E Forsyth St #300, Jacksonville, 32202

This seven-time Grammy winner has enjoyed #1 hits in Pop, Gospel, R&B and Adult Contemporary and has triumphed in film, television and live performance. Enjoy one of America's all-time favorite entertainers. Tickets: \$49.50- \$114.40. floridatheatre.com

February 16, 12:00 pm

Jacksonville Auto Show

Prime Osborn Convention Center, 1000 Water Street, Jacksonville 32202

Get ready to rev your engine at the Jacksonville Auto Show where car enthusiasts unite for a showcase of the hottest wheels on the road. Enthusiasts, manufacturers and the curious always enjoy this annual event. Tickets: \$9* and up (*adults 65 plus)

February 17, 10:00 am - 12:30 pm

Oil Painting with Ronnie Phillips

Atlantic Beach Arts Market, 1850 Mayport Road, Atlantic Beach 32233

Students will learn how to produce unique oil paintings from start to finish using brushes and palette knives. This course teaches how to mix paints, develop texture and use color. Tickets: \$65. atlanticbeachartsmarket.com

February 18, 12:00 pm - 3:00 pm

Swing Into Action

Top Golf, 10531 Brightman Boulevard, Jacksonville 32246

A fun fundraiser hosted by Top Golf to raise funds for at-risk youth. Tickets include lunch with fajitas, desserts and three hours of unlimited play. Tickets: \$125. topgolf.com

February 21, 11:15 am

Senior Game Day

Florida Blue Center (Town Center), 4855 Town Center Pkwy, Jacksonville 32246

Meet new friends while participating in a vibrant senior game day with friendly competition and fun. Games include bingo and dominoes. Tickets: Free Admission

February 25, 4:00 pm

Roots of Southern Cuisine: Table Roots Soil to Soul & Farm to Fork



Eartha's Farm and Market, 4850 Moncrief Road, Jacksonville 32209

A southern "Sunday Dinner" experience, Chef Jeff prepares a five-course meal including ingredients sourced from local farms in northeast Florida. This culinary event celebrates the rich legacy of southern cuisine, traditions, and agriculture. Tickets: \$100 and up. clarawhitemission.org

PARTING SHOT

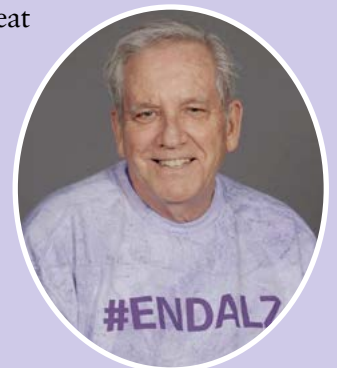
You Can Call Me, "Al"!



Simply put, I love to HELP others. I have a cheerleading mindset and a passion to serve. That's been the common thread throughout my careers in teaching, packaging sales and now working with seniors and their families. Seventeen years ago, we made a decision to support my wife Carol's parents, by relocating to Florida from Connecticut

that led to giving them an additional nine years of an engaging, thriving life. That time I spent with them set the stage for where I am now.

Before relocating to Jacksonville, I taught high school science in Norwalk, CT and District wide in all subjects, working with students who were marginalized because of poor choices and behavioral issues. Locally, I taught at Mandarin High School with outdoor field students. Many of my students were not familiar with the outdoors. It was a great experience for them to enjoy fresh air. Today, one of my favorite students, Sage, is the manager of the Metro Diner in Ponte Vedra Beach.



That "Internship of Service" continues to inspire me as I work with seniors and their families in finding ways to age gracefully with dignity.

In addition to my affiliation with Oasis Senior Advisors in service to older adults and their families, I signed on with the Jacksonville Walk to End Alzheimer's as the volunteer Community Engagement Chair with a goal of reaching \$500K in donations this year. I believe this can be done, in part, by me helping others build their teams and cheering them on.

2024 is going to be monumental! 🌟



Al Bagocius, aka "The Mayor" of the Senior Community.

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