

Age Well

DIGEST



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LONGEVITY LOUNGE

Want to age well? Help others.

"At the end of the day, it's not about what you have or even what you've accomplished. It's about who you've lifted up, who you've made better. It's about what you've given back." - Denzel Washington

We're living in an age where uncertainty tends to amp up anxiety. When that happens, some people choose to retreat and focus on themselves.

That's the worst thing you can do. Beyond diet and exercise, connection with others is a huge catalyst for healthy aging. When you can link these connections to purpose & meaning, that's when the health benefits soar.

Studies show engagement with humans (not screens) can significantly boost longevity and healthy aging. Ditto for staying engaged in work you enjoy, be it income-generating or volunteer pursuits.

Keep in mind, it doesn't take a huge leap to drive an uptick. Often, it's the little things we do consistently over time that make a difference. It might start with an invitation to catch up with a friend over coffee.

Our mission at Age Well Dayton is to promote happy and healthy aging and the best way we can advance this mission is to point you to others (individuals or organizations) who are best poised to support you on this longevity journey.

And rest assured, we're constantly vetting resources before we ever recommend them.

Are there people or organizations in Greater Dayton that inspire or support you on your longevity journey? Email me (donna@agewelldayton.com) and we'll take a closer look to determine if/how we might showcase them in future editions of our digest, because together, we're better.

Cheering you on!

A handwritten signature in cursive script that reads "Donna".

VIDEO

Mastering the Medicare Maze

This month, we're showcasing a recent interview with Marisa O'Neill and Kevin Lowden at RetireMed, an organization that's helping us all to make smarter decisions around healthcare insurance coverage, now and into the future.

This conversation is not only helpful for those who have retired. It's also good for pre-retirees who are beginning to take a closer look at Medicare options that are constantly changing.

[Click here to watch this 12-minute interview!](#)

You'll also find a wealth of insights on their website:
<https://www.retiremed.com/>.



VOLUNTEERISM

Join the Foster Roster at the Humane Society of Greater Dayton

[CLICK HERE TO LEARN MORE](#)



It was such a delight to meet with Ashley Schmitt, Corporate Relations Coordinator at the Humane Society of Greater Dayton (HSGD) to learn more about their organization.

Volunteers are the lifeblood of HGSD with a crew of 720+ people that's growing. Ashley shared an assortment of assignments that would be a great fit for animal lovers.

One volunteer opportunity that might be a great fit for retirees who travel from time to time: Joining their Foster Roster!

Essentially, HGSD is looking for people who can provide loving care and temporary housing for animals not ready to find their forever homes. Foster assignments can run from two weeks to two months and commitments throughout the year are flexible. You can foster once a year, once a season, or as often as you'd like.

Sounds like a fun project for grandparents, too. Imagine the adventures and teachable moments as your grandchild assists you with pet caregiving tasks.

Intrigued? [Click here for more info](#) or email **Ashley: aschmitt@hsdayton.org**.

FOOD FOR THOUGHT

Cool vs. Good: Which pathway works best for elders?

New York Times bestselling author Dan Pink shared an interesting post recently.

Referencing a study from the Journal of Experimental Psychology, he explored six common traits researchers spotted for people others considered "cool."

- Extroverted (outgoing)
- Hedonistic (enjoys life)
- Powerful (has influence)
- Adventurous (takes smart risks)
- Open-minded (curious)
- Autonomous (doesn't follow the herd)



But here's the twist: Cool ≠ Good

Cool people are admired. Good people are trusted. Being both is rare.

What traits are spotted more often among the "good" crowd?

Warm. Secure. Calm. Conscientious. Caring across groups.

He goes on to share...

Cool → attention and status

Good → connection and respect

When you're younger, cool may win more often. As you get older, good is the pathway elders tend to follow.

Loved the tip Dan Pink shared at the end of his post...

"You don't need to be cool. You need to be real and a little brave."

Is it time for a Medicare check-up?



As the seasons change, so do your health coverage needs. Now is the time to review your Medicare plan and make sure it still works for you or someone you care for.

Medicare Annual Enrollment is Oct. 15 – Dec. 7.

Each year, it's smart to take a fresh look at your plan. RetireMed's licensed advisors can compare your options and, if needed, help you switch to a plan that delivers more value.

Do you have both Medicare and Medicaid?

Big changes are coming to MyCare Ohio on Jan. 1, 2026. If you're enrolled in MyCare Ohio—or eligible for both Medicare and Medicaid—you may need to take action to ensure continued coverage. Our advisors can determine if these changes apply to you and what steps to take.

Whether you're new to Medicare or simply want to confirm your plan is still a good fit, RetireMed's local advisors are here to help. Meet with us in person at our Miamisburg office, by phone, or video.

Call 937.606.3633
retiremed.com/awd

 **RetireMed**

FINANCIALS

Navigating Money Matters in Retirement



On October 14th (10am to 11:30am), we're hosting a workshop at the Woodbourne Library in Centerville featuring three experts who will share insights to consider, as you continue to fine-tune your own retirement strategy.

While this event is free, seating is limited. [Click here to reserve your seat.](#)

Expert #1: Kevin Lowden, RetireMed

How soon before age 65 should we start exploring Medicare options? What and when is the Annual Enrollment Period? If I'm working longer, beyond age 65, how might that impact Medicare timing? What additional considerations should I factor in?

Expert #2: Sommer Bradds, Caring Transitions of South Dayton

Downsizing & Decluttering - how do you help seniors make progress on this daunting task? With a lifetime of treasures, how do we discern what to sell, what to donate, and what to pitch? Adult children are often involved - how can we ease their concerns?

Expert #3: Julie Brown, CFP, McKinley Carter Wealth Services

At what point does it make sense to explore a financial advisor? Early career? Mid career? Late career? For couples, often one person takes the lead in managing investments. What conversations might happen sooner to ensure strong financial footing later?

WORK IN RETIREMENT

Could a Del Mar Encore Fellowship be Your Best Encore?

The Del Mar Encore Fellows Initiative at The Dayton Foundation is changing the conversation around aging. Since 2017, this initiative has been harnessing the talents and expertise of Greater Dayton's retired adults to aid area nonprofits and move the needle on community initiatives.

FYI: I'm not just a big fan of this program. I enjoyed three glorious years as a Fellow!



Interviews are underway to select the next group of Fellows. Below are three new Fellowship opportunities posted as of today.

Fellows typically work 20-24 hours each week. Annual compensation is \$36,000. [More details and job postings here.](#)

Air Camp, Inc. - Fellow will play a pivotal role in advancing the vision and development of the STEM Talent Development Complex.

SICSA Pet Adoption and Wellness Center - Fellow will play a pivotal role in developing SICSA's One Welfare Program.

Yellow Springs Home, Inc. - Fellow to help lead two transformative initiatives that expand access to quality, stable housing in Dayton, Ohio.

AGING MYTHS

Cracker Barrel's Rebranding + A New Twist



The Cracker Barrel rebranding earned lots of attention. Recently, Ike Theodore Umannah, Chief Strategy Officer for Global Markets at the US Department of Commerce suggested a brilliant twist that would have fared better. Here's an excerpt:

Cracker Barrel tried to shove Uncle Herschel into the retirement home, praying no one notices he is missing at next year's family reunion.

What they should have done was let him rock on the porch, proudly introducing us to his younger, hipper granddaughter Ella from the city.

Keep Uncle Herschel... The biscuits... The general store... The peg games... The old timers at the first table by the door.

Add a new offshoot. His granddaughter's place: "Ella's Kitchen by Cracker Barrel." Something lighter, younger, culturally aware, made for today without erasing yesterday.

She lives in the city. She orders avocado toast and still sneaks a dumpling off Uncle Herschel's plate. Most days she picks healthier options, but when the latest "situationship" crashes, she demolishes the 2,000-calorie casserole and a slice of pie while Ubering home.

Gen Z doesn't drive, and no one Ubers to the highway. Ella belongs in streamlined venues near the city, not massive highway footprints. Yet when she ties on Grandpa's apron, you still see her roots.

Cracker Barrel didn't need to kill off Uncle Hershel. Keep him and add Ella.

That is how you honor your roots. That is how you protect brand equity, instead of burning it. And that is how you make damn sure the next generation still shows up at the family reunion.

NUTRITION

ThriveWise 360 Hosts "The Wise Kitchen Table"

Having attended several ThriveWise Connections monthly events, I can attest these are excellent to get smarter and meet others. Monday October 13th is their next one, where nutrition and cooking is the focus. Registration is FREE - details below.

Navigating Aging with Wisdom & Wellness

This program will focus on the foundation of balanced nutrition, nutrition challenges & solutions, smart shopping & cooking, and cultural comforts & food stories. Finally, let's talk about the social side of eating. We'll explore how food fuels our strength, memory, and spirit as we age.

Monday, October 13, 2025, 11:30AM - 1:00PM

Meadowbrook at Clayton 6001 Salem Avenue, Clayton, OH 45315

Light & healthy refreshments will be available.



[CLICK HERE TO REGISTER FOR THIS FREE EVENT](#)

EVENTS

Learning & Networking Opportunities

Thursday, September 25, 2025 (1pm to 2pm)

Chat GPT Made Simple: Discover How AI Can Make Your Life Easier

Senior Tech Connect/Online workshop

More info [here](#).

Thursday, October 2, 2025 (8:00am to 5:00pm)

Business of Aging/Healthcare: More Than Medicine

St. Mary Development Corporation/NCR Country Club

More info [here](#).

Monday, October 13, 2025 (11:30am to 1pm)

Navigating Aging: The Wise Kitchen Table

ThriveWise Connections/Meadowbrook at Clayton

More info [here](#).

Tuesday, October 14, 2025 (10am to 11:30am)

Age Well Dayton: Money Matters in Retirement

Age Well Dayton/Woodbourne Library, Centerville

More info [here](#).

Wednesday, October 15, 2025 (11am to 12 noon)

Level Up Your Medicare Fitness: Pizza & Planning

YMCA of Greater Dayton - West Carrollton YMCA

More info [here](#).

Thursday, October 16, 2025 (2pm to 4pm)

Inflamm-Aging and Fall Prevention

Ally Wellness/Springfield, OH

More info [here](#).

Wednesday, October 22, 2025 (6pm to 7pm)

Navigating the Medicare Maze

Warped Wing Brewery & Smokery, Huber Heights

More info [here](#).

Thursday, October 23, 2025 (5pm to 6pm)

Medicare 101: Pizza & Planning

The Pickle Lodge, West Chester Township, OH

More info [here](#).

JOIN THE MOVEMENT

What is Age Well Dayton?

AWD is a dynamic hub to explore resources and inspiring stories, with special focus on serving three core audiences:

- Recent Retirees
- Pre-Retirees
- Adult Children



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