

THE GOOD LIFE

A Publication for Members of the Senior Savers Association • Summer 2020

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Safe Entertaining Tips In a COVID-19 World



(eLivingtoday.com) Depending on where you live, restrictions on social gatherings may become less strict in the coming weeks and months. However, many experts caution that care should still be exercised when groups of people gather.

After an extended period without social contact, it's only natural to crave some interaction, and there's evidence that doing so can be advantageous for your mental health. However, taking precautions to protect your physical health, along with your guests', can make for a more enjoyable event.

Keep it contained. Limit your gatherings to a few close friends or family members so if someone does get sick, contact tracing is a simple task. Keep in mind the number of same-household families you invite is more important than the number of people in that family. For example, one family of six that has already been living in close quarters poses a lower risk than three couples living in

separate houses. Also be mindful of your guests' approach to prevention; if they've been less cautious than your family or vice versa, there's room for conflict and anxiety.

Celebrate outdoors. Indoor event spaces naturally have less circulation, meaning potential airborne particles hang around longer. Planning your gathering outdoors helps ensure more free-moving fresh air and more space for guests to spread out and practice social distancing.

Encourage guests to bring their own. It may go against all your good hosting inclinations but hosting a bring-your-own party eliminates shared food and the risk of cross-contamination. You can provide disposable table service (plates, silverware and napkins) and single-serve beverages, but skip the cooler everyone reaches into.

Provide ample, well-spaced seating. Encourage guests to keep some distance from one another by creating comfy seating arrangements. You can take it a step farther by asking guests to bring their own chairs and directing each family to set up its space a reasonable distance from the next.

Make cleanliness a priority. Create stations with hand sanitizer or wipes. You can also create a makeshift sink to minimize trips to the restroom indoors. Provide a spray bottle or bucket, soap and paper towels near the hose for quick clean-ups.

Find more advice for navigating pandemic life at eLivingtoday.com.

Current Board Members

Tim Pabst is an independent television producer and project manager with Fox Sports Midwest. Time has covered over 1500 live events over the past 23 years with a heavy emphasis on professional sports live event production. A listing of teams Tim has produced over the years includes: St. Louis Blues, St. Louis Cardinals, St. Louis Rams, Jacksonville Jaguars, University of Nebraska, Kansas State University, and St. Louis University.

Tom Ebner founded Ebtech Industrial Office, Inc. in 1996 and has since retired. Ebtech Industrial became a global supplier of modular building solutions and offers industry-leading modular buildings, wall partitions and composite panel systems for indoor and outdoor applications at significant savings over traditional construction.

Chuck Budinger worked with the Division of Insurance for 31 years and supervised the approval of life, accident and health policies to be used in Illinois by insurers. Chuck holds personal decorations for his service in Vietnam and he retired from the U.S. Marine Corps Reserve as a Lieutenant Colonel.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Senior Savers Association will be held at 16476 Wild Horse Creek Road, Chesterfield, MO 63017, on Friday, July 31, 2020 at 11:00 a.m. (CST) for election of Directors and for the transaction of such other business as may properly come before the meeting and any adjournment thereof.

The above notice is given pursuant to the By-Laws of the Association.

PROXY Senior Savers Association July 31, 2020 Annual Meeting of Members THIS PROXY IS SOLICITED ON BEHALF OF SENIOR SAVERS ASSOCIATION

The undersigned member of Senior Savers Association does hereby constitute and appoint the President of Senior Savers Association, the true and lawful attorney(s) of the undersigned with full power of substitution, to appear and act as the proxy or proxies of the undersigned at the Annual Meeting of the Members of Senior Savers Association and at any and all adjournments thereof, and to vote for and in the name, place and stead of the undersigned, as fully as the undersigned might or could do if personally present, as set forth below:

1. FOR [], or to [] WITHHOLD AUTHORITY to vote for, the following nominees for Board of Directors: Tim Pabst, Tom Ebner, and Charles Budinger
2. In their discretion, the proxies are authorized to vote upon such other business as may properly come before the Meeting.

This proxy, when properly executed, will be voted in the manner directed by the undersigned member. If no direction is made, this proxy will be voted for the election of directors and officers.

DATED: _____, 2020.

Signature _____

Name (please print) _____

Please date and sign and return promptly to 16476 Wild Horse Creek Road, Chesterfield, Missouri 63017 whether or not you expect to attend this meeting. The Proxy is revocable and will not affect your right to vote in person in the event that you attend the meeting.

Chesterfield, Missouri
July 13, 2019
Date

Delicious Heart Healthy Eating



Beef Stroganoff

Prep Time	Cook Time	Yields	Serving Size
20 minutes	25 minutes	5 servings	6 oz

Ingredients

1 lb lean beef (top round)
2 tsp vegetable oil, divided
3/4 Tbsp finely chopped onion
1 lb sliced mushrooms
1/4 tsp salt
Ground black pepper, to taste
1/4 tsp nutmeg
1/2 tsp dried basil
1/4 C white wine
1 C nonfat plain yogurt
6 C cooked macaroni, cooked in unsalted water

Directions

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in a nonstick skillet, and saute onion for 2 minutes.
2. Add beef to skillet and saute for an additional 5 minutes, turning to brown evenly. Remove from skillet and keep hot.
3. Add remaining oil to skillet; saute mushrooms.
4. Add beef and onions to pan, along with seasonings.
5. Add wine and yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

Tip: If thickening is desired, add 2 teaspoons cornstarch with seasonings; note that these calories are not figured into the nutrients per serving.

Calories	Total Fat	Saturated Fat	Cholesterol	Sodium
499	10 g	3 g	79 mg	200 mg

Percent Daily Values are based on a 2,000 calorie diet.

Find more recipes at www.healthyeating.nhlbi.nih.gov

Source: National Heart, Lung, and Blood Institute



Membership Benefits



Say No to Waiting Rooms

Are you seeking answers to your health questions? Avoid waiting for hours at urgent care or a doctor's office with the 24-Hour Nurse Line, which puts you in touch with a registered nurse over the phone at any time, 365 days a year. These credentialed professionals are specially trained to offer prompt, confidential medical counseling to help you make informed decisions about your health and medical care.

This amazing membership benefit includes:

- Toll-free, confidential availability to registered nurses 24 hours a day
- Guidance and information for dealing with common ailments
- Explanations on what to expect during medical tests
- Help from a registered nurse who can answer questions regarding diagnostic and surgical procedures, a recently diagnosed medical condition, and prescription and over-the-counter medication information.

With a solution like this, you'll save time and get the help you need in the comfort of your own home - and it's all at your fingertips!



As an association member, you can save 15%* when you order flowers and/or gifts from 1800Flowers.com, one of America's top providers of floral and specialty gifts.

You'll enjoy top-quality customer service with same-day delivery on many items. 1800Flowers.com and its gourmet food brand, 1800Baskets.com, offer a wide range of gifts: flowers, plants, plush toys, and balloons, plus gourmet food, gift baskets, cookies, brownies, popcorn, fruit, wine

and spa products. Whether for Get Well, New Baby, Just Because or Bereavement, 1800Flowers.com has the right to give for the right occasion.

*Note: *Prices & Discounts are exclusive of applicable service and shipping charges and taxes. Items may vary and are subject to availability, delivery rules and times. Offers available online and by phone. Offers cannot be combined, are not available on all products and are subject to restrictions, limitations and blackout periods. Prices and charges are subject to change without notice. Void where prohibited. © 2011 1800FLOWERS.COM, INC.*

Visit the Senior Savers website at seniorsaversassn.com for a complete list of benefits

Cancer Care Gets Personal

How Tumor Treatments Are Changing



Last year more than 1.7 million people were diagnosed with cancer in the United States. Cancer can be difficult to treat because each tumor is unique. Scientists are now gaining a better understanding of the changes that lead to cancer—and figuring out how to target them for personalized treatments.

“Cancer treatment is changing at a very fast pace,” says Dr. Patricia M. LoRusso, an NIH-funded cancer treatment expert at Yale Cancer Center. “What somebody got a year ago may not necessarily be the same treatment recommended for another person today.”

For decades, doctors have treated cancers based on where a tumor first started, such as in the lung or colon. But often, a treatment that works well for one person doesn't work as well for another.

Research has revealed that each tumor has a unique combination of genetic changes. Cancer is caused by changes in genes that control the ways cells grow and survive. The cells begin to divide without stopping. They form growths called tumors, and some spread to other parts of the body.

The genetic changes that cause cancer are most often from exposure to sunlight, tobacco, and other things in the environment that can damage genes. But some cancer-causing genes can also be passed down from your parents.

These insights have led scientists to look for the unique genetic features of each person's tumor and then attack those specifically.

“Many times, we're trying to turn off certain pathways in the tumor that are activated

and that cause it to continue to grow,” LoRusso says. This type of treatment is called “targeted therapy” because the drugs target the specific changes in cancer cells that help them to survive and spread.

Doctors can now send a sample of the tumor to a lab to identify important genetic changes. The doctor can then match the unique changes with the treatment that is most likely to help.

“There are several drugs that are now on the market that have made a huge impact in the treatment of several types of cancer,” LoRusso says.

Genetic testing isn't available yet for many types of cancer. NIH-funded studies are looking for ways to develop targeted therapies for more cancer types.

Another approach researchers are taking is to use a patient's own disease-fighting cells, called immune cells, to find and kill cancer cells in their body. Scientists have successfully inserted cancer-fighting genes into a patient's immune cells. Two such therapies were recently approved by FDA. They are the first two gene therapies ever approved by FDA.

Cancer treatment is changing very quickly. Ask your doctor about the newest treatments for your type of cancer.

“It's your right and responsibility to make sure you're getting the right treatment, and that may involve wanting to get a second opinion,” LoRusso advises. Most doctors welcome a second opinion.

Source: www.newsinhealth.nih.gov



The Good Life is published by:
The Senior Savers Association

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and association services, call or write:

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Articles in this newsletter are meant to be informative, enlightening, and helpful to you. While all information contained herein is meant to be completely factual, it is always subject to change. Articles are not intended to provide medical advice, diagnosis or treatment. Consult your doctor before starting any exercise program.

Through membership in the Senior Savers Association, you will enjoy numerous Health, Travel, Consumer, and Business-related benefits.

You can count on us to continuously and aggressively seek out new benefits to add further value to your membership in the association. As always, we invite and encourage your suggestions on ways Senior Savers Association can be increasingly beneficial to you.

While we believe you will be extremely pleased with your overall association membership, we cannot, however, warrant or guarantee the performance of any discount or service.