

Assisted Living & Nursing Homes ~ Time for a Change

If you've ever questioned the quality of today's assisted living and nursing homes, you are not alone. Over the past two years, I've visited three such facilities here in our local area — and what I observed left me not only questioning, but also feeling disappointed, frustrated, and frankly, stunned. Maybe even fearful. For the first time in my life, I found myself wondering: *What if this is what the future holds for me or for someone I love?*

To be fair, I've only seen those three facilities — and yes, I hope there are better ones out there. But then something extraordinary happened...

Model That Works — A Real Home That Heals

I “coincidentally” came across a place that met — and exceeded — every expectation I had for elder care. It's called **A Paradise for Parents**, and I first discovered it through a YouTube video. Better than that video, though, was the personal reply I received from founder **Hal Cranmer** after I emailed him with questions about his vision and mission.



Soon after, I flew to Phoenix, Arizona with my friend Paula to visit A Paradise for Parents in Surprise, one of Hal's four homes in AZ. What we found was remarkable: a real home, caring staff, and an atmosphere of dignity, health, and hope. The home featured both private and shared rooms, inviting community spaces, and a beautiful backyard complete with a peaceful walking path.

See: www.AParadiseforParents.com

Most of all, we met caregivers who were deeply invested in helping each resident thrive — physically, emotionally, and spiritually. Hal spent nearly two hours with us, answering every question with sincerity and heart. His goal is clear: to support healing, reduce dependency, and even improve diagnoses — including Alzheimer's — through a thoughtful blend of nutrition, supplementation, movement, community connection, and functional medical care. Yes, Hal has literally turned assisted living houses into healing homes as Dr. Atul Gawande would want. Read on to learn more about Dr. Gawande below, along with a special invitation from me.



Joy's Story: Healing at 87



We met a radiant elder (let's call her *Joy*) who welcomed us into her private room, lovingly surrounded by blooming African violets. She had arrived at age 80, overweight, metabolically unwell, in a wheelchair, and unable to care for herself. Today, at 87, she walks, tends to plants, and participates in community life — fully independent and vibrant. When told she was ready to return home, Joy laughed and said, *"I got well here. I'm staying here. This is my home!"*

YouTube: [Hal Cranmer Turns Assisted Living Houses into Healing Homes](https://www.youtube.com/watch?v=HalCranmerTurnsAssistedLivingHousesIntoHealingHomes)

Compare that to what we often hear about institutionalized care. It's not even close.

A New Chapter for You, Me, and Youthful Living

This visit stirred something in me — a calling to serve and to speak out. As a result, **Youthful Living, Inc.** is stepping into a new chapter. One that's spiritually grounded and inspired by this deeper vision of health, sovereignty, and possibility in our elder years.

This new chapter is called the **Circle of Freedom** — a community offering for those 60+ who are ready to awaken, release, and rise. Our first offering? A local, in-person book discussion on the profound and compassionate work of **Atul Gawande, MD**, *Being Mortal: Medicine and What Matters in the End*.

Each week, I'll also offer practical tools and wellness protocols — inspired by Hal Cranmer's success stories — that may help us delay or avoid institutionalized care altogether. While Dr. Gawande, as a licensed physician, cannot recommend alternatives to standard medical care, he delivers something just as essential: a wise and urgent message about how we choose to live — and what truly matters in the end.

I invite you to join me and others in this conversation. Let's reimagine aging. Let's reclaim our vitality. Let's honor our wisdom and each other.

With faith in what's still possible,

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