

THE GOOD LIFE

A Publication for Members of the Senior Savers Association • 2026

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Getting a Grip on Gastroparesis Understanding Slowed Digestion



After you eat, your stomach breaks down the food before pushing it along. How long it takes for your stomach to empty depends on many factors.

Meals that are big, fatty, or high in calories will empty more slowly, but it also depends on your health. Some people have a condition that makes food empty slower than it should. It's called gastroparesis.

Gastroparesis isn't common. But about 1 in 4 people have symptoms similar to those of people with gastroparesis. The only way to know if a person has gastroparesis is to

measure how fast the stomach empties.

“Patients don’t come in telling you they have a gastric delay,” says Dr. Braden Kuo, chief of gastroenterology at Columbia University and New York Presbyterian. “They come with symptoms.”

Those symptoms may include nausea or vomiting, feeling full quickly, and belly pain or discomfort. To diagnose gastroparesis, doctors must rule out other causes, such as a blockage, ulcers, or inflammation, Kuo explains.

“When all those other tests come back negative and the patient still has complaints, then it raises the possibility of gastroparesis,” Kuo says.

Most cases of gastroparesis are idiopathic. That means they happen for unknown reasons. But certain conditions can damage the nerves involved in gut sensations or gut motility.

Uncontrolled diabetes is the most common known cause. High blood sugar can damage nerves, including the vagus nerve. The vagus nerve sends signals between the brain and gut that tell your stomach muscles to contract or relax. They also give you the feeling of fullness after a meal.

Certain autoimmune diseases and nerve damage from viral illnesses can slow digestion, too.

“Many people get sick during a viral illness with gastrointestinal upset and most people recover within a couple of days or a week,” Kuo says. “But some people never fully recover from nausea, vomiting, pain, or discomfort. So the virus somehow changed the nerve endings in the gut and how they function and sense things.”

To better understand and treat gastroparesis, NIH created the Gastroparesis Clinical Research Consortium (GpCRC). For the last 17 years, the GpCRC has enrolled adults and children with gastroparesis to learn more about the disorder and test ways of treating it.

One GpCRC study showed that 9 in 10 people with gastroparesis have abdominal pain. In about 1 in 3, the pain was severe to very severe. Other studies looked at how often people with gastroparesis end up in the emergency room.

Kuo, who is a member of the consortium, mentions studies of tissue samples capturing the whole stomach wall. “We’re really beginning to identify the changes at the cell level, in the nerve endings, and at the inflammatory level that are contributing to these patients’ conditions,” he says.

Researchers are tracking patients over time to see how their symptoms change. Kuo is studying the role of the gut-brain connection and whether a type of talk therapy, called cognitive behavioral therapy, may improve symptoms. This approach helps patients better understand their condition and its connection to the brain. It teaches techniques to relax the vagus nerve. Patients also learn to overcome the fears of eating that often come with gastroparesis. The trial is currently enrolling patients.

“We’re giving them tools they can control that can make a big difference in their clinical outcome,” Kuo says.

Article reprinted from NIH-News In Health

Wise Choices

Consider Your Eating Habits

Gastroparesis can make it hard to nourish yourself. It can help if you:

- Eat more frequent, smaller meals with less fat and fiber.
- Cook and chew your food well.
- Drink lots of water or other liquids, such as clear soups or vegetable juice.
- Take walks after you eat.
- Avoid fizzy drinks, alcohol, and lying down after a meal.

NOTICE OF ANNUAL MEETING OF MEMBERS

The Annual Meeting of the Members of Senior Savers Association will be held at 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131, on Wednesday, March 11, 2026 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

March 11, 2026 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: _____, 2026

Signature _____

Name (please print) _____

Please date and sign and return promptly to 12444 Powerscourt Drive, Suite 500A, St. Louis, MO 63131 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.

St. Louis, Missouri
February 10, 2026

What Is Barrett's Esophagus?



A condition called Barrett's esophagus affects about 5% of adults nationwide. It causes the lining of the esophagus, the tube that carries food from your mouth to your stomach, to change. This raises the risk for getting cancer of the esophagus.

Doctors don't yet know what causes Barrett's esophagus. But some people are at increased risk. The condition is more common in the U.S. than in other countries. People are more likely to have it if they are age 50 or older. Tobacco use raises the risk. So does excess weight around the waist.

Barrett's esophagus itself has no symptoms. But many people with the condition also have gastroesophageal reflux disease (GERD). Symptoms of GERD can include heartburn, chest pain, or nausea. Some people with GERD have problems swallowing.

Doctors usually diagnose Barrett's esophagus by using endoscopy. Endoscopy uses a small flexible tube to see inside the body. Barrett's esophagus is often treated by using the same medications used to treat GERD. Other treatment options can include surgery.

If you have GERD, managing your symptoms can help reduce damage to the esophagus. Your doctor may recommend dietary or other lifestyle changes.

Acid Reflux (GER & GERD) in Adults

Gastroesophageal reflux (GER) happens when your stomach contents come back up into your esophagus. Gastroesophageal reflux disease (GERD) is a more severe and long-lasting condition in which GER causes repeated symptoms or leads to complications over time.

Symptoms & Causes

Gastroesophageal reflux (GER) and gastroesophageal reflux disease (GERD) commonly cause symptoms such as heartburn and regurgitation. GERD may develop when your lower esophageal sphincter becomes weak or relaxes when it shouldn't.

Diagnosis

Your doctor diagnoses gastroesophageal reflux (GER) and gastroesophageal reflux disease (GERD) by reviewing your symptoms and medical history. If your symptoms don't improve with lifestyle changes and medicines, you may need medical tests.

Treatment

You may be able to manage symptoms of gastroesophageal reflux (GER) or gastroesophageal reflux disease (GERD) by making lifestyle changes or taking over-the-counter medicines. Doctors may recommend lifestyle changes, medicines, surgery, or a combination of these treatments.

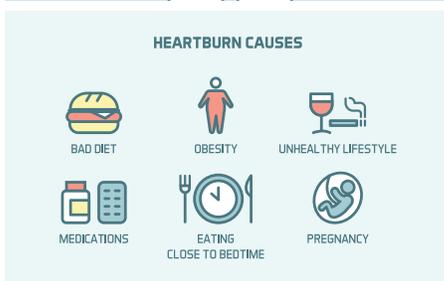
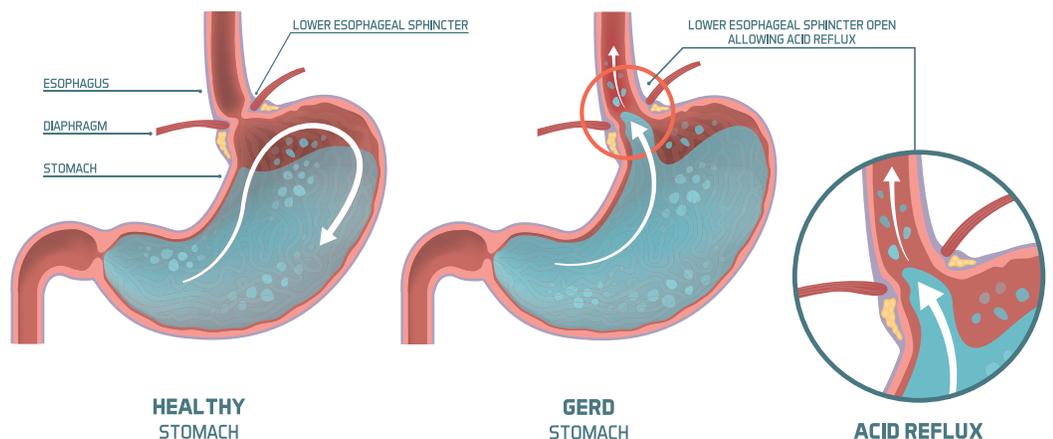
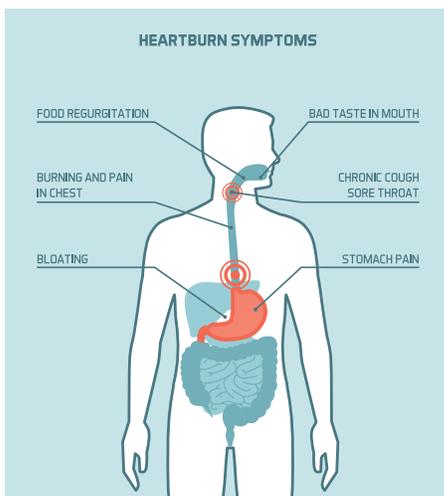
Eating, Diet, & Nutrition

To reduce gastroesophageal reflux disease (GERD) symptoms, your doctor may recommend weight loss if you are overweight or have obesity, eating meals 2 to 3 hours before you lie down, and avoiding foods and drinks that make your symptoms worse.



MEDICINE AND HEALTHCARE
INFOGRAPHIC
MEDICAL TREATMENT AND PREVENTION

GASTROESOPHAGEAL REFLUX DISEASE



SafetyNet^{child} I.D.



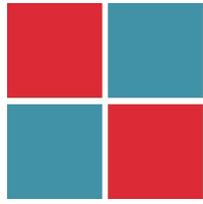
You can't be with your children all the time but you can provide additional protection for those times when they're not with you.

BENEFITS

- Registration of first 2 children is free. Additional children can be registered for a nominal fee.
- For each child you register, you'll receive two wallet-sized cards showing the child's photo and vital statistics, including identifying marks and special medical needs.
- The card also provides instructions for parents on how to quickly notify authorities if an abduction occurs.

By registering your children with SafetyNet Child ID Card Services, authorities will be able to provide faster, more complete help to your child should he/she become missing or abducted.

Visit seniorsaversassn.com
for complete details



Senior Savers Association

The Good Life is published by:
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For information regarding your membership
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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.