



LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 35 • NOVEMBER 2022

HEALTHY LIFESTYLE CENTER
ORIENTATION & Social
 Learn about all the new programs we have for you this season!
THURSDAY, NOVEMBER 3
 1:00 - 4:00 pm | Multipurpose Room

Moonlight FITNESS
MONDAY, NOVEMBER 7
 Yoga or Walking • Meet by the Pool at 6:45 pm
 Registration required • 561-495-2806 • fitness@gleneagles.com

Golf Experience Workshop
 Healthy Lifestyle WORKSHOP SERIES with Louis Scorzello, Jr.
Friday, November 18 2:30 pm Multipurpose Room
 Registration Required 561-495-2806

Health Coaching



KAREN MIKUS,
 Healthy Lifestyle Director

Our habits govern our lives. Think about it. No matter how much you know, or how smart you are, it comes down to what you actually do. For example, you can know all the nutrition science in the world, but what do you eat for breakfast, lunch and dinner? You can know all the positive psychology in the world, but do you think the thoughts that serve you? Is your thinking aligned with what helps you?

Behavior change is complicated and complex, and since health is connected to happiness, we know that many of you want to make healthier changes. Kick starting a health plan can be daunting but you don't have to do it alone. Why not consider a health coach?

There are many reasons to consider using a health coach as we detail in this issue of *The Healthy Life*.

Health Coaches can help with a broad

variety of health issues, such as weight loss, stress reduction, the management of chronic conditions, improving diet and exercise, tobacco cessation, addiction, and managing chronic disease like diabetes, high cholesterol and heart condition.

Also new to our menu of services is Patricia Pomareda, Functional Medicine Nurse Practitioner. Learn more inside this issue about Patricia, her upcoming workshops, and a host of services that she provides.

The next issue of *The Healthy Life* newsletter will be out in January, as part of *the Eagle* newsletter.

We look forward to seeing our members returning for another season. We welcome your suggestions and feedback.

Be Healthy,
Karen



Health Coaching

Announcing
a New
Program at
the Healthy
Lifestyle
Center

Why Health Coaching?

Do you know what impedes many people from achieving their best health? Lack of preparation? Lack of willpower? Lack of resources? While those may be factors, research shows that the number one obstacle that people face on their journey towards better health is lack of support. Everyone wants to be healthy, and wouldn't it be nice and encouraging to have someone hold us accountable and ask the right questions, that will

cheer us on and help us create a plan designed with our unique interests and challenges in mind.

What is health coaching?

Just as a sports coach helps an athlete develop and excel at a given sport, a health coach helps people navigate their course to good health. Health coaching requires a foundation of skills that include behavior change techniques, experience and knowledge in diet and nutrition, exercise, sleep, stress,

as well as an understanding of the underlying causes driving chronic illness. With a client-centered approach, health coaches skillfully help people reframe and shift their perspective to redefine themselves and their situations. Coaches act as thinking partners to help clients get 'unstuck' from beliefs and assumptions that hold them back to discover new solutions and actions for long-term behavior changes that they decide for themselves.

Why should you hire a health coach?

People tend to hire health coaches to help them with a wide variety of health issues in order to achieve a variety of objectives, including;

- Stress reduction
- Adequate sleep
- Improved diet
- Personalized plan for exercise
- Effective management of chronic diseases like Type 2 Diabetes
- Effective management of Cardiovascular disease
- Overcome fatigue and low energy
- Keep a sharp, fog-free brain
- Ease digestive issues
- Weight loss

While people may desire to pursue healthier habits and know what to eat or how to exercise, they 'just' don't do it. Working with a coach can close the gap between intention and behavior.

Testimonial: Karen Mikus, Healthy Lifestyle Director



It's not just the research on health coaching that has influenced me, it's my own personal experience.

I have benefited from working with a health coach to create my own vision for health, and then with tiny habit changes, purposefully and consistently worked toward that vision. I improved my diet and nutrition and in the process lost 12 lbs., lowered my LDL cholesterol by 15 points, and found I slept better at night. That, in turn, gave me more energy to get up early in the morning for weight training. Once I had momentum going, one good habit just played off another good habit.

But what was most unexpected is how I look at myself now. That inner critic has quietly recognized the transformation and acknowledges I am that person that I wanted to be: capable of change now and in the future.

What is the time commitment and cost for health coaching?

The first step is a complimentary discovery call (normally 30 minutes) between you and the health coach to make sure that it's a right fit.

You then move forward into with a Foundation Call to discuss strengths, challenges and personal goals. Starting the process to determine areas and issues that you want to focus on (\$75).

The next step is a six-week commitment to complete six thirty minute sessions with your health coach. You have the flexibility to determine the exact arrangement of appointments (\$300).

Total cost \$375.00

The Bottom Line

Health coaching has strong evidence behind it to back its effectiveness for improving health and well-being. It appears to be as effective when administered remotely by phone or internet when compared with face-to-face coaching. This provides great flexibility, as coaching can be performed in person, over the phone, or Zoom.

If you are interested in a health coach, please contact Karen Mikus 561-495-2806 or kmikus@gleneagles.cc.

meet our new HEALTH COACHES



CARISA GOHO

I am a National Board Certified Health & Wellness Coach (NBC-HWC) and a graduate of the Functional Medicine Coaching Academy. My desire to help others thrive, and my belief that we all have everything we need inside to make lasting change, led me to health coaching.

Through health coaching I am able to assist clients in identifying where they are on their own health journey, where they want to be, and together we co-create plans to get there. As an ally and guide, I help clients lean into their strengths and experiences to make their vision of health a reality. Change can be hard but with the right support, tools, mindset, and effort, you can make it happen. I'm excited for the opportunity to join you on your journey.



CYNTHIA DORAN

I am a Functional Medicine Certified Health Coach (FMCHC) and completed my training through the Functional Medicine Coaching Academy, in collaboration with The Institute for Functional Medicine at the Cleveland Clinic. I am also a National Board Certified Health & Wellness Coach (NBC-HWC), having met the training and education requirements that demonstrate command of the coaching competencies that serve as the field's national standards.

I became a health and wellness coach because of my passion to work with individuals to improve their overall health and wellness. Whether you want to tweak your current health goals or you are new to this journey, I can work to personalize the journey for you. My driving passion is to help clients believe in what is possible, and then to walk with them to reach their greatest potential.

Let me support you by helping you find the goals that really matter, which ones align with your dreams and values. I can then partner with you to choose self-monitoring strategies that help you become accountable to your chosen goals. I am excited to embark on this journey with you, and to be your ally as you work to make long-lasting behavioral changes to live your fullest and best life.

Member Spotlight: STAN SILVERMAN

Stan, a 7 year Gleneagles resident, is enjoying a new commitment to better nutrition and consistent exercise. Encouraged by his life partner Dalhia Slutsky to make positive lifestyle changes, he has committed to eating healthy and exercising regularly.

Another recent influence was last November's Shelf Care Zoom event with Dr. Dean Sherzai discussing his book, *The Alzheimer's Solution*. Since that time, Stan has read the book, followed Sherzai's podcast and has shared many nutrition conversations with Karen. His goal is to reduce sweets, cut out saturated fats and

add lots of vegetables to his diet. He will not, however, give up Chef's lamb chops, no matter what.

Stan just recently heard a quote on a nutrition podcast he listens to that resonates with him. "I hope to add years to my life and life to my years." We think it is terrific that Stan has made such positive changes to his lifestyle.



Introducing Functional Medicine Nurse Practitioner

Patricia Pomareda

Patricia Pomareda, Functional Medicine Nurse Practitioner, is joining our Healthy Lifestyle team.

Patricia received her BSN from Nova Southeastern University and received her Master's degree as a Family Nurse Practitioner from the University of Miami. At UM, she received training in Functional, Integrative, and Complementary Medicine at the Osher Center for Integrative Medicine. She is a member of the Institute for Functional Medicine and is board-certified through the American

Association of Nurse Practitioners. After several years of practice, Patricia had the honor of being officially licensed as Autonomous Nurse Practitioner. Her career spans Geriatrics, Urgent Care, Women's Health and Primary Care.

HER PERSONAL STORY

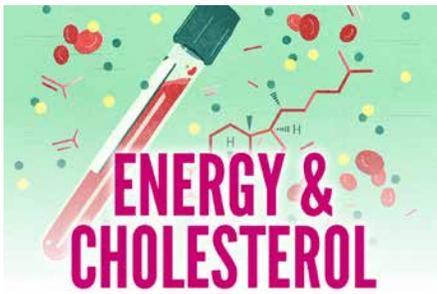
Patricia was diagnosed with thyroid cancer and recently celebrated two years of being cancer free. Prior to the diagnosis, Patricia suddenly developed strange neurological symptoms and panic attacks. Diagnosed as a tired working

mom and put on antidepressant medication, she knew she needed to dig deeper. She pushed for more testing to finally get the diagnosis. The cancer was causing huge hormonal changes that manifested in panic and neurologic issues.

Patricia's experience as someone on the receiving end of healthcare changed the way she practices medicine. By using the Functional Medicine principles of addressing the root-cause of disease, Patricia feels she is uniquely trained to use nutrition, lifestyle and, if needed, medication.



Patricia's Workshops



ENERGY & CHOLESTEROL

with Patricia Pomareda Nurse Practitioner

Thursday November 10 | 4:00 pm Multipurpose Room | Registration Required 561-495-2806

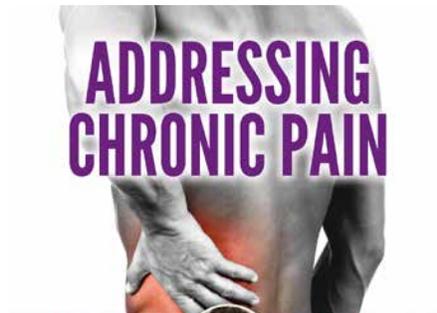
ENERGY AND CHOLESTEROL

Are you low in energy? This workshop will teach you how medicine and foods increase or lower energy. Do you worry about high cholesterol? Are you taking a statin and are not sure if you should be? This workshop will teach you the normal vs. optimal limits of cholesterol, why statins are good and bad, and why cholesterol is important for brain function.

Group activity: How to create change

- Medical Symptom Questionnaire
- Reflection Questions
- Action Steps
- Take-home material

Thursday, November 10 at 4:00 pm in the Multipurpose Room



ADDRESSING CHRONIC PAIN

with Patricia Pomareda Nurse Practitioner

Thursday January 5 | 3:30 pm Multipurpose Room | Registration Required 561-495-2806

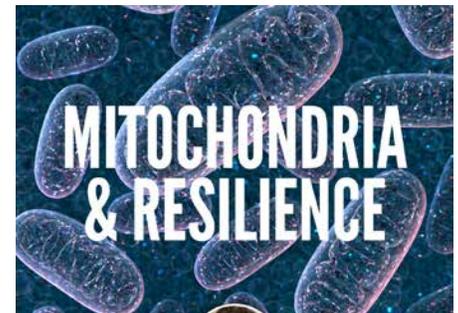
ADDRESSING CHRONIC PAIN

Are you in chronic pain? This workshop will address the mechanisms of chronic pain, mitochondrial (energy cells in your body) dysfunction, vitamins and their role, botanical anti-inflammatories, mind-spirit-body connection, osteopathic manipulative treatment, acupuncture, and more.

Group activity: Guided meditation

- Reflection questions
- Action steps
- Take-home materials

Thursday, January 5 at 3:30 pm in the Multipurpose Room



MITOCHONDRIA & RESILIENCE

with Patricia Pomareda Nurse Practitioner

Monday March 27 | 3:30 pm Multipurpose Room | Registration Required 561-495-2806

MITOCHONDRIA AND RESILIENCE

Optimizing your energy production on a cellular level. Food is energy, the role of antioxidants, important plants to consider, how macro and micro nutrients affect production.

Group activity: make a mitochondrial friendly meal

- Reflective questions
- Action steps
- Take-home material

Monday, March 27 at 3:30 pm in the Multipurpose Room

If you are interested in working with Patricia, here is a list of some of the services she offers:

- Wellness visits
- Sick, problem focused visits
- Nutritional deficiencies
- High Blood Pressure
- Cholesterol Management
- Anemia, fatigue, headaches
- Ear, nose and throat issues
- Anxiety and depression
- Thyroid issues
- Covid treatment
- Post-viral Syndromes
- School and employment physicals

Bingo is BACK!

Bingo is back and the prizes are better than ever. The first three members to turn their Bingo cards in will receive a complimentary Massage, Facial or Reflexology. Amazing! Right? But if you miss those slots, don't give up, at the end of the month we will hold a drawing for one more prize winner.

There are a few options to choose from on the restaurant menu under Fresh Greens and Healthy Lifestyle which will help you win Bingo. The wait staff will be there to stamp your card.

It's easy to win just by attending our events, classes, submitting a testimonial or photo of you working out to the Weekly Photo Gallery. Bingo cards are available in Fitness at the reception desk, spa reception desk and concierge desk. If you have any questions please contact Kathy Brooks 561-495-2806.

NOVEMBER				
B I N G O				
Member Social & Season Orientation 11/3 1-4 MP	Full Moon Walk 11/7 6:45 Pool Deck	Eat Healthy Greens or Healthy Lifestyle Meal	Submit Photo of You Working out to Photo of the week	Meditation Class FRI 11:00 GF
Dance 2 Minutes At Fitness Reception	Partner Strong Walk 11/2 3:30 Pool Deck	Pound Class TUES 5:15 GF	Bring a friend to Balance & Core Class	Attend Golf Workshop 11/18 MP 2:30
Tai Chi Weds 3:00 GF	Eat Healthy Greens or Healthy Lifestyle Meal		Member Social & Season Orientation 11/3 1-4 MP	Bring 2 friends to Golf Workshop
Balance & Core Class Sat 11:30 GF	Bring 2 Friends to the Member Social 11/3	Attend Cholesterol & Energy Talk 11/5 MP 2:30	Tai Chi Weds GF 3:00	Bring a Buddy to the Gym
Partner Strong Walk 11/9 3:30 Pool Deck	Submit HLC Testimonial	Bring 2 friends to the Cholesterol & Energy Talk	Dance 2 Minutes At Fitness Reception	Eat Healthy Greens or Healthy Lifestyle Meal



Spotlight on:

Jason Breland Receiving Agent

As the years move on, it is important for me to stay active. Whether it be running a few miles, an hour at the gym, or even a walk around a local park, keeping in shape is necessary to having a long and healthy life. Sometimes you even need to become one with nature and hike the Appalachian Trail, or at least sections of it.

As we all know sometimes life gets in the way, but I play adult co-ed kickball once or twice a week in the local leagues. I've even gone around the country to play the sport. Yes, kickball is a sport. Ha-ha. It's a far stretch to playing ice hockey, like

I did in my youth, but my girlfriend and I enjoy the physical and social aspect we get from it. When you have a group of friends that are active, it always helps.

I try to be mindful to not over-eat; everything in moderation. Whether it is a smaller piece of cake or two scoops of ice cream instead of three, I've found it helpful to take what you want then put the rest away.

I'm not a fitness or healthy lifestyle guru by any means. I'm just a regular guy trying to carve my path in this thing called life. Enjoy it and embrace it. We only go around once.