



According to some learned shrinks, all the ever-increasing travails of seniors are affecting their health. They say every hour of every day now fills our minds with shocking news of natural disasters, wars, politics, suicide, crime and other negative brain drains. How can we, especially seniors, cope with it all?

The best solution for staying mentally healthy is to get out and get going to keep your aging brain filled with new and exciting travel adventures. Grab a flight to England and have tea and biscuits by London's Trafalgar Square. Sail to a Caribbean island and enjoy the music, beaches and tropical themes. Get star-struck in Manhattan's Broadway theater district and see the latest plays. Climb the Eiffel Tower in Paris or just hit the nearest beach with your grandkids.