



For the Love of Life....



Lead-up to Easter: Palm Sunday and Holy Week

Palm Sunday, March 24, is the final Sunday before Easter.

Palm Sunday marks the beginning of Holy Week. Christian churches Jesus Christ's triumphal entrance into Jerusalem.

On Holy Monday, Jesus drove out the money changers who were buying and selling in the temple of Jerusalem. On Tuesday, Christ was questioned by the Jewish leaders and condemned by the Scribes and Pharisees. On Wednesday of Holy Week, He taught in the temple. Maundy Thursday included the Last Supper, the final meal with His disciples.

Good Friday is the remembrance of Jesus' death on the cross.

Holy Saturday has been known as the Great Vigil.

Easter, March 31, celebrates the resurrection of Jesus.

Seniors on the move!

Meet the Winterkeeper: 50 years tending Yellowstone

In the deep winter, when bones ache with cold, few want to spend their days in the snowy wilderness. But for more than 50 years, that is exactly what Steven Fuller has done at Yellowstone National Park.

One of Yellowstone's official Winterkeepers, Fuller has raised two daughters in the home of bison and hot springs since he came to work for the park in the 1970s. He is the longest working Winterkeeper -- and the longest-running resident -- in Yellowstone.

From December to March each year, his job is to cut up the deep snow that falls on cabins and lodges. The snow routinely falls two and three feet deep, and left undisturbed, can become heavy enough to collapse roofs. Fuller and other Winterkeepers climb onto the roofs and cut freezer-sized chunks with a seven-foot toothed saw. Fuller pries the chunks away from the roof with a flat shovel so they can slide down and fall to the ground.



When the temperatures plunge lower than 20 degrees below zero, the rock-hard snow can't be cut and Fuller gets to rest. Yellowstone gets from 10 to 20 feet of snow in the winter.

Traditionally, it's a solitary job. But despite living alone in the wilderness, Fuller isn't lonely. He pursues his hobby of photography, and observes wildlife, building acquaintances from afar with certain bison and elk in his area.

Modern Winterkeepers have it easier. Snowmobiles and cell service give them contact with the outside world. Even in deep winter, snowmobiles make the 70-mile trek to a store possible.

Fuller says he would not mind retiring from work, but his cabin, built in the 1940s, is his home. He wants to stay.



**National Kidney Month:
Get tested**

Every day your kidneys go about their work of removing excess fluid and waste from your blood. You probably never think about them. But you should.

In addition to filtering waste, the kidneys have several other important jobs to do. Consider this: They produce the two hormones needed to make red blood cells and regulate blood pressure, and they produce the active form of vitamin D, which helps maintain calcium for bones and other body functions.

At your regular checkup, ask your doctor about a blood test to measure your kidney function. Early detection of a problem is very important.

Each kidney has millions of tiny nephrons that act as filters. Beginning around age 40, a natural loss of nephrons occurs, but because there are so many, that doesn't cause problems unless other factors are present. If you have high blood pressure, diabetes, or both, some nephrons will lose their ability to filter blood.

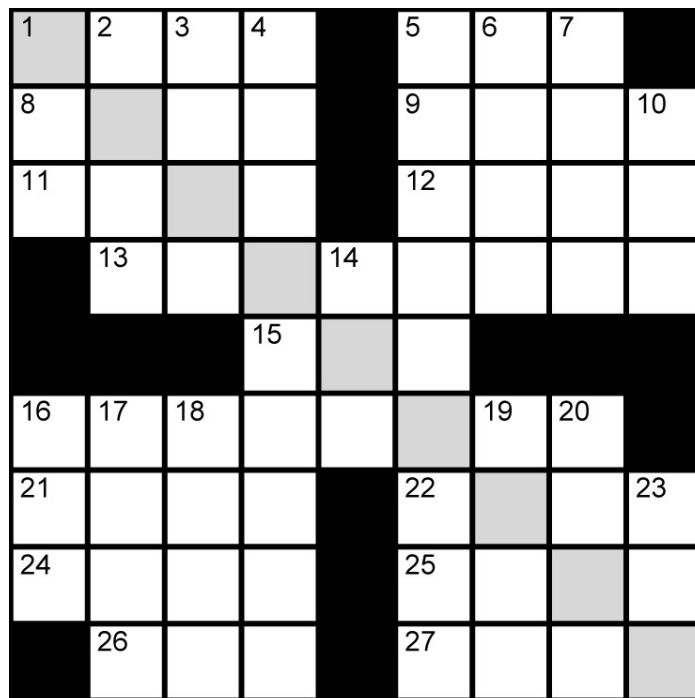
In addition to controlling diabetes and blood pressure, you can protect your kidneys with these steps.

* If you regularly take over-the-counter painkillers, especially for a long period of time, check with your doctor. The doctor may be able to recommend a safer alternative.

PLANETARY RESIDENTS

Across

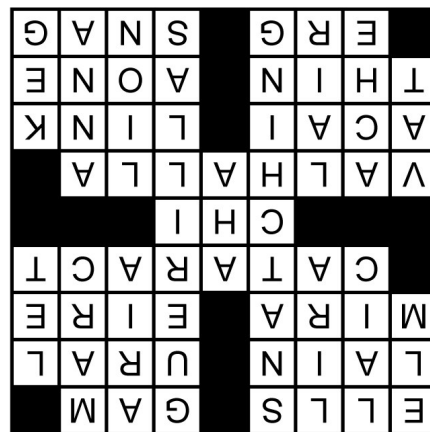
- 1. Some bent pipes
- 5. School of whales
- 8. An anagram for anil
- 9. Russian river
- 11. Actress Sorvino
- 12. Cork's country
- 13. Common eye problem
- 15. Fraternity letter
- 16. Wagner opera setting
- 21. Antioxidant berry
- 22. Connect
- 24. Slender
- 25. Top-rated
- 26. Unit of work
- 27. Unforeseen difficulty



Down

- 1. Freddy Krueger's street
- 2. Secular
- 3. Old Italian money
- 4. Pickpocket's activity
- 5. Freedom fighters
- 6. La Scala highlight
- 7. Artist Chagall
- 10. Allow
- 14. "Caught you!"

- 16. Big wine holder
- 17. Hurt
- 18. Place to hibernate
- 19. Animal with a mane
- 20. "___ Karenina"
- 23. Fraternity party staple



The headline is a clue to the answer in the diagonal.

*Always seek prompt treatment for strep throat. When streptococcus invades the kidneys of adults, it can lead to kidney problems and kidney failure in some cases.

* Be cautious about "natural" supplements. Products labeled "natural" aren't necessarily safe, and some can work like prescription drugs. Patients taking blood thinners should know that garlic, ginger, ginko biloba, and ginseng all contain natural anticoagulants, and could cause internal bleeding in people taking blood thinners.



"Of course you did better in history. There was a lot less of it when you were my age."

Studies: Vitamins may slow memory loss

Three new studies suggest that taking a daily multi-vitamin may slow memory loss in older adults.

Over a period of two years, the studies compared the cognitive function of people who took a multivitamin with those who took a placebo pill with no active ingredients. The studies were part of the larger COSMOS Trial, a joint project between Harvard and the Fred Hutchinson Cancer Research Center in Seattle.

All three studies appeared to show that taking a daily multivitamin does have an effect on preventing normal memory loss from aging. Researchers said that in healthy older adults, the vitamin appeared to help preserve reasoning, attention, and planning, plus to ability to recall memories from everyday life.

But the researchers have yet to pinpoint which components in the multivitamin provided the protection.

According to NBC News, geriatric medicine specialists cautioned that even healthy people show minor decline in cognitive function over two years. People with vitamin deficiencies -- especially in B12, A, and E -- may also benefit from a multivitamin, since those vitamins may be linked to cognitive decline.



A happy retirement is more than a hobby

Everybody talks about retirement, but they only focus on the financial part. There's more to it than that.

One of the most important features of retirement is maintaining connections with people. It requires real effort, since family, work friends, and acquaintances tend to drift -- or pass -- away.

In fact, an 85-year study by Harvard found that across numerous cultures, social fitness was the key to a happy retirement. Almost no one wanted to go back to the work they were doing before retirement.

Psychologists Dr. Robert Waldinger and Marc Shulz, PhD, recommend strengthening your personal connections before you retire.

If you find yourself in retirement and wishing you knew more people, they recommend asking yourself these questions:

* What kinds of connections am I missing that I want more of? How can I make them happen?

* Is there anyone I'd like to know better? How can I reach out to them?

* Who is different from me in some way (thinks differently, comes from a different background, has a different expertise)? What can I learn from them?



Barbie qualifies for Medicare

Barbie turns 65 in 2024, but she's far from retirement.

Since the high fashion doll burst onto the scene on March 9, 1959, well over a billion Barbies have been sold and she has lived dozens of doll lives, including as a doctor, veterinarian, lawyer, paratrooper, military officer, ambassador, architect, paleontologist, teacher, scientist and even a Star Trek officer. In 2004, she even had a very public breakup with Ken, her long-term boyfriend, but they were back together by 2011.

Barbie's story began in the 1930s. Ruth Mosco met Elliot Handler, fell in love, but wanted to go to college. Her parents thought she should marry, which she did after graduation. Ruth and Elliot Handler would have two children, Barbie and Ken.

Ruth and Elliot Handler, along with their friend Harold Mattson, started a little company that made picture frames in the 1940s. Elliot started using the wood scraps to make doll furniture, and Ruth sold them. It was the beginning of Mattel.




While visiting Switzerland in 1955, Ruth Handler purchased a German fashion doll based on a cartoon character seen in a West German newspaper. The doll would inspire Ruth to design her first fashion doll.

Ruth's iconic doll with a high bust, a tiny waist and hips, and permanently arched feet (made for tiny plastic high heels) has been adored by generations of girls. Ironically, the creator of the doll, once scorned by feminists, was one of the earliest presidents of a large corporation.

Ruth Handler became president of Mattel in 1967. Handler retired from Mattel in 1974, according to Mattel. But Barbie has no such plans, especially after her 2023 blockbuster hit movie.



March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 World Day of Prayer	2 Iditarod
3	4 PI Day	5	6	7	8	9
10	11	12	13	14	15 Ides of March	16 Panda Day
17 St. Patrick's Day 	18	19 SPRING BEGINS 	20	21	22 Day of Seal	23
24 Palm Sunday	25 Worm Moon	26	27 Manatee Day	28	29 Good Friday	30
31 Easter						

I am a long time resident of the Dallas area and believe that educating a person on their Medicare options helps them make the best decision on the right plan for them. Questions—turning 65 and not sure where to start? Already have a plan, but want to verify if it is still the best plan for you? I am here to help.

Here's to a Happy Healthy 2024.
Debra

If you know someone who is becoming eligible for Medicare and has questions, let me know how I can help.

As a Medicare broker, I am contracted with all the major players which gives you an opportunity to review the different options available for you. My services are no cost to you. I feel strongly about being your personal advocate when you have challenges and questions and am happy to be the liaison between you and the insurance carrier when allowed.

Below are just a few questions that people have on a regular basis.

- *Do you know how to sign up for Original Medicare through ssa.gov?
- *Are you still working and not sure if you should or even or even need to sign up yet?
- *What will it cost you if you decide to sign up now?
- *What are you options if you want to consider a new plan if you are already on Medicare?

There are no stupid questions....

Debra



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