



WALT SHURDEN LAW

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Travel Can Help Slow Aging

By Walt Shurden

According to the Global Coalition on Aging*, travel can improve your aging process, physically, cognitively, and socially. Between 1950 and 2050, life expectancy will increase by 30 years. What we do throughout our lives will help determine the quality of those extra years.

The studies find that people who do not take breaks from everyday stressors have elevated amounts of the stress hormone 'cortisol' in their bodies. This hormone actually speeds up the aging process. We may not consciously feel like we are stressed, but the repetitiveness of our daily routines causes a drag on our psyche. It has been shown that people who take vacations less than every six years have a higher risk of heart disease and are more likely to suffer from depression. For men there is a higher risk than for women. Even when accounting for pre-existing conditions, men who did not take annual vacations had a higher risk of heart disease and death.



While we associate outdoor, active vacations with improving our health and fitness, studies indicate that the fact that we are experiencing new things is more important. When we are visiting new places our brains are challenged. New experiences and environments promote brain health and build brain resilience across the lifespan. These exercises help to lower the risk of dementia. Something as simple as navigating an unfamiliar city or town can challenge a brain, as can reading a map or determining which bus, plane, or train to take.

The social aspect of travel has also been shown to improve our overall health, not just because you might meet new and interesting people, but also from your traveling companions. Seniors have reported that multi-generational travel helps them feel and stay more youthful. It's fun to watch the grandkids experience new things.

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**Jen's trip to Grand Cayman,
Royal Caribbean Cruise Lines**

Our Goal

*To provide exceptional
legal service to our clients.*

This Month's Spotlight

If your next vacation is a camping trip, here is a great change from hotdogs and marshmallows

Shrimp Foil Pack Recipe



Ingredients:

- 1 1/2 lb. large shrimp, peeled and deveined
- 2 cloves garlic, minced
- 2 smoked andouille sausages, thinly sliced
- 2 ears corn, each cut crosswise into 4 pieces
- 1 lb. red bliss potatoes, chopped into 1-in pieces
- 2 tbsp. extra-virgin olive oil
- 1 tbsp. Old Bay seasoning
- 1 lemon, sliced into thin wedges
- 4 tbsp. butter
- kosher salt
- Freshly ground black pepper
- 2 tbsp. chopped fresh parsley leaves

Directions

1. Preheat grill over high heat.
2. Cut 4 sheets of foil about 12 inches long. Divide shrimp, garlic, sausage, corn, and potatoes evenly over the foil sheets. Drizzle with olive oil. Add the Old Bay seasoning and season to taste with salt and pepper. Toss gently to combine. Top each mixture with parsley, lemon and a tablespoon of butter each.
3. Fold the foil packets crosswise over the shrimp boil mixture to completely cover the food. Roll the top and bottom edges to seal them closed.
4. Place the foil packets on the grill and cook until just cooked through, about 10-15 minutes.
5. Serve immediately

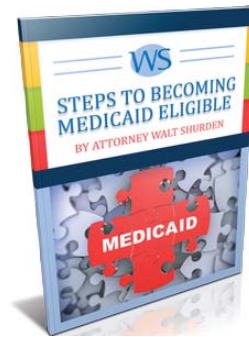
Judy Corbet

Judy has been a volunteer at Seasons Bellaire for two years. She became involved after her dad and aunt became residents there. Judy noticed that many of the residents did not have visitors so she started visiting with them and helping in the dining room. On Fridays she helps them with their outings such as lunch and movies. Judy organizes and facilitates the Family Counsel meetings for family members to discuss their issues and share solutions.



Judy has worked for a dentist in Largo for 24 years and says her volunteer experience has helped her learn how to deal with and assist their elderly patients.

Judy grew up in Tarpon Springs and has a son, daughter-in-law and granddaughter in Lutz. Thank you Judy.



FREE Instant Download Steps to Becoming Medicaid Eligible

Do you or a loved one need help paying for long term care? Does the whole process seem daunting to you?

This short, easy-to-read eBook will help you get past your fears by walking you through specific steps to becoming eligible.

Go to www.waltshurdenlaw.com to get your free download now or call 727-443-2708 to have a copy mailed to you. Click on the "free info" tab at the top and select "library" from the drop-down menu.

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We generally have positive feelings and better perceptions of ourselves when we are traveling, especially traveling for fun, but studies indicate that the benefits of that travel may be lasting and consequential to our senior years.

The Global Coalition on Aging report concluded by saying, "Ponce de Leon visited Florida 500 years ago in search of the mythical Fountain of Youth. Though he did not find it, by traveling, he was on the right track."

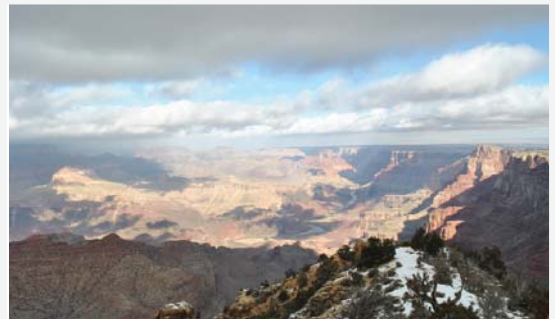
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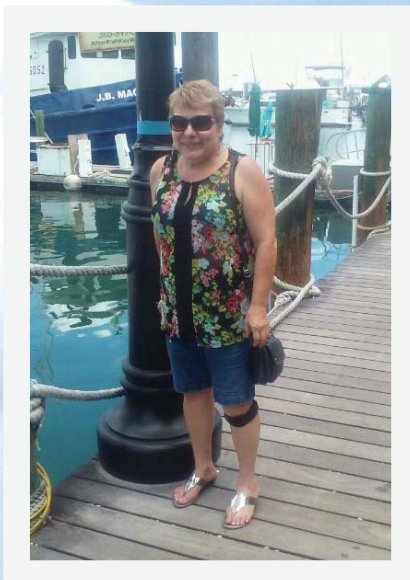
Jen in Aruba



Shurden Family on Whistler Mountain in British Columbia



Grand Canyon, Kathy's trip West



Malisa in Key West



Bette with husband and grandkids, Austin, TX trip

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Legal Term of the Month

Digital Asset – an electronic record in which an individual has a right or interest. The term does not include an underlying asset or liability unless the asset or liability is itself an electronic record. This definition is part of Florida’s new Act titled “Fiduciary Access to Digital Assets” effective July 1, 2016.

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Travels with the Shurden’s



Langley, fishing in British Columbia



Hayes experiencing snow on Whistler Mt., B.C.



Langley in Victoria, B.C.



Whale watching in the Northwest