

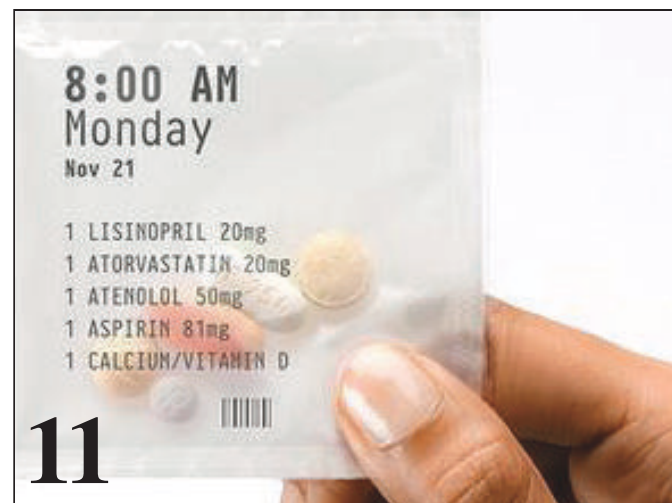


**Editor's note**

Just becoming a senior myself, I'm starting to realize the need to seriously look at retirement options and taking better care of my health. As I met the contributors of this year's Health & Senior Living Guide, I was stunned by all new the information I learned.

As you read through this year's guide, you'll learn about the best herbs for the body, CBD oil benefits, what medications to avoid and how to take care of your money with trusted advisors. Most of us get so busy with family, work and hobbies, we can easily miss out on important information we really need. Outside our contributor's messages, I've added a few more articles about money saving tips, brain food and special research on how the loss of hearing can affect us mentally. You might find these interesting and helpful as well.

If you prefer reading online, or just like knowing there's a place to refer back (if you happen to misplace your hard copy) the Health & Senior Living Guide can be found on our website at [hancockclarion.com](http://hancockclarion.com) Click on "Special Sections" in the top bar of the website and then click on the cover of the guide. Be well! Linda Dillon



**Contents:**



**Larry & Ellen Gaynor**  
Staying busy and healthy, with a sense of humor

- |                                   |                                    |                                 |
|-----------------------------------|------------------------------------|---------------------------------|
| <b>4-6</b> Alternative Medicine   | <b>25</b> Financial Learning       | <b>15</b> Parkinson's Evidence  |
| <b>18</b> Assisted Living Options | <b>13</b> Hearing Loss & Dementia  | <b>11</b> Packaging for Meds    |
| <b>12</b> Berries Benefit Brain   | <b>20</b> Home Care                | <b>17</b> Physical Therapy      |
| <b>15</b> Diabetic Shoe Clinic    | <b>8</b> Hometown Providers        | <b>10</b> Post Mastectomy       |
| <b>2</b> Downsizing               | <b>23</b> IRA Planning             | <b>16</b> PRP Treatments        |
| <b>9</b> Dry Eye Syndrome         | <b>13</b> Medications/Hearing Loss | <b>19</b> Retirement Lifestyles |
| <b>22</b> Estate Planning         | <b>24</b> Money Saving Tips        | <b>21</b> Senior Services       |
| <b>17</b> Exercise that's Fun     | <b>23</b> New Laws on POA          | <b>26</b> Spend Down            |