

# Letter from the Publisher



Dear Readers:

The year has begun to stir great minds and ideas and the peace negotiations in the Middle East march to the beat of different drummers. Let's hope that both sides see the value of a peaceful settlement.

As budgets are sliced and the elder population bears the brunt of the cuts, we can assist by increasing our volunteerism and donations. Adopt an elder person or two and help with transportation and shopping. The "golden rule" is only good if it is being used.

We have been pleased to be working with some of the most worthy non-profit organizations: Seagull Industries, their group homes, thrift stores and workshops for and to benefit the mentally challenged persons in Palm Beach County; Broward's Meals on Wheels, making sure that elders do not go hungry; JCC in Boca and West Palm Beach, bringing activities and supportive services to their senior adults; Alzheimer's Community Care, providing safe and secure day care centers in Palm Beach County for persons with Alzheimer's disease. And the list goes on!

The diversity of our magazine is growing and being read by people of all ages who are interested in the aging challenge, both for themselves and for their aging relatives and friends. We wish our readers a Happy Easter...it comes a little bit earlier this year!

—Anita Finley, Gerontologist  
March 2005

Happy St. Patrick's Day!

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BoomerTimes & Senior Life *Book of the Month*

## Inspirations of Love, Life and Loss

Author: Ken Esrig — Reviewed by Anita Finley

To really understand this book, you must first know something about the author, Ken Esrig. Ken was born in New York City but grew up in Birmingham Alabama. He currently lives in Boca Raton, Florida where he has been living since 1989. He is a graduate of the University of Alabama and holds a Masters degree from the University of Alabama in Birmingham in hospital and health administration. He is a former hospital administrator including serving as the CEO of Pinecrest Rehabilitation Hospital, in Delray Beach, Florida. Ken currently owns and operates medical practices including Delray MRI on the campus of the Delray Medical Center. In 2004, he was named Medical Practice Administrator for the State of Florida.



This part is where Ken Esrig faces life in big gulps. In 1983 he married his wife, Jill. They met while he was in graduate school and she was becoming a registered nurse. Life was better than average for the family except that everyone they cared about was suffering. After 18 years of marriage, Jill died unexpectedly at the age of 40 years old.

With two daughters ages 12 and 15, Ken had to start life over. Less than two months after Jill's passing, Ken wrote a letter to his father-in-law to help comfort him in his pain.

You see, not only had his father-in-law lost a daughter, but also he had lost a 13-year-old granddaughter the year before. His daughter-in-law and mother of the grandchild, his other daughter and his wife all had breast cancer. Both young women have since passed away.

In Esrig's first book, *Washing Away the Pain*, "A Father's Day Wish" became the first poem written in this book.

Ken now shares his latest book, *Inspirations of Love, Life and Loss*, a book that serves as a traveler's guide through life's most profound moments. He is called "a man with feelings" and an author that touches his reader's hearts and souls.

Sometimes, life's journey takes us places we're not prepared to go. To get through the profound highs and lows, we often need the inspiration and support of someone who has been there before us—to help us make sense of the unfamiliar and to appreciate the emotions we are experiencing.

In *Inspirations of Love, Life and Loss*, author Ken Esrig shares the exhilaration, challenges and doubts that face us when we face life head-on:

"Honey we need to talk"... (After the Game)" tackles the issues of receiving a positive diagnosis of cancer, and the difficult struggles that follow.

"Love's Journey" weaves stories of love and loss that are inspiring and uplifting. An intimate demonstration of Esrig's emotions is clear in the chapter entitled "The Feeling Zone." Wrestling with day-to-day questions of emotional conflict, "The Emotional War" ties together the inconsistency of feelings. "Take Time to Pray" evokes a universal need for faith and prayer, without espousing one religion.

*The Miami Herald*, *The Sun Sentinel*, and *The Palm Beach Post* all hail Esrig, described as "a man with feelings," and an author who touches his reader's hearts and souls.

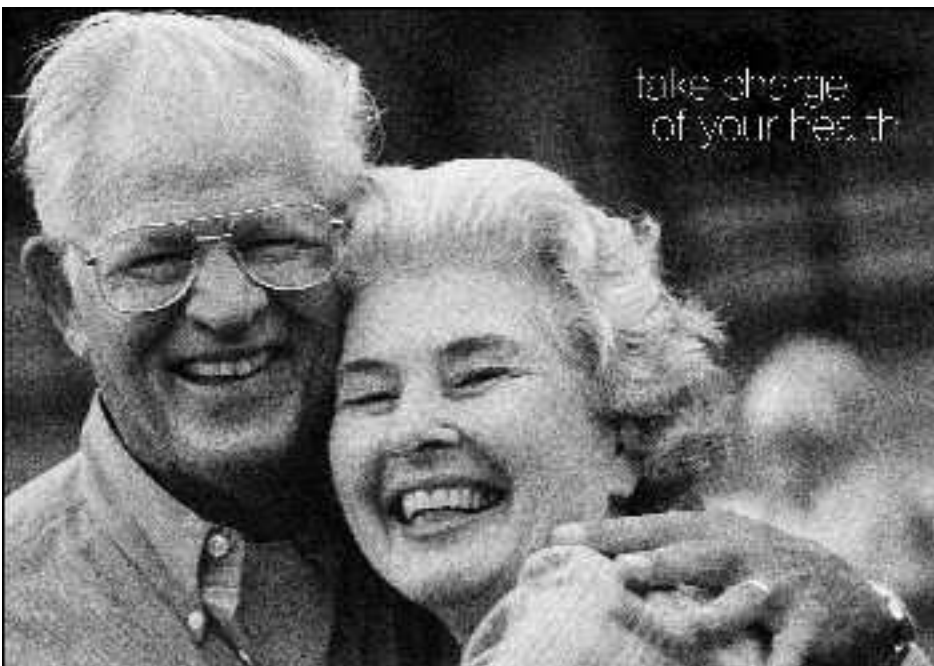
If you have lost anyone near and dear to you, this book will help to ease the pain.

For information, go to [www.kenesrig.com](http://www.kenesrig.com)

(To purchase "Inspirations of Love, Life and Loss," go to your local bookstore or to [amazon.com](http://amazon.com).)

*Slow down and enjoy life. It's not only the scenery you miss by going too fast—you also miss the sense of where you are going and why.*

—Eddie Cantor



SENIOR EXPO 2005

April 3, 2005; 11am-3pm

Kaplan JCC, 1001 N. Dixie Hwy., West Palm Beach, FL 33411  
888-885-7700

HEALTH FAIR 2005

March 31, 2005; 9am-1pm

Delray Medical Center, 1001 N. Dixie Hwy., West Palm Beach, FL 33411  
561-419-5000

**DELRAY**  
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**PINECREST**  
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Both events are open to the public and all are welcome. Admission is free.

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**TRAVEL GREETERS PRESENTS:**

6/10, *Shades of Ireland*, 10 day, all inclusive, escorted, \$2909 pp, dbl occ, call for itinerary

10/9, *Canadian Rocky Train Tours*, 10 day, all inclusive, escorted, \$2499 pp, dbl occ

Oct departure, *Exploring the Alpine countries*, 15 day, all inclusive, escorted, call for details

Nov-Dec, *Mozart Christmas in Vienna*, 8 day, all inclusive, escorted, \$1849 pp, dbl occ

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