



# MEDICARE NEWS

## September 2018 Edition

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

1

### KEEP YOU INFORMED

I will be sharing current articles about the changes in Medicare

2

### ANSWER YOUR QUESTIONS

I'm available to answer issues specific to you

3

### STAY CONNECTED

I want to make Medicare coverage as simple as possible

858-935-9120

### New Monthly Newsletter

As your Medicare Answer Guy, I am here for you as I've always been, and with this new monthly newsletter you will receive the latest information in the ever-changing Medicare world, directly to your email inbox.

Don't forget that the Annual Enrollment Period for Medicare starts October 15 and ends December 7, 2018. If you want to make any changes to your Medicare or Rx plan this is the time to do it.

As always, I am just a phone call or email away to answer any questions. – Jim Robeson, The Medicare Answer Guy

### Eat Well = Age Well



Researchers report that a healthy diet can translate into improved health **as you age**. Scientists followed close to 1,000 men and women in England, who were born in March 1946,

throughout their adulthood. Those who ate more fruits, vegetables and whole-grain cereals -- and fewer highly processed foods -- did better, in their early 60s, on three tests of **physical function** than those with less healthy eating habits.

The study also found that those whose eating habits improved during adulthood did better on two of the tests, 'chair rise

## Birthdays!

### July

John Bartholomew  
Joseph Belmonte  
Kathleen Boka  
Doug Burcombe  
Travis Calvin  
Judy Cota  
John Denny  
Ervin Dominski  
Earl Hardesty  
Bernard Kleinke  
John McCartin  
Matthew McGinniss  
Pauline McGinniss  
Noriko Nishitani  
Edmund Pratt, Jr.  
William Price  
Charles Robbins  
Lauris Robbins  
Kathy Roberts  
Richard Sobilo

### August

Joseph Balla  
Christine Condit  
Michel Dagenais  
Steven Herczeg  
Arlette Khoury  
Dianna Little  
William McAllister  
Elizabeth C McKee  
Kent Peters  
Carol Roza  
Floyd Sumner, Jr.  
Cheryl Walker  
George Zorn

### September

Cathy Dickinson  
Shirley Eddins  
Karen Forbes  
Moises Garcia  
Jan Kugler  
Patricia Reithner  
Joy Spradling  
Mark Steele  
Apostolos Vassiliadis  
Richard Witherow  
Linda Yablon

speed' and 'standing balance time'. The third test was 'timed up-and-go speeds'.

"Improving the quality of your diet can have a beneficial effect on health, whatever your age," said study author Sian Robinson, a professor of nutritional epidemiology at the University of Southampton.

"However, this study suggests that making good dietary choices throughout adulthood -- by cutting down on highly processed foods and incorporating more fruit, vegetables and whole grains into your diet -- can have a significant beneficial effect on strength and physical performance later in life, helping to ensure a much healthier old age," Robinson said in a university news release. *Recently published in The Journals of Gerontology: Series A.*

It can be overwhelming to read an article with a broad title of Eating Well = Aging Well. So, let's break it down and focus on small changes with food that can equal big changes in health. Try one of these this month... try a piece of fruit for your snack, look at Salads as a meal option or change the type of eggs you eat. (See Yum Yum Yum Article).

## California... A Great Place To Live!



It's so easy to forget all the great places that are just a short drive from our homes. And this is one of the best months to visit our Old Town San Diego. Created in 1769, Old Town San Diego was California's first settlement with only a mission and a fort.

Wander through lush gardens or browse at one of the many specialty shops for treasures from around the world. Indulge in authentic Mexican food at one of the many restaurants or dance to the strolling mariachis.

The Historic State Park, in the center of Old Town is where you can experience life of the early Mexican-American, through living history programs. Watch forms come to life at the blacksmith and woodworker shops, and read a newspaper from the 19th century. Year round, Old Town is a great place for food, folklore, and fun, but this month is especially great with the celebration of Mexican Independence during the Fiestas Patrias!

This **FREE** festival commemorates an important day in early San Diego history when Alta California was still part of Mexico and declared independence from Spain on September 16, 1821. The exciting and colorful Fiestas Patrias parade kicks off the festivities that will include the Escaramuzas, traditional women equestrians. There will also be a variety of entertainment, including historic and traditional music and dance groups, crafts, games and informational demonstrations that represent the activities enjoyed by the early settlers on San Diego in the 1800s.

Visit Old Town on Sep 15th from 12:00 pm - 4:00 pm to celebrate San Diego's heritage, and bask in early California ambiance.

### [Yum! Yum! Yum!](#)

I recently came across an article about eggs, written by a cardiologist, Dr. Steven Gundry, MD. He highlighted them because many people still don't know where eggs should or shouldn't be in their diets... are they good or are they bad? Well, today we will set the record straight! Here are excerpts from his article.

"Eggs still seem to have a bad rap and unfortunately this is based on outdated science. In fact, you've probably been told for years not to eat them: "It'll make your bad cholesterol go up. It'll give you a heart attack."

As a cardiologist with 30+ years of experience, let me assure you it will do no such thing. In fact, if you get eggs from the right source, it'll do exactly the opposite: better cholesterol levels, healthier heart, and tons of nutrients. Plus, to be frank, they're absolutely delicious.

Now, most of the bad information surrounding eggs casts a harsh light on the fatty yolks. It comes from that old idea that **all** fats and cholesterol are bad... but we've known that is not the case since the end of the 1970s! There are good fats, and there are bad fats. There is good cholesterol, and there is bad cholesterol. And egg yolks contain GOOD fats and boost good cholesterol levels. **If** you get the right kind of eggs.

The best kind of eggs will come from pasture-raised hens. This term means they graze outside on the grass ALL day long. This hen forages on its natural diet of small plants, seeds, and insects. And as a result, the eggs have a strong shell, and inside you'll find a gloriously rich yolk. The color of this yolk will be almost orange... full of carotenoids, minerals, anti-inflammatory omega-3s, and all sorts of other wonderful stuff.

But don't be fooled by "free-range" eggs, they are NOT pasture-raised. "Free-range" is a meaningless marketing term. The "free-range" chickens are locked in warehouses and fed an unhealthy diet of soy and grains. This makes for an inflammatory, omega-6-rich pale yellow yolk and this is NOT healthy.

See the difference... The orange pasture-raised yolks have a buttery-rich texture and a perfect flavor balance for fried eggs, scrambles, omelets, or whatever else tickles your taste buds!

You can find these pasture-raised eggs at certain health food stores, farmer co-ops and even some of your neighbors. However, the real deal is often hard to find in many locales, even if you have one of these stores. So, if pasture-raised eggs aren't available or are too pricey, the next best option is omega-3 eggs — which are available at most stores. If pasture-

raised eggs are the Rolls-Royce of eggs, omega-3 eggs are the high-end Cadillac. The hens that lay omega-3 eggs are fed with flax seeds to boost the heart-healthy omega-3s in the yolks.

Either option — pasture-raised eggs or omega-3 eggs — will fuel your body with good fats, protein, omega-3 fatty acids, and other vital nutrients. In other words, these eggs will make for a tasty, satisfying breakfast that fuels your heart, muscles, and brain.

Below you will find my delicious California Scramble recipe, full of heart-healthy omega-3s and protein to keep you fueled... not to mention tons of polyphenol-rich kale. Note: If kale isn't exactly your favorite, give this recipe a try before writing it off — it's my favorite way to turn kale skeptics into believers! —Steven Gundry, MD

### ***California Scramble***

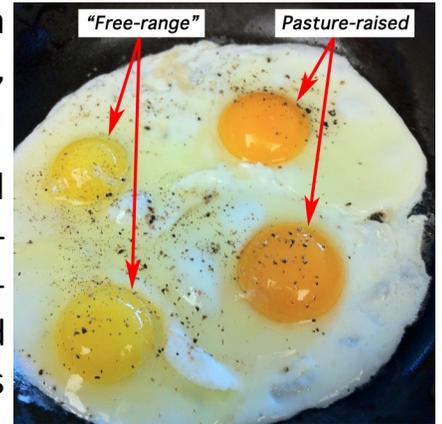
#### **Ingredients:**

- 2 pasture-raised or omega-3 Eggs
- 1/2 Tablespoon Extra Virgin Olive Oil
- 2 cups Kale, stems removed, chopped finely
- 1 Lemon, juiced
- 1 Tablespoon Parmesan, grated
- ¼ Avocado, diced
- 2 Tablespoons Prosciutto, chopped (optional)
- Salt and Pepper to taste

#### **Instructions:**

1. Whisk eggs, add a pinch of salt & set aside.
2. Mix mashed avocado & lemon juice in a separate bowl.
3. Heat a nonstick skillet to medium heat, and add olive oil, prosciutto, and kale.
4. Sauté until the kale is wilted.
5. Add eggs and mix often until cooked.
6. Sprinkle cheese, cover & cook for 1 minute.
7. Remove to the plate and add avocado.

Enjoy this great recipe and those heart healthy eggs!



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