



AGELESS NEWSLETTER

*Hack Your Health:
Bold Tips for Preventive Wellness*

August 2025 Edition

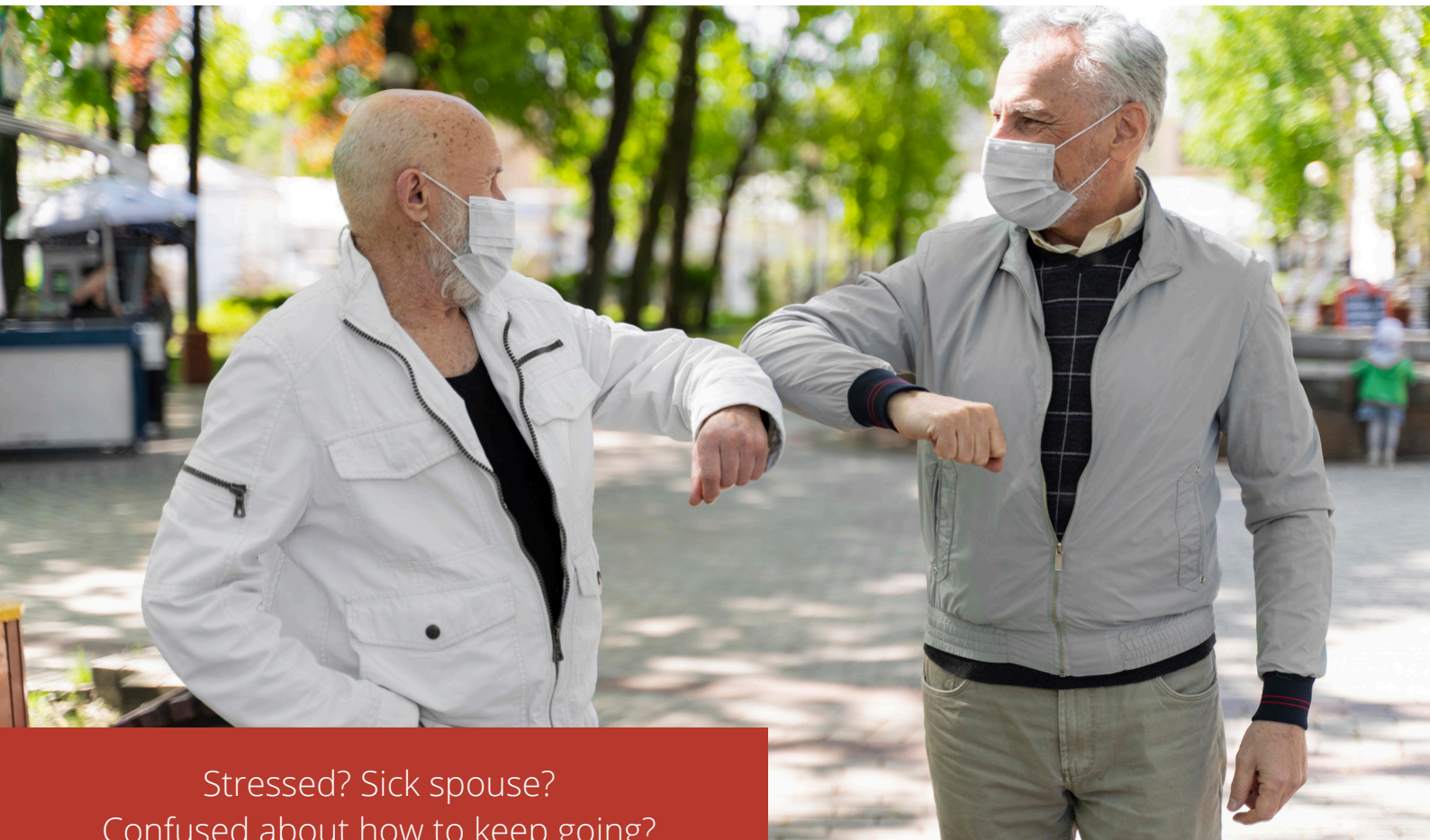
Featured Story:

Why You're Probably Doing Preventive Care All Wrong

Preventive care sounds simple—get your checkups, eat your veggies, and call it a day, right? But for Carla, a 64-year-old retired librarian, following conventional advice wasn't cutting it. Despite regular doctor visits, her blood pressure spiked, and her energy levels tanked.

"I was doing what I thought I should," Carla said. "But clearly, something was missing."

Her turning point came during a wellness seminar where she learned that preventive care isn't one-size-fits-all. Carla discovered that her diet—although healthy by general standards—lacked the protein-rich foods her body needed. She also began monitoring her sleep and stress levels, both of which were affecting her blood pressure.



Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](https://www.wpnscaresync.com)

www.wpnscaresync.com

Featured Story continued.....

Carla took a holistic approach, including yoga, a Mediterranean-inspired diet, and wearable health tech to track her progress. Three months later, her energy returned, and her blood pressure normalized. "I realized that preventive care isn't about checking boxes. It's about listening to your body and making choices that work for you."

Carla's story is a reminder: preventive care is personal. It's time to rethink what health looks like and tailor it to fit your life—not the other way around.

DAUGHTERS, SONS, SPOUSES

An advertisement for the ReminderLink app. It features a blue background with white text. At the top, it says "THE INSTANT 2-WAY PILL & APPOINTMENT TRACKER". Below that, it says "Join thousands using ReminderLink to stay organized." There is a black button that says "Download the App". To the right of the button is a smartphone displaying a bell icon and the word "REMINDERLINK". Below the button is a QR code. At the bottom, it says "www.reminder-link.com".

**THE INSTANT 2-WAY
PILL & APPOINTMENT
TRACKER**

Join thousands using
ReminderLink to
stay organized.

Download
the App

REMINDERLINK

www.reminder-link.com

**Send reminders to your
loved ones**

*- even if they don't know
how to use a smartphone*

DOWNLOAD FREE

Ask A Geriatrician: How to Spot BS Health Trends Before You Waste Your Time

Arom juice cleanses to miracle supplements, the health world is full of fads that promise the moon but rarely deliver. Dr. Chidimma Okoli offers tips to separate fact from fiction:

Check the Evidence: If it sounds too good to be true, ask for clinical research or FDA approval. Legitimate health solutions are backed by science.

Beware of Quick Fixes: Health is a journey, not an overnight transformation. Promises of instant results are often red flags.

Look for Balance: Extreme diets or exercise routines can do more harm than good. Sustainability is key.

Consult Professionals: Before trying new health trends, speak to a doctor or nutritionist who understands your unique needs.

Ignore Celebrity Endorsements: What works for someone else's brand might not work for your body.

Don't let hype dictate your health choices. Stick with strategies proven to deliver real results.

Dr. Chidimma I. Okoli, MD, is a board-certified internist and geriatrician with over 19 years of experience in the medical field. She earned her medical degree from the University of Nigeria Faculty of Medicine in 2004 and completed her residency in Internal Medicine, followed by a fellowship in Geriatric Medicine at UMass Chan Medical School. [citeturn0search1](#)

As the CEO of Worcester Physicians and Nurses Services, LLC, an adult primary care and geriatrics practice serving Worcester and the greater Worcester area, Dr. Okoli is dedicated to providing comprehensive healthcare services to older adults. She also founded [WPNSCaresync.com](#), focusing on assisting families with mediation and coordinating care for their older loved ones.

Dr. Okoli serves as a medical director and provides patient care in various nursing facilities and rehabilitation centers, ensuring that quality healthcare is accessible to the elderly population in these settings.

To address your questions and healthcare needs, you can book a consultation with Dr. Okoli today.



Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](#)

www.wpnscaresync.com

Checklist/Guide:

The Ultimate Preventive Care Checklist

Taking charge of your health doesn't have to be complicated. Here's a checklist to make sure you're covering all your bases:

Annual Checkups: Schedule regular visits with your primary care doctor and geriatrician if applicable.

Screenings: Stay current with mammograms, colonoscopies, bone density tests, and other age-appropriate screenings.

Vaccinations: Protect yourself with up-to-date vaccines, including flu, shingles, and pneumonia.

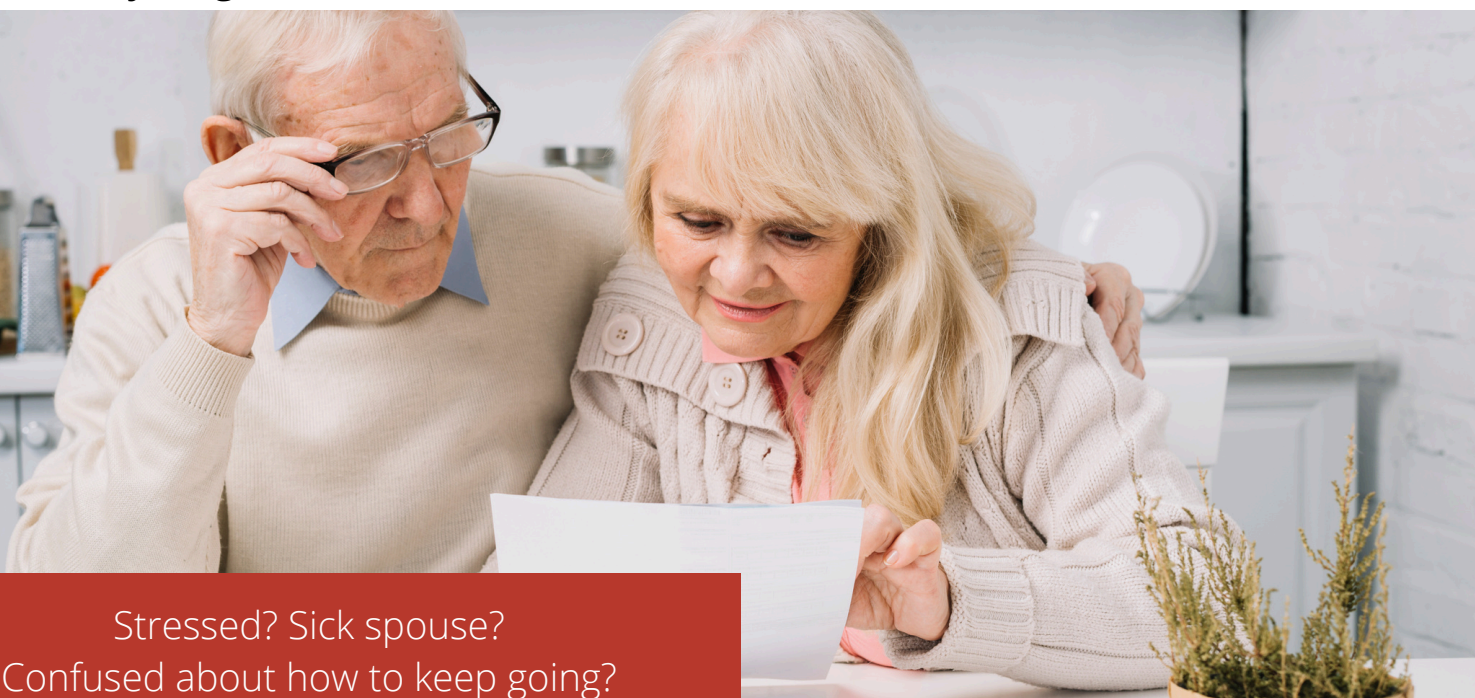
Diet Audit: Adjust your meals to include whole foods, fiber, and healthy fats while reducing sugar and sodium.

Stay Active: Incorporate at least 30 minutes of moderate physical activity most days of the week.

Track Your Sleep: Good rest is critical for heart health, mental clarity, and immunity.

Mental Health: Don't overlook emotional well-being. Practice mindfulness or seek counseling if needed.

Preventive care isn't just about avoiding illness—it's about thriving at every stage of life.



Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](https://www.wpnscaresync.com)

www.wpnscaresync.com



FUN SECTION

Games & Trivia

Test your knowledge on preventive health:

True or False:

Walking 10 minutes three times a day is as effective as a single 30-minute session.

(Answer: True!)



Fact: Adults over 60 should aim for at least 7-9 hours of sleep per night for optimal health.



Fill in the Blank:

The _____ diet is often considered the gold standard for heart health.

(Answer: Mediterranean.n.)



August Adventures

A Summer Word Search!

Celebrate the end of summer with this fun-filled August-themed word search. From gardens to vacations, find the 10 hidden words that capture the essence of the month!

(Hint: there are total 10 words hidden in the below puzzle)

S	S	C	H	O	O	L	E	A	A
U	F	D	N	C	D	E	E	D	D
M	V	A	C	A	T	I	O	N	V
M	R	G	C	S	E	S	H	X	E
E	C	M	L	E	B	U	A	G	N
R	Y	B	R	T	E	R	R	A	T
G	Q	E	E	V	A	E	V	R	U
K	S	G	J	J	C	N	E	D	R
W	A	R	M	T	H	B	S	E	E
S	U	N	N	Y	C	T	T	N	M

Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](http://www.wpnscaresync.com)

www.wpnscaresync.com

Calling 10

FAMILY CAREGIVERS

GET FREE ASSISTANCE

Are you making big decisions for a parent and you feel worried or unsure? Don't do it alone!

CareSync is offering a FREE Assistance Call with a Caregiver Support Specialist!

- ◆ **Get help and answers right away**
 - ◆ **Feel sure and calm about your choices**
 - ◆ **No stress, no work—just peace of mind**
- ⚡ **ONLY 10 SPOTS due to limited openings**

The Caresync support specialist helped me feel less overwhelmed and gave me practical tools to help me make caring for my mom easier. I highly recommend them- Sarah, family caregiver for her Mom

**Text "RELIEF" to 774525855 NOW
to book your appointment!**

CareSync is a Family Caregiver Support and Mediation Service
We are on a mission to make caring for your loved ones easier through guidance, support and mediation
www.wpnscaresync.com

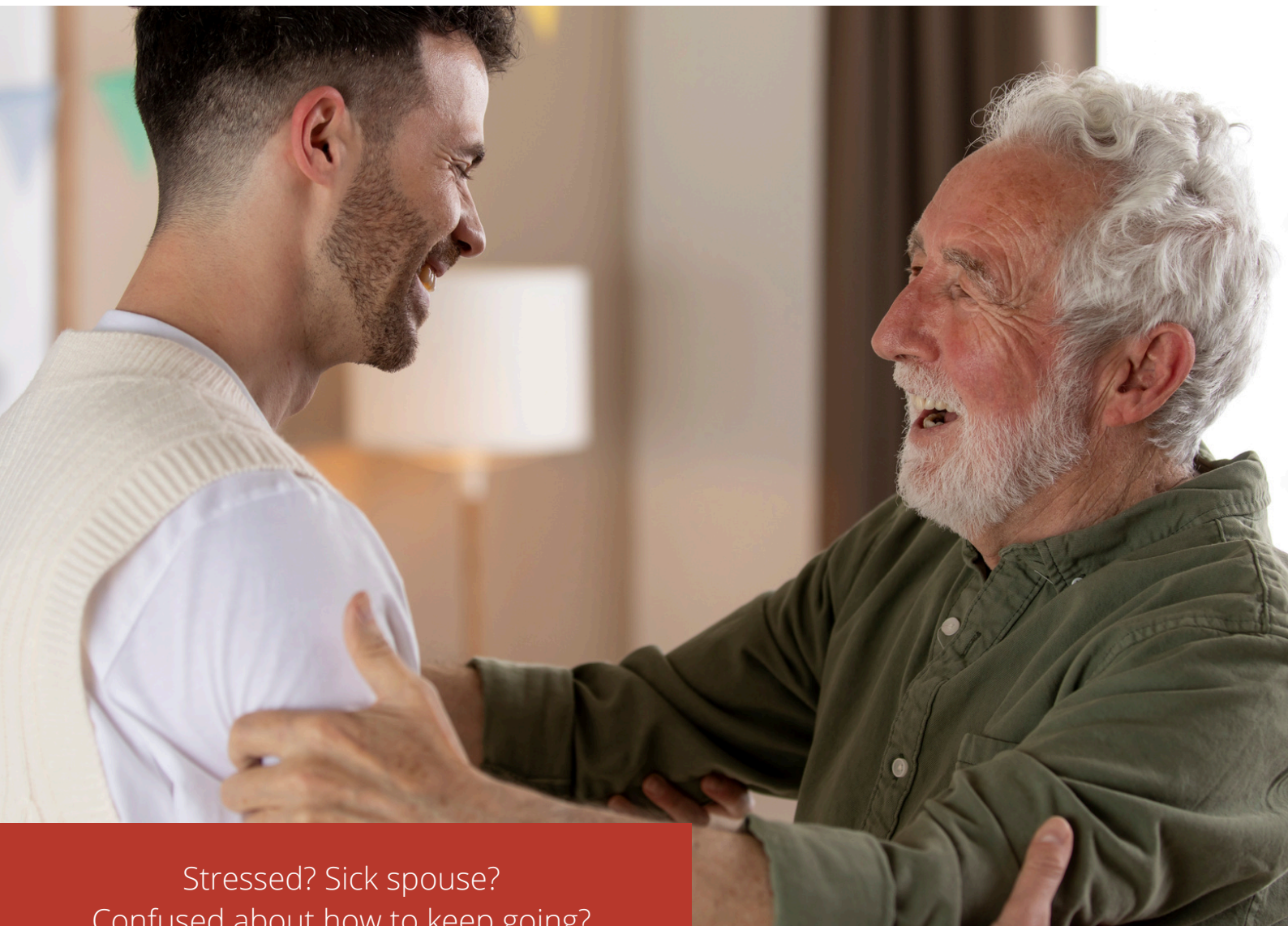
CareSync (Family Caregiver Support Service
by Worcester Physicians and Nurses Services
111 Elm Street, STE 201
Worcester, MA 01609

Contact : Chi or Lynn 7745254855 or
5085561072

Ambassador of the Month:

Meet Raj Patel

Raj, a caregiver for his aging father, incorporated preventive care into their daily lives with incredible results. From meal prepping heart-healthy recipes to organizing community wellness walks, Raj proves that small steps can make a big difference. "Taking care of my dad's health taught me to take care of my own," he says.



Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](https://www.wpnscaresync.com)

www.wpnscaresync.com



Caring for your Spouse or Parent?

ELDERCARE STRATEGY CONSULT

"That one call changed everything. I finally felt heard —and left with clarity, relief, and a plan." — Diane M., Family Caregiver

Get clarity and guidance the instant you meet
our eldercare experts

BOOK NOW



7745254855

www.wpnscaresync.com

wpns@wpnservices.org





Place Your Ad here

Want to Feature Your Business Here?

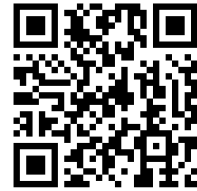
Reach our engaged caregiver community by advertising in our newsletter! We offer customizable ad spaces to help your brand connect with caregivers across the country.

Scan the QR Code to explore our ad placement options and submit your request today. Let's grow together!

Stressed? Sick spouse?
Confused about how to keep going?
Feel Like You Again with Us. [Join](#)

www.wpnscaresync.com

Stay Connected & What's Next Become a CareSync Member



Member PERKS

- **Expert Eldercare Support**

Get personalized advice from an eldercare expert to help you every step of the way.

- **Connect with Other Caregivers**

Join a private community to share experiences, tips, and emotional support with other family caregivers.

- **Free Emotional Release Call**

A free 30-minute session to help you reduce stress and feel more in control.

- **Access to Helpful Resources & Guides**

Easy-to-understand tools and guides to manage caregiving, Medicare, and more.

Click here to [**Start Your Membership Today**](#)

WPNSCareSync- Feel Like You Again.

Contact: CareSync

111 Elm Street, Worcester, MA, 01609

5085561072

wpns@wpnservices.org

CareSync and ReminderLink app are owned by Worcester Physicians and Nurses Services (WPNS)