



John Zilverberg, 102, Highmore, SD, won gold for bowling and hammer throw. He won silver in javelin, discus and shot put.



Pat Fukii, 83, Boise, ID, competed in the 50 & 100 meter, long and triple jump

102 Year Old Wins Gold at National Senior Games

50+ athletes inspire everyone, especially those 80+. They compete in sports mainly because it's fun, social and good for you. Research proves that exercise helps you live a longer and healthier life.

The oldest athlete at the National Senior Games in Minneapolis, John Zilverberg, won two gold and three silver medals in track & field competition.

Amazing for anyone, especially for someone 102!

Nearly 10,000 over 50 athletes from all over the U.S. participated in 21 events ranging from basketball to swimming to track & field. 100 men and women competed in the 90 to 100+ age division.

These athletes are some of the fittest in America according to a recent survey of 4,000 seniors. Based on a test created by the Norwegian University of Science and Technology, the study found that the actual age of participants was **68** while their fitness age was **43**.

Which helps explain why older athletes are able to compete in sports at any age. In "fitness" or chronological years, they're actually 25 years younger than their actual age.

A 75 year old can literally have a body fitness of a 50 year old.

The National Senior Games is the largest multi-sport, qualified competition event in the world for men and women 50 and older.





Donna Gonzales, 73, Jackson MS, nabbed the gold in the 1,500M and 5,000M in race walking.



Edwina Dennis, 81, Chicago, tied for 5th place with her basketball team—the Colorado Combos.



Protect Your Assets and Improve Your Quality of Life

Estate Planning attorney Derryl Molina doesn't just draft wills and trusts. She works long and hard to make sure her clients get the benefits to which they are entitled.

Not only an estate planner, Derryl Molina is a "Full Life Care Planner." She helps with Estate Planning in the form of Wills, Trusts, Powers of Attorney and Advance Health Care Directives.

She's also devoted to protecting you from Elder Abuse and Fraud.

Trained to solve problems, Molina helps you plan for lifelong comfort and security, whether it's long-term care, Medicare, Medi-Cal, assisted living choices or simply how to choose appropriate agents for your durable powers.

Attorney Molina is a mediator who helps individuals and families resolve their conflicts.

For more information, contact Derryl H. Molina at **408.244.4992** or email her: attderryl@comcast.net. Check out her website at www.fulllifecareplanner.net.

"Molina had a client who needed a financial adviser with skills in getting the impossible accomplished. When I researched Ms. Molina, I was instantly impressed. She had been quoted several times in articles in the local newspaper, The Mercury News. She came across as an advocate for those who really need someone in their corner."

— Rick L, San Jose, CA.