

ACTIVE *Seniors* 2025

Lampasas  Dispatch Record

SMART DIETS
LOWER STROKE
RISK

THE LATEST
ANTI-AGING
SECRET

TEXTING
WITH YOUR
GRANDCHILDREN

WHY SENIORS
ARE EMBRACING
SHORT-TERM
RENTALS
IN LAMPASAS

SENIOR-FRIENDLY

*Garden
Projects*

AND DIY TIPS





From left to right: Lee Loeffler (30 yrs), Annie Trotter (25 yrs), Ladonna Bishop (20 yrs), Jennifer Wiley (25 yrs), Donna Roberts (40 yrs), Kelvin Barkowsky (42 yrs)

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contents

WHY SENIORS ARE EMBRACING SHORT-TERM RENTALS IN LAMPASAS

28



24

Amy McDaniel

Combines
Movement with
Philanthropy

- **5. FEATURE**
Stand Tall and Protect Your Feet
- **7. GRANDCHILDREN**
Communicating with Text Lingo
- **8. NUTRITION**
Smart Diets Lower Stroke Risk
- **10. WELLNESS**
Diabetes: Questions and Answers
- **12. CLINICAL RESEARCH**
Dr. Vanna Gold Addresses
The Future of Healthcare
- **13. RECIPE**
Salmon and Spinach Power Bowl
- **14. FEATURE**
The Latest Anti-Aging Secret
- **16. GARDENING**
Senior Friendly Garden Projects
- **20. HEALTHY MIND**
Exercise Your Brain
- **22. RECIPE**
Game Night Crispy Baked
Zucchini Chips
- **26. EXERCISE**
Pilates for Seniors
- **30. FINANCE**
Estate Planning: What You Need
Now, Not Later

Stand Tall and Protect Your Feet

By Alyssa Ingram



If the shoe doesn't fit, don't wear it. That could be the best health advice you've ever heard. Healthy feet and ankles are essential to staying active, feeling good and enjoying everyday life.

But it's not all about the shoe. • According to Podiatrist Kenneth Leavitt, DPM, wearing the right shoe is significant for healthy feet, but it is even more important to address aches and pains in the feet and ankles. "Foot pain is associated with diverse conditions and should not be ignored," he says. *"Pain that interferes with the ability to work or enjoy an active lifestyle may be treated or permanently corrected with or without surgery."*

Recognized for his advanced surgical techniques and comprehensive problem-solving, Dr. Leavitt emphasizes accurate diagnosis, patient compliance, and patience in the recovery process for optimum results. *"A surgical option is rarely the only option," he said, adding that comprehensive evaluation and discussion with each patient is essential before recommending a treatment plan.*

"The first step in evaluation is an x-ray of both feet," he explains. "Although a patient may experience pain in only one foot, a structure comparison helps in the diagnosis. Many congenital deformities or conditions are invisible, not causing a problem until later in life, for example. It is important to diagnosis or rule out such conditions as we investigate the source of pain."

"Each patient is different, with a customized treatment plan whether he or she suffers bunion pain, arthritis, an injury, heel spurs, or other foot conditions," Dr. Leavitt says. "But I do give each surgical patient the same advice. If you want to fix the problem, be prepared to spend a good amount of time in the healing process. It takes from six to 12 weeks for full recovery to avoid future problems and potential deformity."

Dr. Lenneth Leavitt is the Chief of Podiatry, New England Baptist Hospital, and is also affiliated with Physicians of New England Baptist Hospital at Cape Cod, Massachusetts. 

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ADVERTISER INDEX

AdventHealth.....	32
Anytime Fitness.....	27
First Texas Bank.....	2
Elisa Grace Med Spa+ Boutique.....	15
Garrett Management.....	23
Gringo Gardens.....	17
Hancock Park Golf Course.....	27
Inner Groove Records.....	23
Lampasas Assisted Living.....	3
Lampasas Dental Center.....	19
Lampasas Dispatch Record.....	6, 9
Lampasas Lawyer, PLLC.....	31
Langston Gallery.....	23
Moonie's Hemporium & Spirits.....	23
Radiance Clinical Research.....	11
Sneed-Carnley Funeral Chapel.....	19
Sulphur Creek Urgent Care.....	21
The Spur Collection.....	28, 29
Texas First Conservative Alliance.....	5
Texas Legato Winery.....	14
WT Excavation LLC.....	18



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- eager to create memories with their grandchildren

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Texting

With Your Grandkids

By Ellie Gardner

CAN YOU READ THIS?
FYI, RSVP, ASAP, AND BYOB?

NO PROBLEM, RIGHT?
(FOR YOUR INFORMATION, PLEASE
RESPOND AS SOON AS POSSIBLE,
AND BRING YOUR OWN BEVERAGE.)

BUT HOW ABOUT THIS ONE:
IBRB, 4COL B4N?

DON'T WORRY—IT'S NOT A
SECRET CODE, IT'S JUST THE
FAST-MOVING LANGUAGE OF
TEXTING:
(I'LL BE RIGHT BACK, FOR CRYING
OUT LOUD, BYE FOR NOW.)

Welcome to the world of emojis, acronyms, and shortcuts—where fewer letters say more. If you're already comfortable with FaceTime, texting, and maybe even sending the occasional meme, you're ready to take your communication to the next level: speaking your grandkids' language.

Why It Matters

Whether they're 8 or 18, your grandchildren are likely glued to their phones. Texting them in a way they understand helps keep the bond strong, especially if you're miles apart. Plus, learning their lingo shows you're not just



keeping up—you're in the loop.

Essential Texting Acronyms to Know

Here's a fun, friendly list to help you keep up—and maybe even impress them a little:

- GTG – Got to go
- BRB – Be right back
- OMW – On my way
- IDC – I don't care (use cautiously!)
- LOL – Laughing out loud
- TBH – To be honest
- TTYL – Talk to you later
- SMH – Shaking my head
- ICYMI – In case you missed it
- RN – Right now
- ILY – I love you

Fun with Symbols & Smileys

Some of these shortcuts aren't words at all—they're made from punctuation marks and letters. They add expression and emotion to texts, even without emojis.

- :) or 😊 – Happy
- :(or ☹️ – Sad
- :D or 😄 – Big smile
- ;) or 😉 – Wink
- <3 or ❤️ – Heart
- :P 😜 – Playful / sticking out tongue
- RME 🙄 – Rolling my eyes (a

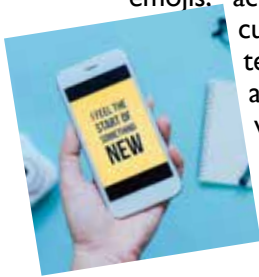
favorite among teens)

Newer Acronyms Your Grandkids Might Use

- FR – For real
- GOAT – Greatest of all time (you might be their GOAT!)
- FOMO – Fear of missing out
- BTW – By the way
- OOTD – Outfit of the day
- LMAO – Laughing my a** off (use with caution!)
- BFFR – Be for real (like "seriously?")
- NM – Not much (as in "What's up?" "NM, u?")
- IDK – I don't know
- TMI – Too much information

Tips for Texting Like a Pro

1. Don't overthink it. A simple "Hi, how's your day?" goes a long way.
2. Use emojis. They're universal and fun. 🍕👍🙌
3. Ask them to teach you! Grandkids love turning the tables and being the teacher.
4. Keep messages short. One or two sentences is perfect for a quick check-in.
5. Use speech-to-text. If typing is tricky, just speak your message and let your phone do the work. 🗣️



SMART DIETS LOWER STROKE RISK

By Grant Parker



Read this if you have never had a stroke. Follow these guidelines and you may never have one. The American Heart Association (AHA) and American Stroke Association (ASA) confirm that diets high in vegetables, whole grains, fruit and nuts are significant factors in lowering the risk of a first-time stroke. Recently updated guidelines published in AHA's journal, *Stroke*, indicated that eating Mediterranean or DASH (Dietary Approaches to Stop Hypertension)-style diets, regularly engaging in physical activity and keeping your blood pressure under control can lower your risk of a first-time stroke.

"We have a huge opportunity to improve how we prevent new strokes, because risk factors that can be changed or controlled —

especially high blood pressure — account for 90 percent of strokes," said James Meschia, M.D., lead author of the study and professor and chairman of neurology at the Mayo Clinic in Jacksonville, Florida.

Diet Lowers Risk

- Eat a Mediterranean or DASH-style diet, supplemented with nuts.
- Monitor high blood pressure at home with a cuff device.
- Keep pre-hypertension from becoming high blood pressure by making lifestyle changes such as getting more physical activity, eating a healthy diet and managing your weight.
- Reduce the amount of sodium in your diet; sodium is found mostly in salt.
- Visit your healthcare provider annually for blood pressure evaluation.
- If your medication to lower blood pressure doesn't work or

has bad side effects, talk to your healthcare provider about finding a combination of drugs that work for you.

Mediterranean-style or DASH-style diets are similar in their emphasis on fruits, vegetables, whole grains, legumes, nuts, seeds, poultry and fish. Both are limited in red meat and foods containing saturated fats, which are mostly found in animal-based products such as meat, butter, cheese and full-fat dairy. Mediterranean-style diets are generally low in dairy products and DASH-style diets emphasize low-fat dairy products.

Don't Smoke

Smoking and taking oral birth control pills can significantly increase your stroke risk. If you're a woman who experiences migraines with aura, smoking raises your risk of stroke even more than in the general population. 

SPINACH GARBANZO RAISIN *Pasta*

Mediterranean Diet Recipe
Recommended by the Mayo Clinic Staff

Ingredients

- 8 ounces farfalle (bow tie) pasta
- 2 tablespoons olive oil
- 4 garlic cloves, crushed
- 1/2 can (19 ounces) garbanzos, rinsed and drained
- 1/2 cup unsalted chicken broth
- 1/2 cup raisins
- 4 cups fresh spinach, chopped
- 2 tablespoons Parmesan cheese
- Cracked black peppercorns, to taste

Directions

1. Fill a large pot 3/4 full with water and bring to a boil.
2. Add the pasta and cook until al dente (tender), 10 to 12 minutes, or according to the package directions. Drain the pasta thoroughly.
3. In a large skillet, heat the olive oil and garlic over medium heat. Add the garbanzos and chicken broth. Stir until warmed through. Add the raisins and spinach. Heat just until spinach is wilted, about 3 minutes. Don't overcook.
4. Divide the pasta among the plates. Top each serving with 1/6 of the sauce, 1 teaspoon Parmesan cheese and peppercorns to taste. Serve immediately.



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A photograph of a hand holding a rolled-up newspaper. The newspaper is the Lampasas Dispatch Record, showing columns of text and some small images. The hand is positioned in the foreground, with the newspaper behind it.

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Diabetes Questions and Answers

By Ellie Gardner

Diabetes kills more Americans each year than breast cancer and AIDS combined.

An estimated 20 million adults and children in the United States have diabetes.

More than one-third of those with diabetes have not yet been diagnosed.

Two out of three people with diabetes die from heart disease or stroke.

Those are the facts, says the American Diabetes Association, in its on-going awareness, educational and research campaigns. While research and technology are making it easier to treat diabetes, the disease remains a prevalent major healthcare concern. Seniors are not immune to the condition; it can occur at any age, with serious complication if not diagnosed and treated

properly.

Does Eating Sugar Cause Diabetes?

The answer is not a "yes" or "no." Type 1 diabetes is caused by genetics and unknown factors that trigger the onset of the disease; type 2 diabetes is caused by genetics and lifestyle factors.

Being overweight does increase your risk for developing type 2 diabetes, and a diet high in calories from any

source contributes to weight gain. Research has shown that drinking sugary drinks is linked to type 2 diabetes.

The American Diabetes Association recommends that people should avoid intake of sugar-sweetened beverages, including non-diet soda, sweet tea and energy drinks, to help prevent diabetes. Such drinks raise blood glucose levels and can provide several hundred calories in just one serving.

If I Have Diabetes, Do I Have to Eat Special Diabetic Foods?

A healthy meal plan for diabetics is generally the same as a healthy diet for anyone – low in saturated and trans fat, moderate in salt and sugar, with meals based on lean protein, non-starchy vegetables, whole grains, healthy fats and fruit. Diabetic and "dietetic" foods generally offer no special benefit. Most of them still raise blood glucose levels, are usually more expensive and can also have a laxative effect if they contain sugar alcohols.

What About Starchy Foods?

Starchy foods can be part of a healthy meal plan, but portion size

is key. Whole grain breads, cereals, pasta, rice and starchy vegetables like potatoes, yams, peas and corn can be included in your meals and snacks. In addition to these starchy foods, fruits, beans, milk, yogurt, and sweets are also sources of carbohydrate that you need to count in your meal plan.

How Much Carbohydrate Can I Have?

A place to start is about 45-60 grams of carbohydrate per meal. However, you may need more or less



carbohydrate at meals depending on how you manage your diabetes. You and your health care team can figure out the right amount for you. Once you know how many carbs to eat at a meal, choose your food and the portion size to match. For more information on diabetes visit the American Diabetes Association at www.diabetes.org.



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Shaping the Future of Health Care:

Q&A with Dr. Vanna Gold, Principal Investigator at Radiance Clinical Research



What Is Clinical Research?

Dr. Vanna Gold:

Clinical research is how we move medicine forward. It involves studying people—either those with specific health conditions or healthy volunteers—to better understand diseases, treatments, and how the human body responds. Clinical trials, one of the most common types of research, test the safety and effectiveness of new medications, procedures, or devices. These studies are essential for discovering new ways to prevent illness, improve diagnosis, and refine treatment strategies. Without clinical research, there would be no medical advances.

Who Can Take Part in a Clinical Trial?

Dr. Gold:

Each trial is designed for a specific group of people, based on what's being studied. To determine eligibility, we look at inclusion criteria (what qualities a participant must have) and exclusion criteria (what would disqualify someone). These might include:

- Age
- Gender
- Diagnosis and stage of illness
- Medical history
- Previous treatments or trial participation

Some studies need participants with specific conditions, while others are open to healthy volunteers. We evaluate every person carefully to ensure their safety and that the study results are reliable.

Why Should Someone Consider Participating?

Dr. Gold:

Participating in clinical research is a powerful way to contribute to the future of health care. It's thanks to research volunteers that we have the treatments we rely on today. Some key benefits include:

- Access to new treatments not yet available to the public
 - High-quality medical care and frequent health monitoring
 - Compensation for your time and travel in many studies
 - The satisfaction of contributing to meaningful scientific progress
- And it's all done in a secure, confidential setting close to home.

Are Clinical Trials Safe?

Dr. Gold:

Safety is always our top priority. All clinical

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trials follow strict guidelines set by regulatory agencies. Before any study begins, it must be reviewed by an ethics board to ensure it's designed with patient welfare in mind.

We discuss any known side effects with participants in detail, and our team is always available to answer questions. You'll never be rushed into a decision—your participation is entirely voluntary.

Is There a Cost to Participate?

Dr. Gold:

No, there is never a cost to you or your insurance. In fact, most of our studies offer compensation for participation. We want to make it easy for people to get involved without financial concerns.

What's New at Radiance Clinical Research?

Dr. Gold:

We're excited to share that Radiance Clinical Research is moving to a new, upgraded location at 209 S. Key Avenue in Lampasas in early 2026! Our new space—Suite 209—will be fully remodeled to include modern exam rooms and expanded office areas.

The exterior of the building and parking lot will also be updated, creating a more comfortable and accessible experience for all visitors. We're committed to providing top-tier clinical research in a welcoming, professional environment.

How Can Someone Get Involved?

Dr. Gold:

If you're curious about participating in a clinical trial, we'd love to speak with you. Whether you're managing a chronic condition or simply interested in supporting medical research, we have a variety of studies that may be a good fit.

- Call Radiance Clinical Research at 512-556-4130.

- Visit us at www.radianceclinical.com

Or stop by our current location at 207 West Ave. E in Lampasas to learn more. We're happy to answer questions and guide you through the process.

Dr. Vanna Gold

***Principal Investigator, Radiance Clinical Research
Lighting the Way to Medical Breakthroughs***

RECIPE



By Nellie Palmer

BRAIN-HEALTHY RECIPE FOR STROKE-CONSCIOUS SENIORS

Why It's Good for You:

This nourishing bowl is rich in omega-3 fatty acids, leafy greens, and potassium—nutrients that support brain health, reduce inflammation, and promote healthy blood vessels.

INGREDIENTS

- 2 (4 oz) fillets of salmon, grilled or baked
- 2 cups fresh baby spinach
- 1 cup cooked quinoa
- ½ tomato, sliced
- 2 tablespoons olive oil + juice of ½ lemon (for dressing)

DIRECTIONS

- 1 Cook the quinoa according to package instructions and set aside.
- 2 Season the salmon with a pinch of salt, pepper, and a drizzle of olive oil. Grill or bake at 375°F for 12–15 minutes, or until cooked through.
- 3 Assemble the bowl: Layer spinach on the bottom, then top with quinoa, salmon, and tomato slices.
- 4 Drizzle with olive oil and lemon juice dressing.
- 5 Serve warm or chilled—perfect for lunch or a light dinner.

Tip: Add a sprinkle of chopped walnuts or fresh herbs like dill for extra brain-boosting benefits.



The Latest Anti-Aging Secret

By Ellie Gardner

Red wine has been shown to protect against cardiovascular disease and cancer, lower cholesterol, strengthen bones, help control blood sugar levels, and increase energy production. Now, more than a decade of research points to the possibility that red wine is also anti-aging.

Resveratrol, a polyphenolic compound found in red wine, has been in the spotlight of the longevity studies. How did scientists make the connection between longevity and resveratrol?

Clive M. McCay, a nutritional scientist at Cornell University in the 1930's, discovered that a calorie restricted diet enabled animals to live longer. Other scientists have confirmed that calorie restriction is an effective way of extending the life span of lab animals. Studies with humans are more difficult to monitor, but there have been some noteworthy reports that are consistent with the findings of the animal studies; calorie restriction increases life span and reduces age-related diseases.

The red wine connection lies in the mechanism by which calorie restriction affects cellular activity. Certain genes, called sirtuins, are activated when a person takes in about 40% less calories than generally recommended. These genes are responsible for the longevity factor of calorie-restricted diets.

Is there another way to activate these longevity genes without restricting calories? In 2003 David Sinclair, MD, at Harvard Medical School, found a way to duplicate the benefits of a calorie restricted diet by using resveratrol found in red wine. By producing the same effects as the calorie restricted conditions that activate the sirtuins, resveratrol could lead to greater longevity and better health.

With hundreds of studies showing evidence that red wine in moderation is beneficial to our health and can add years to our life, why not have a glass with dinner? Enjoy!

Make it Red

When making sauces, try replacing sugar or sweetener with red wine. You get the benefit of an antioxidant plus sweet flavor. We recommend "Your Daily Red", a sulfite-free organic red wine.

Find Organic Wine

Want to purchase organic wine but don't know where to start? OrganicWineFind.com is dedicated to helping consumers discover organic wines and where they can be purchased. The site features 700 of the top organic and biodynamic vineyards in the world, and more than 3000 organic wines. According to the website, "there's thousands of organic wines that don't advertise themselves as organic," making it difficult for consumers to find. The free resource offers two ways to search for wine: sort by list of stores and the organic options they currently sell, or sort by a list of organic wine availability in your regional area, then select the store you want to purchase at. Wines can be narrowed down by price, variety, wine type and country of origin. 



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SENIOR-FRIENDLY GARDEN PROJECTS

DIY TIPS FOR

Fall Landscaping & MAINTENANCE

By Grant Parker

As the vibrant colors of summer begin to fade, fall emerges as an ideal time to engage in gardening projects that enhance both the beauty and functionality of your outdoor space. With cooler temperatures and a more manageable workload, autumn presents a golden opportunity for seniors to enjoy gardening activities that promote physical activity, mental well-being and the joy of cultivating nature.

1. ACCESSIBLE RAISED BEDS:

For seniors who may face mobility challenges or prefer not to bend over for extended periods, raised beds offer a practical solution.

These elevated garden plots can be constructed from various materials such as wood, bricks or even composite materials, providing a customizable height that minimizes strain on the back and knees. Fall is an excellent time to prepare raised beds for planting by adding compost, mulch and organic matter to enrich the soil and ensure healthy plant growth come spring.

2. CONTAINER GARDENING:

Container gardening is another versatile option for seniors, allowing them to cultivate plants in pots or containers placed strategically around patios, balconies or even indoors near windows. This method

offers flexibility in terms of plant selection and placement, making it easier to care for and move plants as needed. In the fall, seniors can refresh their container gardens by replacing summer annuals with resilient fall blooms like chrysanthemums or ornamental kale, bringing seasonal color to their outdoor spaces.

3. PATHWAY AND GARDEN BED MAINTENANCE:

Maintaining clear pathways and garden beds is essential for preventing slips and falls, especially as leaves begin to accumulate. Seniors can use lightweight tools such as ergonomic rakes or leaf blowers to clear debris from walkways and around





garden beds, ensuring safe passage and reducing the risk of accidents. Additionally, defining garden bed edges with durable materials like stone or plastic landscape edging helps contain mulch and soil, creating a tidy and organized appearance that is easier to maintain.

4. WATERING SOLUTIONS:

Efficient watering systems are crucial for maintaining plant health without excessive physical strain. Consider hiring someone to install soaker hoses or drip irrigation systems in your garden to ensure that plants receive

consistent moisture directly at their roots while minimizing water waste and the need for manual watering. Seniors can also use lightweight watering cans or hose attachments with adjustable nozzles to water plants effectively while conserving energy and reducing the risk of overexertion.

5. SEASONAL PRUNING AND CLEANUP:

Fall is an opportune time for pruning trees, shrubs and perennial plants to promote healthy growth and maintain their shape. Seniors can use bypass pruners or



loppers with ergonomic handles for easier cutting and reduced hand strain. Removing dead or diseased branches not only enhances the appearance of the garden but also prevents potential hazards during winter storms. Collecting and composting fallen leaves and plant debris contributes to sustainable garden practices while keeping outdoor spaces neat and orderly.



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6. WILDLIFE-FRIENDLY FEATURES:

Creating wildlife-friendly features such as bird feeders, butterfly gardens or bee-friendly plants adds vibrancy and ecological diversity to senior-friendly gardens. Installing birdhouses or placing feeders at accessible heights allows seniors to enjoy the sights and sounds of visiting birds without difficulty. Choosing native plants that attract pollinators like butterflies and bees not only enhances the garden's aesthetic appeal but also supports local ecosystems, fostering a harmonious balance between nature and garden enjoyment.

7. ERGONOMIC TOOLS AND EQUIPMENT:

Investing in lightweight, ergonomic gardening tools and equipment can significantly enhance comfort and safety for senior gardeners. Tools with cushioned grips and extended handles reduce strain on joints and muscles, making tasks such as planting, weeding and pruning more manageable and enjoyable. Additionally, using wheeled garden carts or kneelers with handles provides support and stability during activities that require kneeling or bending, ensuring seniors can garden comfortably for longer periods.



8. GARDEN SEATING AND RELAXATION AREAS:

Creating inviting seating areas within the garden allows seniors to take breaks, admire their handiwork and connect with nature. Placing benches or chairs on stable surfaces near focal points such as flower beds or water features provides a comfortable spot to rest and enjoy the beauty of the garden. Incorporating shade umbrellas or pergolas with climbing plants like vines or roses enhances privacy and creates a tranquil retreat for relaxation and reflection

amid the natural surroundings.

With each season, the garden becomes a testament to the joy and fulfillment that gardening brings to individuals of all ages, especially those who cherish the beauty and tranquility of their senior-friendly outdoor retreats. 





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EXERCISE YOUR BRAIN

Learn a new skill

By Ethan Boyd

“ANYONE WHO STOPS LEARNING IS OLD, WHETHER AT TWENTY OR EIGHTY. ANYONE WHO KEEPS LEARNING STAYS YOUNG. THE GREATEST THING IN LIFE IS TO KEEP YOUR MIND YOUNG.”—HENRY FORD

It is normal to become forgetful from time to time, especially as you get older. Who hasn’t forgotten where the keys or glasses are? We laugh about these “senior moments,” but the natural mental decline that occurs when you age can be worrisome.

One of the best ways to keep your mind young is to learn something new. When you try

a new skill the connections between the parts of your brain are strengthened, and re-wired to be more active. The more you use your brain, the better it performs and the more difficult the activity, the greater the memory improvement. Remember, passive activities, such as watching television, do nothing to keep your mind sharp and may cause you to become more forgetful.

1 Learn a musical instrument. A recent TED (Technology, Entertainment, Design) presentation by Educator Anita Collins explained that when you listen to music, multiple areas of your brain become engaged and active. When you play an instrument, that activity becomes a full-body brain workout. Research has shown that playing a musical instrument stimulates your brain, increases

your memory and makes you a happier person.

Master new technology. If an activity is out of your comfort zone and challenging, it will exercise your brain. Mastering a video game, for example, helps to train critical thinking skills. A Mayo Clinic study found that regular computer use reduced the risk of mild cognitive impairment by 53 percent.

2 Learn a language. Learning a new language enlarges your hippocampus, which can deteriorate as you age. This helps with long-term memory. The Brain and Language Journal pointed out that switching between languages may give your brain a workout because it is constantly having to choose between words and meanings. Research in The Annals of Neurology shows that learning a second language as an adult can

slow brain decline. Take it a step further and listen to music or read a book in your new language – double the fun!

3 Learn how to dance. A study published in the New England Journal of Medicine shows that 76 percent of senior citizens who learned to dance had a reduced risk of dementia. Dancing can also boost your brain power and improve your memory skills. Your body gets a great workout too!

4 Start a complex hobby or craft. A new skill keeps your brain active. Researchers at the Mayo Clinic found that learning a new creative hobby helped reduce the risk of dementia and preserve memory. Learn to play chess, take a master gardening

class, learn to knit or crochet, or join a photography club. Become fully immersed in the process to boost your memory and cognitive function.

5 Read. Treating your brain to the mental stimulation of reading strengthens and creates new brain pathways while improving short-term memory recall. For a change of pace, try reading books from a different genre than you usually do for an extra brain workout.

Additional benefits to learning something new include increasing your confidence, opening your life to new people and experiences, decreasing stress, getting you out of a rut, and, don't forget, it can be just plain fun to learn! 🌀



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Game Night

Crispy Baked Zucchini Chips



A guilt-free, crunchy snack that's easy to make and fun to share!
Why It's Great for Game Night (and Seniors)

- Low in carbs and calories
- Naturally hydrating and fiber-rich
- Baked—not fried
- Great for heart and blood sugar health

Ingredients (Serves 4–6):

- 2 medium zucchini, thinly sliced into rounds
- 1 tablespoon olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika or Italian seasoning
- Optional: pinch of salt or salt substitute
- Optional: grated Parmesan for extra flavor

Directions:

1. Preheat the Oven.
Set your oven to 225°F (low and slow = crispier chips!). Line two baking sheets with parchment paper.
2. Slice the Zucchini
Use a mandoline or sharp knife to slice zucchini into thin, even rounds—about 1/8 inch thick.
3. Toss with Seasoning
In a bowl, toss the slices with olive oil, garlic powder, paprika, and a light sprinkle of salt or Parmesan, if using.
4. Arrange and Bake
Lay zucchini rounds in a single layer on the baking sheets. Be sure they don't overlap.
5. Bake Until Crisp
Bake for 1.5 to 2 hours, flipping halfway through. Chips are done when edges are browned and centers are crisp.
6. Cool & Serve
Let chips cool on a wire rack to finish crisping. Serve in a bowl for easy snacking during card games or dominoes!

Extra Tip:

Pair with a small bowl of Greek yogurt dip or hummus for added protein and flavor.





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COMBINING MOVEMENT WITH PHILANTHROPY KEEPS THIS SENIOR ACTIVE

by Alexandria Randolph
Dispatch Record

Lampasas senior Amy McDaniel is combining movement with philanthropy with a swimming-for-distance fundraising effort.

For the second year in a row, the 63-year-old McDaniel is participating in a swim fundraiser for the American Cancer Society. She discovered the fundraising opportunity through social media and embarked on the challenge with a friend and neighbor.

"My friend Juli Chaney said she was doing it, and we thought we could keep each other accountable. It worked!" she said.

This is not the first time McDaniel has done a distance challenge fundraiser.

"I have walked for St. Jude Children's Research Hospital in the past," she said.

But raising money for cancer care and survivor programs is a purpose near to McDaniel's heart.

"My brother-in-law recently went through cancer treatment and is currently cancer-free. A miracle! We were scared for him," she said.

The American Cancer Society provides community resources, education and support to families

grappling with a cancer diagnosis. The program provides free transportation and lodging to those undergoing treatment.

This year's swim challenge is five miles, or 70 laps. McDaniel has been doing her laps at home and finished her five-mile swim effort on the evening of June 5.

"I am lucky to have a backyard pool, so I was able to do my laps at home," she said. "I do swim frequently, but the fundraiser motivated me to swim greater lengths than I might do otherwise. I have always loved swimming. I grew up in Connecticut near a river and not far from Long Island Sound and swam every summer."

McDaniel documented her distance swimming effort with daily photos after her swim. Friends and

community members responded with encouragement and donations. Her fundraising goal was \$250, and she exceeded it, raising \$475.

For McDaniel, swimming and running are both activities that encourage introspection and a peaceful attitude.

"I find it relaxing and love that it is low impact," she said of swimming. "I let my mind wander and think through things, much as I used to do when I was a runner."

McDaniel balances an active lifestyle with her extensive involvement in the Lampasas community. When she's not running around the block, she's likely running around town.

"I'm on local boards including the AdventHealth Rollins Brook Hospital Advisory Board, the Lampasas



Amy McDaniel speaks from the podium at a recent Greater Federation of Women's Clubs district meeting. She remains very active in GFWC leadership and area involvement.

County Museum Foundation and the Cooper Spring Nature Park Foundation," McDaniel said. "I'm an active member of the GFWC '36 Club and of GFWC Texas. I am the moderator of the Presbyterian Women's group at First Presbyterian Church in Lampasas."

McDaniel said she has always been active but has experienced some lulls in activity as her interests changed.

"I feel as though I could increase my activity by getting back into walking," she said. "I

have always been active, and have always enjoyed sports and being outside. I have had some lulls though. I went from running every day to not doing much of anything, then getting back into exercise through workout classes and yoga, into another lull."

The American Cancer Society fundraiser has given her the encouragement she needed.

"Exercising to raise money for a good cause helps motivate me to get moving again," she said. "I feel so much better when I'm active!"



Amy McDaniel balances an active lifestyle with her extensive involvement in the Lampasas community.

Amy McDaniel has always loved swimming. For this year's American Cancer Society fundraising challenge, she logged her distance online and posted daily photos after her swim to help reach her fundraising goal.



Pilates

A GREAT CHOICE FOR ACTIVE SENIORS

By Catherine Spencer



As we age, maintaining physical fitness becomes increasingly important for our overall health and well-being. For active seniors, finding an exercise routine that is both effective and enjoyable can make a significant difference in quality of life. Pilates, a low-impact workout developed by Joseph Pilates in the early 20th century, is an excellent choice for seniors looking to improve stamina, build muscle and maintain mobility. Incorporating Pilates into your routine can lead to a stronger, more flexible and balanced body, enhancing your ability to enjoy an active lifestyle for years to come.

A Pilates reformer is a piece of exercise equipment designed to enhance the Pilates workout. It consists of a flat platform called the carriage, which moves back and forth along a frame using a series of springs for resistance. The carriage is attached to adjustable straps and a foot bar, allowing users to perform a wide variety of exercises targeting different muscle groups. The reformer's unique design enables smooth, controlled movements

that can be easily modified to accommodate various fitness levels and physical abilities, making it an ideal tool for both beginners and advanced practitioners.

Finding a Pilates Class for Seniors

For seniors interested in starting Pilates, finding the right class is essential to ensure safety and effectiveness. Begin by researching local fitness centers, community centers and specialized Pilates studios that offer classes tailored to seniors. Many facilities provide beginner-friendly sessions and modifications for different ability levels. It's also helpful to read reviews and ask for recommendations from friends or healthcare providers. When you find a potential class, consider visiting the studio to meet the instructor and observe a session. Look for certified instructors with experience working with seniors, as they can provide personalized guidance and support. Additionally, some studios offer introductory packages or free trial classes,

which can be a great way to determine if Pilates is the right fit for you.

The four reformer moves that are particularly beneficial for seniors focus on strengthening your back and legs to keep you mobile and your upper body to help improve posture which is important as we age. 🌿

1. FOOTWORK

Footwork on the Pilates reformer is a fundamental exercise that targets the legs and core, helping to build strength and endurance. This exercise involves lying on the reformer with feet placed on the foot bar and performing controlled leg presses. Footwork helps improve circulation, strengthen the muscles around the knees and hips and enhance overall leg strength, which is crucial for mobility and balance.

Benefits:

- Enhances lower body strength and stability
- Improves blood circulation
- Supports knee and hip joint health

2. LEG CIRCLES

Leg circles are excellent for improving hip mobility and strengthening the core muscles. This exercise involves lying on the reformer and making circular motions with one leg at a time while the other leg remains stationary. Leg circles help maintain flexibility in the hip joints and build strength in the abdominal muscles, which are essential for a strong and stable back.

Benefits:

- Increases hip joint flexibility
- Strengthens core muscles
- Enhances coordination and balance

3. BRIDGING

Bridging on the reformer focuses on the glutes, hamstrings and lower back. This exercise

is performed by lying on the reformer and lifting the hips towards the ceiling, creating a bridge shape with your body. Bridging helps strengthen the posterior chain, improves spinal mobility and enhances balance.

Benefits:

- Strengthens glutes and hamstrings
- Improves spinal flexibility
- Enhances pelvic stability

4. ROWING BACK

Rowing back on the reformer targets the upper back, shoulders and arms, which are essential for maintaining good posture and preventing back pain. This exercise involves sitting on the reformer, holding the straps and performing a rowing motion. It helps strengthen the muscles that support the spine and improve

overall upper body strength.

Benefits:

- Strengthens upper back and shoulders
- Improves posture
- Enhances arm strength and stability



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Why senior citizens are embracing

SHORT-TERM RENTALS IN LAMPASAS

BY LEAH CARUTHERS
OWNER, THE SPUR COLLECTION

As a five-star superhost with eight years of experience, I've had the joy of welcoming guests from all walks of life to the Texas Hill Country. Over the years, one trend has stood out. More and more senior citizens are choosing short-term rentals over traditional hotels. And for good reason.

Located in the heart of the Hill Country, Lampasas offers natural beauty, small-town charm and a relaxing pace. It's a destination that speaks to travelers looking for comfort and quiet, versus crowds or chaos. For seniors, especially, it checks all the right boxes.

HOME AWAY FROM HOME...

The Spur Collection of properties is known for being tastefully decorated and clean – two things that matter when you want to

feel at home while away from home. Seniors often tell me they appreciate having access to fully stocked kitchens, cozy living spaces and quiet outdoor patios where they can enjoy their morning coffee. Some of our properties offer farm animal interaction and fishing, providing an opportunity for grandparents to make special memories with their grandchildren.

Many rentals also provide better accessibility options than hotels, such as single-story layouts, walk-in showers and minimal stairs.

BRINGING BELOVED PETS ALONG

Another reason seniors prefer short-term rentals? Many have a beloved dog or cat they don't want to leave behind. Most of our properties are pet-friendly, allowing guests to travel with their furry companions and avoid the cost of boarding.

PLENTY TO DO—AND NOT FAR TO GO

Lampasas is a small town, but it is surrounded by beautiful wedding venues that draw in visiting grandparents, aunts, uncles and longtime friends. A short-term rental



LAMPASAS



offers the perfect home base for these trips. Guests can stay close to the celebration while enjoying peace and privacy between events.

Golfing is very popular with active seniors, and Lampasas offers one of the finest courses around. Some of our Spur Collection properties are within a mile of the course.

WHY SENIORS KEEP COMING BACK

In the end, it's the combination of comfort, convenience and connection that makes short-term rentals so appealing to older guests. Whether visiting family, attending a wedding or just taking a relaxing getaway, seniors appreciate the slower pace and warm welcome that short-term rental homes in Lampasas offer.



So, whether you're a senior or you're helping one plan a trip, consider skipping the hotel this time. Stay in a home where you can stretch out, bring your pet, make your own coffee and even do a load of laundry if necessary. You just might discover that Lampasas has exactly what you've been looking for.



Visit www.spurrentals.com for your next trip!



What you need now - not later

By Grant Parker

PROTECT WHAT MATTERS. EMPOWER YOUR FUTURE.

Let's face it—estate planning doesn't usually make the top of the “fun things to do after 60” list. But here's a little secret: getting your affairs in order doesn't have to be stressful, complicated, or scary. In fact, creating a basic estate plan is one of the kindest, most empowering gifts you can give—to your loved ones and to yourself. It brings clarity, peace of mind, and ensures your wishes are respected—no matter what life throws your way. Here's what every active senior should have in place now—not later.

1

A Will

Your Last Will and Testament spells out what happens to your

money, property, and personal items when you're gone.

What it does:

- Names who gets what
- Appoints a guardian if you care for a minor or dependent
- Names an executor (someone you trust to carry out your wishes)

Tip: Even if your estate is simple, having a will avoids delays and confusion—and can prevent family disputes.

2

Healthcare Directive (Living Will)

This document outlines your medical treatment preferences if you're ever unable to communicate for yourself.

What it does:

- States your wishes for things like life support, resuscitation, and feeding tubes
- Reduces burden on your loved ones during tough times

Tip: It's not about being morbid—it's about making sure your choices are known and respected.

3

Power of Attorney (POA)

A POA lets someone you trust handle financial or legal matters if you become ill or incapacitated.

Types:

- General or Durable POA: For financial decisions
- Healthcare POA: For medical choices if you're unable to make them yourself

Tip: Choose someone responsible and trustworthy—it doesn't have to be family.

4

Beneficiary Designations

Did you know some of your most valuable accounts don't follow your will? Things like IRAs, pensions, and life insurance policies go directly to the named

beneficiary—no matter what your will says.

Action Step:

- Review your beneficiary forms for bank accounts, retirement plans, and insurance policies
- Make sure names are up-to-date—especially after major life changes like marriage, divorce, or loss

5

A Simple “In Case of Emergency” Folder

Organize your key documents and contacts in one place for easy access by your family.

Include:

- Copies of your will, POAs, and directives
- Account information and passwords
- Contact list of financial advisor,



attorney, insurance agent, etc.

- Funeral or memorial preferences (if any)

Tip: Store this folder in a safe spot and let at least one trusted person know where to find it.

It's Not About Control. It's About Peace.

Estate planning isn't just for the wealthy—it's for anyone who

wants to ease the burden on their loved ones and make sure their voice is heard. It's an act of care, courage, and consideration. So go ahead. Take that first step. Whether it's drafting a will, updating a beneficiary, or simply talking to your family—do it now, not later. Because life may be unpredictable, but your wishes don't have to be. ☺



JACKIE BALTRUN
LAMPASAS LAWYER
— PLLC —

Attorney

Jackie Baltrun

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Dr. Raj Sinha is a board-certified orthopedic surgeon and has over 30 years of practice in Total Joint Replacement. He additionally has experience in academic medicine, private practices, surgeon education, hip and knee implant design, and clinical and basic science research. Dr. Sinha enjoys exploring new solutions to the age old questions and is committed to providing you with the health and lifestyle you deserve.

Questions?

For more information, please reach out to Jasmin Rodriguez
jasmin.j.rodriguez@AdventHealth.com



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