

MY GLACIER VILLAGE

CONNECT. INSPIRE. SUPPORT.

MARCH 2022

SENIOR FRAUD Summit
SAT. MAR 19 @ FVCC

Protect Yourself!

- discussion of scams targeting seniors
- tips and tricks to prevent fraud
- what to do if you do become a victim



Visit the Events Calendar
and reserve your spot today!

WHAT'S HAPPENING!

Tuesdays - Qi Gong w/Glacier Sound Healing - see calendar for locations

Mar 5 & 6 - FBA Home and Garden Show - Visit us at our booth!

Mar 16 - Happy Hour at Moose's!

Mar 18 -Poetry & Music @ Montavino

Mar 19 - Sr Fraud Summit

Mar 23 - Game Day!

*for more information or for help with
a service request for a ride please
call 250-8784*

IN THE SPOTLIGHT - JENN KINCAID

You've probably met Jenn Kincaid. It could have been at Nancy Rose's Garden (work) Party or Game Day, or sewing holiday aprons. Or was it at Big Mountain when she hosted our Scenic Adventure Gondola Ride? Wherever it was, I'm sure you were touched by her friendly smile and disposition.

Jenn grew up in Kalispell and graduated from Flathead High school. She currently lives south of Columbia Falls with her husband, Brad and daughter, Hallie. They have two dogs, and treasure family time. They enjoy camping and snow skiing in the winter, especially on those sunny days! And they're also very active in car racing, traveling to Salt Lake Utah once a month to participate in road course racing events with their very custom BMW M3.

Jenn received her Holistic Health Practitioner degree in Asian Studies of Acupressure in San Diego and has been a licensed massage therapist for over 20 years. And has been a licensed agent in the Health Insurance Industry since 2011.

She joined Humana in 2019. She appreciates Humana's "whole person" approach to care, having nurse case managers to help those with chronic conditions. They adapt to changing situations, and are even known to help out after a hospital stay by mailing meals. Jenn's passion is education and helping people really understanding their Medicare plans so they can find the best health insurance that fits *their* needs.

Jenn is one of our very first volunteers and one of our first Board Members. She loves the being a part of the village, where everyone "is so real and looks out for each other". She enjoys seeing seniors being active and trying new things with others, who share their interests. We are blessed to have her on our team!





Retirement *Re-Imagined*

Visiting with a dear friend recently. She is 74 years old and we were talking about the different stages in life. She said she's happier than she's ever been, more secure in who she is and stresses less about things beyond her control. "...and I truly believe the best is yet to come", but still, she says, "I am afraid of getting, *old*. And why wouldn't she be? Look around at the messages around aging and growing older. Start watching advertisements and listening to conversations. Remember when *your* AARP card arrived in the mail? We spend millions of dollars every year on products and services that help us live longer. So, why all the age-shaming? The answers might lie in the origins of retirement.

According to Canadian physician William Osler in his 1905 valedictory address to the Johns Hopkins Hospital, a man's best work was done before he was forty years old. He said the "ages between twenty five and forty were the "15 golden years of plenty", and that workers between ages forty and sixty were tolerable because they were "merely uncreative". But after age sixty the average worker was useless and should be put out to pasture."

It's important to remember that retirement as a concept has been around since the 1800s and became mainstream in the United States in the 1930s (and the eligibility age was 65 back then, too), when employment consisted vastly of factory and blue collar jobs and life expectancy was 58 for men and 62 for women. Thanks to advances in medicine, science and lifestyle, we are living longer than ever. Our "Golden Years" are no longer a handful of leisure years to be enjoyed after a lifetime of backbreaking labor. Retirees today have a good chance of living two or three *DECADES* past their retirement age.

And, for many, more golf and downtime just aren't enough. Seniors today are the most active and healthiest they've ever been. They're returning to school, starting businesses, and engaging in the interests they didn't have the time for when they were working and raising families. They're finding meaning and purpose in *Encore Careers* (work in the second half of life that combines your skills and experience with your interests and passion). More and more retirees today are staying engaged, staying challenged, making a difference, *and* continuing to earn an income.

When the founders of Beacon Hill Village gathered in 2000 to create a way to support each other in aging, they weren't just thinking about how to stay safe in their homes. They set out to create their own futures, to stay active and make a difference in their communities. How do you define your retirement?

Join us April 6th for a panel discussion with FVCC, Job Service and Kalispell Chamber of Commerce about Encore Career opportunities and re-defining the idea of retirement.

Space is limited. Please register at www.myglaciervillage.com - Events



**Please note our new office hours:
Mondays, Wednesdays and Fridays from 10am - noon.**

If you need assistance outside of these hours, please leave us a message. We will be checking voicemail regularly.

MARCH EVENTS

Tuesdays @ 1pm - Qi Gong - a gentle energy practice that improves organ health and promotes overall wellness - check the calendar for location!

Mar 5&6 - Flathead Building Association Home and Garden Show. Bring your friends by our booth and say hello!

March 16 - at 4pm - Happy Hour at Moose's!

March 18 - at 4:30 - Poetry & Music Open Mic at Montavino - bring your favorite quote, a song, your voice or instrument or just yourself...just come!

March 19 - Sr Fraud Summit at FVCC - THANK YOU Glacier Bank, Merrill Lynch and Flathead Electric for your generous sponsorship!

March 23 - Game Day!

For more details or to create a service request for a ride,
please call the office at 406-250- 8784.

Thank you to our sponsors for their continued support!

Are you
turning 65?
Call your
local licensed
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sales agent.

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Jennifer Kincaid
406-253-9402
(TTY: 711)
Monday - Friday
8 a.m. - 5 p.m.
facebook.com/
JennKincaidAgent



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**HAPPY
ST. PATRICK'S
DAY**