

Southwest Baby Boomers Redefine Aging

Written by Annette Gluskin-Habin



Granada Villas resident Ingrid Daniels, 60, stays fit through her diet, volunteerism and by practicing yoga.

The first of the estimated 78 million members of the baby boomers.

Many Southwest boomers are creating the next chapters of their lives by staying physically and mentally fit.

For the Body & Brain

Ingrid Daniels, 60, of Granada Villas, credits good nutrition, fitness, spirituality and a zest for life with keeping her active.

A practitioner of yoga for more than 30 years, Daniels teaches yoga at a women's shelter near downtown Phoenix.

To Daniels, aging does not necessarily mean slowing down.

"It's not about the age or the number," Daniels said. "It's about your energy level, your involvement with life."

She also believes it is important to approach being older with no regrets. "Don't wish that you were younger."

Kirti Kalidas, M.D., N.D., of The Center for Natural and Integrative Medicine, devotes his practice to helping patients live longer, healthier lives.

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Kalidas encourages baby boomers to improve their health, find balance and change unhealthy lifestyle choices.

“It is important for baby boomers to improve their health habits now, so they will experience less physical decline as they age,” he said.

Diamond Lakhani, Ph.D., 65, and his 55-year-old wife, Nasrin, of Bay Hill believe that it is never too late to start taking steps to improve brain health.

The Lakhanis are passionate about spreading the word about brain fitness, and both agree that nutrition and exercise are key to maintaining cognitive function.

“Starting at age 40, it is important to do as many things as possible in a new way, to engage different parts of the brain and keep it active,” Diamond said.

Nasrin Lakhani, a biofeedback consultant at the University of Central Florida, stressed the importance of staying mentally and physically active.

“Since such a small portion of our brains is ever used, there is much more that can be developed through cognitive challenges and physical activity,” she said.



Bay Hill residents Diamond (left) and Nasrin Lakhani, ages 65 and 55, respectively, promote brain fitness through their lifestyle choices.

our lives,” she said. “Even taking small steps now to challenge our brains can lead to big improvements in cognitive function as we age.”

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Fifty-seven-year-old Sue Boudier of Bay Lakes has worked as a facilitator at the Brain Fitness Club in W

Like the Lakhani, Boudier believes brain health can be improved not only with cognitive stimulation, but

“Anything that helps a person reduce stress and guides them to find peace and relaxation contributes to

Boudier said brain fitness does not simply mean completing a crossword or sudoku puzzle or other brain

“As the puzzles and word or math games stimulate the left brain, we also need right brain stimulation to

Retired & Senior Volunteers

As baby boomers get older, there is often a desire to share their wisdom and life experiences. The Retir

“We’ve seen an influx of baby boomers over the past few years,” said Hedy Bass, assistant director and

Although there are more than 1,300 RSVP volunteers helping Orange County organizations, Bass said t

Williamsburg resident Eileen Carlson, 63, volunteers at Dr. P. Phillips Hospital. She spent several years

“I truly enjoy volunteering,” Carlson said. “I’ve always liked helping people, and I believe what goes arou

She and her husband, Larry, who is 64 and still working, help care for their grandchildren, and Eileen als

Midlife Changes & Challenges

Midlife is often the time that many begin to face some of their greatest challenges. Parents age and may

Her children, ages 24 and 27, no longer live at home, and she has freedom to travel. Her parents are go

After she had begun rebuilding her life, Caparella had an unexpected encounter in a Washington, D.C.,

Caparella is continuing her practice of yoga and studying for her licensing exam in clinical social work. S

Throughout all of these changes, she has been on a path to self-improvement.

“I’m working on spiritual and emotional growth, essentially striving to be more conscious in all that I do,”

Caparella has moved on with support from family members and friends, as well as her personal spiritual

For Dave and Lori Schroeder, 53 and 48, respectively, owning their own business is the fulfillment of a li

The Schroeders have lived in Orlando since 1993, and after Dave Schroeder’s job disbanded in 1994, th

“I’ve always had a passion for paper and stationary, and I loved to make handmade cards,” Lori Schroe

Dave Schroeder enjoyed retail and setting up displays and had a talent for photography.

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“We learn something new every day. Many of our customers and staff have been with us for years, and

Planning for the Future

Gregg Biro, 49, of Westminster Landing, is on the younger end of the baby boomer generation. He is the

Gregg Biro believes it is important for baby boomers to start creating a financial plan as early as possible

“This generation is expected to live longer in retirement than previous generations, and their portfolios w

“It is important to have a ‘quarterback’ for this. You need someone to oversee your financial plan for com

Advice & Inspiration

Though baby boomers did not grow up with the Internet, some are utilizing the Web at GrowingBolder.co

“Growing Bolder reflects the most fundamental change in the way people age in the history of mankind,”

“Boomers?” added Bill Shafer, BMG executive vice president. “There has never been another generation