



March 2021

<https://boomerbestu.com>

Issue No. 25

50+Living our best lives now and in the future!

A Life of Service Inspired by History

When he was fourteen, Bruce Eastman read Charles Eastman's biography. Charles was “a



Native American Physician and an advocate for Native American rights.” While not a direct descendent, his great

grandfather was a second cousin to this Native physician. Inspired by what he read, Bruce “became interested in both medicine and Native American history.”

Serving as a Navy Corpsman

Bruce was a Navy Corpsman and served as an intensive care nurse. Later, his service included working with SERE (survival evasion, rescue, and escape). “We trained navy aircrew and special forces how to survive if captured in enemy territory and how to survive prisoner of war camps. The brief experience as a SERE instructor taught me that we, as human beings, can survive—even under the most severe circumstances.”

Following His Interest in Medicine

After finishing his military service, Bruce studied to become a Registered Nurse. In 1984, as a nursing student, he cared for the first people in the Memphis, Tennessee, area to die of HIV/AIDS. “This experience led me to become a nurse educator teaching in Tennessee and New Mexico.”

In 2009, Bruce earned a Master of Science in Nursing Education. In 2012, he completed another graduate degree to qualify as an Advanced Practice Nurse, Family Practice Provider. “We are very similar to the Physician Assistant. We have a three-year post-bachelor’s degree and serve as “Certified Nurse Practitioners (CNP). Similar in some ways to physicians, CNPs “diagnose and prescribe medications and treatment for people with illnesses.”

Bruce noted that about 90% of nurses are women. “As a male in a profession dominated by women, it has been a challenge. While there has not been overt discrimination, my experience has included being asked, why I didn’t become a doctor.” As a CNP, Bruce explains, “My preference is the nursing philosophy of caring for the person as a whole human being, not a person with a disease that needs curing.”

Serving and Interacting with the Native American Community

“My fascination with Native American history and culture came to fruition about 12 years ago when I served at several tribal reservations. While serving in Fort Yates, North Dakota, I was invited to participate in or observe various Lakota Sioux ceremonies, including healing and renewal ceremonies.”

“My current activities include interaction with local tribal healing in the Portland and Southern Oregon area as well as North Dakota, Idaho, and South Dakota. I often tell people that my tribal connection is from the Vikings. My belief is that the Vikings came here over the past few thousand years and left their seed in the Native American “Turtle Island” people, as well as in Europe.”

Preparing for Another Way to Serve

Bruce’s next chapter will involve working with his wife, Cindy. He is studying to become a licensed agent. His wife is already an experienced agent. “We are working with Health Markets, a highly rated brokerage that offers health care insurance including Medicare, Medicaid, long-term care insurance, supplemental insurance products, life insurance, and annuity products.”

In addition to insurance, Bruce’s plan “is to work as a Family Nurse Practitioner for short-term contracts, referred to as ‘locum tenens’ in medicine.” This work may range from six weeks to four months, subcontracting as a Family Practice Provider. “My plan is to work about 4-6 months per year in the next 1-2 years. The long hours and grind of full-time, long-term contracts as a provider are not equitable for my health, personality, and lifestyle.”

Finding time to Relax

Bruce enjoys fly fishing. “Fly fishing is a form of moving meditation. Catching a trophy steelhead, salmon, trout, or bass is a bonus for a day of fishing.

When fishing, I will often say to folks, ‘Now let’s worry for the next 10 minutes.’ It’s impossible to fly fish and worry simultaneously.”

In addition to fly fishing, Bruce is a gardener. “I just planted spinach, radishes, zucchini, yellow squash, lettuce peas, beans, and squash in the last few weeks. For the first time, we canned tomatoes, pickles, and squash last year. We’re looking forward to more canning this summer and fall.”



Advice for Others

“Don’t be afraid to diversity. Change or learn new things. Be a dreamer and a visionary. It’s never too late to start a new career, a new hobby, new relationships, or new adventures. With the fastest-



growing demographic in America being people over 100, we are truly only just beginning at 50. Many people stay active and working into their 70s and 80s or beyond. One of my acquaintances recently achieved a Doctorate in Education at 85.”

“Make exercise a part of your daily routine. Find what you enjoy and make time to exercise. For me, it is gardening, walking, fishing, and rockhounding. The possibilities are endless. Exercise is a natural antidepressant. It is an anti-anxiety, antioxidant, anti-inflammatory, sleeping aide, brain and muscle building, healing medicine. We don’t have to “Sweat with oldies” for two hours a day to reap the benefits of exercise. Park further away from the store or use the stairs instead of the elevator.”

Bruce Eastman lives with his wife, Cindy, in Roseburg, Oregon. To reach Bruce, email him BruceEastmanCNPI@gmail.com or call (208) 559-4433.

Exercise & a Healthier Heart

An [article](#) from Johns Hopkins Medicine states, “One of the very best gifts you can give your heart is physical activity.” Exercise can help lower blood pressure, lower stress levels (which can tax our hearts), stop or slow the development of diabetes, strengthen muscles, reduce inflammation, and help with weight control—excess weight is “a risk factor for heart disease and stroke.”

Health Insurance & Closing the Gaps

By Cindy Eastman

Many people are not aware of the many choices that are available today to fill in the gaps that are not covered in health insurance policies. For example, many people still believe that Medicare will cover long-term expenses for someone who needs help daily with the activities of daily living even though Medicare does not. And, many people have gaps in their health insurance that can be very costly but can be easily covered with a form of supplemental insurance designed to close that gap.



It's very smart to find out early what your insurance does and does not cover and learn about the many choices you have to pick from - before it's too late to make that choice. These supplements are available to people of all ages. At any age, an educated consumer will be much more likely to make the best choice for themselves.

Cindy is a licensed health insurance agent with HealthMarkets. She can be reached at (541) 733-8383 or by email: ceastman@healthmarkets.com

Air Ambulance Sticker Shock

In late February, my husband experienced an unexpected medical emergency and had to be air-

flighted 140 miles away to a hospital equipped to handle his situation.

When we found out the air-ambulance bill was a little over \$50,000, we wondered if we should have enrolled in a ground+air ambulance membership for only \$130 per year. Since we hadn't enrolled, we hoped that Medicare and our supplemental insurance would help with the charges. *What do you think?*

- A. Tough luck. You should have purchased a ground+air membership.
- B. Medicare will pick up all but 20% of the bill. You will still owe \$10,000.
- C. You may owe less than 20% of the total invoice.

To find out if and how much Medicare and supplemental insurance is covering, click [here](#).

Register Now: April Webinar

[Ben James](#), CFA, CFP, is the founder of Elevate Wealth Management and the author of [The Playbook: 7 Fundamentals of Financial Planning](#). Ben is offering free quarterly webinars on the Playbook process.



The next webinar will be held on Wednesday, April 28, 2021, from 5:30 p.m. to 6:30 p.m. The topic will be: **Understanding Your Goals and Objectives.**

“We document our goals because it's the first step in successfully accomplishing them. We clearly articulate our goals so those who help us understand what we are after. Finally, spending time on our goals allows us to reflect and refine them.”

Moderator: Ben James, CFA, CFP

Guest Speakers: Brian and Maryann Remsburg, owners of Adventurous Life Coaching

To register for the free April webinar, click [here](#).

Aerobic Exercise & Brain Health

A Mayo Clinic Proceedings [review](#) involving numerous studies on dementia suggests that aerobic exercise can help reduce the risk of dementia.

A Mediterranean Diet?

In various studies, individuals adhering to a Mediterranean diet or similar (olive oil, nuts, fish, poultry, fruits, vegetables, and whole grains.) had less cognitive [decline](#) as they aged than those who didn't follow a healthy diet. A Mediterranean diet has also been associated with better [heart health](#).

[The Blue Zones](#) research highlights some of the regions in the world with the greatest longevity. One of those regions is the Greek Island of Ikaria, where the inhabitants have the highest “adherence to the Mediterranean diet in the world.” Interestingly, their rate of dementia is “one-fifth the rate of dementia as Americans of similar age.”

Retirement Planning Workshop

Starting on April 27, Marianne Oehser, MM, CRC, is offering a 5-week virtual workshop called “Making Retirement the Happiest Time of Your Life.”

Marianne will guide workshop participants “to explore and unfold a vision of what will make their life happy and fulfilling” in retirement.



To learn more about the workshop and to register, click [here](#).

To schedule a free one-on-one call to explore whether the workshop is right for you, click [here](#).

Marianne Oehser is the author of [Your Happiness Portfolio for Retirement: It's Not About the Money](#) www.RetireandBeHappy.com (239-216-3030)

Retiring to the Recliner?

Imagine knowing that you could have 20-30 years or more ahead of you after ‘retiring’ from your career. How do you want to spend those years?

Most of us can't imagine spending half of our available opportunity-time sitting in a recliner and watching television. Yet a [2019 Pew Research Study](#) found that on average, older adults 60+ were doing just that—following the path of least resistance and passing away the hours in front of a screen.

Once this lifestyle becomes a habit, motivation to do anything different will drop. Besides, if we don't resist this path, our overall health and well-being will likely be affected.

Take time to consider what you really want your life to “look like” in the years ahead. What's your retirement vision?

Boomer Best U Newsletter's 25th Issue

Over the past 25 months, it has been an honor to write stories about people who have embraced positive aging to the fullest. Feature articles have included insights and personal stories from individuals who know a thing or two about living their best lives now and in the future.

Our featured individuals are growth-oriented and fully engaged in life. We have shared stories about authors, activists, business owners, creatives, educators, retirement experts, volunteers, and gleeful, ‘work optional’ life explorers.

We have so much to learn from each other! Thank you to all who have shared knowledge, some of your passions, and parts of your lives with us.

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