



Living Well

**HURRICANE
SEASON**

A Stressful Time
for Seniors

Dean McNally's
Compassionate
Spirit

Deanne's
**LOVE for
SQUASH**

AVOIDING
**ONLINE
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Deanne's LOVE for SQUASH

Karen Oliver, Senior Communications Officer
The Jamaica National Group



For more than 20 years, Deanne Pryce has been a fervent squash devotee. Now 64 years old, she still maintains command of her game as evidenced by her sprightliness and impressive stamina on the squash court.

Squash is an intense racket sport in which players alternate in striking a small hollow rubber ball onto the playable surfaces of the four walls of an enclosed court.

Two days weekly, Ms Pryce dons her mini skirt outfit, sneakers, protective eyewear and heads to the Liguanea Club in St. Andrew, to play squash, a sport that invigorates her spirit and puts her physical fitness to the test.

During her hour and a half play, it is hard not to notice her mastery of the game. She is focused as she lunges while vigorously swatting the ball with precision. Her speed is quick and her reaction time is fascinating.

"I enjoy playing. Squash gives me a good workout, which I like, because it involves a lot of non-stop running that keeps me physically fit, and also keeps my mind young," she said.

Ms Pryce is part of a squad of players who call themselves 'Lemons'. The squad has been around for more than 40 years, and predominantly includes persons over age 40, as well as expatriates.

Noel McCreith, her coach of more than 20 years, said that her performance has really improved.

"She works hard at her game and is tough to beat. We play matches together and she wins sometimes. She has also represented Jamaica and competed well. Moreover, she really enjoys the game and puts her all into it," he pointed out.

Ms Pryce, who recently retired as an Assistant General Manager for Finance and Administration at JN General Insurance Company (JNGI), pointed out that her involvement in squash emerged from her unsuccessful attempts to grasp the techniques of lawn tennis.

"I just couldn't develop the right technique at all. For most of the time during a game, I was picking up the ball, therefore, I wasn't getting a good game. Besides, it was difficult to find someone to play with all the time," she explained.

Therefore, out of frustration, she made the transition to squash and developed an instant love for the game.

"The beauty of playing squash is that I always have someone to play with," she said.

Over the years, she represented Jamaica in senior Caribbean Squash tournaments locally, in The Cayman Islands, Bahamas and Bermuda. Her collection of trophies and medals are 'tell-tales' about her accomplishments.

"Nowadays, I only play in local tournaments. I'm not as competitive as I was previously, as I now play for the fun of the game and to maintain my physical fitness."

Despite her age, and the fact that she sustained a sprained ankle; and, a wound to her cheek, which required stitching, she has no intention of walking away from the sport anytime soon. With more free time now, she is considering increasing her visits to the courts.

Outside of squash, she enjoys going to the gym, playing word puzzles and scrabble online. Sometimes, she plays up to five scrabble games simultaneously. Furthermore, she enjoys playing pan music, a skill she learned two years ago at the Church of Ascension in St. Andrew.

The newly appointed Justice of the Peace for St. Andrew will, in September, commence voluntary work at the Women's Centre which facilitates adolescent mothers to continue their education.

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FEEDBACK ON OUR LAST ISSUE



Continue the fabulous job of producing timely, informative and inspiring articles. I particularly enjoyed the article on 'Retirees mentoring young people'. This is an excellent means of bridging the generation gap, providing wisdom and guidance to our young people while at the same time validating the contribution of our retirees.

Cicyn Joseph-Johnson, St. Andrew

The nutrition article is very informative. I will definitely be making use of the tips given. The story about 'David Brandon's Passion for Motorbikes' was a good read and interesting.

Suzette Matthews, St. Catherine

Very interesting and Informative articles. While the magazine targets persons fifty years and over, it can be enjoyed by all as the topics covered are quiet relevant and useful. Young adults can get insightful information on how to prepare financially for their retirement.

Denisha Douglas, St. Andrew

It is a very good magazine that is well written. I learnt a lot of new information from the articles on 'Preventing Foodborne Illnesses' and 'Securing Online Information'. Overall, I enjoyed reading the magazine. Continue the good work.

Ivy McLeod, St. Catherine

EDITORIAL

JN Living Well is produced by The Jamaica National Group. It is issued in April, August and December of each year, and is targeted to persons who are over fifty years of age, although many of the stories in the magazine will appeal to all age groups.

We invite your feedback and suggestions on topics that you would like to see in upcoming issues. Send an email to us at corporatecommunications@jngroup.com.



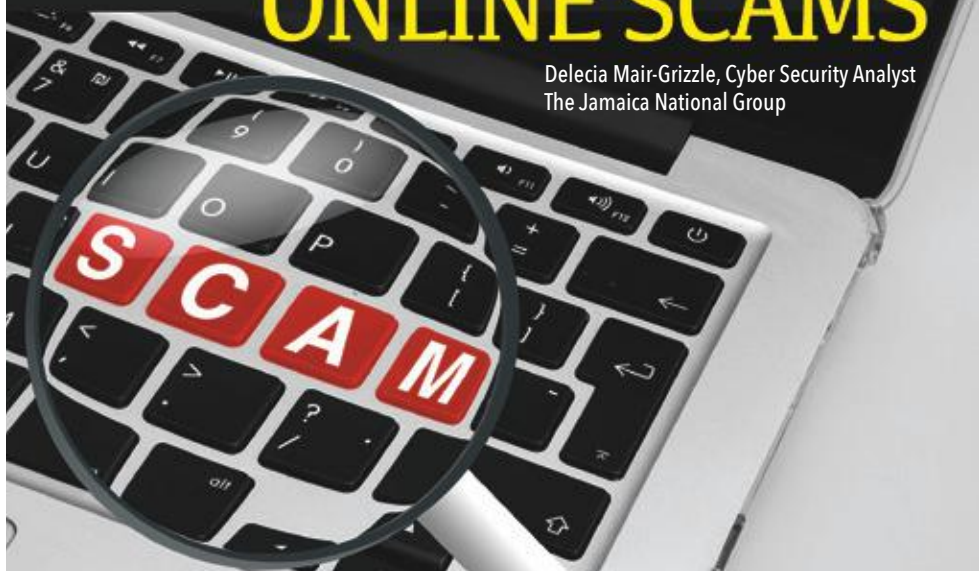
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Avoiding ONLINE SCAMS

Delecia Mair-Grizzle, Cyber Security Analyst
The Jamaica National Group



Navigating the web is not an easy task for anyone, but it can be particularly daunting for the elderly. With social media rising in popularity, the wish to be in 'contact' with grandchildren and the option of paying bills online, more and more seniors are now traversing the World Wide Web. Here are a few tips to keep in mind while browsing:

Spam

It is quite common to receive spam, but the trick is knowing how to deal with them. Spam is unsolicited emails and should be blocked and promptly deleted. Doing so will reduce the number of spam emails received from that particular email address. Never share personal information, whether or not it is requested and never forward the email to other persons, as this may cause unsuspecting persons to click on malicious links. Additionally, never reply to the sender as this will confirm your email address and may increase the frequency with which you receive spam.

Phishing

The goal of phishing is to trick the email recipient into believing that the message is something that is wanted or needed - a request from his/her bank or a note from someone known - and have the recipient click on a link or download an attachment. In most instances, there is a sense of urgency and the recipient needs to click the link now to address the issue. Always double check the information presented, and as a means of verification, the user can call the institution mentioned in the email.

All that glitters is not gold

Be wary of emails offering 'free' gifts, prizes or vacations. These are tricks designed to get you to give up personal information and can be pieced together to steal your identity, money or even guess your password to gain access to your online accounts.

Be mindful of the traps that are on the web and try to avoid the pitfalls. When in doubt be sure to ask for help!

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Karen Oliver, Senior Communications Officer
The Jamaica National Group

Dean McNally's Compassionate Spirit

...Feeding the Indigent for almost 20 years

Fifty-seven-year-old Dean McNally is a selfless individual, who has such a big heart for the indigent that he has earned the moniker, "Salvation Army".

For almost 20 years, he has been preparing and delivering meals every Sunday, to five persons in Half-Way-Tree and Dunkirk, two of whom are homeless. In addition, he provides two meals daily for one of the homeless persons, Burchell Moncrieffe, and washes his clothes.

"I bring breakfast for him every morning," Mr McNally disclosed. "And, after work, I go home and cook dinner which I take to him. He is a Rastafarian, therefore, I mainly prepare fish and chicken for him."

Mr McNally said that, "It's just my nature to help the needy. I grew up in an environment where I saw my grandparents, parents and other family members reaching out to the less fortunate. They were always giving things to people, so I believe that's where the influence came from," he explained.

He further pointed out that the importance of good deeds was especially reinforced by his father, R.C. McNally, a Minister of Religion for the Church of God in Jamaica, who led congregations in Portland, St. James and Clarendon.

over the years, he has developed a bond with each person, and he treats them as if they were a part of his family.

"It was the norm for us to go to church with him as a family. Many of his sermons were about showing love, and caring for others," he related.

An employee of the Jamaica National Building Society, now JN Bank, for almost 35 years, he pointed out that he became familiar with the indigent persons he currently supports, given that they were always in the vicinity of his workplace, in Half-Way-Tree.

"Initially, there were three persons whom I looked after. However, about eight years ago, I managed to relocate one of them to better living conditions in Dunkirk. As a result of going there to look after him, I met two other needy persons. If I could get the two in Half-Way-Tree into the Golden Age Home in Vineyard Town, I would be most happy because they are not safe on the road," he said.

He explained that over the years, he has developed a bond with each person, and he treats them as if they were a part of his family.

“Whenever I go overseas, I usually stay for less than a week because I know they are depending on me.”

Mr Moncrieffe, a former plumber with the then Ministry of Housing, who worked as a painter as a side job, said that he has been living on the streets for about 15 years, and credits Mr McNally for helping him to get by, daily.

“He is pleasant and I respect him. He is like a son. Anything I am going to do I discuss it with him first,” Mr Moncrieffe stressed.

A father of 20 children, 12 sons and eight daughters, Mr Moncrieffe explained that he became homeless when his common-law wife died, and he was forced out of the house by one of her relatives.

Mr McNally added that some of the indigent persons he is assisting do have relatives who help out occasionally.

“Two of them have relatives who send money to them through remittance, which I collect on their behalf. I also keep the NIS card and ID for one of them; which I take to him every fortnight so that he can collect his NIS payment. For the others, I do little errands, such as getting personal items for them at the wholesale,” he disclosed, adding that “Once, I took one of them to the beach at Hellshire, and another time I took him for a drive out to Portland.”

It's not that I have the financial means for what I have been doing; it's really that I'm willing to share whatever little I have...

“They are always grateful for what I do for them. One of them recently gave me five hundred dollars to buy a drink. To make him feel happy, I took it, and used it to purchase something for him.”

Mr McNally's wife of 18 years, Trudy, says that she has always known him to help people.

“Every Sunday, he cooks three different kinds of meat with rice and vegetable to take to them. Even if it's raining he still goes to deliver the meals,” she revealed. “He is very kind, dedicated and always follow through with whatever he says he will do, and gives it his all.”

An alumnus of Ardenne and Titchfield High Schools, Mr McNally is the father of three children, two of whom are adults; and, the youngest is moving on to high school in September.

“Jamaica would be a much better place, if more people generated a greater spirit of kind-heartedness, especially to the poor. It's not that I have the financial means for what I have been doing; it's really that I'm willing to share whatever little I have,” he maintains.



KukUp's Mango Bliss

Ingredients

- 1 handful lemongrass
- 4 cups water
- 1 cup diced ripe mango
- 1 cup fresh lime or lemon juice
- ¾ cup honey (to taste)
- Pinch salt
- 2 cups ice
- 1 lemon, thinly sliced
- 1 mint leaf (optional)

Preparation

1. In a saucepan, combine lemongrass and water and bring to a boil for 5 to 10 minutes.
2. Lower heat and allow to simmer for 5 mins.
3. Remove the lemongrass fusion from heat and allow to cool.
4. Blend mango and lemongrass fusion until smooth. Add lime juice, salt and honey to taste and blend for an additional 30 seconds.
5. Strain into a glass pitcher and place in fridge to cool.
6. Before serving, stir well, add ice and garnish with the lemon slices and a mint leaf.

Yield: Approximately 4 cups



Photograph: ncpphotography

Recipe provided by KukUp Kreations.
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Are You A Collector or A Hoarder?

Think Twice Before You Answer...

Carmen Tipling, Communications Consultant



Older persons tend to have large collections of things including books, paintings, photographs, DVDs, music discs, musical instruments and pottery, in fact, anything that they fancy.

In the first instance they see themselves as being “collectors”. However, when the things they collect and accumulate begin to take over their “living space”, then it is likely that they are on the slippery slope to becoming hoarders!

Have you ever seen any of those features on TV about persons who save and retain everything, from “a pin to an anchor”, to the point where they border on being hoarders?

Actually, some hoarders simply see themselves as, “collectors”.

And, given the sentimental and financial values that they attach to the things they acquire and retain, over the years, it is difficult for them to part with any of these gems.

My octogenarian friend, let’s call him “James”, is a collector. Over the decades, he has amassed hundreds of books, many of them first editions, signed by the authors.

My suggestion to James: “Why don’t you donate some of your books to a parish library, or the National Library?”

He was aghast. “What? And, lose my autographed copy of Chinua Achebe’s ‘Things Fall Apart’?” It says right here on the back cover...“Things Fall Apart is a classic of African Literature!”

“I know many of these authors and I love their books,” James declared, “I read some more than once and it would be like losing a friend to get rid of them.”

Then, he laughed and said, “On second thought, your suggestion is not a bad idea!”

There are many seniors out there, who have travelled around the world and acquired “treasured possessions”, who should seriously re-examine their worthy collections and consider how they could also benefit others by donating them to an appropriate

organisation or educational institution.

How about you? What are some of the esoteric and exotic items that you have collected over the years?

Have you ever thought that they could become “educational” materials for students at a primary or high school?

Naturally, not all of the items in your personal collection will be regarded as being “treasures”, but you will never know, until you make the decision to share them with persons who reside in institutions, or are members of the next generation!

Look around your home and consider this: What if a set of your paintings could decorate the walls of the living room in a home for teens or adults? Or, what if a selection of your books could become the genesis for a library in one of these homes?

Most people believe that donations to charities should be always be in cash; however, they never pause to consider that some of the “treasured items”, they possess, which if assessed and strategically donated could inspire and teach others, young and old.

Think about it! You could become a “donor” before you slide into the category of being a “hoarder”!



Let's Get Physical: Putting a 'YOU' in WELLNESS

Kadeem Rodgers
Fashion Stylist/Writer (@TheStyleRedeemer)

What's the first thing that comes to mind when wellness is in question? If you're like me, all you can think about is proper dieting and nutrition, right? Wrong! Human wellness is dispersed into seven dimensions: physical, emotional, social, environmental, occupational, spiritual, and intellectual (personal favourites).

How does one prevent illness and prolong life by implementing wellness practices? A sincere smile helps, but true wellness requires a lot more. Below are some tips to manifest wellness with each of the seven facets.

1 PHYSICAL

Considering the current social climate where 5/10k charity or non-profit marathons are en vogue, proper exercise and a strict diet are still considered au courant.

TIP: Seek professional advice from a nutritionist or fitness expert. Never be afraid to get answers.

2 EMOTIONAL

'Tis very important to exhale. Subsequently, conquering emotional wellness requires a lot of time to yourself doing things you love or have never tried before (eg laughing uncontrollably, trying a new sport etc). This allows you to clear your mind of emotional baggage, then forces you to face your issues and clean house.

TIP: Speak openly about those little things that often get swept under the rug. The very thing you think about when you wake up; the thing you're thinking about right now that you refuse to do something about.

3 INTELLECTUAL

Listen to podcasts, read short stories, join a book club, visit museums, go see art shows or exhibits — all helpful for achieving intellectual wellness. Find something that works for you — it may not be reading, perhaps a discussion about this article with your peers.

TIP: Get involved, educate yourself, and get social!

4 ENVIRONMENTAL

A little goes a long way here, starting with feng shui in your home, office, bedroom, or work area frequently. Moving your bed around to face the window, or placing a plant/living object in your space, i.e., a fish, cacti, a plant, or even actively recycling, these are all recommended practices for a well environment.

TIP: Stop poking trash into empty bottles and stop littering. #NuhDuttyUpJamaica

5 SOCIAL

A socially conscious individual is also aware, and able to navigate social circles confidently without tipping the scales of what is or isn't morally or socially acceptable.

TIP: Intellectual and spiritual wellness is required. Re-immense yourself into socializing.

6 SPIRITUAL

The most holistic form of wellness involves building a relationship with your spiritual self. This involves your values and beliefs that inform the decisions you make.

TIP: If you have best friend drama, spousal disputes, family altercations, disagreements in the workplace, stay away from it all, and focus on you.

7 OCCUPATIONAL

This facet involves exploring various career options to find your footing, as well as a balance between work and leisure time. It's best to actively seek out ways to create wealth or chart avenues for job creation.

TIP: Find something you're passionate about – be it a hidden or undiscovered talent — then make a big deal out of it. Reading and extracurricular activities will aid in finding your purpose, however commitment and perseverance is required.

Ultimately, the goal is for you to become so self-aware that you're able to catch yourself in your wrongness. The most wonderful thing about arriving at your wellness is that when it happens; you know.

"Do the best you can until you know better. Then when you know better, do better." - Maya Angelou



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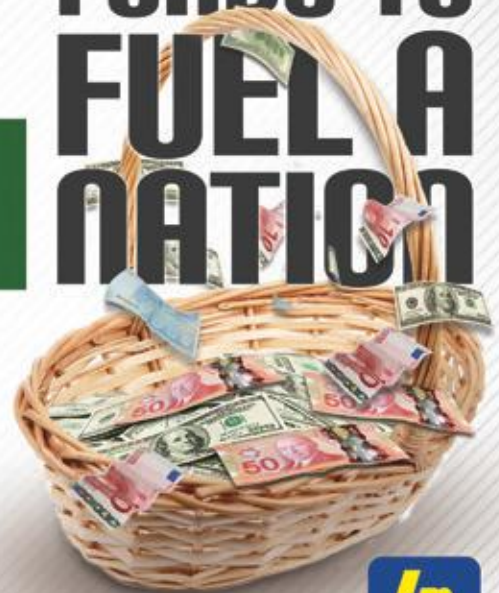
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-A STRESSFUL TIME FOR SENIORS

Karen Oliver, Senior Communications Officer
The Jamaica National Group

The memories of the devastation caused by Hurricanes Ivan and Dean, respectively, are still fresh in the minds of Delorica and Maxwell Myers, retirees living in Yardley Chase, St. Elizabeth.

Despite having moved on after their substantial loss, they cannot help feeling apprehensive whenever there is the threat of a hurricane.

Ivan, a dangerous category five hurricane, which passed south of the island on September 11, 2004, peeled the entire roof off their three-bedroom house. Three years later, like déjà vu, hurricane Dean, which also passed south of the island, completely ripped off the newly-replaced roof.

"We lost everything the first and second time. All our furniture and clothes were water damaged. Only the laundry room was spared as the roof of that section of the house was slabbed to accommodate a water tank. The car windscreen was smashed and we lost a lot of trees. There was debris everywhere which took days to clean up," Mrs Myers recalled, adding that the house wasn't insured.

During the following two weeks after the hurricane, the Myers were forced to sleep in the laundry room, which could only accommodate some chairs.

"It was unbearable. Sometimes we would end up sleeping in the car. When the second hurricane hit, it was much harder on us, as we had to relive the experience of the first one. And, even after the roof was repaired, I couldn't move back into my room, as I kept remembering the sound of the nails being pulled from the roof," Mrs Myers, a former school teacher, disclosed.

To avert another destruction, they have "slabbed" the roof of the entire house; however, even this precaution has not put their minds at ease.

"Every time I hear that a hurricane may come, I get very anxious," said Mr Myers.

He pointed out that whenever there is a threat of a hurricane; they usually make preparations, such as: battening up the windows, and stocking up with supplies, such as tinned food, water, batteries and lamps.

Chris Hind, General Manager of JN General Insurance Company, emphasised that seniors should ensure their property are insured, to maintain their peace of mind, in case there is a hurricane or other natural disasters.

"Our home is one of the most important assets, which represent much of our wealth, therefore, every effort should be made to protect it.

We live in a hurricane zone, hence there is always the likelihood to be impacted by a hurricane. Last year, we saw the devastation caused to our sister islands. Fortunately, some of those persons were able to recover, as a result of having insurance."

For many senior citizens, especially those who live alone or those with mobility challenges, an impending hurricane can be a cause of much anxiety.

Joyce Reynolds Robinson, Information Officer at the Office of Disaster Preparedness and Emergency Management, said that it is important for seniors to always make the necessary preparations to mitigate against loss and injury.

...even after the roof was repaired, I couldn't move back into my room, as I kept remembering the sound of the nails being pulled from the roof...

Hurricane Preparation Tips



- ◆ Store extra food, especially food that can be eaten without cooking or which need very little preparation. Electricity may be off during a hurricane, leaving you without refrigeration. Place emergency food supplies in a waterproof container and store in a closed box, cupboard or trunk.
- ◆ Know the nearest shelter to you. This should be a last option if you do not have family or friends to stay with or someone to stay with you; and if you do not live in a flood-prone area or near a gully or coastline.
- ◆ Have a list of emergency numbers on speed dial for the nearest police station, fire station, shelter, family members, hospital and health centres.
- ◆ Practise evacuation drills with the family, so that you can evacuate quickly and safely during an emergency.
- ◆ Ensure that you have extra supplies of medication.
- ◆ Make arrangements for someone who is able to lift and carry heavy objects such as wheelchairs or other medical equipment.
- ◆ Make sure you have emergency equipment in your home. These include water boots, raincoats, flashlights, batteries, portable radios, kerosene lamps, candles and matches.
- ◆ Have simple first-aid items such as alcohol, iodine, bandages, eye lotion, etc.
- ◆ During a hurricane, do not go outside, as you may be in danger of getting hurt or even being blown away.

Reduce Your Chances of Breakdowns

Karen Oliver, Senior Communications Officer
The Jamaica National Group

Breaking down on the road is one of the worst nightmares for motorists, particularly for seniors. The problem could be compounded if the breakdown occurs far from home on a lonely road at night.

Duane Ellis, General Manager of the Jamaica Automobile Association (JAA), advised that one way to reduce the likelihood of breakdowns is regular maintenance to keep vehicles in good working condition.

“A disabled vehicle on the roadway can be a hazard to the motorist himself and to other users of the road. When there is a breakdown, the motorist and sometimes good Samaritans are forced to attend to the vehicle while in the road, causing them to be exposed to passing vehicles thus putting their life at risk.”

...you will have to replace the battery of your vehicle at some point, but there are ways to prevent it from happening too quickly

According to Mr. Ellis, motorists should schedule maintenance services for their vehicles at every 30,000 mile interval. Between maintenance, checks should be made regularly on transmission fluid, engine oil, coolant as well as tyres.

“Preventative maintenance will save you from the stresses of premature repair bills when a minor problem is addressed early before it becomes a big issue. It’s almost probable that you will have to replace the battery of your vehicle at some point, but there are ways to prevent it from happening too quickly,” he pointed out.

“It goes without saying that a well-maintained vehicle is more reliable and that you’ll get more out of it. A motor vehicle is a big investment, therefore, every effort should be made to keep it in good running order,” he urged.



Vehicle Maintenance Tips

■ Check tyre pressure weekly. Incorrect tyre pressure can lead to excess tyre wear. Too much air in the tyres can leave them more prone to blowing out.

Consider fitting your vehicle with a tyre pressure monitoring system so that you can be aware when to refill tyres.

■ Check fluid levels such as oil, transmission fluid and engine coolant and top up if they are low. Failure to do so can lead to overheating of the engine.

■ Check the engine air filter. A dirty air filter can shorten the life of an engine and also reduce gasoline mileage by up to 10 percent. Clean the engine’s air filter by using an air hose to blow away any accumulated dust that may have gathered.

■ Change oil every 3000 miles to ensure the best performance of your engine and to avoid possible engine problems.

■ Clean battery cables using a wire brush and a mixture of one tablespoon baking soda and one cup water. Be sure to disconnect the cables from the battery before cleaning. Adding some petroleum jelly to the posts will make reapplying the cables easier.

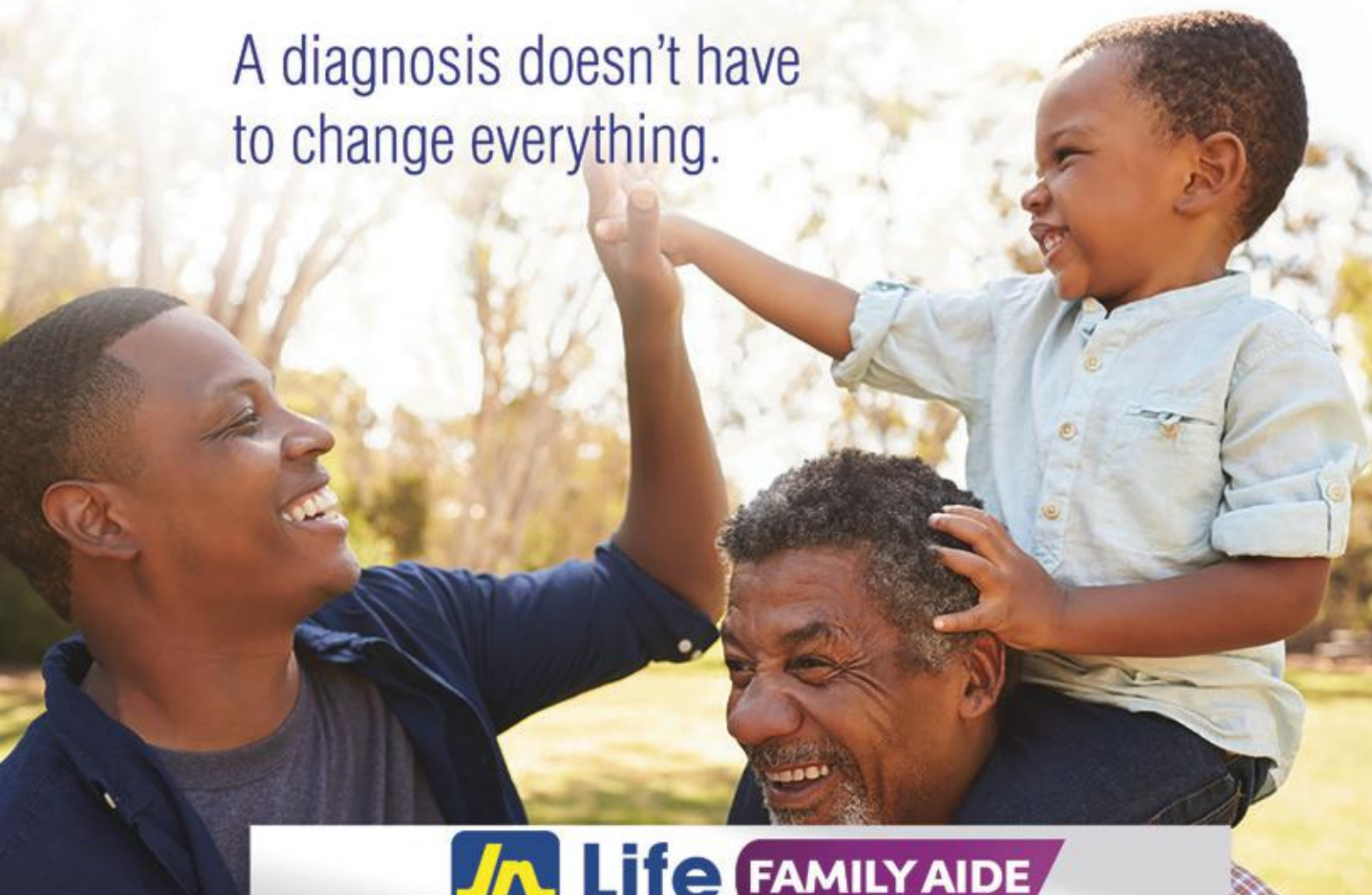
■ Check the connections. If the cables are loose, tighten them. If your car comes with a bar that holds the battery down, be sure it’s secure. By doing so, the life of the battery will be prolonged.

■ Clean brake dust off regularly. If brake dust are left too long, the combination of road grime, moisture and heat from your brakes will bake it on to your wheels. Brake dust normally clings to wheels

with static electricity. A damp sponge and clean cold water is the best way to get it off.



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A New Fresher Look

Dr Karen Carpenter, Certified Clinical Sexologist & Psychologist

Lately, I've been thinking about those seniors who are young at heart. The term 'senior' seems to be associated with being incapable of enjoying life and that's a pity. Today's seniors are not only looking younger, but they are still very active and ready to go. They just have lots more experience about life and relationships. So, I thought we might look at how to make the outside match the inside. Let's freshen up the wardrobe a bit and wake up the make-up.

We all feel better about ourselves when we are looking better, so here goes. First, it might be a great start to look through your wardrobe and remove any clothing you haven't worn in the last five years. If you rarely wear it, it's probably either uncomfortable or impractical. Second, go through some magazines and select at least three photos of people in your own age group, whose style you admire. Notice what elements they have incorporated into their dress style. Is it a trendy t-shirt, updated walking shoes? Or perhaps their clothes just fit very well. Now that's a key point. If the shoulders of your dresses and shirts hang below your shoulders by one inch or more, they are simply too big. You can take a favorite, expensive garment to a tailor to have the fit adjusted. A quick adjustment will freshen up that dress or shirt.

A second wardrobe tip is that you really don't need clothes for the house. You may need some practical pieces for the garden and sports, but other than that, forget the yard clothes. Any clothing that you would wear outdoors, makes perfect indoor clothing as it ages. No need to buy twice.



For the gentlemen, I suggest you check the length and width of your trousers and jeans. Today, men's pants are worn with a slim fit and no cuffs puddling over the shoes. That makes you look older and unfashionable. Also make sure that your jeans fit well at the back. Have your tailor fit the rear of your jeans so there is no sagging, or simply invest in some new slim fits. Vary your colors and look out for stretch cotton in light grey, camel and coffee tones. Top it off with an aqua or baby blue shirt and you're fine.

Now, let's wake up the makeup and that goes for men too. Everyone needs to sunblock, moisturize and hydrate. Keep your water intake up so that you can plump the skin and remain healthy.

Gentlemen, facial hair ages you and if you're sporting a beard, make sure you have it professionally trimmed and shaped regularly. Ask the barber what styles are in now as beards have come long way. For the ladies, let's begin by throwing out all those old eye shadows, nail polishes and lipsticks. Yes, you really only need three shades. A solid red that is closer to brick than cherry, a soft pink and a nude tone that looks natural. Modern lipsticks today are matte or frosty, avoid high sheen. Heavy eyeshadow can age you, so go for dark brown and dusty rose, sometimes alternating with a creamy white. The rose on the inner lid and the brown on the outer corner of the eye. Avoid harsh eyebrow pencils and eye liners. Dark brown is as dark as it gets, less drama and more natural makeup will make you look younger. For the hair, absolutely avoid raven black. No matter how dark your hair was in your youth, your skin will be losing some of its melanin as you age so don't exaggerate the difference by drawing attention to it.

Invest in a visit to the hairdresser for at least one consultation, even if you are going to do it by yourself later. Lighten the hair with time until you find the perfect mid tone. And now the piece de resistance -your teeth- brighten your smile with an occasional application of white strips, which you can get from the pharmacy. You would be surprised how much this will peel back the years. Go ahead and enjoy a little more pep in your step as you freshen up your look with confidence. Try making just one little change each week and by the end of the month you'll be attracting lots of compliments.

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