

your ENROLLMENT CONNECTION

Spring 2023 | Edition 1

Keep your mind, body, finances and health in check all year. Here you will find tips and ideas for you to follow for a healthy lifestyle from year to year.



Boosting Your Immunity

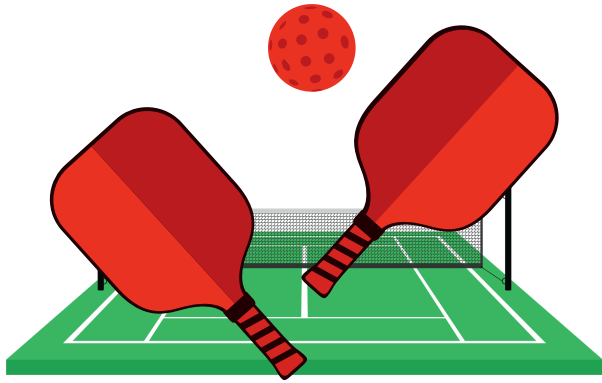
Here are a few ways you can help your body fight off exposure to a virus or bacteria. **Eat Right** - add more fruits and vegetables to your diet. Studies show the higher the intake the better your immune response will be. **Get Enough Sleep** - your body will produce stress hormones such as cortisol when you're sleep deprived. This hormone can suppress your immune system. **Move** - studies show that moderate exercise can boost your immune system. A walk around the neighborhood or gardening is a great place to start! **Alternative Immune Boosters** - cold exposure, such as a cold shower or acupuncture can also be worth a try if you're feeling adventurous.

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Improve Your Mood

The simplest way to improve mood, sleep and attitude is to be grateful. Even if you're not in a happy place, there are things you can be grateful for and by performing this act, your situation will seem more hopeful. Simple things in life, such as a cup of coffee, a bird outside your window or the warm bed you sleep in are things you can express gratitude for. Try keeping a journal of gratefulness – choose a time during the day to write down the gifts, grace and benefits you enjoy. You can also try sharing your gratitude with the people around you. Do these things for a week and you'll be surprised what a difference it can make!



Pickleball Anyone?

Forget tennis and golf, pickleball is where it's at! While the game is similar to tennis, the smaller court, lighter paddle and ball along with the social aspect, have made it an attractive game to the older crowd. It's quite common to see individuals in their 80's, or 90's on the court. If played regularly, pickleball can improve your blood pressure and cardiovascular fitness. Give it a try!

Nature Can Be Healing

Your body can benefit from getting outside. Studies have shown there are astounding health benefits from nature. People who spent a minimum of two hours every week outdoors in a natural environment had better health and psychological well-being than those that did not. Being outdoors can lower blood pressure, improve your attention span and ability to focus along with getting vitamin D from the sunlight. There has also been preliminary studies done to show forest exposure may stimulate the production of anti-cancer proteins. So get outdoors and take in the fresh air and sunlight!

Celebrate

There is a lot to celebrate this Spring! Here are just a few fun holidays to celebrate:

- March 17:**... St. Patrick's Day
- April 1:**..... April Fool's Day
- April 22:**... Earth Day
- May 1:**..... Mother's Day
- May 29:**.... Memorial Day

Transportation Needs

GoGo Grandparent is a service that hands back independence to someone who can no longer drive. The instructions are very easy for an older adult to get an Uber or Lyft. They can request for help getting groceries or have restaurant meals delivered as well. Family members can track their movements as a safety precaution.

Hearing Aids Are More Affordable

Due to the expense, most American's don't use hearing aids. Medicare doesn't cover them and prescription hearing aids can cost \$1,000 to \$6,000 per ear. New federal regulations allow a new category of hearing aids to bypass state dispensing laws. Consumers can buy over-the-counter hearing aids directly in stores an online. You will fit them yourself, and some models allow you to control and adjust them yourself as well. Do your research before you buy.

Add 10 Years to Your Life

Research has gathered a lot of data over the past 28 years and found that starting healthy habits by your fifties led to the most extended lifespan. Here are 5 healthy habits to follow:

1. Don't use tobacco. These includes smoking, vaping, chewing and dipping tobacco.
2. Drink in moderation. Limit alcohol to one glass of wine for women and two for men daily.
3. Exercise daily. At least 30 minutes of moderate to heavy exercise per day.
4. Eat well. A diet that consists of a lot of vegetables, light on the red meat and fried food.
5. Stay slim. A body mass index (BMI) between 18.5 and 25 is ideal.

Sudoku Puzzle

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

8			6	2	7		1	9
						5	8	6
	2	9		4				
		6	8	7	5			
	8	3		6				
						7	2	8
6			3	8	2		9	5

“ Despite the forecast, live like it's spring. ”

— Lilly Pulitzer



Picnic Egg Salad

You pack the picnic basket, and we'll provide the egg salad recipe —with a special ingredient. Stir together eggs, mayonnaise, radish, dill, scallion, and salt in a medium bowl. Spread 1 heaping tablespoon egg salad on each toasted baguette slice.

- 6 hard-cooked eggs, peeled and chopped
- 3 tablespoons mayonnaise
- 2 tablespoons minced radish
- 1 tablespoon minced fresh dill
- 1 teaspoon minced scallion
- 1/2 teaspoon kosher salt
- 18 thin baguette slices, toasted

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Dear Kurt: Medicare Questions

Q: I am a veteran, Should I have Medicare?

A: Yes, you should apply for Medicare Part A and Part B. Depending on your health benefits you may not need Part D. We advise you talk to a knowledgeable person about Part D benefits if you are a veteran. The Veterans Administration says that all veterans should have both Part A and B, even if they have coverage through the Veterans Administration. We are always here to help if you have questions.



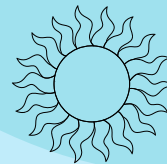
Spring Word Search

T	S	E	L	S	V	R	N	L	D	E	E	S	H
S	P	S	L	I	D	T	B	L	O	I	A	A	O
A	S	U	S	P	E	E	N	T	R	F	D	E	D
E	E	O	I	O	L	Y	W	P	C	R	T	A	U
S	O	H	I	R	I	H	A	Y	E	I	O	E	F
V	N	D	T	D	C	I	R	N	H	A	E	N	R
E	M	R	S	W	I	T	M	I	L	T	O	S	E
F	O	I	E	O	O	T	O	T	M	E	L	T	S
R	S	B	N	N	U	N	M	H	E	E	O	O	H
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S	O	E	E	S	V	R	V	L	N	L	A	T	I
T	L	S	E	N	A	I	A	A	N	I	T	I	L
Y	B	S	O	E	L	E	T	P	U	S	R	I	H
L	W	T	O	A	T	T	B	E	S	D	A	M	P

- DELICIOUS
- EARTH
- AIR
- SUNNY
- DAMP
- FRESH
- FROSTY
- ALIVE
- MELT
- BIRDHOUSE
- TINY
- SEED
- SNOWDROP
- WARM
- BLOSSOM



**Keep an eye out
 for the next
 Summer newsletter!**



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