

AGING IN ATLANTA

JOIN US AS WE EXPLORE WHAT IT MEANS TO BE HAPPY AND HEALTHY BEYOND 55



Four ways to maintain energy as you age

Use these tips to take back the energy you might have lost with age.

By Morayo Ogunbayo
morayo.ogunbayo@ajc.com

Aging has many benefits, and as your free time increases and many concerns from the past slip away, you can start to truly enjoy these years of your life. However, there is one thing that may stand in the way of all the new excitement heading your way: fatigue.

As you age, you may start to experience your body fatiguing more often, even when you have not expended much energy that day. The reasons for this are multifaceted.

First, mitochondria, which powers energy in the cells, decreases in your body as you age, according to Harvard Health. This is accompanied with less adenosine triphosphate or ATP, which is the molecule that delivers energy through your body. These elements work together to increase fatigue in your body, especially as your muscle mass decreases.

“Cells burn more energy than they should to do the same amount of work,” Martin Picard, a mitochondrial psychobiologist at Columbia University told AARP. “This is like a car engine that’s rusting. It needs to expend more energy to go the same distance.”

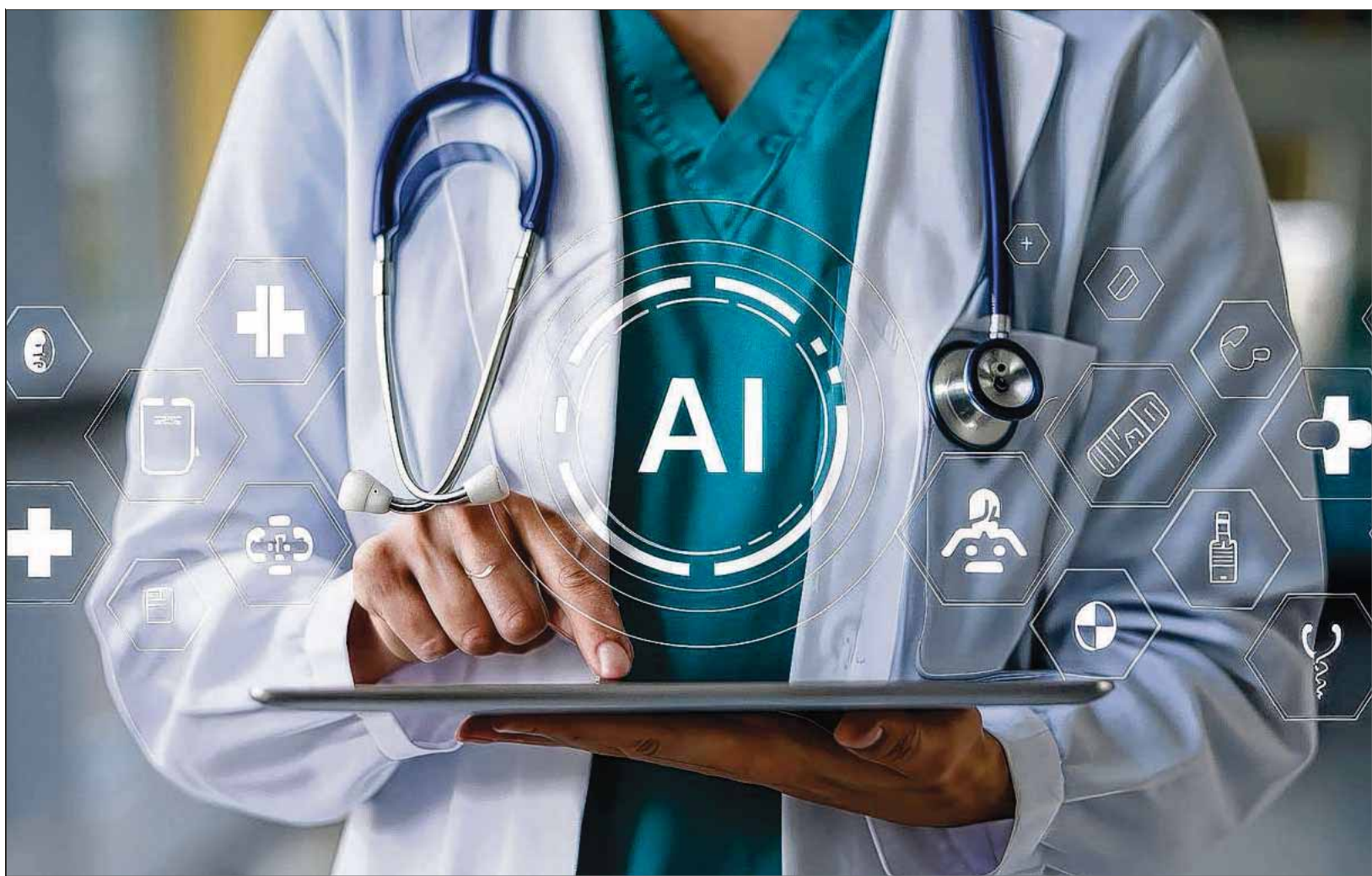
While it may feel like fatigue is just something you have to accept as you age, that is not true. There are many actions you can take each day to make sure you’re not running on empty by 5 p.m.

Keep your body in motion

A large part of maintaining your body’s energy means actually using the energy your body has stored and not letting it slip away with muscle mass.

Attempt to stay as active. Aim for 150 minutes of physical activity per week, AARP recommends, along with at least two sessions of

Fatigue continued on **S3**



Physicians using AI technology are able to streamline and enhance their work in several ways. AI platforms can help reduce their cognitive load. The tech, via app, can record audio during patient visits, resulting in greater engagement with patients. Some apps answer prompts gleaned from medical literature, saving physicians from scouring through medical journals. ADOBE STOCK IMAGES

AI enhances Georgia doctors’ care for seniors

By Elizabeth Green | For the AJC

Artificial intelligence is changing the medical landscape, enhancing care and revolutionizing treatments in ways that affect senior patients specifically.

From physicians using the technology to document patient data to seniors contributing to innovations in their own care, AI is firmly installed in the medical field – a fact that presents possibility and challenge.

AI in the exam room

Dr. Fariha Sultan is an Emory Healthcare physician practicing geriatric medicine. She’s using AI to streamline and enhance her work in several ways. An AI assistant called Abridge has helped her reduce cognitive load. The technology, via app, records audio during patient visits. The result, Sultan said, has been greater engagement with patients.

“It is as easy and as simple as just pressing a button on the app, and the recording begins. Instead of looking in the chart or the computer and typing, you’re actually looking directly at the patients and giving them that attention, and they feel that they’re being listened to,” she told The Atlanta Journal-Constitution.

The information, she said, goes into an electronic cloud and then into the system where the provider proofreads it. This process ensures information is accurate for both physicians and patients.

Abridge is especially helpful in Sultan’s interaction with senior patients, she said, as many geriatric patients she sees take up to eight to 10 medications and want to address multiple concerns during their visits. She also encourages her patients to use AI like ChatGPT, saying

she likes its aggregate nature.

“From a senior standpoint, I think the information that they are seeing is much more direct, and it’s much more valid to them,” she said. “I feel with AI, they get more filtered and more useful information, especially if they use one of the paid platforms.”

‘Knowledge is power’

Sultan also uses a platform called Doximity, the AI component which answers physicians’ prompts with answers gleaned from medical literature. The more specific the prompt, the more specific the answers, she said.

For instance, a provider looking for information on knee pain might specify in their question that the information pertain to patients who haven’t fallen.

Another physician-focused platform she uses is OpenEvidence, which is backed by references to medical articles. This method, she said, keeps her from having to search journals and gets her the most current information from official sources, which helps keep her

AI continued on **S3**

Car aficionados will enjoy this vacation

Porsche fans can experience a trip like no other in Atlanta – and then Germany.

By Karon Warren
For the AJC

Since first making its mark on the automobile industry in 1948 with the 356 sports car, Porsche quickly became a fan favorite with car aficionados around the world, particularly after the 911 hit the market in 1964.

Now, Porsche fans can experience a vacation like no other – first in Atlanta then on to Stuttgart, Germany.

Rev up with an Atlanta staycation

To get your vacation started, book the Porsche Experience at Nobu Hotel Atlanta in Buckhead. With

this package, you’ll stay in the Porsche Icon Suite, outfitted with decor such as one-of-a-kind artwork, a Porsche-branded puzzle and a 911 soundbar made from the original air intake grille of the 911 GT3 Touring.

During your stay, you can enjoy daily breakfast in Nobu, the hotel restaurant, but to fully experience the restaurant, make sure to have dinner there at least one night during your stay. If you decide to journey out from the hotel, you can arrange for a ride in one of the hotel’s Porsche house cars.

“With the Porsche headquarters here for the United States and hav-



Book the right suite at Nobu Hotel Atlanta and you get not only an iconic room but also a visit to the Porsche Experience Center. KARON WARREN FOR THE AJC

ing a Porsche Experience Center, guests can experience both staying here at Nobu and visiting the Porsche museum,” said Nicole Marcillac, marketing manager for Nobu Hotel Atlanta. “When people book their stay in the

Porsche Icon Suite, they get their stay and the driving experience.”

That driving experience is a 90-minute session for one person in a 911 Carrera S on the south track

Porsche continued on **S2**

At Senior U, learning is a lifelong journey

It’s the personal connection, not just the curriculum, that keeps students coming back.

By Andrea Clement
For the AJC

Class registration, field trips and meeting new teachers. School is officially back in session and not just for school-age kids. Each fall, for some lifelong learners around Atlanta, it’s time to go back to class for a new semester at Senior University – with no back-breaking backpacks required.

Senior University of

Greater Atlanta is a volunteer-run learning program for adults 55 and older. For an annual rate, members can attend as many classes as they’d like in person or online, with subjects ranging from constitutional law to Cuban history, Shakespeare to space science.

For many, it’s the personal connection, not just the curriculum, that keeps them coming back.

Lauren Wood-Viscardi, 65, didn’t plan to go back to school after retirement. She simply agreed to drive her mom to class. But after sitting in the back of a few sessions, she found herself

University continued on **S3**

AGING IN ATLANTA

Porsche

continued from S1

at the Porsche Experience Center Atlanta. The south track is a 1.6-mile driver development course designed to showcase the performance of Porsche vehicles. It includes a variety of modules, including a low-friction handling circuit, kick plate that mimics inclement weather conditions and a dynamics area to test unique maneuvers.

There’s also the west track, a 1.3-mile handling circuit featuring the dragon tail, corkscrew and carousel, taken from race-tracks around the world. As Grayson Thagard, corporate communications specialist for Porsche Cars North America put it, “The south track is where you learn to drive the car, and the west track is where you actually drive the car.”

No worries, though. Throughout your experience, regardless of which track you’re on, you’ll have a Porsche driving coach right by your side to guide you. They are invaluable when it comes to knowing how to handle the car and make the most of your time behind the wheel.

Take flight to Stuttgart

Once you get your fill of Porsche in Atlanta, it’s time to head to Stuttgart, where this iconic car brand began. In the Zuffenhausen district of Stuttgart, the Porsche Museum tells the story of Ferdinand Porsche and his experience in the automotive industry, including his work with Austro-Daimler (Mercedes-Benz) and Volk-



This 1975 Porsche 911 Turbo 3.0 Coupé, painted in Silver Green Diamond, was one of the first 30 911 Turbo cars to be completed in series production. PHOTOS BY KARON WARREN FOR THE AJC

swagen, as well as the evolution of these renowned cars.

Throughout the museum, you’ll have a chance to see Porsche’s electric car, an 1898 Egger-Lohner C2 Phaeton; a 356 “No. 1” Roadster from 1948 and a 911 from 1964. Of course, there are many cars to see, including several race cars, like the 917 LH Coupe from 1970 and the 919 Hybrid of 2016. Plan to spend several hours touring the museum, taking in all the cars and history. There’s a restaurant on site when you’re ready to eat.

Afterward, for more car history, head to the Mercedes-Benz Museum near the city center. Here, you’ll start at the top of the museum, where you time-travel to 1886 and the

beginnings of this notable car. You’ll follow the brand’s path through time until you reach the present, with a glimpse at what’s to come.

Of course, Stuttgart offers plenty of history beyond just cars, so take time to explore it. A great starting point is the City-tour, a narrated hop-on, hop-off bus that takes you around Stuttgart, including a stop at the Mercedes-Benz Museum. Another not-to-miss attraction is the Sepulchral Chapel on Württemberg Hill, which King Wilhelm I built as a demonstration of eternal love to his wife, Katharina. Not only is this a beautiful love story, but you’ll also enjoy panoramic views of Stuttgart.

When looking for a

place to stay, car fans definitely should consider the V-8 Hotel Motorworld in Böblingen, a short train ride from Stuttgart. Be sure to request one of the hotel’s themed rooms where you can revisit your childhood and sleep in a car bed. From the lobby you can visit showrooms for McLaren and Arthur Bechtel Classic Motors.

Across the way from the hotel entrance, Motorworld welcomes you to wander through and enjoy a variety of classic and luxury vehicles from the likes of Lamborghini, BMW, Maserati and more. It’s like being a kid in a candy story for car lovers.

Although you likely won’t bring one of these legendary cars home with you, you’ll certainly have the memories.



One of the themed guest rooms at the V-8 Hotel Motorworld in Böblingen, Germany, lets you sleep in a car bed. It’s a short train ride from Stuttgart.



This 1902 Mercedes-Simplex 40 PS at the Mercedes-Benz Museum is the oldest vehicle of the brand. Follow the brand’s path through time until you reach the present.

Reap the often-intangible rewards of travel

Intentional travel promotes healthy aging, enriches our knowledge of world and its cultures.

By Judith Garrison
For the AJC

Travel should change us, and whether it does or does not becomes our responsibility. Not only should experiences enrich our knowledge of the world and its cultures but also be a catalyst for healthy aging. Don’t wait until the years while away to book the trip or schedule the tour, but allow travel to enhance your life as you age, shaping mindsets, capabilities and understanding.

Go with purpose, move slowly and deliberately, reaping the often-intangible rewards of travel. Regardless of location, engage deeply, producing a greater appreciation of the world and oneself.

Unlocks an accurate world view

Since childhood, world perceptions have been defined by storybooks and screens. Those first impressions, now triggered by an intense desire to know what lies beyond the imagination, prompt travel plans.

For Knoxville orthopedic surgeon Justin Kennon and his wife, Amanda, exploring the world alongside their two boys, ages 8 and 11, is a priority.

Marking destinations off their bucket list is fun, but depositing the boys into an authentic world with firsthand experiences is an invaluable education.

“We do the best to instill in them a gratitude for these opportunities,” explains Amanda Kennon. By exposing them to different cultures and landscapes at an early age, they will become a more mindful traveler during their adult years.

Teaches respect for people, places and cultures

Years ago, I stood on the North Rim of the Grand Canyon and watched a group of young tourists toss soda bottles on the ground and walk away. After I picked up the trash, I realized travel is a privilege and belongs to those who respect it.

As overcrowding and its effects take over many popular landmarks, UNESCO, the United Nations Educational, Scientific and Cultural Organization, warns of its negative impacts, not only to the traveler’s experience but also to local communities. UNESCO encourages travelers to remain respectful, focusing on a sustainable experience.

To avoid crowds, choose a lesser-known destination. Be open to options, broadening your world perspective.

Generates a true narrative of history

Pfc. Lloyd Carter moved from his Higgins Boat watery landing to the sand of Omaha Beach on June 6, 1945. Dodging gunfire, Carter ran, taking cover. He took gunfire to his arm and was later medevaced to England.

Every time I listened to his story, I teared up because he did. However, I didn’t understand the magnitude of his bravery and sacrifice until I stood on Omaha Beach in France and put Carter directly on that beach.

Standing on history’s foundation opens doors of understanding that otherwise would remain shut.

Stretches your comfort zone, releases inhibitions

The first and only time I harnessed up for a zip line experience, I left my comfort zone and inhibitions in the rear-view mirror. I can’t say I liked it, but I did it. The man in front of me, just shy of 80 years old, didn’t



A group of friends spends time together in the main parts of London, visiting the Westminster area and St. James Park. Regardless of location, engage deeply when you travel and you will discover a greater appreciation of the world — and yourself. ADOBE STOCK IMAGES



A group of people have fun during a canyoning expedition in Llanganates National Park in Ecuador. Travel should enrich our knowledge of the world and its cultures.

blink, and the shame I felt at that moment has remained my catalyst for trying new experiences.

In addition to removing self-doubts, accord-

ing to the Transamerica Institute study “Leveraging Travel as a Catalyst for Healthy Aging,” travel plays a transformative role in healthy

aging. Wandering supports physical, cognitive and social health, exposing people to new opportunities, all contributing to overall well-being.

Enhances the routine of daily life

Even when the world was a smaller place, writer Charles Dickens understood the long-lasting effects of travel: “Every traveler has a home of his own, and he learns to appreciate it the more from his wandering.”

Extraordinary is good, but routine — home — has its dividends. Living out of a suitcase and doing laundry in a sink reminds me that my washing machine is mundane yet spectacular.

If the COVID pandemic taught us anything, it’s that we are movable people craving the physical and mental stimulation of movement.

The benefits of intentional travel — education, relaxation, escape and personal growth — stay with us long after we’ve returned home and will remain until the next time we walk out the door.

AGING IN ATLANTA

AI

continued from S1

updated overall. It also saves her time in busy days filled with paperwork and phone calls.

For patients, using AI, she said, doesn't substitute for provider advice, but it's a good jumping-off point, and it keeps people from having to comb through websites for specific information, which can be confusing. And ultimately, she said, this mode of searching empowers patients.

"Knowledge is power," she said. "I tell them 'You need to know.' I mean, this is 2025, right?"

A scaffolding

Artificial intelligence has also proliferated in the medical aspects of an ever-evolving frontier: aging in place.

Jennifer DuBose, a director at the Georgia Health Policy Center at Georgia State University, focuses on long-term services and supports for older adults and the disabled population. She also has experience working on innovations for adults with mild cognitive impairment, a population that includes some seniors. Technology, she said, can support examination of environ-

ment and how seniors can safely continue living at home.

"I think that's one of the big promises around technology – to be able to support being independent at home longer, to be able to remove some of the fears that family members have about mom or dad being at home by themselves by putting in this technology scaffold," she said.

That scaffolding can involve fall detection, digital assistants and activities that help maintain cognition and encourage social engagement. DuBose pushed back on the concept that older adults are resistant to technology and posited that development of these supportive technologies should involve their ideas and preferences.

"There's a lot of openness and interest in novelty and trying things," she said. "The big gap that I saw is that when we don't include people in the design and the development or identification of what technologies, they're not as interested ... I think with AI, we've become so enamored with the technology, with the possibility of what the technology can do, that from that, we spin off all these solutions."

It's important, she pos-



ited, that before embarking on that development, older adults are made part of the discovery process through expression of their actual needs and what they want to achieve.

"You find out from talking to people, 'That's not what I'm concerned about.' So, it takes longer, but you get better information if you can be more open to what the ultimate user of the system is going to need," DuBose explained.

Responsible implementation

Responsible use is another facet of what seems like the inevitable inclusion of AI in health care.

The Boston-based Coalition for Health AI works to ensure technology in the health field is developed

'I think that's one of the big promises around technology – to be able to support being independent at home longer, to be able to remove some of the fears that family members have about mom or dad being at home by themselves by putting in this technology scaffold.'

Jennifer DuBose, a director at the Georgia Health Policy Center at Georgia State University

and implemented responsibly, explained Merage Ghane, CHAI director of responsible AI. The concept of responsible AI, she said, revolves around maintenance of privacy, security of patient data and management of biases alongside preservation of transparency, usability and fairness.

In that process, it's important that AI tools are trained with good quality data that accurately represents the aging population as seniors' health profiles can be complex, Ghane said.

AI is now present in places like analysis of health records and test results to detect early signs of conditions like heart disease, cancer and cognitive decline so patients get rapid attention when necessary. AI in devices

patients use to monitor conditions at home also allows for provider involvement through alerts, which can reduce unnecessary hospital visits.

Improved care quality, less administrative burden and more informed provider decisions are all growing offshoots of this integration, and for patients, easily accessible and more understandable information is increasing available, Ghane said. This makes AI literacy for patients and an understanding of safe and secure consumer-facing solutions even more necessary. And it makes responsibility in integrating AI into medicine critical moving forward.

One of the biggest challenges in that process, Ghane said, is that AI tools be bias-managed.

"Older adults, for instance, are often under-represented in clinical data, which means AI tools may not always perform well for them unless specifically tested and validated," she said. "There are also concerns around transparency, making sure patients and providers understand how AI is making decisions, and accountability."

Part of that understanding and accountability lies in making sure health care organizations of all sizes can access resources and governance policies that allow them to implement, use and monitor AI tech effectively and safely. And safety goes back to the developmental level where developers must use responsible AI best practices and transparency so companies can choose solutions that best fit their needs.

Ultimately, collaboration across the health care field as AI integration progresses ensures its developers and users are in control of its impact, Ghane said. "When we work together at this, we reduce risk overall for both parties (developers, and implementers/users), increase adoption and appropriate use and prioritize creating the impact we want."

University

continued from S1

hooked.

"SUGA felt more like family," said Wood-Viscardi, a former financial analyst who now helps run the online classes.

Initially founded more than 45 years ago, SUGA, as it exists today, evolved out of senior-focused classes offered through Emory and Mercer universities. Today, the program operates independently as a nonprofit, with in-person classes twice a week at Rehoboth Baptist Church in Tucker and online Zoom classes on Tuesdays and Thursdays.

The classes are led by former educators, working professionals, or retirees with deep knowledge and passion in their respective fields and disciplines, including art, medicine, business and law.

"Every class day, we learn new things, from history or science to fine arts or current events," Wood-Viscardi said.

Continuing connections

Jessica Linden, a former IBM executive who moved to Atlanta in the early 1980s, has been connected to the program for more than 25 years.

"I developed a theater class in the late '90s and later served as board chair," said Linden, now 85. She helped guide SUGA through a transition to nonprofit status and a new campus location in 2015. "It's amazing how much it's grown, and how much it still feels like a family."

Linden praised the program's mix of in-person and online offerings, which make it accessible to members across metro Atlanta and beyond. "For many members, the friendships are just as valuable.

"We all go through our life events together," Wood-Viscardi said, explaining that the members share recommendations for travel, books and restaurants, as well as complaints about noisy contractors and spotty Wi-Fi. The group also offers comfort during hard times and camaraderie during the good ones.

Learning for the love of it

SUGA members can choose from dozens of rotating classes each term, many of which are taught by the same instructors year after year.

Ann Mebane Levine, 81, took her first class shortly after moving to Atlanta to



Senior University of Greater Atlanta is a volunteer-run learning program for adults 55 and older. Members can attend as many classes as they'd like in person or online, with subjects ranging from constitutional law to Cuban history, Shakespeare to space science. COURTESY OF BILL BEESON

be closer to family. The course was taught by Richard Garner, former artistic director of Georgia Shakespeare, and it convinced her to sign up for a full year.

"It was such an excellent course that I thought if that was any example of the caliber of curriculum that was offered, I definitely wanted to join," she said.

Levine, who previously managed professional development programs for educators at West Virginia University, soon began volunteering on SUGA's curriculum committee. She has since served as vice president, president, and now again chairs the committee.

Roy Sobelson, a retired attorney and former associate dean at Georgia State University College of Law, has also become a regular at SUGA.

"I've particularly enjoyed classes in astronomy, geology, biology, nutrition and exercise, economics, social behavior, history, biographical sketches, art, music, photography and world geography," he said.

Sobelson now teaches his own courses and has invited former law school colleagues and students to do the same.

Beyond the classroom

SUGA's calendar isn't limited to class time. The nonprofit plans group outings to museums, theaters and historic sites each semester.

Past field trips have included the National Center for Civil and Human Rights, the Carter Center and the Fox Theatre. Others have traveled together to places as far away as

Ireland, Croatia and Australia.

While many students attend in person, the virtual program has become a robust part of SUGA's offerings, with live Zoom classes and recorded classes for easy replay.

Book club meetings are also available for members.

Volunteer-powered learning

A sense of ownership and involvement runs deep at SUGA. Dozens of volunteers coordinate everything from registration and curriculum to tech support, snacks and day trips. And everyone pitches in. Some help run the snack table or host coffee breaks; others organize field trips, manage rosters or serve on the board.

"I always tell new people, the best way to make friends is to volunteer," Levine said. "It's how I met most of mine."

She also keeps a stack of "Come for a Free Visit" cards in her wallet to share with anyone she meets who might enjoy the program. "I never meet a new person that I don't think, 'What could this person teach for SUGA?'"

The program continues to benefit from long-standing academic partnerships, including Emory, providing presentations from faculty and researchers throughout the year.

Finding meaning post-career

Members say SUGA brings structure, meaning, and energy to their post-career years and reminds them they still have a lot to contribute and enjoy in retirement.

Fatigue

continued from S1

muscle-strengthening activity. Even when not doing scheduled workouts, go on walks when you can and swap out sedentary hobbies for more active ones.

Eat in a consistent window

It may seem counter-productive but eating too much food can be an "energetic burden" on the body, Picard says, because the body must expend energy to handle excess calories.

As you age, you may have to be stricter with your caloric intake in order to maintain energy levels. Researchers recommend a version of intermittent fasting. While intermittent fasting may sound strict, utilizing it can be a huge help. Just 12 hours of fasting, from 7 p.m. to 7 a.m., can be a great way to keep your eating down without messing with your natural hunger too much.

Hydration is also a large part of your energy levels, and even mild dehydration can decrease alertness and increase fatigue. Make sure to be drinking glasses of water throughout the day.

Even out your sleep schedule

This may seem like a no-brainer, but perfecting your sleep schedule is key to decreasing fatigue in your body.

With age, your sleep becomes less deep and shorter, so it is important to make up for where you're missing out.

First, avoid dozing off or taking catnaps during the day. This disrupts your sleep and can lead to increased fatigue if you incorporate them into your daily schedule.

Next, check with your doctor to make sure none of your medications are impeding your sleep, and if any are, ask if you can take them at a different time where they will interfere less.

If the poor sleep persists, rule out any medical conditions or disorders, like sleep apnea. Your sleep is important to keeping the energy levels your body has left, so make sure to handle it with care.

Be social

If you have left the workforce or moved away from many of your friends, you may be socializing less than you had in previous times in your life. While it seems normal, that lack of a social life can also lead to increased fatigue.

According to AARP, just eight hours of solitude can drag down your energy, so imagine what days or weeks of that can do. Find small ways to be social each day, whether it's calling up an old friend or going out for a fun errand. Joining a social club is also a great way to get involved in your community and make your social life more consistent.

NEVER A FEE FOR OUR SERVICES!

LOOK! MEDICARE HAS RULES

MOVING? RETIRED? TURNING 65?

MEDICAID? STATUS CHANGE

NURSING HOME ADMITTANCE? ...and the list goes on!

Is your current Medicare plan still the best choice for you NOW?

Do YOU qualify for a special enrollment period?

We can help Veterans get more benefits.

Extra Benefits
Part B Buy-down
Free! No cost to you.

CALL TODAY 770-373-7541

There is never a fee for services. The Bonnie Dobbs Agency is an independent agency not affiliated with the United States government, any state government, or the federal Medicare program.

bonniedobbsagency insurance and other red tape

AGING IN ATLANTA

Art Pharmacy prescribes arts for healing connection

‘Social prescribing asks the question of not what’s wrong with you but what matters to you.’

By Elizabeth Crumbly
For the AJC

Something Chris Appleton has known for a long time is that there’s an intersection between health care and the arts. And that’s where he staked his flag when he founded Atlanta-based Art Pharmacy in 2022. The company facilitates arts experiences prescribed by health providers to aid in mental health treatment, often for seniors. Appleton, a native Georgian, said part of the company’s success is attributable to its roots in one of the Southeast’s most art-centric cities. “The arts and culture community in Atlanta is vibrant,” he told The Atlanta Journal-Constitution. “There’s such a breadth and diversity of arts and culture organizations and programs that range from name-brand cultural institutions to front-line grassroots organizations, and we have many hundreds in our network here in metro Atlanta and Georgia. ... The breadth of that network is really necessary to meet individuals where they are.” That breadth facilitated Art Pharmacy’s own expansion; it’s now available in seven separate markets in seven states, and there are plans to add three additional states this year, Appleton said.

Socialization and personalization Socialization is at the root of the effort, Appleton said, and connection with the arts supports that idea. The growing loneliness problem across the world, he contended, is closely connected with mental health, and there is a general lack of accessible support.

Art Pharmacy functions as a link between a community’s art assets, such as dance studios, museums, libraries and community arts centers, and those who need a mental health boost through social connection. Patients receive a medical referral, which allows Art Pharmacy, as a social prescribing organization, to facilitate nonclinical, community-based activities. The difference between social prescribing and other health treatment processes is in the question the prescription answers, Appleton said. “Social prescribing asks the question of not what’s wrong with you but what matters to you,” he said. Subsequently, personalization plays a significant role in the care patients receive as they contribute to the choice of activities they want to participate in. “It’s all too often the case when you get discharged from the doctor, if there’s a social health need, it’s like, ‘Here’s a piece of paper with a list of resources.’ It’s sort of ‘Good luck,’” he said. “There’s no personalization, much less precision. And so that’s been a big focus of ours.”

How it works Health providers, Appleton explained, prescribe arts participation and then call that prescription into Art Pharmacy via electronic referral; most patients get 12 “doses” of arts and culture. The company’s software enables a large



A spoonholder created by an Art Pharmacy patient. Art Pharmacy, an Atlanta-based social prescribing organization, seeks to bridge the divide between arts and health care by enabling health care patients to receive “doses” of arts and culture participation via prescription.

COURTESY OF ART PHARMACY

database with 30,000 vetted activities on one end of the platform and unique member profiles on the other. Care navigators connect with patients who receive prescriptions to gain an understanding of their health goals and needs, as well as any access barriers like challenges with physical mobility or transportation. Partnerships with various health systems and health care-adjacent organizations allow for provision of transportation in many instances and for the participation of one companion, which Appleton pointed out, which ups the connection aspect. Revenue for the company comes through partnering health providers, and Art Pharmacy pays its arts partners for patient access, so patients participate in activities for free. After completing a single dose, the patient is eligible to complete the same activity again or choose a new one with a goal of 12 doses over 12 months. Art Pharmacy, Appleton said, measures health factors like depression, anxiety, loneliness, and well-being in participants by collecting baseline data and then measuring it again after each arts and culture dose. The company then shares that information with referring providers so they can monitor a patient’s progress.

Competition and collaboration Appleton’s own background – he studied creative writing at Georgia State University and then spent a career in the arts – led him to believe in the importance of a “cross-sector arts space.” He sees Art Pharmacy as a “bridge” between cultural enrichment activities and health care and also as a way to address access barriers like affordability, knowledge of resources, transportation and physical mobility challenges, along with permission structures patients may need help navigating in order to prioritize their own health and well-being. He advises other entrepreneurs entering the aging space to think about collaboration. “Your competitors should be your best friends, and you should learn from them and with them, and by doing that, both your company and your competitors will be better at what they do, which is what we want to happen,” he said. The idea of collaboration, even in an environment where there is competition, is essential to the idea of Art Pharmacy as it ties together the health care system and the arts community and drives new audiences toward the latter.

Define your style at any age

Designer Jessica Bedard shares tips to discover your personal style at any stage of your life.

By Judith Garrison
For the AJC

When Deborah Darling first splashed across my social media page, it was total shock and awe. Shocked at her silver, four-inch curl rising three inches above her scalp, and awe because she was stunningly beautiful. At 63, this South African – only 10 years into her modeling career – proves that one is never too old and it’s never too late. She is unapologetically herself and aging fiercely. If her hair doesn’t make you take a second look, her bold frocks and galvanizing confidence will. Is it possible to harness that dynamic presence at this stage in my life? Living one’s best life empowers the best version of ourselves, and defining our fashion style is part of the process. Style doesn’t just happen; it is intentional and constructed with attention to detail, taking into account personality and lifestyle. For senior women, something shifts, and they are finally gifted with the space to turn inward and rediscover who they are through the art of dressing. After nurturing children, building careers and supporting partners, many are finally able to reclaim their beauty, sensuality, presence – and proudly reflect that to the world. Jessica Bedard, founder of MAISON BÉDARD, a

luxury style and lifestyle brand, says this is one of the most beautiful parts of her business. She helps her clients reconnect with “the woman in the mirror,” accounting for one’s evolving tastes and changing body. “To me,” explains Bedard, “clothes are not superficial. They hold energy. They carry memory. They can change the way you feel at the moment you put them on.” She offers these suggestions in defining your style, regardless of what stage of life you find yourself in. Each stage holds new and exciting experiences, meant to be met head-on with style. Do it beautifully. Discover your personal style at any stage of life, with the goal of creating a wardrobe that feels deeply aligned, empowering and timeless.

Reconnect before you redefine Take time to check in with who you are today. Your clothes should be a reflection of *this version* of you – not who you were 10 years ago. Reconnecting with your body, your rhythms, and your energy is the first step to authentic style.

Prioritize fabric and frequency Not all fabrics feel the same. Natural fibers, like 100% silk, organic cotton, linen, cashmere and fine wool, carry a frequency that nurtures your skin and spirit. Choose materials that breathe, move with you and elevate your presence.

Find your signature Every woman has a



Jessica Bedard is a personal stylist and Italian footwear designer. COURTESY OF JESSICA BEDARD

unique style signature. Sometimes it’s a color that lights up your face, a silhouette that flatters effortlessly, or a statement accessory that becomes yours. Discovering and owning that signature becomes your personal code of elegance.

Accessorize with intention Accessories are not an afterthought; they are the punctuation mark. A bold earring, a sculptural bag, an architectural shoe can transform an outfit into a statement. It’s not about excess; it’s about elevation.

Choose timeless over trendy Trends come and go, but elegance is eternal.

Invest in pieces that have soul: well-cut blazers, flowing dresses, tailored trousers, artisan-made shoes. Seek movement, not noise. Choose presence, not performance. Bedard’s design work has never been about clothes. “It’s about helping women remember who they are and then building upon that. Style is a sacred expression of one’s self. Dressing beautifully is not vanity, but remembrance. It’s how we show the world who we are becoming.” And regardless of the stage of life, discover yourself, make an intentional move to understand who you are and reveal that to the world, one element at a time.

Actress going strong with 40-year career

By Mark Woolsey
For the AJC

The stage is stripped down to essentials: a table topped with a stenography machine, a chair, a shelf containing a pair of shoes. Veteran Atlanta actor Carolyn Cook brings that almost barren room and the accompanying narrative – the story of a young Vietnam-era stenographer – to life as she shifts seamlessly among characters, from that wide-eyed female scribe to a veteran suffering from PTSD. A vocal shift, a different stance, a changed impression, and she’s a different person. All this in a non-stop 90 minutes. Cook is understated and humble about creating such a rich tapestry. “It’s a combination of physically embodying the character (How do they walk and talk?), understanding what makes them tick and also trying to emotionally relate,” she said. “Then there’s memorizing the lines and taking input from the director and responding to what the other actors bring.” In this case, she took cues from longtime collaborator and Horizon theater co-founder Lisa Adler, who directed her in “Heart.” “Carolyn is an extraordinary actress,” Adler says, simply. “People think acting is easy, but these actors who do stage work, they train, and it’s very precise and complex.” Cook’s nearly 40-year career has been characterized by a plethora of wide-ranging and sometimes challenging roles, sitting in the producer/director chair, creating a French language theater company, a successful Shakespearean run and a series of awards and accolades. A great run that started with a grade school play in



In her nearly 40-year career, Carolyn Cook has been a performer, producer and director, created a French language theater company and received awards and accolades. COURTESY OF HORIZON THEATER

her hometown of Dalton. “I was Mary Poppins in the fourth grade,” she said with a laugh. “I had five lines.” Laughter comes easily to Cook as she talks about her life and career. It’s plain she’s serious about her craft, while at the same time able to see the humor in the sometimes capriciousness of life. While still in school, she did one-act plays, enjoying them but still focusing her career aspirations elsewhere. That changed after a college degree in French, a move to Carrollton, Georgia, to do public relations at then-West Georgia College and marriage to husband Matt. She began driving into Atlanta for theater classes, which morphed into a two-year internship at the Alliance Theater. That same stage was also the home of her first professional turn – an appearance in the British historical drama “A Man for All Seasons.” “I (again) had five lines,” she told an interviewer from Arts ATL a decade or so ago. “And I moved a lot of furniture.” Meatier early career roles followed, including major parts in such productions as “My Chil-

drean! My Africa!” by South African playwright Athol Fugard, playing a young white girl waking up to the human tragedy of apartheid. Later, she played another youngster getting schooled in racial prejudice – U.S. style – in “Good Times Are Killing Me.” “I was lucky enough to do things early on that were really powerful scripts about important issues,” Cook said. Another notable career milestone came in 1994, when she joined the Georgia Shakespeare repertory company, staying until the organization folded in 2014. Former producing artist, director and co-founder Richard Garner heaped praise on Cook’s versatility and evolution into a mainstay, with lead roles in such productions as “Saint Joan,” an imagining of folk heroine and French military leader Joan of Arc. Garner said with their doing rotating repertory work, one night she might be one of the evil daughters in “King Lear” and the next night immersed in “A Comedy of Errors.” She had a particular talent for handling Shake-

speare’s somewhat archaic phrasing, making it “as natural as can be,” he said. Another defining Cook characteristic evident both on and offstage was that of mentoring. “When we had college interns in the company working alongside the pros, they always learned so much just being in the rehearsal room with Carolyn,” Garner recalled, “watching her focus, her choices.” Cook’s take: Show up prepared, be professional, set a good example and answer questions. Drawing on her family’s strong emphasis on academics and the arts plus a voracious appetite for learning, she studied French language and culture and then founded Théâtre du Rêve (Theater of the Dream), serving as producing artist director of the French language company. Among her achievements: writing and directing “Code Noir,” a play about a timeslip that brings a French Revolutionary-era general and a modern-day New Orleans defense attorney together. Her love of learning led her to take up the fiddle at age 55 and embark on learning Spanish. With all that, last year came a lifetime achievement award from the Suzi Bass Awards, which highlights achievements in Atlanta theater. But at 64, she’s not resting on any of those laurels. She’ll teach two theater classes this fall. Come springtime there are plans to migrate “Carry Your Heart” to a Savannah venue and then perhaps back to Atlanta. There’s also a play in the works at Actor’s Express. Her gratitude shines through. “I feel like I have had a very full and very wonderful life,” she said. “And getting to do a great play is just icing on the cake.”

AGING IN ATLANTA

Finding family history in Belgium

‘I needed that connection to him now, and I wanted to know more.’

By Judith Garrison
For the AJC

Editor’s note: This story is told from the perspective of the reporter’s husband, offering a deeply personal account of his journey to find out more of his father’s history.

I could almost touch the Eiffel Tower from my window on the fifth floor of the Hotel de Sers in Paris. Steps from the Champs-Élysées and the Arc de Triomphe, this space situates me in a city moving in overdrive, a juxtaposition from the village of Dochamps, Belgium, I had just left.

My time here has been decades in the making, and with Paris providing reflection, I might not have found all the answers I wanted, but I made a tangible connection to my father for which I longed.

I’m easily distracted by Paris, in a very good way. Not surprisingly, its centuries-old architecture – from Notre Dame to the Louvre to the snakelike wrought-iron dressing Paris buildings – defines a city not willing to have its treasures destroyed during World War II. Here, history moves in every direction.

It’s formidable to think of the story’s ending had the French not surrendered. My eyes shift from the window to the desk and atop the hotel’s stationery, the letterhead reads, “We are stories.”

We are stories. And I am here to continue mine. Unbeknownst at the time yet so defining, every moment becomes an integral part with each piece fitting snugly to complete life’s puzzle.

One story preoccupying me for over 50 years was my father’s military service. The details were a mystery because my father, Neil J. Garrison, never spoke of World War II, the brutal winter in Lamorménil, Belgium, during the Battle of the Bulge, or his Silver Star – the third-highest award in military service, given for valor in combat and gallantry in action – with his family or anyone else.



Len Garrison displays his father’s photo and Silver Star in front of a Sherman Tank in Wibrin, Belgium.
JUDITH GARRISON FOR THE AJC



Staff Sgt. Neil Garrison (second from left) and his mates.
COURTESY OF LEN GARRISON

His Silver Star

His commendation was my only reference. *“On 4 January 1945 ... attacked the town of Lamorménil ... troops entered the town at 1500 over snow-covered terrain and proceeded to clear it in house-to-house fighting ... subjected to direct fire ... S. Sgt Garrison and two other men assaulted the house ... 24 enlisted men were forced to surrender ... the building was a (enemy) communication center. After destroying the equipment, (he) and his squad continued to fight through the town until it was secured that evening. (His) courage, aggressiveness, and coolness under fire were an inspiration to his comrades and a credit to himself.”*

It wasn’t until decades later that my father held his medal in his hands, after friends and family convinced him to apply and receive the actual medal. He didn’t want it; in fact, he never took it out of the box. He believed that it belonged to his entire squad, not simply him. I needed that connection to him now, and I wanted to know more. With the citation as

my guide, I focused on Lamorménil.

Go where the bad guys were

Most soldiers found themselves where the bad guys were. Through North Africa, Sicily, France then Belgium, my dad’s liberating assignments weren’t metropolises, but small villages, crossing open fields, taking machine-gun fire, meeting his objective, day after day.

The Ardennes region – parts of Belgium, France and Luxembourg – is mountainous, smothered in towering pine trees, much the same as in 1945. Small hamlets like La Roche, Dochamps, Bastogne and Lamorménil, all of which had been liberated before, became the site of intense fighting during the winter of 1945. These villages held no prize like Paris, but they stood in the way of Hitler’s objective: the port of Antwerp. Enter the Allied Forces, multiple disciplines, including the 2nd Armored Division, ‘Hell on Wheels’, my dad.

With local author and historian Eddy Monfort as guide and translator,

we drove into the heart of Lamorménil – equivalent to a Southern one stop-light town, if that – entering from the northwest, the same as my father entered on foot. The stone church’s bell tower, confirmed to have been hit during the invasion, remains standing defiantly at the crossroads.

The only sign of life in the village was two older men leaning against a house enjoying the shade. Monfort took the opportunity to ask questions. Speaking in an old dialect of French, the two welcomed us.

When Monfort explained our presence, and before answering, each offered, “Thank you.” Every time, without exception, once my purpose in Belgium became known, a word of gratitude for my father’s service followed. One remembered being a young child and his parents gathering everyone and running for the woods. Day after day, they hid within the trees, sneaking back at night to feed livestock, then fleeing back to their hiding place.

Over 80% of Lamorménil was destroyed. Walking down the road where a handful of homes stood, Monfort explained that many were built postwar on existing foundations, displaying remnants of shrapnel dug deep in corners and frames. Most evacuated Lamorménil when the Germans arrived, but some, like Monfort’s grandparents in Dochamps, remained.

Walking the Lamorménil road

My brother Arthur is quick to state that our father didn’t think of himself as a hero. “He remembers other guys who were doing heroic things, were maimed and some gave everything they had. These men were just trying to win the war as soon as they could, so they could go home,” he said. But then again, Arthur said with a laugh, they didn’t hand out Silver Stars like Skittles. My father *did* do something heroic and, although I will never know the entire story of that winter, other than his entry into Lamorménil, he did what he was ordered to do.

FOOD, FUN AND FAMILY

6 ways to welcome fall

By Lesly Gregory | For the AJC

Fall is on its way in Atlanta, which means there’s no shortage of festivals and special gatherings to attend. Check out some great opportunities in September to sample delicious eats and drinks while soaking up live music and local culture. There’s plenty to do no matter who you’re spending time with.

FOR THE FESTIVAL LOVERS

Taste & Brews Festival

Calling all craft beer lovers. This family-friendly, food-and-drink-filled event is for you. Celebrate the delectable bites and beverages the South has to offer with craft beers, local cocktails and dishes from over 20 food vendors. Walk through the Farmers Market to grab some special take-home treats, enjoy live music and browse through the Arts & Crafts market. The Taste & Brews Festival also features a children’s activity area with special games and entertainment. ■ 11 a.m.-6 p.m. Sept. 13-14. Free admission. Etowah River Park, 600 Brown Industrial Parkway, Canton. 404-456-4655. tasteandbrews.com

East Atlanta Strut

A neighborhood-wide festival celebrating East Atlanta’s art and culture, the East Atlanta Strut features a full day of activities. Sample a variety of food and beverages from local restaurants while the kids enjoy some special games, face painting, crafts and a bounce house. Local bands and performers will take to their porches and perform across East Atlanta as well as part of the Strut Porchfest. Special events throughout the day include the Strut Parade, Atlanta’s most eclectic parade, which opens the event at noon and travels down Glenwood Avenue. There’s also a 5k run, bake-off competition, a leaf blower tournament and more.

■ 12 p.m. Sept. 27. Free admission for those under 21, and \$5 per person 21+. Activities will take place across East Atlanta with a lot happening in Brownwood Park, 602 Brownwood Avenue SE, Atlanta. Event HQ is at the East Atlanta Village Farmers Market, 572 Stokeswood Avenue, SE, Atlanta. eastatlantastrut.com



A beer koozie-tossing bear was a big hit with festivalgoers at a past East Atlanta Village Strut parade down Glenwood Avenue.
COURTESY OF KELLY J. HUFF

FOR THE WINE DRINKERS

Atlanta Food and Wine Festival

This five-day culinary extravaganza is a perfect event for wine enthusiasts. With over 200 renowned chefs, sommeliers, mixologists and more showing off their expertise, there is no shortage of tastes, wine, beer and craft spirits to experience. Get tickets for the daily tasting tents, where you can mix and mingle as you sample bites from featured chefs and top culinary talents. Attend Whiskey & Fire as well, a special event that includes a whiskey tasting and food cooked over an open fire.

11 a.m.-5 p.m. Sept. 11-14. Weekend passes for tasting tents start at \$329. Admission to one day’s tasting tent is \$99. Special events have separate admission with tickets ranging from \$79-\$99. Old South Ward Skatepark, 830 Willoughby Way, Atlanta, 678-759-9885. atlfoodandwinefestival.com

Aqua Vino

For a classy night on the town, Aqua Vino is a 21+ event offering unlimited wine tastings and gourmet cuisine with after-hours access to the Georgia Aquarium. Live music and a silent auction that features exclusive items and experiences enhance the evening. With over 100 wines from around the world to choose from, you can easily find some favorites. VIP tickets allow you to enter the event half an hour early, sample reserve wines, get a behind-the-scenes look at the aquarium and access to a VIP Lounge.

■ 7 p.m.-10 p.m. Sept. 26. Aquarium member tickets are \$105 for grand tasting and \$145 for VIP. Nonmember tickets are \$125 for grand tasting and \$165 for VIP. Georgia Aquarium, Oceans Ballroom entrance, 246 Ivan Allen Jr. Blvd. NW, Atlanta. georgiaaquarium.org/events/event/aqua-vino-2025

FOR THE WHOLE FAMILY

North Georgia State Fair

A 93-year tradition in Atlanta, the North Georgia State Fair offers something for everyone. Live concerts and exciting carnival rides that twist, turn and go round are just the beginning of what you’ll find at the fair. You can see monster trucks, a demolition derby, bull riders, magic shows and circus acts. Food trucks and stands offer up over 40 options that include smash burgers, grilled cheese, tacos, ice cream and carnival favorites.

■ Park is opened for various hours Sept. 18-28. Fair admission is \$15 for adults, \$10 for 55+ and free for children 10 and under. Unlimited ride tickets are available and range in price from \$25-\$35 based on day of the week. Individual ride tickets are also available. Jim R. Miller Park, 2245 Callaway Road, Marietta. northgeorgiastatefair.com

JapanFest

Combining live music, dance performances, martial arts, anime and workshops, JapanFest is an immersive experience for anyone wanting to learn more about Japanese culture. Sample treats from Japanese food vendors, visit the Beer Garden or play some unique games. Booths throughout the festival highlight Japanese businesses located here in Georgia. See Japanese musicians and samurai demonstrations along with a variety of entertainment.

■ 10 a.m.-6 p.m. Sept. 20 and 10 a.m.-5 p.m. Sept. 21. Tickets are \$22.30 with free admission for children under 6. Tickets are good for a single day. Gas South Convention Center, 6400 Sugarloaf Parkway, Duluth. japanfest.org

Seniors can savor fall with 3 fun activities

By Rose Kennedy
For the AJC

Glorious fall foliage and fun events await Georgians this autumn. If you’re no longer up for grueling long hikes, wearing a costume or bobbing for apples, check out these alternatives:

Horseback riding

Crisp air and gorgeous foliage might entice you to get back on the horse – or to ride for the first time. But do make sure any health issues (like a bad back) don’t rule out your participation.

■ **Historic Banning Mills:** With prior reservations, a guide will lead you on a trail ride through millworks and along Snake Creek Gorge. It’s a great opportunity for a daytime date, especially if want to avoid driving at night. \$79 per person for one hour, \$99 for two hours. 205 Horseshoe Dam Road, Whitesburg.

■ **Sunny Farms North:** Make a trip to Dahlonega, where you can combine a horse ride at Sunny Farms North with a relaxing stroll through the shops downtown, all decorated for fall. Call before you come (706-867-9167), and then schedule around a 9 or 11 a.m., 1 or 3 p.m. start time. \$60 per hour per horse. 1332 Long Branch Road, Dahlonega.

■ **Georgia Frontiers:** If you grew up admiring Roy Rogers and Dale Evans or humming Toby Keith’s “I Should’ve Been a Cowboy,” this cowboy-style trail ride over 150 acres of wooded trails could suit you. The hosts don’t have set hours and need 24-hour notice for reservations, made by calling 678-234-8852. Starting at \$65 for one hour, cash discount. 545 Ruff White Road, Canton.

■ **Apple pickin’ fun**
■ **Apple Arts Festival:** The sweet, old-school downtown area of Ellijay hosts 60 or so vendors in cool orchard air, with lots of crafts and art completing the cozy picture. Wear sweaters and walking shoes, and bring the dog – it’s pet friendly. Plan to go the second weekend if you’d like to see an apple-themed parade. Saturdays and Sundays, Oct. 11-12 and 18-19. Free. 1 Broad St., downtown Ellijay.

■ **U-pick at Mercier Orchards:** If a grade school field trip was the last time you picked apples yourself, it’s time to try the updated version geared to adults. This orchard is open daily, and features a bakery and hard cider harvested and fermented right on site. U-pick \$12 per person 3 and older. 8660 Blue Ridge Drive, Blue Ridge.



The Historic Banning Mills Retreat and Conservation Center offers lush fall leaves plus a bevy of adventurous activities. COURTESY OF HISTORIC BANNING MILLS

Enjoying brews

Being able to quaff local brews and relax without being on a strict schedule might be one of the most appealing perks of being a retiree or empty nester in autumn.

■ **Taste of Chamblee Festival:** Join small-town fans for this tradition of culinary competitions, viewing ACC and SEC games on the wide-screen and sampling brews. Other weekends, seek out the Chamblee’s Antique Row District, and make sure to pause to watch trains from the square. 3-8 p.m., Saturday, Oct. 18. Free. Chamblee City Hall, 3518 Broad Street, Chamblee.

■ **Tucktoberfest at Tucker Brewing Company:** A riff on Oktoberfest, Tucktoberfest kicks off Saturday, Sept. 20, with

a ceremonial keg-tapping, polka and, ah, a weiner tossing contest. Daily mini-events include a Porsche and German auto show, free sausage and pretzel tasting and beer-themed trivia. Sept. 20-Oct. 5, closed Monday-Tuesday, \$5 cover Friday-Sunday 12 and up. 2003 South Bibb Drive, Tucker.

■ **Fest-of-Ale:** Enjoy craft beers, live music and an easy-access stroll through the “Scarecrows in the Garden” exhibit Thursday evenings in October. Everyone in attendance must be at least 18 years old, which allows you to dress up if you like and schmooze with adults for a change. Included with admission \$27.95-\$29.95, beer tickets separate purchase at cashless bar. 1345 Piedmont Ave. NE, Atlanta.

AGING IN ATLANTA

Atlanta doctor offers mobility tips

Mobility expert explains that reduced strength, loss of flexibility may cause balance deficits with aging.

By Yolanda Harris
For the AJC

Occasional falls and loss of balance can be frustrating. But Atlanta physical therapist Dr. Joseph Powell says the cause of these challenges may not solely be the result of aging per se.

“Falls are not necessarily a natural part of aging but rather a result of the physiological and neurological changes that do naturally occur as we age.”

Dr. Powell says typical causes for balance deficits may include the loss of muscle flexibility, reduced strength, postural changes and infrequent activity. Studies show strength training can help.

The road to recovery
Marietta resident Bruce Powell had a bad case of vertigo 10 years ago.

“I never recovered my full balance,” he said. An MRI ruled out neurological causes, and there were no signs of injury or stroke. His doctor recommended physical therapy, but eventually Bruce needed more.

“They got me to the place where I was somewhat confident with where I was, but I was never completely satisfied because I had plateaus,” the retired teacher told The Atlanta Journal-Constitution.

That changed when Bruce’s wife discovered Strength. Balance. Mobility. in Kennesaw. The gym specializes in helping adults ages 55+



There are several benefits to strength training, including enhancing your muscle mass while increasing bone density. DREAMSTIME

increase their quality of life through personalized strength training. After just three months at two to three visits weekly, Bruce, who is 73, was able to walk up and down three flights of stairs in his townhome “safely and confidently.”

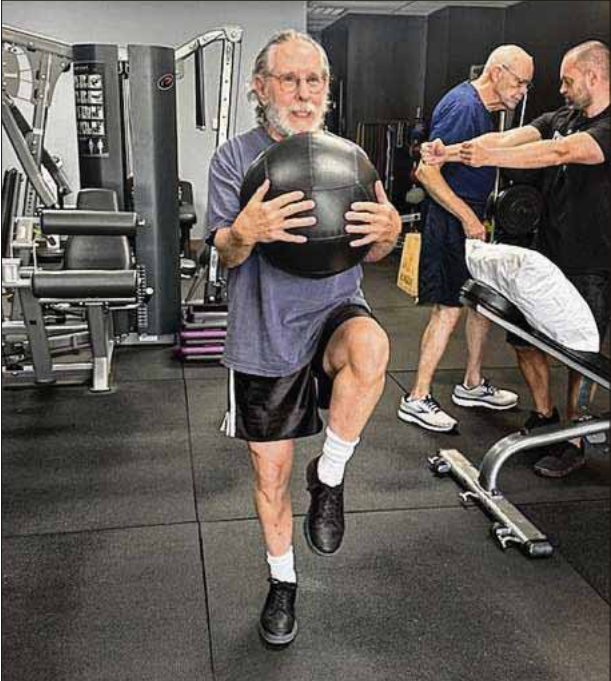
“My mobility is so much better than it was,” he shared. “I’m getting back to the point where I can multitask by walking and carrying things.”

Benefits of strength training

There are several benefits to strength training. According to the Mayo Clinic, it can help preserve and enhance your muscle mass while increasing bone density. It increases your metabolism – and can overall improve your quality of life, making it easier to do everyday tasks.

“I am a big promoter of functional movement training among people over 60,” said Dr. Powell.

These exercises mimic daily activities and can be done at home. For exam-



Bruce Powell works on balancing at Strength. Balance. Mobility. in Kennesaw, Georgia. COURTESY OF SETH CARVER

ple, try a simple sit-to-stand exercise. Ideally without assistance, sit down, stand up and sit again. Three reps of 10 is a good start. Also, try standing on one foot at a time for 30 seconds. Remember to always consult your

doctor before beginning a new program.

So, what’s next for Bruce?

“I can’t wait to go to the grocery store and walk confidently up every single aisle,” he said. “I’m getting there!”

Trump was diagnosed with CVI, which affects about 33% of U.S. adults

By Hunter Boyce
hunter.boyce@ajc.com

Chronic venous insufficiency – it’s highly prevalent, a risk factor for older adults and affecting the president of the United States. The White House announced July 17 that President Donald Trump had been diagnosed with CVI, a common condition affecting around 1-in-3 U.S. adults. Here’s what we know about the disease.

What is chronic venous insufficiency?

Chronic venous insufficiency occurs when the veins in a person’s leg fail to transport blood back to the heart effectively.

Often underrecognized and undertreated, CVI is a disease highly prevalent among older adults, according to the American Heart Association. It’s associated with an increased risk of heart issues, including cardiovascular disease.

Common symptoms

Changes to the skin, varicose veins and swelling – CVI comes with a few physically noticeable symptoms, according to the American Heart Association.

“Chronic Venous Insufficiency can significantly impact your quality of life, but early detection and treatment can make a substantial difference,” American Heart Association volunteer and UT Southwestern Medical Center chief of vascular medicine Dr. Joshua A. Beckman said.

The association said those affected by the disease may experience skin changes through “venous eczema” or “stasis dermatitis.” Because of poor blood flow to the affected area, the skin on the lower legs

will be itchy and appear red or scaly. People may also experience cramping, throbbing, fatigue or restlessness.

Risk factors

According to UC Davis Health’s associate professor of vascular surgery Dr. Mimmie Kwong, there are some risk factors to consider concerning CVI. If a close family member has been diagnosed with the disease or blood clots in general, your chances of being diagnosed may increase, she explained.

Those already diagnosed with CVI are also at a higher risk of developing deep vein thrombosis, or blood clot. To diagnose a patient with CVI, Kwong explained, health care professionals often use a duplex ultrasound test. The test reveals which leg veins are open and properly transporting blood.

How to treat it

Treatment for CVI can differ based on a patient’s age, overall health and medical history. According to Johns Hopkins Medicine, most treatments are dedicated to increasing blood flow. They may include medications such as aspirin, which can help ulcers sometimes caused by the disease. Medication may be prescribed alongside compression therapy, if the patient is experiencing ulcers. There is also the possibility that a minimally invasive procedure like radio-frequency ablation will be necessary. A tube is heated and then placed into the affected veins, closing them to improve overall blood flow.

Sclerotherapy, or ligation surgery, are considered for more severe cases.

SENIOR LIVING, REDEFINED.



Embrace new friendships, new passions, new discoveries, and new freedoms.

Bites & Insights

WEDNESDAY, SEPTEMBER 17th • 11:00AM

Join us for a hearty meal featuring chili, cornbread & dessert as we chat about senior living, community life, and what to expect when making the move. It’s a great opportunity to ask questions, share stories, and get an authentic feel for our vibrant community. We look forward to welcoming you! To RSVP, call 404.369.7523.

SENIOR LIVING, REDEFINED.

THE PIEDMONT AT BUCKHEAD

650 Phipps Boulevard NE • Atlanta

www.ThePiedmontSeniorLiving.com

404.369.7523

An SRG Senior Living Community



UNIQUE® REFINISHERS, INC.

Your bathroom safety should be your number one concern.

Customized Tub Upgrades for Seniors!

Walk in tub conversion

Slip resistant bottoms

Custom grab bar solutions



Call 470-354-3529

UniqueRefinishers.com