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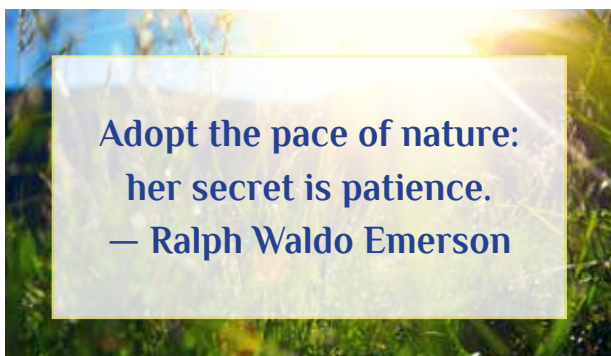
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## You're Never Too Old to

# Learn Something New

When was the last time you learned something new - just for the fun of it? In our latter years, we sometimes go long stretches without picking up a new hobby, sport or pastime, finding comfort in our day-to-day routine. But there are many health benefits to challenging the body and mind with new skills, and that can be just what we need to get us out of a rut.

So what holds us back from picking up that instrument we've always wanted to learn, mastering chess, or trying pickleball? Most often, it's fear; fear of failure, fear of injury, fear of making a fool of ourselves, or fear of simply taking that first step.

If you put all those apprehensions aside, what is it that you'd like to learn?

If you need a little inspiration, we encourage you to watch "The DUMB Band Strums Again!," a short film on YouTube about a group of local seniors from the Joslyn Center who picked up the ukulele and changed their lives forever. The story follows the Desert Ukulele Marching Band (DUMB), whose members range from 50 to 94, from their first audition at the McCallum's Open Call to their award-winning performance two

years later. Most had newly learned the instrument, and many overcame significant challenges like losing a spouse or child, battling cancer or managing chronic ailments to achieve their goals. However, the courage, camaraderie and dedication shared by the group enlivened spirits, created a sense of community and took them places they never imagined.

#### Learning something new enlivens your spirit

"It's amazing to watch people go from knowing nothing to where we are now - especially people of our age," says band member Robin Purdie, 64, in the film. "It's so healthy; it's socially interactive, it's testing the brain and growing brain cells. It's providing joy."

Joan Stucker, 81, who gave up playing musical instruments due to arthritis, found she could pick up the ukulele. "It has made my senior years a lot more interesting," she says. "I like my life, in general, a bit more because of it."

"This group has been through so much adversity and has fought hard to work at getting better," the film's producer Webb Weiman tells *Desert Health*. "Still, with all the adversity, they moved mountains together."

*Continued on page 10*

## Eat, Drink and Be Healthy

### Finding motivation to make healthy choices

By Lauren Del Sarto

Earlier this year, we introduced our "Eat, Drink and Be Healthy" column to offer savory substitutes to your favorite foods. We've featured salty snacks to replace chips, hearty veggie pastas, sugar-free ice cream sundaes - even sugar-free margaritas.

But what if you're simply not motivated to choose the healthier option? How do you find that motivation? To answer these questions, we turned to local practitioners and the latest research.

Being healthy shouldn't mean depriving yourself. In fact, it's just the opposite. When you incorporate healthier choices into your life and they become your new routine, you start to feel great about those choices because they physically and mentally make you feel great. Whether it's healthier foods to satisfy those cravings or exercise that gets your heart racing, in a short time, those things will become your new favorites, and the results will show.

If you're tired of not waking up with a smile on your face (yes, it's possible!), read on. Each of these steps can help bring you closer to making healthier choices your new way of life.

#### Dig deep to find motivation that matters

We are all driven by things that make us feel good, but the depth of those feelings can be the difference between short and long-term success. While losing weight to look better in a bathing suit may sound like a strong incentive, enhancing your heart health so you can play with your grandkids will be more effective.

Identifying what drives you to make any decisions in your life takes time and self-discovery, and it's a great place to start.

"Along with discussing history, part of my initial intake is to ask patients what matters to them the most and what are some of their daily concerns," says integrative doctor Jeralyn Brossfield, MD of XO Health, who is also a diplomate of the American Board of Obesity Medicine. "When we dig into meaning, my health coaches and I have learned that it is usually the third to seventh answer, not the first, that is a person's true motivator."

Health coaches standardly use a myriad of questions to discover true motivators. "The first round of answers we receive are often a bit superficial," she

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So often, we go through life tending to our daily tasks, relieved when we finally complete our list. We come home, make dinner, relax with a glass of wine, catch up on our favorite shows and go to bed. We then wake the next day and do it all over again.

But are we living our best life? Do you feel like the best version of yourself, or is there a deeper rendition awaiting your discovery?

Many times, unfortunately, it takes a Mack truck (or debilitating diagnosis) for us to go there, to take the time to dive deep and ask ourselves, "What do I really want for myself?"

Why is that? Human nature, I suppose, but I do think there is a shift taking place as more people turn to mindfulness and meditation to find inner peace. It takes stillness to go within and contemplate meaningful questions. We have to stop our monkey mind and sit comfortably with ourselves, which isn't always as easy as it sounds.

For many, now is the time. Our current state of world affairs certainly accentuates the realization that we are never promised tomorrow.

If now is *your* time, you've come to the right place. You will find much inspiration in this issue – from not holding back (p.6) to learning something new (p.1); from caring for our planet (p.4) to being a better listener (p.13); from realizing grades *do* matter (p.5 for all you students out there!) to learning from our elders (p.11); from loving ourselves (p.12) to letting go of trauma (p.20); from biohacking our brains (p.16) to making healthier choices (p.1).

Life is short, so why not be the best YOU you can be? I'm on that path and it feels great. I know I'll fall off occasionally, but that's ok because I embrace the opportunity to stop, close my eyes, clear my head and dive deep once again. Just the thought of my spirit within gives me butterflies, and I relish the next steps I can take to let her shine.

From my heart to yours,

Lauren Del Sarto  
Founder/Publisher



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# Newest Trends in Cancer Wellness

By Lauren Del Sarto

Last month, I joined a virtual presentation by the Global Wellness Summit on the newest trends in wellness for cancer. Over 500 participants representing 59 countries registered to hear the international panel of integrative practitioners.

Speakers included Mayo Clinic medical oncologist and lead researcher Minetta Liu, MD, functional medicine practitioner Johannes Wessolly, MD of the Miskawaan Health Group, Silicon Valley oncology surgeon Shyamal Singhal, MD, PhD, FACS and Becky Kuehn of Oncology Spa Solutions.

Moderated by Julie Bach of Wellness for Cancer, the primary focus was new developments in early detection, the multifaceted benefits of yoga and advancement in immunotherapies.

“Cancer is globally relevant,” stated Bach, “and as the wellness and medical communities move forward in common directions - even offering the same services - it is important that we have robust conversations about these trends so that we have a shared vernacular.”

## Innovation in early detection

Dr. Liu has been working to identify blood-based biomarkers related to cancer for 20 years and was excited to share that even early cancer detection through blood is now a reality.

Initial work focused on blood-based biomarkers in the setting of metastatic disease, and more recent efforts are establishing their value for patients who are newly diagnosed, who have completed treatment for early-stage cancer and are at risk of cancer returning in the future. “These tests should help us better identify those individuals at greatest risk of recurrence and tailor treatment plans appropriately.”



Blood tests to detect multiple cancers are now a reality.

With technological advances, it is now possible to detect even smaller amounts of tumor-related material in the blood. This development could improve cancer screening in the not-so-distant future. Currently, we have standard screening tests for five cancers: breast, cervical, colon/rectal, lung and prostate. We don't have screening paradigms for other cancers like brain, pancreatic, and head and neck cancers, which usually present at later stages when patients start showing symptoms, she said. Doctors then order a work-up, but the cancer is often advanced by that point.

“Imagine a time when you get an annual blood draw that screens for multiple cancer types at the same time. The result would report whether or not a cancer signal is detected, and if it is detected, it would report from where it is coming. We could diagnose cancers at an earlier stage - before the onset of symptoms - when we are more likely to cure them.”

Well, that time is very near. “Blood draws are favorable because they are much less invasive than needle biopsies and surgery. These tests cannot be used to diagnose cancer, but they can be used in conjunction with standard screening tests like mammograms to identify individuals who need further evaluation.”

There are multiple companies developing tests, and all are working with clinicians and researchers in academia; two have made it to pilot implementation studies. Galleri is the first to be commercially launched. It reports on the presence of a cancer signal and the origin of the cancer signal if it is identified. Trials continue to assess individual results, and while these tests are a game-changer, Liu stated, we still have a lot to learn.

## Yoga for recovery and wellbeing



Yoga goes beyond physical movement for cancer healing and wellness.

“Within the clinical research of yoga, cancer is the number one thing being researched,” said Bach. “It has a very large place when it comes to complementary medicine. 89 percent of cancer institutes provide information about yoga, and 69 percent offer classes onsite.”

In the west, we often think of yoga as simply exercise and movement. Certainly, there are aspects of yoga that help with fitness, range of motion, coordination and balance, but yoga goes beyond postures and includes breathing therapies, relaxation and mindfulness. “Learning how to regulate our emotions and having a greater awareness of who we are beyond our physical selves can help cancer patients realize they are more than their disease,” said Bach.

She compares yoga to a nesting doll as it provides tools to go deeper and to discover one's true self. The outside doll is the physical body; under that is the vital body (the energy that makes the body work), followed by the intellectual mind, the personality and at the center, the heart, which is “where true bliss can be found” through self-discovery.

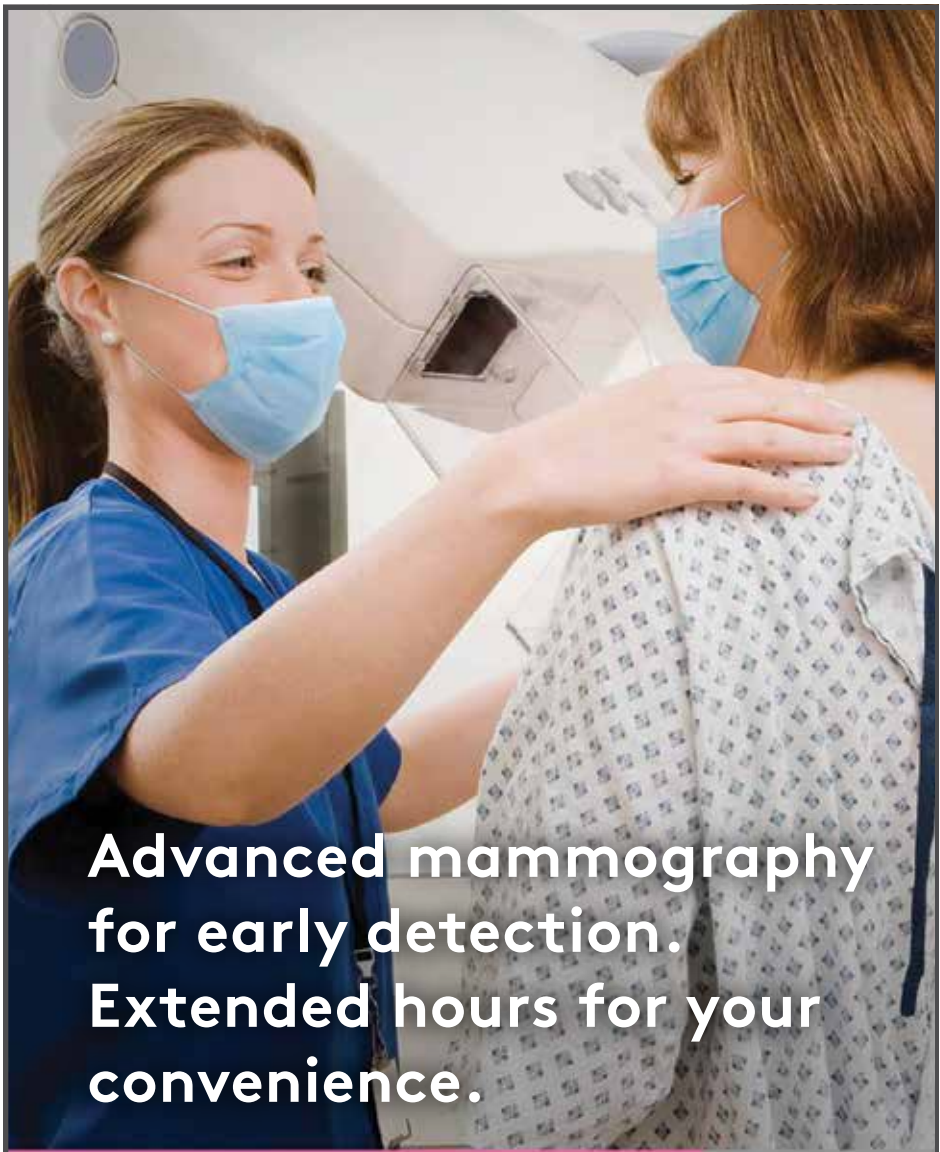
## Unleashing the power of the immune system

Our immune system is our life insurance policy, and without it, we cannot survive cancer. Immunotherapy enhances our body's natural ability to fight disease, and biological treatments available are proving to be very effective. “There is a lot of research taking place to see how we can use immunology as a standard part of cancer care,” said Liu.

Functional medicine doctor Johannes Wessolly, MD shared new procedures currently approved in Germany and Thailand that utilize our own immune cells. “We can now extract natural killer cells [like T-cells] from the body, expand them and then reinfuse them back into the body,” he said. “Sometimes a body is so toxic from cancer therapies that killer cells cannot grow in that environment. If we take them out of the body, we can enhance their natural ability.” He added that they can also manipulate stem cells to turn them into killer cells for patients whose immune systems have nothing left.

It is encouraging to see the medical and wellness communities come together on an international platform. “Within the medical community, care takes place,” Dr. Singhal concluded, “but in the wellness community, healing can happen.” It is important for the two worlds to continue to work together for whole-person care.

To view the presentation, visit [www.globalwellnesssummit.com/featured/wellness-for-cancer-sector-spotlight](http://www.globalwellnesssummit.com/featured/wellness-for-cancer-sector-spotlight). For more information on Global Wellness Institute, visit [www.globalwellnessinstitute.org](http://www.globalwellnessinstitute.org).



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## Let's Do This Together

### Reducing anxiety by addressing climate change

By Roger Moore, CHT

Can you guess the latest hazard to your mental health? The American Psychiatric Association now recognizes climate change as a growing threat to mental health. Climate change anxiety is associated with increases in aggressive behavior and domestic violence, increased use of alcohol to cope with stress, rises in hospital admissions for people with mental health conditions and increased suicide. Is it any wonder?

The news is as awful as it should be. Somewhere, parts of the planet are constantly under siege. Raging wildfires, heat waves, drought, flooding, hurricanes, tornados are now the norm, not the exception. And most of us have first-hand experience with this, causing increased levels of stress and anxiety. Added to this are concerns about our own contributions to the crisis.

If the last year has taught us anything, it's what happens in Wuhan does not stay in Wuhan. We are all connected in both good and bad ways. So, it behooves us to think like global citizens, to realize our personal actions do indeed have repercussions.



Doing your part, no matter how small, can help relieve climate change anxiety.

We can't solve or face this climate crisis alone. We must all unite in this one goal, and as citizens of a country that has contributed far more than its share of harm to the environment, it's incumbent upon us to do far more than our share to compensate for it.

Here in the desert, for example, we have a large requirement for air conditioning. So how can we offset that by other actions? If ever there was a place to dry clothes outside, this is it. Let's make clotheslines a new fashion statement. Could you reduce your carbon footprint to the lowest level possible and then inspire your neighbors to do the same? Could we create eco-blocks, and those blocks build a sustainable neighborhood?

Feeling helpless and despondent is the enemy. Knowing you're doing your part to the best of your abilities is the anxiety elixir. Do one small thing every day, and you'll soon see progress, and that will, in turn, generate dopamine and all those feel-good endorphins. Of course, if age and ability hamper these actions, then ask for help. That's my point – we need to see our neighbors as part of our extended families. For example, it's exciting to witness the community at our local dog park where people genuinely care for each other, watch out for each other's dogs and pick up other dog's poop! Another way to contribute is to share your resources by donating to groups that are doing the gritty work itself.

We have to relearn how to care about one another. We need to pretend we don't all have cars and instead shop and do errands together or for others. Start by meeting your neighbors and learning their names. The kind of friendly, sociable neighborhoods many of us grew up in can be one model. It won't be easy, as we are now so isolated in our own techno silos. But there are websites that can help if

*Continued on page 5*

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## Grades Matter!

By Kim McNulty

Students hoping for admission to a nursing or pre-med program take note - grades matter! More importantly, "first attempt" grades matter most.

Terri Burch, department chair of the California State University San Bernardino (CSUSB) nursing program, explained that if you want to earn your Bachelor of Science in Nursing (BSN) degree from CSUSB, you must be admitted as a freshman into CSUSB's pre-nursing program and the grade you earned the first time you took biology in high school is the grade that will be counted when you apply. So, if you earned a letter grade of F the first time you took biology and retook the course and earned an A, CSUSB's nursing program will factor your GPA using the F, and you need a minimum GPA of 3.2 to qualify for admission to the pre-nursing program. Only students admitted to the university as a pre-nursing student will be eligible for consideration and acceptance into the nursing pre-licensure program, leading to a Bachelor of Science in Nursing and preparation for licensure as an RN.

Grades are equally as important for pre-med college students. Just ask Sunny Nakae, PhD, the senior associate dean for equity, inclusion, diversity, and partnership, and associate professor of medical education at the California University of Science and Medicine (CUSM). She wrote a beneficial book entitled *Pre-Med Prep: Advice from a Medical Schools Admission Dean*.



Free monthly premed chats are open to all and hosted by CUSM's Associate Professor Dr. Sunny Nakae.

In the book, Dr. Nakae shares, "Your grade point average (GPA) will NOT get you in, but it can keep you out. You absolutely must safeguard your GPA during this process. The GPA is like a token that unlocks consideration for admission. Think of it like a key that determines how much the door is open. A lower GPA does not necessarily mean you'll be excluded, but it will mean that the number of schools that will consider you will be fewer than if your GPA were higher."

She goes on to say, "Schools typically prioritize their candidates by GPA to varying degrees, at least initially. How much consideration you receive is usually preliminarily based on your numbers. Some schools that are holistic have a minimum threshold that you have to meet before holistic review happens. Even schools that consider post-baccalaureate applicants may have a minimum undergraduate GPA that all candidates have to meet before they consider your post-baccalaureate performance. Admissions practices vary across schools, and as a rule, having a solid GPA always helps you."

Nakae offers free monthly premed community chats every second Sunday from 11 a.m. to 12:30 p.m. PST. Contact her for more information at [premedprep@advice@gmail.com](mailto:premedprep@advice@gmail.com).

Bottom line - plan to do your best work the first time around and seek resources along the way to ensure you achieve strong grades.

### Additional resources:

**College of the Desert Registered Nursing Program:** [www.collegeofthedesert.edu/students/acad-prog/health-sciences/reg-nurse.php](http://www.collegeofthedesert.edu/students/acad-prog/health-sciences/reg-nurse.php)

**CSUSB Nursing Program:** [www.csusb.edu/nursing/prospective-students/admissions-process/bsn-admissions](http://www.csusb.edu/nursing/prospective-students/admissions-process/bsn-admissions)

**University of California Riverside School of Medicine (UCR SOM):** <https://somsa.ucr.edu/admission-medical-school>

**California University of Science and Medicine (CUSM):** [www.cusm.org/school-of-medicine/admissions/welcome.php](http://www.cusm.org/school-of-medicine/admissions/welcome.php)

Kim McNulty is the Vice President of Regional Strategy for OneFuture Coachella Valley, a non-profit organization that partners with leaders in business, government and education to implement the Regional Plan for College and Career Success with the goal of preparing students for college, career and life. For more information, visit [www.onefuturecv.org](http://www.onefuturecv.org).

Let's Do This Together

Continued from page 4

you use them regularly. Next Door is one that encourages sharing of information, resources and getting to know one another. How about bringing back block parties?

In one town in Washington, an abandoned parking lot became a place to drop off goods that others might reuse for free. The genius stroke was locating it on the road to the city dump, which charged for its service. And because it was a private endeavor, no bureaucracy could entangle it. What idea might you put into action? With help, of course.

We made this mess, and we're long overdue to clean it up. Don't wait for governments to legislate solutions. How's that been working for us? This crisis has been on our collective radar for at least 50 years (it's what those despised hippies were going on about). Who's pointing fingers now?

There are many online sites to help you calculate your carbon footprint (the total amount of greenhouse gases generated by your actions in a year). The average per capita in the U.S. is 16 tons, one of the highest in the world. Nature.org has a good calculator tool and provides ideas for improvement. If nothing else, that reality check can be working away in your subconscious, improving your consumption choices.

If you feel stuck or overwhelmed, mindfulness self-hypnosis techniques can help quell your stress and anxiety and motivate you toward action.

You can start small but start soon. There is no later. No someday. There is only now. Let's do this together.

Roger Moore is a certified counselor and registered hypnotherapist with Palm Desert Hypnosis and can be reached at [Roger@HypnosisHealthInfo.com](mailto:Roger@HypnosisHealthInfo.com) or (760) 219.8079. For more information, visit [www.hypnosishealthinfo.com/medical-hypnosis](http://www.hypnosishealthinfo.com/medical-hypnosis).



## “Don’t Stop!”

### Views from a Parkinson’s veteran

By Frank Rumoro

Being diagnosed with Parkinson’s in 1999 at the age of 36, I have learned that keeping a positive attitude, maintaining a sense of humor, and staying active are the best ways to combat my disease.

Over the last 22 years, I have experienced 137 in-office neurologist visits and five telemedicine appointments, switched neurologists seven times (primarily due to moving) and underwent two surgeries (deep brain stimulation and medialization laryngoplasty). I am facing one more surgery at the end of this year.

I still remember the first few physician visits very clearly. I was prescribed medication, advised to take it easy and not overdo and to use a cane or walker. At 36, I was basically told to become a couch potato – and that was not who I was. I was a master rank in judo and koryo gumdo (Korean sword fighting), a Little League coach, a professional musician, and a full-time operations manager with responsibility covering three states. I felt the need to keep moving and stay physically active.

I learned that Parkinson’s is a roller coaster of ups and downs, with periods of good times and challenging ones. I found that being ‘active’ in any form made whatever period I was in considerably easier, always adjusting the activity to my ability level. My activities have ranged from walking to the mailbox and making dinner for my family to becoming a Rock Steady Boxing coach, enjoying water aerobics, and hiking mountain trails.

I choose to do things that are fun and of interest to me. If you have Parkinson’s and are currently active, that is great, but maybe it’s time to kick it up. If you haven’t been moving, start with something you enjoy that also fits your ability level. Don’t judge or measure your activities against anyone else. It is all about you! I encourage you to not be afraid and push yourself a bit.

If you are unsure where to start, there is a wonderful virtual support group named “Use it or Lose it” that I found in Parkinson’s Resource Organization’s online Wellness Village. It is a live, virtual class led by Brandon Rosi, DPT, CSCS, Cert MSKUS. He is a doctor of physical therapy and certified in LSVT BIG, an intensive program emphasizing exaggerated activity to compensate for Parkinson’s movement and speech symptoms. He helps people understand why moving is so important and teaches which movements are best.

Often times we feel that we can no longer do something, but if you think about it, you may realize you haven’t tried that task in a while. Even with Parkinson’s, practice can lead to improvement.

There are many physical, mental and emotional benefits to keeping yourself active. Physically, it can improve balance and agility; mentally, it helps with focus and improves memory; and emotionally, I feel it fights my anxiety and depression, making it easier to stay positive.

Keep your mind sharp, too. Read, play crossword puzzles, try Sudoku, internet games, trivia and anything that stimulates your mind. Volunteer.

It doesn’t matter how slow you go, as long as you don’t stop.

For more information on Frank Rumoro and Parkinson’s Resource Organization in Indian Wells, call (760) 773.5628 or email [info@parkinsonsresource.org](mailto:info@parkinsonsresource.org).



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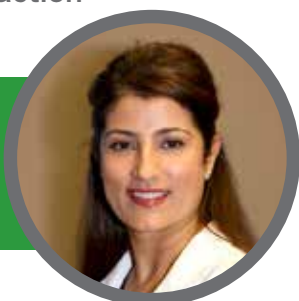
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### Eat, Drink and Be Healthy

Continued from page 1

adds. “So, my most powerful question can be ‘And what else?’”

Determining why you lack motivation is just as important, adds Functional Medicine Certified Health Coach Kirsten Foster. “Understanding your historical patterns and then flipping the script is one of the goals of self-discovery. Why did I go to the coffee shop and get that sugary drink when I know it’s not good for me? Many habits are simply routine, but when and why did they start, and what can we replace them with to still satisfy?”



When making a plan for healthier choices, remember to keep it fun.

The deep dive is even necessary when people are faced with health issues, says Foster. “When people receive a diagnosis of, say, diabetes, cancer or cognitive decline, the fear is very motivating at first, but we quickly need to convert that into self-discovery for life long change.”

Set aside time and make a list of questions that will help you identify your true motivators; the more personal they are, the better they will be at guiding you down your new path.

#### Set goals, and then set more goals

“Having a new goal set before you finish the first one is an effective means of maintaining motivation,” says Brossfield. “If you set your goal on running a 5K and get into the routine of training for that race, once the race is over, it’s easy to fall back into old behaviors. But if you’ve already set a new goal on the horizon, it can help keep you on track and keep you moving forward in a positive direction.”

Be sure to keep your goals SMART, adds Foster, Specific, Measurable, Achievable, Relevant and Time-bound. Determine your action steps to get you there, and then it helps to track your progress. When you achieve your goals, it’s time to reward yourself with a healthy activity or gift.

#### Keep it fun

If your goals and action steps are things you enjoy, you’re more likely to stick with them. Be honest with yourself about what you like and don’t like. Are you more of a group person, or do you like individual exercise? Would you rather lace-up walking shoes or pedal a bike with the wind in your hair?

“It’s important to step away from the judgment of how someone else thinks it should be done,” says Brossfield. “This allows us to be more explorative in finding healthy habits we will stick to.”

“The old way of telling people what to do doesn’t work for long-term change,” says Foster, adding that positive psychology is much more effective. “Spotting inherent strengths that clients often don’t see in themselves, but can feel good about, is key in creating individualized action plans. We reflect them back and ask how that person feels about utilizing those strengths towards successful change.” For example, when considering the best form of sustainable movement for a client, if they express a love of nature as one of their character strengths, they may recommend gardening or hiking versus going to a gym.

Continued on page 9



## Cosmetic and Medical Applications of Tattooing

By Julia Rocks, LE

Micropigmentation or permanent makeup is a tattooing technique used for both cosmetic and medical applications. Tattooing is an ancient art practiced by people all around the world for a variety of reasons. The procedure entails implanting pigment into the dermis via a variety of handheld devices dipped into a pigment color by a trained technician as a means of producing designs that may resemble applied makeup or camouflage surgical scars.



Micropigmentation is used to enhance features, hide scars and recreate skin tones after reconstructive surgery.

Cosmetically, the most common areas for micropigmentation are the eyebrows, eyelid lash line and lips, from simple lip liner to full lip color. Patients most commonly seek medical tattooing, referred to as demography, after a facelift, breast augmentation, neck lift or eyelid surgery to reduce the appearance of surgical scars. The technique is also commonly used after breast reconstructive surgery for nipple or areola repigmentation.

Other names for these procedures include permanent cosmetics, dermapigmentation, micro-blading (a technique for eyebrows, also commonly called hair strokes) and cosmetic tattooing, the latter being the most appropriate since permanent makeup is, in fact, tattooing.

Permanent makeup can result in enhanced facial features as definition is rendered to the eyebrows, eyes and lips using color. Results can imitate topically applied makeup or they can be subtle and unnoticeable, depending upon the design, area being enhanced or camouflaged, the intensity of the color and amount of pigment used (thickness, length). Immediately after application, all types of micropigmentation procedures look darker than they will when they heal due to the color remaining in the outermost layers of the skin initially. The color will soften dramatically in about four days during the healing process as the outer layers of the epidermis shed and are replaced by new epidermal cells. Full healing takes about a week and the pigment will continue to change and lighten over several weeks, usually resulting in a softened pigment outcome.

The best possible color results can remain for many years but will begin to fade over time. The average touchup or enhancement is usually three to five years. The amount of time required for this depends on the person. While pigment remains in the dermis, its longevity may be influenced by several factors including environmental, such as chlorine from swimming, and sun exposure which may fade the color more quickly. Another factor is simply the individual's ability to simply "hold" pigment; some people just don't hold color well and need touchups more often. Lastly, the amount and color of pigment deposited into the dermis can also affect the length of time that micropigmentation looks its best and brightest as lighter pigments fade faster than darker pigments.

When considering either cosmetic or medical micropigmentation, be sure to always schedule a consultation with an experienced, well-trained technician. A good resource is The Society of Permanent Cosmetic Professionals ([www.SPCP.org](http://www.SPCP.org)).

Julia Rocks is a licensed clinician esthetician and permanent cosmetic professional located at Zen Day Spa in Bermuda Dunes and can be reached at (760) 360.8192.



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## EMTs: Help Them Help You

By Shari Jainuddin, NMD, BCB

Emergency Medical Technicians or Responders (EMTs or EMRs) play an integral role in the health care system and provide potentially lifesaving services to the public. This has become even more evident during the pandemic. The harrowing work of EMTs is commonly under-recognized and underpaid. Not only are they providing a life link for their community members to get safely to advanced medical care, but they also frequently put themselves in unpredictable situations. Most health care workers know where they will be working and what their environment entails; that is not the case for EMTs. They may face hazards that include chemical exposures, high-speed traffic on freeways, violent situations, contagious illnesses and even dangerous pets. Often, little information is provided ahead of time, and they have to proceed cautiously, remaining aware of potential hazards.



Readily available health history can help EMTs if you are ever in need of their care.

This past spring, I had the honor of meeting Jonathan Pinto, a 23-year EMR and paramedic veteran. It was a personal experience with EMTs during an anaphylactic reaction at the age of eight that set the course for his career. Recently, he opened The Institute of Healthcare in San Diego, an EMT training program. His goal is to ensure high standards for future EMTs, not only in their technical skills but also in their interpersonal communication. In his program, Pinto emphasizes every person must be shown the utmost respect and highest level of care, including members of our communities that are struggling with addiction or housing challenges. EMTs are in a position to be important advocates for their patients and you can help them help you.

What can you do to prepare for emergency situations where EMTs are most likely involved?

I asked Pinto if he would share things he has learned over the years. Here are some recommendations that can save time and possibly save lives:

1. Keep important medical information in one central location. A form called the Vial of Life ([www.vialoflife.com](http://www.vialoflife.com)) is helpful for this purpose, and you can place it on your fridge. EMTs are trained to look to the refrigerator for such information.
2. Make a list of allergies and current medications, including dosages, frequency, when they were started and stopped and if they are taken as prescribed. Also, include any recreational or over-the-counter substances.
3. Have paperwork from any recent admissions to the hospital or new diagnosis, including copies or reports from images on hand.
4. Make a list of any special devices or implants such as a dialysis machine or pacemaker and include associated paperwork. Providing this information can help the EMTs better understand the particulars of such devices. It may be necessary to take you to a hospital that has the capabilities to handle special equipment.
5. Document any aids used to navigate the world daily and where they are typically located in the home, such as glasses, hearing aids, canes, walkers, and sleep apnea machines. Include anything you would need for staying a few days at the hospital on your list. If possible, (perhaps a loved one can help) collect these items and have them in a bag nearby when the EMTs arrive. EMTs will try to make sure these items go with you to the hospital.
6. Provide contact information for one or two people to be informed you are in the hospital.
7. If you have any pets, it is best to place them in a back room of the house, so they don't get in the way.
8. Share contact information for someone to call to look after any pets.

How can you best prepare for emergencies outside of your home?

The best thing you can do is wear medical alert bracelets for pertinent medical conditions. Some conditions that warrant wearing a medical alert bracelet include a history of a stroke or heart attack, diabetes (type I or II), allergies, seizure disorders, drug rehabilitation and dementia. Having this information handy will help the EMTs better understand what could be happening and decrease the time it takes to get appropriate care.



Dr. Jainuddin is a naturopathic doctor with One Life Naturopathic and recently received her EMT certification building on her love for emergency medicine. She can be reached at (442) 256.5963. For more information, visit [www.OneLifeNaturopathic.org](http://www.OneLifeNaturopathic.org).



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## Another Reason to Think About Gum Disease

By Nick Baumann, DDS

It's estimated about 6 million Americans suffer from Alzheimer's. The causes are still not clearly understood, but new research has found a possible link between the debilitating condition and periodontal disease.

The Centers for Disease Control and Prevention reports that nearly 50 percent of adults in the U.S. have some form of gum disease, and this number rises to 70 percent in those over 65 years of age. These statistics are a concern, of course, if there is indeed a link between the two; extra focus and care must be directed to the diagnosis and treatment of gum disease.

Periodontal disease is caused by the replication of damaging bacteria in the oral cavity. These bacteria can cause inflammation and damage to the gum tissue and bone, resulting in loss of teeth. We know that these bacteria not only have an effect on the condition of the teeth; they can also get into the bloodstream and affect multiple areas of the body, including the heart and, now possibly, the brain.



New research links gum disease bacteria and Alzheimer's.

Multiple studies have been published that demonstrate a link between bacteria and Alzheimer's. One of the main contributing bacteria to periodontal disease is Porphyromonas gingivalis. In one study, a toxin secreted by this bacteria called gingipains was identified and correlated to pathology in Alzheimer's patients.

Other markers of dementia were also noted to be higher in patients with gum disease.<sup>1</sup> Recently published research evaluating MRIs in Alzheimer's patients showed that periodontal treatment had a favorable effect on brain atrophy in these patients.<sup>2</sup> That is good news, and the results of the study suggest that targeting and treating gum disease, specifically P. gingivalis, may have a beneficial effect on the prevention and progression of dementia and Alzheimer's.

This new research adds to the long list of benefits of having a healthy mouth. Of course, the easiest way to help control gum disease is with daily flossing and consistent checkups with your dentist. Other tools, like a water pick, can also help eliminate the bacteria that cause gum disease.

So, if it has been a while since you've been to the dentist for a check-up and cleaning, now is a good time to get back into regular care to ensure you are doing your best to keep your gums - and your brain - healthy!

Dr. Nick is with Palm Desert Smiles and can be reached at (760) 568.3602.

References: 1) Dominy, Lynch, et al. Porphyromonas gingivalis in Alzheimer's disease brains: Evidence for disease causation and treatment with small-molecule inhibitors. (Science Advances, Jan 23, 2019: Vol. 5, no. 1; 2) Schwahn, Frenzel, et al. Effect of periodontal treatment on preclinical Alzheimer's disease-Results of a trial emulsion approach. Alzheimer's Disease Neuroimaging Initiative. (PubMed May 29, 2021)

### Eat, Drink and Be Healthy

Continued from page 6

#### Roll it into your routine

If there is a new action you want to start, place it seamlessly into your existing routine, says Brossfield. "If you want to start walking in the morning, lay out your clothes the night before, so they are in your path when you wake in the next morning." Or, if Starbucks is your happy stop on the way to work, order a black coffee with coconut or almond milk; if chips in the pantry call to you each day after work, replace them with mixed nuts and olives, or pre-cut fresh fruit in the refrigerator to look forward to as a refreshing new snack.

#### Practice positive self-talk

We've all seen tough coaches yelling at clients on TV in an attempt to motivate them forward. It turns out that tactic doesn't work as well as positive messaging, so be kind to yourself.

Modern research shows us that most are motivated by positive health messaging more so than negative or fear-based messages. 'Eating these greens will give me more energy and healthier skin' is more effective than, 'If I don't eat these greens, I'll be more susceptible to cancer.'



Studies show that mindful people (those who practice living in the moment) are more likely to adopt healthier behaviors.

"What you resist persists," says Brossfield. "If you focus on the negative, you are giving that more energy and more power; it's the natural law of attraction."

Encourage yourself along the way; recognize losses, but don't spend too much time beating yourself up. If you do, you are more likely to stay off track. Revisit your goals, get back on track, continue with encouragement and be sure to reward the wins.

#### Practice mindfulness

Mindful people are more likely to adopt healthier behaviors than those who do not practice mindfulness, according to a 2016 Cornell study published in the journal *Mindfulness*. The study concluded that some people felt bad about themselves, when confronted with health messages, which didn't help them change their behavior. Those who practiced mindfulness reacted less negatively, were less likely to feel ashamed and were more likely to change health behaviors.

"Many patients tell me that they just can't meditate," says Brossfield, "but meditation is not the only way to be mindful; anything that tunes you into the 'moment of now' is mindfulness. It doesn't have to be according to someone else's script."

She explains that when looking to make healthier choices, our "automatics" are the things we are most trying to change: eating a pint of ice cream because we're angry, drinking wine at the end of the day because we're exhausted.

"Mindfulness gives us the power to pause and look at the emotion or feeling, almost labeling the thing that is happening, and then allows us to choose a different way of dealing with it instead of defaulting to the automatic response," she states. "Anything that increases the pause between stimuli and your reaction is very beneficial."

So, dig deep, set goals, keep it fun, make it routine, practice positive and be mindful along the way. Before you know it, you'll be excited about new ways to "Eat, Drink & Be Healthy!"

Editorial by Publisher Lauren Del Sarto. Jeralyn Brossfield, MD and Kirsten Foster, FMCHC are with XO Health in Rancho Mirage and can be reached at (760) 573.2761.

Sources: 1) www.academic.oup.com/nutritionreviews/article/73/1/4/1806771; 2) https://pubmed.ncbi.nlm.nih.gov/28344683/

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You're Never Too Old to Learn Something New

Continued from page 1

Weiman is the founder of MY JUMP!, a local non-profit that helps seniors accomplish their bucket list and showcases inspirational stories to embolden others. He was inspired to start JUMP! by his father, who, after his wife's death, sat in his rocking chair every day expressing his will to die. "I stole my mother's phone book and got him a date, and that's what got him out of that chair." This simple step led to a successful 22-year second marriage and decades of joy with his grandkids.

#### Learning something new creates community

DUMB's high aspirations are credited to their champion leader Wendy Alderson who joined the Palm Desert Strummers in 2010 when there were only 12 members. She had never played an instrument and was the youngest at 51. In the second year, she was leading the group, which now has over 140 members and multiple subgroups, including the DUMB Band and top-tiered Rainbow Team.

There are beginners and advanced members and everyone is welcome to give it a try. "Practices are like yoga classes," she says. "I show them the basics, and if they want a little challenge, I say try doing this." Some prefer learning traditional ukulele music, while others, referred to as the "hipsters and oldsters," prefer tunes from Guns N' Roses, The Talking Heads, Jimmy Buffet, Simon & Garfunkel, and even modern music like Adele and Bruno Mars.

The Open Call tryouts were Alderson's idea, but even she was surprised at the deep and meaningful experience they shared along the journey.

"It is astonishing to think that I am doing something I love and, in turn, giving others so much," she says. "When I started, I was merely leading a group and didn't know that I was creating an ohana (Hawaiian for family). That wasn't my goal, but now it is definitely my goal to keep it that way. I am incredibly proud of us all."



The award-winning Desert Ukulele Marching Band

#### You never know where it will take you

In preparation for their star performance, the DUMB Band practiced with Peter Luongo, a leading ukulele instructor from Canada. In the film, he notes, "The senior groups really appeal to me. The notion that an old dog can't learn new tricks is actually false. You just have to sell them on the idea that they can do it, and then once they get invested, they are as willing as any learner I have encountered."

As part of that group himself, he adds, "We want to be challenged; we want to keep our minds active; we want to keep learning."



At 92, Louis Spencer learned to drive a big rig to honor her late husband who spent 30 years behind the wheel.

"Working with Peter was amazing," Alderson states in the film. "We all showed up, and even though our brains were hurting from taking in so much, everybody was amazed at how far we have come."

When COVID hit, she was determined to keep the group going and figured out how to make it work on Zoom. "There was no way I wanted these people to lose touch with each other," she says. "Zoom actually brought us closer as only one person can speak at a time, so we got to know other members. Conversations were deep; we had losses and spoke through a lot of feelings and emotions."

She organized happy hours that were actually lessons on how to use the technology, so everyone was comfortable with it. "A lot of our group, especially our older friends, wouldn't have learned the technology but for the ukulele group, and now they are able to Zoom with their families and grandkids – and still do!"

These new experiences and the camaraderie shared were the most important elements to band members. In the film, Kay Wood, 75, sums it up by saying, "If we were lucky enough to win, it would kind of be the cherry on top, but no matter what we do, we have done it together, and it has been the journey that has counted. We are in it to win it, but if we don't, it's ok. It ended up being the most marvelous experience of my life."

#### What does it take to take that first step?

"There are many seniors in their 80s and 90s who still think they are in their 60s," Weiman tells us. "You take Estelle Eisenberg, who lost her husband and at 90 wanted to go skydiving so she could feel closer to him, or Louis Spencer, 92, whose husband drove a big rig for 30 years. She wanted to carry on his legacy by getting behind the wheel of an 18-wheeler, or 79-year-old Mariano Altieri, who was legally blind but wanted to learn to drive a car for the first time."

Weiman's organization helps seniors take that first step; all they need is the courage to see it through. In the past 10 years, MY JUMP! has blossomed from a small non-profit in La Quinta to a nationally hailed organization, even recognized as a CNN Hero in 2019.

"We want to show seniors that their options to learn or do something new are unlimited," says Weiman. "Not everything has to be jumping out of a plane. Simple stuff can be that of which dreams are made." This fall, the organization is taking two ladies to a national quilt show in Philadelphia and then orchestrating a three-generational sky dive in Texas.

Mary Bartley of Tempe, Arizona, grew up in the depression and rode motorcycles when she was younger. She always wanted to ride a purple Harley, so when she was 70, her family started searching. Finally, on her 90th birthday, they found MY JUMP! and within three weeks, Mary was cruising on a three-wheeled purple Harley.

"You really never know where inspiration is going to come from," states Weiman, "but it is great that people of all ages continue to dream big!"

And that was what inspired Weiman to make the film about the strummers. "My goal was to create something that would make the band proud and that would inspire others to learn or do something new." The film took two years to produce and was graciously funded by our local Auen Foundation. *Desert Health* sponsor Insign Gamez also contributed his production and talents to the pro-bono project and now "The DUMB Band Strums Again!" is being submitted to national film festivals.

In the film, Marsha Coolidge, 68, sums it up. "Every day is a gift. In the end, we all want to do the very best that we can. Whatever it is that brings you joy; it is never too late."

Editorial by Publisher Lauren Del Sarto. For more information on the DUMB Band or to view the documentary, visit [www.desertukulele.com](http://www.desertukulele.com). For MY JUMP!, visit [www.myjump.org](http://www.myjump.org).



MY JUMP!'s first participant Estelle Eisenberg skydiving on her 90th birthday



# The Power of Prickly Pear

How to harvest this beautiful desert gem

By Diane Sheppard, PhD, LAc

Have you ever noticed the red and yellow bulbs growing on cacti? Did you know that these colorful little gems are prickly pear, a nutritious superfood that grows abundantly in our desert? They sprout from the fantail cactus and ripen from July through September. However, they earn their name, and harvesting can be a bit tricky, as I have come to learn.

One evening I was walking my pup with my sister and noticed the beautiful fruit everywhere. I couldn't resist and had to pick one, even though I knew the thorny exterior would be trouble. I thought I could simply pinch it right off, but boy was I wrong. *Ouch!*

After tweezer extractions and soaking my fingers, I became more determined to pick the fruit. I left notes in my neighbor's mailboxes asking permission to harvest their prickly pears and headed out with tongs in hand.

I knew the health benefits but had to research what to do with these little gems.

The fruit of the bulb is called tuna, and the pads are called napolito. I discovered that the entire plant is edible – leaves, flowers, stems and fruit. They can be cleaned and eaten right away, boiled or grilled, or made into juice, jams and jellies.

Why go through the trouble? Because their health benefits are as plentiful as the fruit - and it was actually fun!

**Weight loss and heart health.** The high-fiber fruit binds to dietary fat and minimizes absorption resulting in a reduction of body weight and cholesterol.

**Lowers blood sugar.** Prickly pear naturally lowers blood sugar, making it good for diabetics. This response is also one of the reasons it's used in hangover remedies.

**Nutrient-dense.** The fruit is jam-packed with antioxidants, carotenoids, vitamins C, E and K, beta-carotene, potassium, magnesium, calcium and phosphorus. It also reduces inflammation (another reason you'll find it in hangover prevention shots).

Now, you can find prickly pear cleaned and ready to eat in Hispanic markets and health food stores, but if you love to explore and experiment like me, here is some inspiration!

**Remove the glochids (bristles) and spines:** Soak in water and then place in a colander and swish them around. Stick the fruit with a metal skewer, burn the glochids and spines off (this will not harm the fruit), and then boil them. Now what?

**Eat fresh.** Once they cool, simply slice them in half and peel off the outer layer to savor the fruit inside. Seeds can be spit out and are not dangerous to swallow.

**Juice them.** Cut up the fruit and fill the blender. Add ¼ blender of water and blend from slow to high. Then, strain out the seeds and the gooey fruit. I also squeezed the pulp through a cheesecloth to get every last drop. The deep red color is so rich and intoxicating! Add agave or stevia and enjoy prickly pear punch or a tasty margarita mix.

I picked quite a few and didn't want them to go to waste, so I poured the extra juice



Prickly pear health benefits are as plentiful as their uses.

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## Living Wellness with Jennifer Di Francesco



### Enrichment from Our Elders

This summer held a special place in my heart. It was a time of many memorable experiences and, notably trips with family, including my 87-year-old mom. I share my home with my mother; therefore, I see her regularly. I realized from recent summer trips, that even though I see her frequently, the current experience of sharing life with her away from home had not been as often as it could be. As I work, I often start using this "busy" excuse. During the past year, I have witnessed my mom taking the necessary precautions that many elders have to protect their health by distancing, and this is still the case.

One of the most enriching experiences we can provide for ourselves is the time, reverence and respect to listen to the elders in our life. Observing my mother reconnect with the world and sharing her perceptions on life with family gifted me some contemplative gems to treasure. One of the most difficult things to come to terms with is our own mortality. Many lean back when faced with the experience of aging instead of leaning in. In our Western culture, many elders are sidelined or not sought out. This pandemic has forced us to pay attention to the immediacy of a virus that affects seniors in life-threatening ways. This pivotal time can invite us to pay more attention through kindness and interaction as we have been given the opportunity to stop and engage.

While on our summertime excursions, my mother mentioned occasionally feeling invisible to society. I encouraged her not to think these thoughts and proceeded to ask her about the source of these feelings. She gave examples such as the lost gesture of others opening doors, the absence of people stopping to help, and just feeling unnoticed by others.

Our society idealizes youth, but when we can experience the wisdom of our elders, we learn to preserve traditions that increase the quality and meaning of our lives. Many cultures revere their sage members with only the highest respect. In Japan, there is a Respect for the Aged Day, and it is not uncommon for many generations of a family to live under one roof and care for one another. For many years, when explaining that there are three generations in my household, with one being my mother, I am responded to with puzzlement. Many explain they could not tolerate nor be patient with being so close with a parent. This response has always felt to me like a lost opportunity for others.

The reciprocal beauty I have personally witnessed in my family, based on such close living quarters and an environment of sharing, is profound. My mom is sharp as a tack and able to provide value to her family. Even while feeling societal invisibility, she has not felt ignored by family or accepted loneliness as her prescription. My 19-year-old daughter has been blessed with lessons on integrity, unselfishness, gratitude and authenticity from her grandmother. I have stood in this circle with the 10,000 joys and 10,000 sorrows of watching my daughter grow up and my mother age, sometimes acknowledging and other times pushing back the many challenging emotions that

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## Effectiveness of the Elemental Diet

### Help for SIBO, Crohn's and digestive issues

By Jessica Needle, ND

There are many popular diets - Zone, ketogenic, Mediterranean, DASH, Whole30 and more. But what if you've tried these programs and still have health problems that fail to go away, or stubborn pounds that refuse to come off? You may need to try the lesser-known, but very effective, elemental diet.

The main constituents of food are macronutrients - proteins, fats and carbohydrates. You need to digest these into their component parts to allow absorption. If your body can't do this properly, various ailments may result, such as gas and bloating, irritable bowel syndrome, brain fog, autoimmune disease and food cravings tempting you to go off your diet. An elemental diet provides easily digested and absorbed nutrients, so your gastrointestinal system gets a rest, and many symptoms clear up in a few days or a few weeks.



The elemental diet can help reset the digestive system to alleviate disease.

Elemental diets are considered medical foods and should be used under the supervision of a health care provider. The products come as powders that are designed to be the only food eaten during a specified period, although you may consume half your calories from the elemental diet and half from well-tolerated foods while you are transitioning into or out of the full elemental diet.

Elemental diets were developed for the treatment of small intestinal bacterial overgrowth (SIBO). An excess of bacteria in the small intestine often occurs when there are too many carbohydrates in the diet, coupled with slow digestion. Carbohydrates ferment, a process that provides energy for the colon, but also produces carbon dioxide, hydrogen and methane. These gasses remain trapped in the digestive tract leading to pain, bloating, flatulence and changes in stool consistency.

Instead of containing carbohydrates that languish in the intestine, an elemental diet formula provides monosaccharides, the end product of carbohydrate digestion. Since the carbohydrate is "pre-digested," it can be absorbed through the intestinal wall before fermentation occurs.

Elemental diet formulas may seem like protein powders with which you are familiar. They differ in that they supply amino acids rather than intact proteins. It can be difficult to digest protein if you lack stomach acid or have a low level of digestive enzymes produced in your pancreas. People often notice gas and bloating when the protein source in their smoothie comes from legumes. An elemental diet bypasses this problem by supplying amino acids that don't require further digestion.

If you have difficulty digesting fat, as evidenced by explosive diarrhea and pale or greasy stools, an elemental diet can help by supplying the benefits of fat without the fat itself. The formula contains fatty acids, which are the small and absorbable nutrients your body extracts from fat to provide calories and build cell membranes.

An elemental diet is meant to be followed for two to four weeks to treat SIBO and Crohn's disease. Those without a serious diagnosis will benefit from following the diet for three to four days. Patients have used the half elemental diet for an entire year to manage their symptoms and experienced better nutritional status and restoration of normal intestinal permeability.<sup>1</sup>

Talk to your health care provider to determine if an elemental diet can improve your health and digestion.

Dr. Needle is a licensed naturopathic doctor with Optimal Health Center in Palm Desert and can be reached at (760) 568.2598 or visit [www.OptimalHealthPD.com](http://www.OptimalHealthPD.com).

Reference: 1) Takagi S, Utsunomiya K, Kuriyama S, et al. Effectiveness of an 'half elemental diet' as maintenance therapy for Crohn's disease: A randomized-controlled trial. *Aliment Pharmacol Ther.* 2006 Nov 1; 24(9):1333-40.



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## Falling in Love with Yourself

By Dipika Patel, CHHC

The practice of self-love is a practice of falling in love with yourself. You may think it is merely a new age trend to try and overcome pain from our past or to reprogram our ancestral DNA; however, the concept has been around for centuries. It is a sacred, intentional practice that has been taught throughout ancient traditions, religions, and scriptures. Unfortunately, the discipline has been misguided, leading many to a false perception of what the pursuit of happiness and self-love truly is.

The fascination we have today with finding true happiness has come at a price, which is our peace of mind. As we continue to search for validation outside of ourselves, or hoard material items to fulfill that which we lack, it robs us of the chance to sit still in the serenity of that which is already within us.

As my personal practice has developed over the years, I have come to learn much about self-love. The pursuit of virtuous principles such as patience and kindness has helped me really love myself on a deeper level, so that in turn, I can love unconditionally on a level I never thought possible. As the ancient sages once said, "No one is going to rescue you from yourself - your inner demons, your lack of self-confidence, your dissatisfaction with yourself and your life. Only self-love and good decisions will rescue you."

I have found within my own journey - and witnessed it in many others - that this process is not an easy one. Finding yourself and falling in love with yourself is the work of internal and external discipline; it is something that should be done every day, even on those days you don't feel like it.

Whether you are at the starting point, or in the middle of your healing journey, I recommend you cultivate the attitude of self-love from the perspective of self-awareness and self-exploration. Many people wear a façade and hide their deepest thoughts and feelings from others. Don't hide them from yourself. This non-judgmental step of introspection sometimes awakens you to the realization that you may not like who you are or who you have been, and that is not an easy thing to face.

I invite you to write your future self a letter telling yourself how you have "fallen in love with yourself" again. Date it, make it special and write it from the place of self-discovery within versus searching for approval from outside sources. The feelings of strength, courage, pure love and joy are within you.

As you reread what you have written, you may not completely agree with those feelings today, but let it be. Put it in an envelope and put it away, give yourself a timeline and write a reminder to open it and read it again in the future. Once you set an intention, you will surprise yourself with what you are able to cultivate even if, at this moment, you see it as impossible.

Dipika Patel is a certified holistic health coach and lifestyle practitioner who empowers her clients to activate an overall balanced lifestyle of mind, body and soul. She can be reached at (760) 821.3119 or [www.LoveYourLifeHealthy.com](http://www.LoveYourLifeHealthy.com).



## Welcome to the Art of Better Listening

By Laya Raznick, CHC

Do you have a best friend? I've known mine since we were in middle school. We're two independent, intelligent, hipster women in their 60s raised in LA. You'd think we would have learned the fine art of listening to each other, but spending five days together last month showed us that communication is complicated, even with someone you've known for a lifetime.

Listening isn't easy. It's not a skill that is highly rewarded in our culture. We're taught to speak up, stand out, rise up and be heard, but there is no prize for quieting down and listening.

Listening changes our reality. We each have a unique inner map of how the world works. Listening to another person's understanding can challenge our point of view, and that can be difficult, too.

Good listening creates safety. Without it, our conversations are incomplete. And that's what happened between me and my bestie. We defended our positions when conflict showed up. It wasn't until we were able to really listen to each other that we felt safe enough to share our hearts and come to an understanding.

Here are three simple tools you can use to become a better listener:

### Better Listening Tool #1: Mirroring

Mirroring will help you avoid shifting the conversation to what you think. Simply repeat what someone says to you to reflect back their words.

For example, you ask a friend what they think about summer in the desert. They respond, "I have asthma, and the high heat makes it hard for me to breathe when it's this hot." You mirror, "Ah, so high heat makes it hard for you to breathe. Did I get that right?" Let them respond. Then ask, "Is there something else you'd like to add about that?" Listen again.

### Better Listening Tool #2: Validating

Validating affirms you understand the logic behind what the speaker said. You don't have to agree, but it is important that you affirm that their logic makes sense. You say, "That makes sense to me because you have asthma."

### Better Listening Tool #3: Empathizing

Empathizing makes the speaker feel safe. It tells the speaker that you are sensitive to their feelings. You say, "I imagine you might be feeling a little claustrophobic right now (or insert another emotion that makes sense to you). Is that right?" Then listen for the speaker's reply.

The art of better listening can be rewarding for both the speaker and the listener. Ask a friend to play along and use these scripts. These tools can feel awkward at first, but give them a try. You'll notice the quality of your conversations improve instantly.

Laya Raznick is a certified health coach and the resident health coach for NBC Palm Springs. She is also the creator of Healthy Hearts, Live Online Exercise for Seniors and can be reached at Laya@LayaRaznick.com. For more information, visit [www.LayaRaznick.com/healthyhearts](http://www.LayaRaznick.com/healthyhearts).

## Managing Menopausal Symptoms in Cancer Survivorship

By Sonja Fung, ND

Managing menopausal side effects is more important than ever, as it affects the quality of life in cancer "thrivership." Many women and men face years of side effects from cancer treatment resulting from the surgical removal of ovaries and hormone deprivation therapy (tamoxifen, aromatase inhibitors, etc.) in hormone receptor-positive cancers such as breast, endometrial, ovarian and prostate.

### Side effects of hormonal cancer therapies

The most common symptoms from hormonal cancer therapies are hot flashes, night sweats, insomnia, and weight and libido changes. Long-term side effects from these therapies include bone loss, heart disease, depression and mood changes, and skin and muscle mass changes. With improved cancer therapy options, there are fortunately more patients entering into survivorship, but also more who now have to grapple with these side effects for years to come. Add in menopause symptoms and it can be overwhelming.

Utilizing hormone replacement therapy (HRT) is controversial and typically contraindicated for cancer survivors, even in hormone receptor-negative breast cancers. However, other non-hormonal approaches are being studied and utilized for their traditional relief of menopausal symptoms.

Plant-based therapies can offer much-needed relief. The following herbs have phytoestrogenic properties and have been studied for their ability to reduce hot flashes and other menopausal symptoms. Phytoestrogens are compounds made by plants that are similar to, but not the same as, the hormones made in our bodies. Phytoestrogenic plants such as soy food (not the highly processed frozen meat substitutes or soy isolates such as genistein) are beneficial in reducing cancer incidence and generally are safe for cancer survivors.

### Black cohosh

Black cohosh is a traditional herb used to treat menopausal symptoms. In four German clinical trials and meta-analyses, black cohosh was shown to effectively reduce hot flashes. In a recent systemic review, it was shown to be safe in breast cancer survivors, and intake did not elevate their hormone levels or disrupt their hormone-blocking medications.



Studies show that black cohosh can safely be consumed by those with estrogen-positive cancers for minimizing hot flashes.

### Sage

Sage (*salvia officinalis*) is a well-known herb with a multitude of healing properties. In a 2019 and 2020 randomized controlled trial, sage was shown to significantly reduce hot flashes, night sweats, anxiety, insomnia and fatigue. A 2021 pilot study showed that sage reduced hot flashes in prostate cancer patients on androgen deprivation therapy (ADT) without interfering with the ADT medications.

Continued on page 15

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# Have You Checked in with Your Mood?

There's an app for that!

By Scout Lennon, FMCHC

When was the last time you checked your mood? How often do you ask yourself, "How am I feeling today?" Our go-to answers might be "I'm good" or "I'm fine," protecting ourselves from feeling a much more uncomfortable emotion.

The truth is there is no such thing as a "bad" emotion. Humans experience a spectrum of emotions on both our best and worst days.

The majority of us have a difficult time processing our emotions and determining their cause. To be fair, we were never really taught about our feelings. Instead, we function and let them control us throughout the day carrying our stress, sadness, or anxiety to bed and waking with it.

There are many benefits to tracking our mood and recognizing our emotions. The practice can help increase self-awareness and self-regulation, generate more energy and mental bandwidth, and create a higher emotional intelligence. All of these benefits contribute to improved emotional wellness.

One of my favorite tools to practice identifying emotions is the Mood Meter App developed by The Yale Center for Emotional Intelligence. The Mood Meter has four quadrants, each representing a different set of feelings; identifying where our emotions fall on the scale gives us control of our mood and the power to change it.

**Yellow Zone (high energy, high pleasantness):** pleasant, happy, joyful, hopeful, focused, optimistic, proud, cheerful, lively, playful, excited, thrilled, inspired...

**Green Zone (low energy, high pleasantness):** at ease, calm, easygoing, secure, grateful, blessed, satisfied, restful, loving, balanced, comfy, cozy, carefree, mellow, thoughtful, serene...

**Red Zone (high energy, low pleasantness):** peeved, annoyed, irritated, worried, frightened, jittery, tense, troubled, angry, furious, panicked, stressed, anxious...

**Blue Zone (low energy, low pleasantness):** apathetic, bored, sad, down, uneasy, miserable, depressed, disheartened, exhausted, hopeless, alienated, despondent, despair...

Mental health awareness is becoming more of a priority across the country. You are not alone when you feel stressed, anxious, or overwhelmed, and being "happy" every day is an unrealistic expectation for anyone. Realizing we all experience a variety of emotions will give you more confidence as you navigate through life.

After reading this article, I challenge you to use the Mood Meter and ask yourself how you feel each morning and evening for the next two weeks. Consider a variety of emotions when it comes time to record how you're feeling. For example, instead of saying "I'm good today," maybe you are at ease, content, or calm.

You can download the Mood Meter for \$.99 from the App Store or Google Play to start tracking your mood. Once you have done so, follow these steps to increase your emotional intelligence:

1. Plot your feelings on the meter
2. Identify why you have that feeling
3. Strategize what you can do to shift your mood and then do it
4. Reassess how you feel afterward

Feel free to share your findings by emailing me at scoutwellnesscoach@gmail.com.

Scout Lennon is a functional medicine certified health coach. She works with clients to help them set and achieve sustainable health and wellness goals and can be reached at (760) 808.2589 or visit [www.ScoutWellnessLA.com](http://www.ScoutWellnessLA.com).

Sources: 1) <https://www.linkedin.com/pulse/use-mood-meter-manage-stress-jenn-gile-pmp/>; 2) <https://moodmeterapp.com/>; 3) <https://www.greatschools.org/gk/articles/the-mood-meter-a-tool-for-developing-greater-self-awareness-and-awareness-of-others/>; 4) <https://www.marckbrackett.com/the-colors-of-our-emotions/>



The Mood Meter app can help track feelings for greater self-awareness.



Scout Lennon, FMCHC, NBC-HWC

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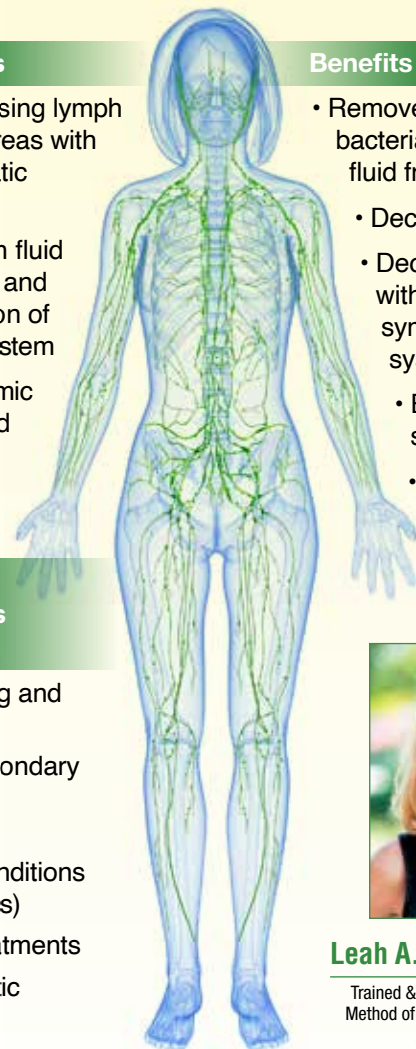
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## Managing Menopausal Symptoms in Cancer Survivorship

Continued from page 13

### Flaxseed

Flaxseed can be found in nearly every grocery or health food store. It is high in lignans which are phytoestrogens and also has one of the highest plant sources of omega-3 fatty acids, which are anti-inflammatory fats that help reduce cholesterol. Flaxseed has also been shown in clinical trials to reduce mild symptoms of menopause, reduce breast tumor growth (mainly in postmenopausal women), and reduce the incidence of estrogen receptor-negative cancers. The recommended dose is two to three tablespoons of fresh ground flaxseed daily.

### Melatonin

Insomnia is one of the most common side effects of menopause and many other conditions. Sleep deprivation has many negative side effects, which is why melatonin is such a crucial aid. Melatonin is not an herb; it is an important hormone that regulates your sleep-wake cycle (circadian rhythm) produced by the pineal gland in your brain when it is dark. Melatonin not only has powerful properties for inducing sleep, but also has strong immune, antioxidant and anti-cancer properties. It has been found to be neuroprotective and restore cognitive function during chemotherapy and has also been shown to inhibit triple-negative breast cancer proliferation and suppress breast cancer stem cells.

### Exercise is king

Let us not forget the importance of exercise! Exercise has been shown to improve cardiovascular health, reduce bone loss, maintain healthy weight, improve mood, reduce stress, improve sleep, and reduce cancer recurrence. In a 2019 study, resistance exercises of 45 minutes, three times a week, cut hot flashes by almost half! There is no excuse to forgo exercise!

### Supplements need to be monitored

Patients need to be monitored by their health care team and should consult an appropriate health practitioner before starting any medication, including herbs and supplements. Even though they are not prescription medication, herbs can have a powerful effect on your body and can interact with other medications.

Dr. Sonja Fung is a primary care naturopathic doctor with a focus on integrative cancer care and PRP regenerative joint injections at Live Well Clinic in La Quinta. For more information, visit [www.livewellclinic.org](http://www.livewellclinic.org) or on Instagram @livewellclinic.

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## Biohacking the Brain

By Noelani Rodriguez, ND

Who doesn't want better memory, more focus and enhanced cognition? What can we do naturally to enhance and preserve our brain function? From herbs and mushrooms to nutrients, I will discuss a few of the most common memory and cognitive support enhancers and why people are talking about these "nootropics."

### Herb and extract perks

Some ancient, well-known herbs that have long been known to affect our nervous system include rosemary and ginkgo. Rosemary, Latin name *Rosmarinus officinalis*, has been shown to stimulate the nervous system and thus perk up memory and concentration capacity' when the plant is sniffed prior to completing a task. In a 2020 study on mice, rosemary was shown to improve cognition like that of methylphenidate (Ritalin)<sup>2</sup> and has long been known to decrease brain inflammation.

### Mushrooms for memory enhancement

When we think about mushrooms, two thoughts might come to mind – tasty mushrooms we add to foods and psychedelic "shrooms" with which people sometimes experiment. But on the quest to increase brain power one non-psychedelic mushroom is the rightful king – lion's mane, latin name *Hericium erinaceus*. Also known for its anti-depressant abilities, lion's mane has strong research showing its neuroprotective effects in Alzheimer's studies by preventing impairments of spatial, short-term, and visual recognition memory due to its anti-inflammatory and NGF (nerve growth factor) stimulation.<sup>3</sup> It even showed a reduction in dementia scale and significant improvement in visual recognition memory in adults after 16 weeks of supplementation.<sup>3</sup>



Brain-boosting lion's mane is named for its shaggy exterior.

### Nootropics: brain-boosting, neuroprotective supplements

Nootropics are a class of natural or synthetic substances that can boost brain performance and are sometimes called cognition enhancers or memory-enhancing substances. They have gained much popularity in the past few years due to the increasing awareness of wanting optimal health coupled with the highly competitive and hardworking nature of United States society. But we are not only talking about better memory and cognition; of equal importance is that these natural supplements have been shown to have neuroprotective properties and thus, can protect the brain from injury.

### Phosphatidylserine to increase memory and lower stress

Phosphatidylserine is a naturally produced nutrient within the cell membrane of neural tissue. It contains high amounts of DHA (an omega-3 fatty acid) and functions to support brain neuron survival and differentiation. As we age, our ability to produce phosphatidylserine declines. A 2013 study showed that elderly people supplementing with phosphatidylserine had an increase in memory recognition,

*Continued on page 24*

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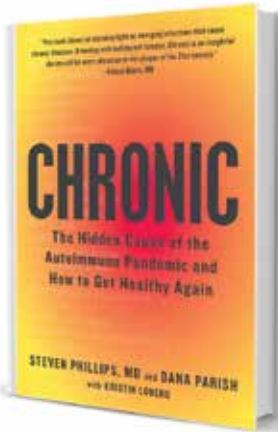




# Chronic: The Hidden Cause of the Autoimmune Pandemic and How to Get Healthy Again

A Review by Joseph E. Scherger, MD, MPH

Hidden chronic infections are common. They are likely a cause of many inflammatory autoimmune diseases and some Alzheimer's disease. That is the opinion of Steven Phillips, MD, a Yale-trained general internist in Connecticut who became severely ill and recovered from Lyme disease. Dr. Phillips has dedicated his clinical practice to treating a wide variety of under-recognized and hidden infections. Working with one of his patients, singer-songwriter Dana Parish, he has compiled all his knowledge and experience into a new book entitled *Chronic: The Hidden Cause of the Autoimmune Pandemic and How to Get Healthy Again*.



This book is very scientific, and Phillips' arguments are compelling. After reading this book twice, I began to look at many of my patients differently.

I learned from the AIDS epidemic that some viral infections do not go away. Prior to antibiotics, many bacterial infections such as tuberculosis became chronic. Syphilis, if not treated, becomes a serious chronic infection. It is caused by spirochete bacteria similar to that which causes Lyme; if not fully treated, the Lyme bacteria may infect many organ systems. Unfortunately, mainstream medicine, including most infectious disease specialists, do not believe in chronic Lyme disease and other similar infections.

*Chronic* is loaded with information about what the authors call Lyme Plus infections. These include Bartonella and Babesiosis. There are about 50 types of Lyme bacteria, which makes testing for the disease very difficult. All are spread by insects, especially ticks, which carry many organisms that can lead to chronic infections.

Diseases shown to be caused by these infections include fibromyalgia, chronic fatigue syndrome, multiple sclerosis, rheumatoid arthritis, lupus and many others. Terry Wahls, MD (*The Wahls Protocol*, 2014), who suffered from multiple sclerosis, has endorsed this book.

Unfortunately, when most physicians (including rheumatologists) treat these diseases, they use drugs that suppress the immune system, treating only the symptoms while the underlying infection may get much worse. I recently saw a previously healthy woman develop such an illness and die in just two years. Phillips is convinced that our medical model for treating autoimmune diseases is all wrong. They are not actually autoimmune but rather an immune response to a hidden infection.

Phillips uses the story of Kris Kristofferson to illustrate how these infections can lead to dementia. The famous singer endured cognitive decline, and medicine



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**Joseph Scherger, MD, MPH**  
Medical Director

had nothing much to offer. He was diagnosed and treated for Lyme disease and returned to normal intelligence. How many others out there in memory care centers are experiencing the same?

The recommended treatment of these infections is to strengthen the immune system and use antibiotics on a long-term schedule. In his book *Unlocking Lyme*, William Rawls, MD shares the success he has had in ridding patients of Lyme disease using herbal therapy about 50 percent of the time. In Phillips' experience, most patients require long-term antibiotics used on a pulsed schedule (such as two weeks on and two weeks off) for six to 18 months. The most common antibiotic used is doxycycline, which is relatively safe for the GI tract and does not disrupt the microbiome or cause C. diff infection. This type of antibiotic is often used in teenagers to treat acne.

Reading this book shook me up. I felt like much of the foundation of my medical knowledge may be wrong. We think we are practicing modern medicine and realize we may still be in the dark ages.

*Chronic: The Hidden Cause of the Autoimmune Pandemic and How to Get Healthy Again* has been endorsed by Sanjay Gupta, MD and notable medical scientists at Harvard, Cornell and Johns Hopkins University. Give this book to anyone who is chronically unwell, and it may open a corridor for healing as long as that person can find a physician open to thinking differently.

*Dr. Scherger is founder of Restore Health in Indian Wells, a clinic dedicated to weight loss and reversing disease. For more information, visit www.restorehealth.me or call (760) 898.9663.*

THE Paradigm Shift

By  
Jeralyn Brossfield, MD



in Medicine Today

## One Thing Leads to Another

In August, I received a scary phone call. My mom was on her way to the hospital with symptoms of a stroke. Thankfully her symptoms fully resolved, and all of the testing showed no damage, but we were all shaken. One of my sisters asked the question, "What made this happen?" This question recurs over and over in my discussions with patients, and while we often do not know what makes an event happen at the moment it occurs, there are clues in each of our stories that can answer this question and offer hopeful remedies for healing.

When a symptom or health crisis occurs, our instinct is to react and treat the presenting problem. But often, this does not correct the underlying issue, and in fact, can make things worse in the long run. For instance, I have arthritis in the joints at the base of my thumbs. It used to be that my thumbs only hurt when I ate a lot of sugar. My diet is pretty clean, so most of the time, I was pain-free. I thought of my thumbs as my barometer for the inflammation level in my body - if I had no pain, the inflammation was low, and if I was in pain, the inflammation was high.

After many years, the pain became more constant even though I continued to avoid sugar. It was a clue for me to look further for other causes of inflammation. As I dug deeper, it became clear that the Epstein-Barr virus (EBV) that caused me to have mono when I was a teen had re-activated, and this was increasing inflammation and immune reactions in my body. Treating the virus by boosting my immune function and increasing my healthy habits has lowered the arthritic pain in my thumbs. This approach also has the benefit of improving the health of all of my body systems. In contrast, if I had only treated the symptom of thumb pain - the traditional options would have each had small detrimental effects. Long-term use of an oral pain medication would have risked stomach upset, bleeding and reflux, and injections of a steroid into the joint would have caused elevation of blood sugar for approximately six weeks after each injection. Elevated blood sugar places an increased strain on the pancreas and raises systemic inflammation and cholesterol; thus another set of problems can eventually occur.

It is small choices that add up to further health or greater illness. When we look at stroke or heart attack risk, we now have evidence of cholesterol deposits in blood vessels beginning as early as age 10. We know that the combination of cholesterol deposits, inflammation and stress creates a triad of risk for these cardiovascular events. The foods we eat, the hours we sleep, the stress we hold, the toxins we ingest, and the relationships we develop all impact our future wellness.

I relay this point to emphasize that every choice matters. You can take back your health by seeking the root causes of dis-ease and taking small steps in your healthy choices.

Ask yourself, "What is the kindest thing I can do for myself right now?" Usually, that answer supports long-term health.

*Dr. Brossfield is the founder and physician of XO Health and medical director of Brain Treatment Center, both in Rancho Mirage. She can be reached at (760) 573.2761 or www.BrainTreatmentCenter.com and on Facebook @XOHealth.*



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### Are Lectins Bad For Everyone?

Due in part to the popularity of the paleo and keto diets, I am often asked by patients if they should avoid lectin-containing foods. The conversation is usually around whether the patient needs to forego all beans and legumes to achieve optimal health.

Lectins are proteins found not only in plants but also in animal products. What is their purpose? Although the medical community does not understand it entirely, we know that lectins generally exist in plant foods as a defense mechanism to help protect the plant from disease and insects. The theories that exist as to why we should avoid lectins are based on the fact that they can be toxic to humans. However, consuming foods with toxic lectin levels is rare, and there is very limited research on the long-term health effects of lectin consumption.

The highest levels of lectins are found in whole grains and raw legumes such as lentils, beans, soybeans and peanuts. These foods can be poisonous if consumed raw. However, these foods are very difficult to consume raw; as I discuss with patients, when was the last time you ate uncooked beans? When you cook these foods properly, the lectins dissipate almost completely to levels that are not harmful to most people.

Lectins are typically found on the outer surface of food and are generally water-soluble, so exposure to water removes them. Boiling, stewing, or soaking in water for several hours can inactivate most lectins. Another process that deactivates the lectins is sprouting plants prior to consumption; grains and lentils are easy to sprout. Additionally, our bodies produce enzymes during digestion that help degrade some lectins.

The canned beans you find in supermarkets are prepared under high pressure and high-temperature conditions making the lectin amounts negligible. So, in truth, it is hard to eat toxic amounts of lectins even if you tried.

Lectins are also found in many longevity-promoting foods such as mushrooms, nuts, seeds, beans, fruits and vegetables. These foods are staples in Blue Zone diets throughout the world (places people generally live to 100 with little-to-no chronic disease). Beans are known to help lower cholesterol and blood pressure; tomatoes contain lycopene, a very beneficial antioxidant; nuts and seeds add the vital nutrient omega-3 into our diets, and vegetables are full of antioxidants, vitamins and fiber - all crucial for good health. Mushroom lectins have also been found to be protective against cancer. These facts further support my thoughts on why lectins should be part of a healthy balanced diet.

That being said, there are sub-sections of the population that truly do have an allergy or sensitivity to some lectins and should avoid them.

However, if you do not suffer from an allergy or have a negative reaction to lectin-rich foods, then, by all means, I recommend enjoying them in your diet.

Dr. Fayssoux is an integrative primary care practitioner with Ohm & Oot Wellness Medicine in Palm Desert and can be reached at (760) 469.9900. For more information, visit [www.KinderFayssouxMD.com](http://www.KinderFayssouxMD.com).

### Nightmares: Gifts in Disguise

By Kathleen O'Keefe-Kanavos

It is easy to forget a sweet dream, but a frightening nightmare can last a lifetime. Have you ever stopped to think that maybe your nightmares are a gift in disguise? Finding that hidden nugget of gold they are trying to tell us can often stop the nightmare forever. If you have had a nightmare that was so horrific you were afraid to go back to sleep, good for you! Nagging nightmares do not terrorize us for fun; they actually have a positive purpose.



While scary on the outside, nightmares may hold treasures to help guide us toward positive change.

According to Harvard University Psychologist Deirdre Barrett, PhD, if nightmares weren't helpful to our survival, they probably would have faded away with evolution. Barrett theorizes that nightmares act as the brain's way of focusing attention on issues that need to be addressed.<sup>1</sup>

A nightmare may be a call to action to revisit a painful childhood incident so you can heal, or even help you overcome a current challenging situation. This makes your dream world the perfect opportunity to try out new solutions to an old problem. Or, the frightening emotion with which you awake could be a piece of something bigger, such as a future occurrence.

A Latin proverb dating from the 16th century says 'praemonitus, praemunitus,' which loosely translates as 'forewarned is forearmed.'<sup>2</sup> Might our nightmares be arming us? Could this be our gift in disguise? The key to help us find solutions is to remember the details between our many nightly dreams.

We shift in and out of our dream doors approximately four to six times during the night.<sup>3</sup> Between our dream cycles, in the deep sleep level of REM (rapid eye movement), we can experience our most significant nightmares. But what is the reason for a nightmare so disturbing that it wakes us in the middle of the night?

Nightmares have three essential purposes: They get our attention using fear because fear works. Then they keep our attention by making the experience unforgettable, thereby gifting us important information for our waking world. Lastly, their dream guidance could be a call-to-action with specific verbal directions, thus, the golden nugget.

Nightmares can guide us to making a positive change in our lives, like reminding us of a vital childhood event, so we don't make the same painful mistake as an adult. All our life challenges, no matter how sad, were - and still are - learning experiences.

Bad dreams can be personal gifts from your inner-self that benefit your waking life. Embrace your nightmare's gifts in disguise, decipher its meaning and message, follow the call to action, and thank your dreams for the opportunity to use this seemingly fearful information to live a more joyful life.

Kathleen O'Keefe-Kanavos of Rancho Mirage is a cancer survivor, author, dream expert, speaker, TV/radio host/producer and has been featured on Dr. Oz and The Doctors. For more information, visit [www.KathleenOkeefeKanavos.com](http://www.KathleenOkeefeKanavos.com).

References: 1) <https://www.livescience.com/32730-why-do-we-have-nightmares.html>; 2) <https://www.phrases.org.uk/meanings/forewarned-is-forearmed.html>; 3) <https://www.webmd.com/sleep-disorders/default.htm>

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## Anxiety and Our Children

The conversation continues

By Beacon Pointe Advisors

Recently, the Women's Advisory Institute at Beacon Pointe Advisors hosted an event discussing anxiety among our children and the challenges this past year has presented. As we embark on another school year, we thought it was important to keep the conversation going.

Anxiety and mental health issues occur at all ages, whether it's a child, adolescent or young adult. Here are some important tips to help identify and address concerns:

### Identifying anxiety

- Pay attention to your children's actions and, sometimes more importantly, inactions. Doing so can help you to identify that they may be anxious.
- Anxious children may vocalize feelings of stomachaches or nausea or use other strategies and excuses to avoid facing fears that may be causing them anxiety.

### Technology and social media

- The immediacy of technology and games gives children smaller attention spans and can create atrophy for social interaction.
- It is important to communicate with your children that much of social media is a highlight reel of people's lives and doesn't show the negative. It is essential to teach them not to compare themselves to others because of what they see on social media.
- Parents should help their kids see how social media serves or disserves them. As a parent, you can be intentional about your social media use in front of your children.
- Clear limits are helpful, such as no screens past 10 p.m. for teenagers.
- Social media is like a chocolate cake - continual intake will never make you feel better, but there is nothing wrong with a planned time to sit and eat a slice of cake - everything in moderation.

### Role of the pandemic

- It is important to acknowledge potential trauma induced by the pandemic and allow the flow of feelings and discussion. Parents set the emotional tone for this.
- College kids have been under added stress from constantly changing rules, lack of social interaction and peer-to-peer connection.

### Additional tips for parents to help their children

- As a parent, check your own anxiety and mental health because it will inextricably trickle into the lives of your children.
- Openly discuss this past year with your children and what you have personally learned from it.
- Remind your children that it is OK to feel anxious as the world re-emerges post-pandemic.
- Parents can hold open conversations about their own anxiety and encourage children to stay curious about their feelings instead of pushing them away.

Our experienced panelists who were kind enough to share their wisdom, insights

*Continued on page 23*



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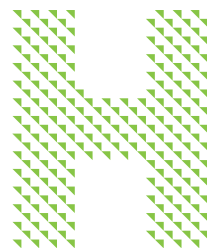
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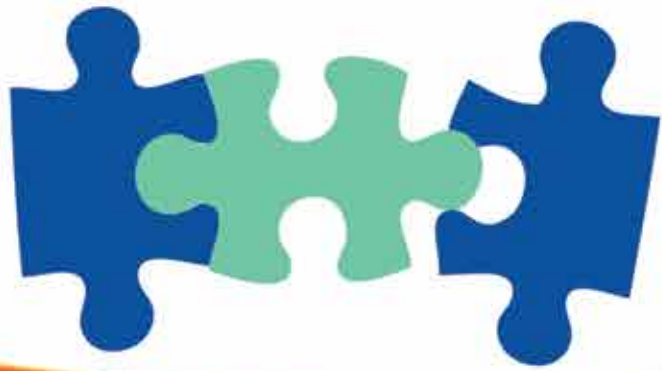
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SCAN ME

## Resident Care Facilities: A Viable Option for Many

By Patricia Ryan, RN, MSN, ANP

Most of us wish to spend our latter years at home, but when that is no longer an option, where will you go and what is the right choice for you?

Senior living options include independent and assisted living facilities and resident/board and care facilities (B&C), but how are they similar, and how do they differ?

Independent and assisted living facilities standardly offer apartments or individual room settings in large buildings with shared services. B&Cs are standardly private homes in residential neighborhoods; many in the Coachella Valley are within gated communities while others are not. B&Cs often offer a more quaint feeling of home as they have a maximum capacity of five to six residents. Most have private rooms and baths with a shared bathroom.

Both types of facilities are governed by the state and must follow regulations. At B&Cs, the staff ratio is one certified nurse assistant (CNA) to each resident; a cook and housekeeping round out the staff of most homes. All staff have background checks, are bonded and are CPR certified. They must also attend continuing education classes on a yearly basis.

Neither setting is medically focused, and care, including home health agencies, hospice and medical practitioners, is welcomed in as needed.

One of the most attractive features of B&Cs may be the friendly and personal attention that comes with being in a home versus a solitary apartment in a large building. The price can also be attractive as most B&Cs have a flat rate for monthly service, which includes all meals, snacks, activities of daily living and medication management. Conversely, larger facilities charge one price, and additional services constitute additional fees.

Where you or your loved one spend your final days is an important decision. Knowing your options before the need arises is always a wise investment of time.

Patricia Ryan is an advocate for senior care and an in-home nurse practitioner with Crossroads to Care. She welcomes your questions and can be reached at (760) 668.1654. For more information, visit [www.crossroadstocare.com](http://www.crossroadstocare.com).

## Does Early Trauma Have To Remain CATaclysmic?

By Amy Austin, RN, PsyD, LMFT

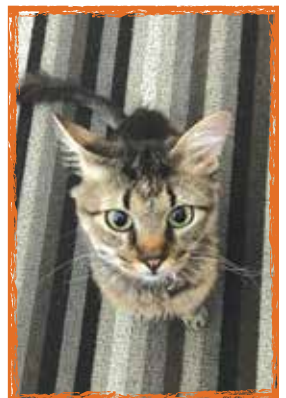
My last article, "Embracing the Unexpected" (July/August 2021), chronicled a severely wounded cat that showed up at my door this last April. He was a mere five pounds of sick and tired. That was the bad news. The good news is he is now thriving – physically. The mental emotional part is in question, which got me thinking about how early trauma can affect us.

Now, I'm not trying to anthropomorphize Mazel's mental/emotional state from what I assume was an attack or escape that nearly cost him his life, but there are similarities. And, we are all well aware of how animals blossom when rescued from shelters.

As Mazel healed physically, his personality began to change ("Hellcat" comes to mind). When he first came to me he was meek, clingy, and docile. The vet staff made sure to tell me what a wonderful cat he was with all he had been through. Looking back now, I understand he wasn't feeling well or (and here I go again anthropomorphizing) he was manipulating the hell out of us all. He started acting out: nipping, hyper, super clingy. It started to become the daily norm – to the point of angst and guilt at the thought of re-homing him.

Then I pondered the after-effects of trauma:

- Inability to relate optimally with others/interpersonal relationship struggles
- Mood dysregulation and difficulties with impulse control
- Heightened anxiety and or depression
- Difficulty forming attachments and keeping them
- Fear and a sense of helplessness
- Low self-worth
- Difficulty taking risks and or reaching out
- Anger/rage as a way to subconsciously distance others
- Self-medicating with addictive behaviors such as drugs/alcohol, gambling, eating, sex, spending
- Codependent behaviors such as people-pleasing to the point of little or no reciprocity in relationships
- The appearance of the wounded inner child showing up and wreaking havoc in adulthood



Was previous trauma the cause for sweet Mazel's crazy cat behavior?

The understanding that Mazel's behavioral issues stemmed from a primal need to survive when angst and anxiety had claimed a home was the ah-ha moment for me that allowed the door to open for some positive change that continues today. They don't call it "slowbriety" for nothing.

If you are dealing with a trauma history, there is hope and I always sit in a hopeful chair:

- Acknowledge and recognize trauma so that it doesn't make an uncomfortably familiar home in adulthood.
- Seek support from a trusted psychiatrist, psychologist and or psychotherapist. Don't isolate. You don't have to figure this out alone!
- Reframe and replace painfully negative thoughts with new and more adaptive ones.
- Reclaim control and a sense of empowerment.
- We never forget, but one can begin a journey of moving on while gently letting go.
- Daily doses of patience, compassion, self-love and affirmation are a must!
- Laughter IS the best medicine with trusted friends, family and funny movies.

Mazel is on his way from what felt like a CATaclysmic situation to a wonderful life here with yours truly. After all, isn't that what we all yearn for and deserve?

Dr. Amy is a licensed marriage and family therapist (MFC# 41252) and doctor of clinical psychology in Rancho Mirage. She can be reached at (760) 774.0047.



# California's Master Plan on Aging

By Patricia Kaplan

Aging is changing, and in response to this, the California Department of Aging has created a platform to create age-friendly communities statewide. During a recent webinar presented by the Department of Aging, we learned that 25 percent of Californians are now 60 years or older, and 68 percent believe they will lose independence as they age; most do not want to be alone during their latter years.



California is working towards age-friendly communities statewide for our aging population.

**The goals of this plan are:**

**Goal One: Housing for All Stages and Ages.** We will live where we choose as we age in communities that are age-, disability-, and dementia-friendly and climate- and disaster-ready. Target: Millions of new housing options to age well.

**Goal Two: Health Reimagined.** We will have access to the services we need to live at home in our communities and to optimize our health and quality of life. Target: Close the equity gap and increase life expectancy.

**Goal Three: Inclusion and Equity, Not Isolation.** We will have lifelong opportunities for work, volunteering, engagement and leadership and will be protected from isolation, discrimination, abuse, neglect and exploitation. Target: Keep increasing life satisfaction as we age.

**Goal Four: Caregiving that Works.** We will be prepared for and supported through the rewards and challenges of caring for aging loved ones. Target: Keep increasing life satisfaction as we age.

**Goal Five: Affording Aging.** We will have economic security for as long as we live. Target: Close the equity gap and increase elder sufficiency.

“One Door” is the Department of Aging’s theme for independent living. This vision features a hub with spokes for care coordination within a “person-centered” approach. The statewide Aging Hubs Initiative under the “One Door” model will include a range of home and community services, emphasizing quality, partnerships and technology in which systems would talk with one another.

The timeframe is for California to be a state for all ages by 2030. To implement this plan, the department established the following timeline:

1. Engage the community with the release of the master plan
2. Begin a public survey (July 2021)
3. Hold town hall meetings across the state, beginning August 2021
4. Establish best practices for the implementation in September and October 2021
5. Hold a stakeholder forum in December 2021

Patricia Kaplan is a co-founding board member and consultant with Alzheimers Coachella Valley and can be reached at (760) 776.3100. For more information, visit the California Department of Aging website at [www.aging.ca.gov](http://www.aging.ca.gov), or if you would like to be involved, email [engage@aging.ca.gov](mailto:engage@aging.ca.gov).



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## Pumpkin and Chocolate Mini Muffins

By Elena Wilkie

These incredibly moist and tasty marbled Pumpkin and Chocolate Mini Muffins are made with wholesome ingredients, naturally sweetened and gluten-free!

### Ingredients:

- 2 bananas, mashed
- ½ cup canned pumpkin
- ½ cup maple syrup
- ½ cup coconut flour
- 1 teaspoon pure vanilla extract
- ½ teaspoon salt
- 1 teaspoon aluminum-free baking powder
- ¼ cup cacao powder
- 2 tablespoons dairy-free mini chocolate chips (can substitute Lily's chocolate chips for a sugar-free option)

### Directions:

1. Preheat oven to 350 F. Then, lightly oil a mini muffin tin, use liners or a silicon mini muffin tin.
2. In a medium bowl, mix all the ingredients except the cacao powder and chocolate chips.
3. Then, add half of the batter to another bowl. Add in the cacao powder, chocolate chips and combine.
4. Add a small spoonful of each batter to the muffin tin. You can use a toothpick for a more swirled look. Add extra chocolate chips on top (optional).
5. Bake for 25-26 minutes. Let cool before removing.

### Tips on How to Marble the Mini Muffins:

Start by making one batter, then divide it evenly into two bowls and add the cacao powder and chocolate chips to one of the batters. Once you've done that, you can add a scoop of each batter to the muffin liners/tin. Next, use a toothpick/chopstick to swirl the batter just a few times. Don't overdo it, or it will look messy. Before baking, don't forget to top the muffins with a few mini chocolate chips if you want an extra pop of chocolaty goodness!

*Elena Wilkie of La Quinta is a foodie at heart and health enthusiast. She focuses on creating real food recipes with simple ingredients that are gluten-free and deliciously healthy. She can be reached at [afoodiesbliss@gmail.com](mailto:afoodiesbliss@gmail.com). For more recipes, visit [www.afoodiesbliss.com](http://www.afoodiesbliss.com). Instagram and Pinterest @afoodiesbliss.*



## Pan-roasted Limey Cilantro Chicken

By Dipika Patel, CHHC

I came across this recipe a while back, but it was complicated. Life is about making things easier, so I simplified it for a quick and tasty meal that always "wows" company. I hope you enjoy it! (Serves 4)

### Ingredients:

#### Marinade:

- 4 tablespoons extra virgin olive oil, split for the marinade and pan-frying.
- Juice of 2 limes
- ½ cup of freshly chopped cilantro
- 2-4 cloves of garlic crush
- ½ teaspoon ground cumin
- Pinch of crushed red pepper flakes
- 4 bone-in, skin-on chicken thighs

- Pink Himalayan salt to taste
- Freshly ground black pepper to taste

#### Other ingredients:

- ½ red onion cut into slithers
- ½ yellow onion cut into slithers
- 12 all sorted baby potatoes halved (or 1 sweet potato)
- 1 cup of basmati rice
- 1½ cup chicken bone broth

### Directions:

1. In a bowl, mix together half of the olive oil, juice of two limes, chopped cilantro, crushed garlic, ground cumin, pinch of crushed red pepper flakes, salt to taste and black pepper to taste. Stir well and mix in all the ingredients. Now add your chicken thighs to the mixture and put them in the refrigerator overnight.
2. When ready to cook your dish, pull out the chicken from the refrigerator 30 minutes before cooking.
3. In a medium-sized pan, put in the remaining olive oil, heat on medium heat and sear the chicken thighs in the oil to seal in the flavors and brown on all sides for about five minutes (leave marinade on the side).
4. Take out of the pan and let it rest on the side.
5. In the same frying pan, add chopped red and yellow onions and sauté for a couple of minutes, stir in potatoes sauté for a couple of minutes and add in the remainder of the marinade from the marinated chicken.
6. Add cup of uncooked basmati rice, season with salt, and gently stir until all ingredients look well combined.
7. Pour over the chicken broth and stir, place in the seared chicken thighs, and bring to boil.
8. As soon as it comes to a boil, turn down the heat to low, put on the lid and let it cook for 15-20 minutes.

**Options:** Be adventurous and swap out the herb in your chicken for another flavor. I also enjoy swapping out different grains such as farro, quinoa or brown rice. Finish this dish with butter before you are about to switch off the heat and serve it with a mixed herb salad!

*Dipika is a holistic health and lifestyle coach who empowers clients to activate a balanced lifestyle of mind, body and soul. She can be reached at [health@loveyourlifehealthy.com](mailto:health@loveyourlifehealthy.com) or [www.loveyourlifehealthy.com](http://www.loveyourlifehealthy.com).*



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## Daily Chores Don't Need to Be a Pain

By Michael K. Butler, BA; PTA; CSCS\*D; RSCC\*D NMT

It can be frustrating when time is of the essence and you have chores that need to be done. You've done these things a million times; they have become routine and it's necessary to do them in a timely fashion as your busy schedule demands.

Then, something out of the ordinary happens. As you're putting away dishes, you feel a jolt radiate through your spine. It's almost debilitating. You grab your back and can't straighten up; the pain becomes more intense. You ask yourself, "What in the world have I done? I've done nothing different, and yet, I injure myself putting away dishes!"

We all get caught up with everyday routines, but few of us think of them as health hazards, yet chore related injuries are common. Our day-to-day activities and work schedules are both contributing factors with inactivity and sitting, which decreases circulation by as much as 80 percent, being a major cause.

On the positive side, there are ways to prevent these injuries from happening. Throughout years of collecting data, I have found that a primary injury movement pattern is when people twist their spines with their feet planted (as in emptying the dishwasher). Another is when people are squatting deeply and reaching overhead or leaning backward (as in going through garage cabinets looking for something).



Engaging your legs while performing household tasks like sweeping will help avoid common injury.

Knowing which movements to avoid and establishing a consistent stretching and exercise program will enhance strength, allow for better movement under load, and help reduce everyday injuries.

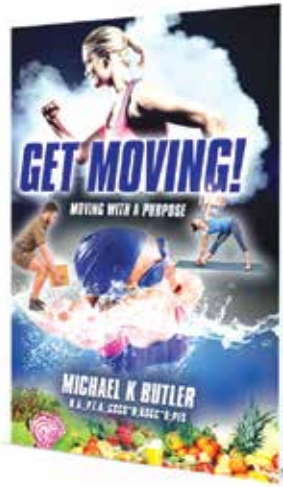
When exercising, there are seven primary movements you should incorporate into your program: squatting, lunging, twisting, bending, reaching, pushing and pulling. All of these movements are involved in everyday tasks, and regular "practice" through an exercise program can help keep you limber and agile.

Think about making a bed, for example. You must reach, pull, push, lunge and sometimes twist. What gets us in trouble is combining these movements and doing them incorrectly. Through exercise, pushing and pulling can be done with a cable machine or chest press followed by a rowing machine; strength to lunge can be taught as squats starting from a seated position and progressing to standing with a bar on your back.

I recently published my third book called *Get Moving*. It covers all the issues of movement with illustrated pictures on exercises and stretches to keep you agile and help you avoid everyday injuries.

Remember, if we move every day, we create enhanced blood flow, energy and vitality. So, get moving today!

Michael Butler is owner of Kinetix Health and Performance Center in Palm Desert and welcomes questions from readers. He can be reached at (760) 200.1719 or michael@kinetixcenter.com. *Get Moving* is available through Kinetix or on www.amazon.com.



### Enrichment from Our Elders

Continued from page 11



Author Di Francesco and her beloved mother Roberta

come with this territory. My difficulties in adjusting and learning to soften and to be more receptive to the beautiful side of the experience is a priceless gift in the face of the challenge to live fully.

As our health and wellness increase and society heals, becoming stronger in its foundation, we must shore up our seniors' self-worth through kindness, interaction and involvement in the community. These wise members of society don't deserve to feel lonely but rather treated as individuals with a depth of knowledge that helps us all witness wisdom incarnate.

Our lives do not end in old age; they rebirth at this juncture with an insight that can only be possessed after living a worthwhile and meaningful life.

Jennifer Di Francesco is a wellness explorer and desert adventurer and can be reached at www.coachellabellaboho.com.

### Anxiety and Our Children

Continued from page 19

and helpful tips during our virtual event included: Courtney Harkins, a clinical supervisor at JSerra Catholic High School in San Juan Capistrano, California; Meredith Gerckens, a district-level administrator of school counselors for Nutley Public Schools in Summit, New Jersey; and Karen Moon, a licensed clinical social worker and therapist based in Wayne, Pennsylvania.

#### Additional resources:

- Anxiety & Our Children Resource Guide: [www.beaconpointe.com/wp-content/uploads/2021/07/WAI-Anxiety-Our-Children-Resource-Guide.pdf](http://www.beaconpointe.com/wp-content/uploads/2021/07/WAI-Anxiety-Our-Children-Resource-Guide.pdf)
- Beacon Pointe Women's Advisory Institute 'Anxiety & Our Children' event recording: [https://youtu.be/X\\_V0-mDPNDY](https://youtu.be/X_V0-mDPNDY)

Compiled by Michele Sarna, certified financial planner,™ in collaboration with Sara Drake, Alli Hillgren Warner, Commie Stevens and Jill Steinberg, all of Beacon Pointe Advisors. For more information, call (760) 932.0930 or msarna@beaconpointe.com.

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## Got Arthritis? A Path to Pain-free Living

By Michele McCord, CPT, CMT, RYS-RYT

Arthritis is an inflammation of the joints that can lead to debilitating pain. More than 100 kinds of arthritis and related conditions affect more than 50 million adults and 300,000 children in the U.S. While there is no cure, creating a holistic wellness plan is often the first line of defense in managing pain and achieving remission.

The type of arthritis you have will determine the treatment plan. The two most common are osteoarthritis (OA) and rheumatoid arthritis (RA). OA is known as the “wear and tear” disease. It usually begins in an isolated joint and occurs when the smooth cartilage of the joint surface wears out. RA is an autoimmune disease occurring when the immune system malfunctions and attacks the body, causing inflammation.

All types of arthritis can benefit significantly from simple lifestyle changes such as physical therapy, exercise and a healthy diet. Exercise is vital for RA and OA, but some exercises may be contraindicated while others are safe, depending on your diagnosis. The most important things to share with your physical therapist or personal trainer are what kind of arthritis you have and where it hurts.

With any exercise regime, speak with your doctor before you begin, start slowly and listen to your body. If you suffer from RA pain, first evaluate the location of the affected joints. If you don't have damage to the weight-bearing joints, it should be safe to participate in high-intensity exercise such as aerobics or jogging. If you do have damage in the lower extremities, avoid high impact; if you suffer from knee pain, avoid deep squats or lunges (more than 90 degrees); if the damage is in your upper extremities, no boxing or heavy weightlifting.

If you have OA, movement is a vital ingredient to a non-drug therapy treatment plan. Your goal should be that recommended for healthy adults: 150 minutes of moderate-to-vigorous cardiovascular exercise per week.<sup>1</sup> Walking and swimming are two of the safest and most effective modalities. The objective is to relieve OA pain and stiffness. The dichotomy is people who suffer from OA are sometimes in so much pain the last thing they want to do is exercise; however, it is the best medicine.

A comprehensive exercise program should include the following four pillars, and it is recommended that you start with a trained professional: 1) strength training exercises to build strength in the muscles around painful joints to reduce stress; 2) range of motion or stretching to ease stiffness and increase mobility, stamina and weight loss; 3) cardio for increased energy, stamina, and weight loss and 4) balance to prevent falls and strengthen small muscles around the joints such as knees and ankles.

“Exercise and physical therapy have lasting, long-term positive outcomes [for osteoarthritis],” says Bella Mehta, MD, a rheumatologist at Hospital for Special Surgery in New York City.<sup>2</sup>

In addition to your exercise program, it is important to maintain a healthy diet. According to the Arthritis Foundation, research shows that overweight people with arthritis who lose 10 percent of their weight have better mobility and 50 percent less pain.<sup>3</sup>

Obesity and inflammation are major considerations for arthritis pain, and while there is no miracle diet for arthritis, there are foods that can help fight inflammation and improve joint symptoms. A diet rich in fruits, vegetables, fish, nuts and beans, and low in processed foods and unhealthy fats can help manage disease activity. These are the primary principles of the Mediterranean diet which is recognized for both its anti-aging and disease-fighting powers.<sup>4</sup>

If you are sick and tired of being sick and tired, reach out for support. Often this is the first step to finding the discipline and strength to start to walk down your path to living pain-free!

Michele McCord is a certified personal trainer and yoga instructor, nutritional consultant and founder of the Michele McCord Method. She can be reached at (310) 923.3237 or me@michelemccordmethod.com. For more information, visit www.michelemccordmethod.com.

References: 1) U.S. Department of Health and Human Services; 2) www.arthritis.org/diseases/osteoarthritis; 3) www.arthritis.org/health-wellness/healthy-living/nutrition/weight-loss/8-ways-to-lose-weight-without-dieting; 4) https://www.arthritis.org/health-wellness/healthy-living/nutrition/anti-inflammatory/the-ultimate-arthritis-diet

### The Power of Prickly Pear

Continued from page 11

into ice cube trays and vacuum-sealed bags for freezer storage.

**Powerful powders.** I dehydrated the gooey, mucilaginous fruit to make a powder to add to my morning smoothies. To do that, place the squeezed meat of the fruit in a dehydrator for eight hours at 130 degrees. Next, you put the dehydrated fruit into a dry blender to create the powder and use a strainer to separate and remove the seeds.



Dehydrating fruit to prepare it for long-lasting powder form

**Prickly pear flour.** Not wanting to waste a bit of my hard-earned harvest, I then ground the seeds to make flour with which I will one day make gluten-free muffins.

I'll admit it was a lot of work, but also a lot of fun on hot July days, and the nutritious rewards will last me throughout the season.

But wait! There is one more use...

Due to their high concentration of vitamin E and antioxidants, prickly pear seeds can be pressed into essential oils that are used for beauty products. However, it takes one TON of fruit to produce one liter of oil, so don't be surprised by the price. Another reason to get picking!

Diane Sheppard is a licensed acupuncturist and doctor of traditional Chinese medicine. She is the owner of AcQpoint Wellness Center in Palm Desert and can be reached at (760) 345.2200 or visit www.AcQPoint.com.

### Biohacking the Brain

Continued from page 16

memory recall, executive functions (decision making) and mental flexibility.<sup>4</sup> Furthermore, phosphatidylserine has also been shown to lower cortisol levels in chronically stressed males where hyperactivity of the HPA axis (the stress-regulating loop in our body) was noted.

So is it time to power up your inner nerd? What is your brain telling you?

Dr. Rodriguez is a licensed naturopathic doctor with Pure Health in Palm Springs. She can be reached at (760) 322.2520. Note: this information is not to be taken as medical advice, and each person should speak with their doctor before initiating any supplementation. For more information, visit www.purehealthmedicine.com.

References: 1) Ayaz, M., Sadiq, A., et al (2017). Neuroprotective and Anti-Aging Potentials of Essential Oils from Aromatic and Medicinal Plants. *Frontiers in aging neuroscience*, 9, 168.; 2) Machado, D. G., Cunha, M. P., et al (2012). Rosmarinus officinalis L. hydroalcoholic extract, similar to fluoxetine, reverses depressive-like behavior without altering learning deficit in olfactory bulbectomized mice. *Journal of ethnopharmacology*, 143(1), 158-169. https://doi.org/10.1016/j.jep.2012.06.017; 3) Spelman K., Sutherland E., Bagade A. Neurological Activity of Lion's mane (Heridium erinaceus) J. Restor. Med. 2017;6:16-26. doi: 10.14200/jrm.2017.6.0108; 4) Richter, Y., Herzog, Y., et al (2013) The effect of soybean-derived phosphatidylserine on cognitive performance in elderly with subjective memory complaints: a pilot study. *Clinical interventions in aging*, 8, 557-563. https://doi.org/10.2147/CIA.S40348





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## SEPT. 2

**Women Leaders Forum presents Our Bright Future, Coachella Valley.** KESQ, CBS Local 2 and Fox 11 news anchor Karen Devine will give us a behind-the-scenes look at the Coachella Valley and her insights as a woman and a leader. Sponsored by buzzbox premium cocktails. Tickets \$25 for WLF members/\$35 for non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. (760) 837-7222 www.WLFDesert.org

## OCT. 7

**Food Samaritans' Season Kickoff Celebration.** Come enjoy a decadent evening of cocktails, hors d'oeuvres and entertainment by Broadway star Andrea McArdle in honor of AAP - Food Samaritans providing nutritional support to those in need living with HIV/AIDS and other chronic illnesses. 6-8p. Private residence in Palm Springs. For invitation information, call (760) 325.8481 or visit www.aapfoodsamaritans.org (October 4 deadline).

## OCT. 7

**Women Leaders Forum presents Building Your Brand.** Knowing how to shine in front of the camera and stand out on social media is vital today. Our special guests Katie Stice, Lani Garfield and Laurilie Jackson will share expert tips on building your personal brand. Sponsored by Deborah Tryon. Tickets \$25 for WLF members/\$35 for non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. (760) 837-7222 www.WLFDesert.org

## OCT. 9

**15th Annual Paint El Paseo Pink.** Get ready for an exciting and inspiring morning as we honor and remember individuals who have faced cancer. Together we will celebrate, shout out, cheer, shed tears and step up for cancer awareness, raising much-needed funds for Desert Cancer Foundation. \$35 registration includes a PINK commemorative t-shirt; all are encouraged to wear PINK! (See p.26) Register at www.PaintElPaseoPink.org



## OCT. 30

**Desert AIDS Walk.** Outdoor fun returns to Palm Springs as we are "Together Again!" Join us at this grassroots community fundraiser supporting client services at DAP Health, presented by Desert Care Network. Join the 600+ individual walkers on a 5K-course for a day of good health, fun and fundraising to end disease and stigma. Ruth Hardy Park. Register at www.desertaidswalk.org



## NOV. 4

**Women Leaders Forum presents Coachella Valley Arts and Entertainment.** Come learn about all the exciting arts, sports and entertainment happening locally. Special guests include Francesca Bodie, Yvonne Bell and Kim Waltrip. Tickets are \$25 for WLF members/\$35 for non-members and include dinner and a glass of wine. Classic Club 5:30-7:30p. (760) 837-7222 www.WLFDesert.org

## NOV. 5

**Alzheimers Coachella Valley "Here We Grow Again" Open House.** Please join us at our new and expanded space in the Berger Foundation Building for great food, friends and to see all we have to offer. Special guest speaker Christopher Hancock, MD of Halo Dx, will discuss the latest advancements in Alzheimer's diagnostics, companion testing and treatment. 5-7p. 42600 Cook St., Ste. 134, Palm Desert. Complimentary. RSVP requested (760) 776.3100. www.CVAalzheimers.org



## NOV. 13

**The VIMY Awards & WineLover's Auction.** Presented by Desert Care Network, this signature event features a wine reception and dinner to benefit Coachella Valley Volunteers in Medicine, the valley's only free medical clinic. Silent and live auctions feature wine and wine-themed baskets, travel and entertainment, art, jewelry and much more. 5p. Thunderbird Country Club (see p. 26). Tickets \$250 and available at www.wineloversauction.com



## DEC. 12

**ZERO Prostate Cancer Run/Walk.** Join us for this community rally to end prostate cancer! Family-friendly event features a 5K run/walk, a one-mile walk and a Kids' Superhero Dash for Dad, along with a medical and wellness resource expo, celebrity appearances, music and more. 8a. Palm Desert Civic Center Park. Register at www.zeroprostatecancerrun.org/coachella

## FEB. 19

**14th Annual Desert Woman's Show.** Grab your girlfriends and head to the Classic Club for an exciting day of shopping, health and financial experts, plus the ever-popular Greater Palm Springs Food & Wine tasting area. This year also offers a charity golf tournament benefiting The Unforgettables Foundation. Saturday 10a-5p. For vendor and guest information, visit www.desertwomansshow.com or contact Diana@MarloProductions.com.

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## SEPTEMBER 2

### Our Bright Future, Coachella Valley

KESQ, CBS Local 2 and Fox 11 news anchor **Karen Devine** gives us a behind the scenes look at the Coachella Valley and her personal insights as a woman and a leader. Sponsored by buzzbox premium cocktails.



Karen Devine

## OCTOBER 7

### Building Your Brand

Knowing how to shine in front of the camera and stand out on social media is vital today. Special guests Rancho Mirage Chamber of Commerce CEO/President **Katie Stice**, Photographic Storyteller **Lani Garfield** and College of the Desert's Media Professor **Laurilie Jackson** share their expertise on building a personal brand. Sponsored by Deborah Tryon.



Katie Stice



Lani Garfield



Laurilie Jackson

## NOVEMBER 4

### Coachella Valley Arts and Entertainment

Come learn about the exciting arts, sports and entertainment events happening in the Coachella Valley. Special guests include President of Business Development at Oak View Group, **Francesca Bodie**, bringing us the new Coachella Valley Arena, McCallum Theatre's VP of Development **Yvonne Bell** and Wonderstar Productions Producer, Director and President **Kim Waltrip**.



Francesca Bodie



Yvonne Bell



Kim Waltrip



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## Let's Toast Good Wine for a Great Cause WineLover's Auction returns to Thunderbird

Distinct wines and exciting expeditions are being curated in preparation for Coachella Valley Volunteers in Medicine's (CVVIM) VIMY Awards and WineLover's Auction taking place Saturday, November 13 at Thunderbird Country Club.

Presented by Desert Care Network and sponsored by Monte De Oro Winery and Vineyards, this year's event will feature its greatest selection of unique vintages and enticing auction items. News Channel 3's Karen Devine will emcee the evening and meteorologist and local foodie Patrick Evans will auctioneer.



Guests bid on top wines and exciting excursions.

The evening kicks off at 5 p.m. with a welcome reception and opening of the silent auction followed by a super silent auction and dinner. Guests will have the opportunity to bid on prizes, including seven nights at Mexico's

Torres Mazatlan Resort, dinner for eight at Si-Bon by Chef and Owner Philippe Caupin, dinner for 20 at the Thunderbird Wine Cellar and golf rounds at Thunderbird, The Springs, Morningside and Rancho La Quinta, to name a few.



The evening starts with an enticing silent auction.

The VIMY Award has also been added to this year's event with CVVIM's Founder R. Ron Hare, MD as the inaugural recipient. Hare's tireless efforts helped establish our valley's only free medical



Walter and Jeri Clark with Patty Newman at CVVIM's previous WineLover's Auction

clinic whose mission is to provide free health care services to low-income individuals who have no health insurance or are underinsured. The organization offers medical and dental care, disease education, case management and referrals to other community resources and is staffed by scores of dedicated volunteers - doctors, dentists, physician assistants, nurse practitioners, nurses, medical and dental assistants and support volunteers.

Come raise a glass and vital funds for this worthy cause while we honor those who have made it happen!

The VIMY Awards & WineLover's Auction will be held Saturday, November 13, at 5 p.m. at Thunderbird Country Club in Rancho Mirage. For tickets and information, visit [www.WineLoversAuction.com](http://www.WineLoversAuction.com). For more information about Coachella Valley Volunteers in Medicine, please visit [www.CVVIM.org](http://www.CVVIM.org).

## WALK & RAISE FUNDS FOR CANCER CARE



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Join us for our 15<sup>TH</sup> Annual breast cancer awareness walk.  
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**PaintElPaseoPink.org**

## Come Celebrate the Return of Paint El Paseo Pink!

It's time to come together once again for this important community event to raise awareness and funds for Desert Cancer Foundation's patient assistance programs, which provide financial support for cancer screening, diagnosis, and treatment for residents of the Coachella Valley and surrounding communities.



NBC Palm Springs' Mike Everett shows his support.

Now in its 15th year, Paint El Paseo Pink will take place in person on Saturday, October 9. Gather your family, friends, and furry companions and join the procession, which will begin and end at The Gardens on El Paseo. The approximate two-mile round trip walk will kick off with an inspirational ceremony at 8 a.m. There will be photo opportunities and welcoming



Families, kids, strollers and pups are welcome to walk.

remarks from City of Palm Desert council members. Everyone is encouraged to wear pink in support of breast cancer awareness to celebrate and honor courageous cancer survivors, those in the midst of their cancer battle and those whose journey was cut short.

"We are thrilled to be able to walk together and celebrate in person again," said Desert Cancer Foundation Executive Director Eevet Edens. "We're grateful for the many people who look forward to and support this beloved walk and each one of our sponsors who ensure the success of this important community event."

Every dollar raised translates to \$10 in cancer care. In 2020, amidst the pandemic, the foundation helped over 112 clients providing over \$200,000 in support, and thus far, in 2021, the foundation has assisted nearly 100 clients with over \$168,000 in cancer care costs.

The Presenting Pink Diamond Sponsor is Eisenhower Lucy Curci Cancer Center; Pink Ribbon of Hope Sponsors are The Auen Foundation, El Paseo Jewelers, General Air Conditioning & Plumbing, and Desert Redi-Mix; Pink Heart Sponsors are Desert Regional Medical Center, Desert Oasis Healthcare, City of Palm Desert, Dantor Martinez Construction and SkinLab by Cosmetic Surgery Institute; Think Pink Sponsors include JSP Toolbox, Southern California Gas and the Walter Clark Legal Group. In-kind sponsors include CV Strategies, Alpha Media Group, NBC Palm Springs and Entravision and Signarama.



All are encouraged to wear PINK!

We hope to see you there and thank you for your support!

Paint El Paseo Pink takes place Saturday, October 9 at 8 a.m. Pre-registration is \$35 and includes a pink commemorative T-shirt. Register as an individual, join a team, or form a team at [www.paintelpaseopink.org](http://www.paintelpaseopink.org).

# Need Help with Medicare Costs?



*“Extra Help”* is a prescription drug assistance program that can help you save money on plan premiums, deductibles and co-payments. *“Medicare Savings Programs”* can help pay for your Medicare Part B premium and some or all of the Medicare deductibles and co-payments.

The Health Insurance Counseling & Advocacy Program (HICAP) provides free, unbiased Medicare counseling to Medicare beneficiaries and their families, and can help you apply for these programs.

**HICAP Can Help, Call Today!**

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*The Council on Aging - Southern California is a 501(c)(3) nonprofit organization.  
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LOCAL HELP FOR PEOPLE WITH MEDICARE

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