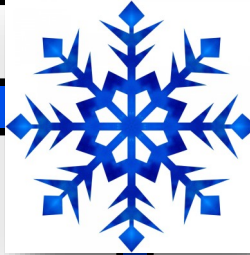


TO YOUR HEALTH

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What's on Your Bucket List?

By Marcia Feldman,
Palliative Care Coordinator

Are there things you have vowed to do before you die? Have you always dreamed about writing a symphony or seeing the seven wonders of the world or having a private audience with the Dalai Lama or experiencing the northern lights? What has stopped you from pursuing the things you've longed to do in life? Do you have a Bucket List that's long or short?

Personally, I have found that bucket lists are not always what they're cracked up to be. After having done some of the things on my bucket list, I have felt a bit "let down" afterwards. For example, I recently drove down the Pacific Coast Highway, and though it was nice to have a change from my normal routine, there was fog impeding the views down the whole coast. If I'm being completely honest with myself, it was slightly disappointing. This is not to complain or whine, it's just a surprising fact that I noticed. I thought it would be more satisfying. When we anticipate an event with expectation of finding happiness from it, sometimes it doesn't always live up to our hopes.

That said, I will also mention that going up in a hot air balloon on my 40th birthday was absolutely exhilarating and fully surpassed my anticipation of it. Sometimes it can be great crossing something off our bucket lists.

As we age, we can feel our physical limitations keeping us from doing many of the things we would have wanted to do in our younger years. But there are still ways we can revise our bucket lists to adapt them to our current abilities and interests.

On the website, BucketListJourney.net, Annette White gives "60 Bucket List ideas that are cheap (or completely free!). Some of the highlights are:

- Make a gratitude journal
- Sing karaoke
- Name a star
- Attempt meditation
- Complete a 1,000 piece jigsaw puzzle
- Start an herb garden
- Read a classic
- Eat a new food
- Learn the alphabet in sign language
- Watch the sunrise and sunset in one day
- Write a haiku
- Put change in someone's expired meter
- Leave a love note on the bathroom mirror
- Finish a crossword puzzle
- Watch a foreign film
- Reconnect with an old friend
- Write a letter to your future self
- Surprise someone
- Hug a tree
- Be an organ donor
- Handwrite a letter to someone special
- Change your hair
- Knit a scarf
- Donate clothing
- Give blood
- Go 24 hours without internet, radio or TV
- Learn to use chopsticks
- Practice random acts of kindness

Adapting our bucket lists may ultimately give us greater satisfaction in the end.



BUCKET LIST

Vaccines Covered by Medicare

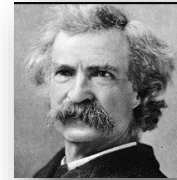
By Maeve Lobo LICSW

- As a result of the Inflation Reduction Act on January 1st, 2023, Medicare will cover the entire cost of the Shingrix Vaccine. The CDC recommends that two doses of the vaccine be taken, separated by two to six months. The Shingrix vaccine is more than 90% effective. In 2020 the Shingrix vaccine replaced Zostavax as it was shown to reduce protection against Shingles after five years. Zostavax is no longer available in the US. 1 in 3 Americans will be affected by shingles in their lifetime.
- The flu vaccine is administered annually and is covered by Medicare part B. Combined with pneumonia it is one of the top ten causes of death among over sixty-five population in the US. The flu season peaks between November and March and it is therefore advisable to obtain the vaccine before this period.
- Pneumococcal vaccine or the pneumonia vaccine is a series of two shots given a year apart. Pneumococcal disease causes infection in the bloodstream and key organs. It can result in deafness, brain damage, loss of limbs and death. Medicare part B covers the cost of this vaccine.
- Hepatitis B or Hep B infects the liver. The risk of getting Hepatitis B increases with a diagnosis of diabetes and End Stage Renal Disease(ESRD). The Hepatitis B vaccine is a series of three or four shots administered over a period of six months. Most infants in the US are given the Hepatitis B vaccine. Medicare Part B insurance covers the full cost of the vaccine.

In addition, the COVID 19 booster is also covered by Medicare.

Make sure you are up to date with your vaccines.

Source NCOA December 2022.



**Worrying is paying interest
on a debt you might not even owe.**

-Mark Twain

I Worried

By Mary Oliver

I worried a lot. Will the garden grow, will the rivers flow in the right direction, will the earth turn as it was taught, and if not how shall I correct it?

Was I right, was I wrong, will I be forgiven, can I do better?

Will I ever be able to sing, even the sparrows can do it and I am, well, hopeless.

Is my eyesight fading or am I just imagining it, am I going to get rheumatism, lockjaw, dementia?

Finally I saw that worrying had come to nothing. And gave it up. And took my old body and went out into the morning, and sang.