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- Being SMART about the New Year
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**Being SMART About the New Year**
By Krishna Dholakia, MS, RD, CDN

Ready to try a new way to achieve your New Year’s goals? Great! But first, you may want to take a deeper look at a few important factors. Read more

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**What Do New Beginnings Mean to You?**
By Larry Dresner, ChFC

January 1 is a much-touted day for justifying the start of something new. But new beginnings can start any day of the year. Read more

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**The Right Time for Change**
By The Rev. Cn. Patricia Coller

I have learned that for my children, home is wherever I am, and wherever we can all gather together. Read more

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**Book Look**

Chemo Pilgrim

None of us lives untouched by serious illness or events of great significance. How can such a time be part of a “new beginning?” Read more

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**Healthy Recipe**

Vegetable Medley Soup

Give this healthy, hearty winter classic a try. Read more

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**Did You Know?**

Last year, 465 people joined the SilverSneakers fitness program, available to enrollees in all Medicare Supplement Health Plans. In total, 1,750 participants made more than 62,500 visits to fitness locations across the country.

Learn more about SilverSneakers

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