

# STARTING OVER AT 70



GetHealthHelp.com



Mark and Beth Krieger

Just because you can't do what you've always done, doesn't mean that you can't do wonderful things. This is my motto at GetHealthHelp.com. My clients are people who may be challenged in some way or whose life work is just not the same as what they thought it would be. Now more than ever, many of us fall into this category. Once I let people know that I was writing about new beginnings, I found more and more exciting situations where lives were improved and made more meaningful through adversity, changing situations and a desire to help others.

This month I interviewed Mark Krieger, <https://markkriegerbiz.com>, Master Networker, Entrepreneur and All-Around Good Guy. In full disclosure, Mark is the person who arranges my speaking engagements. He runs a networking group together with his partner, Mary Redler, that was founded at North Shore Towers. [StepAheadNetworking.com](http://StepAheadNetworking.com). I joined last year to find resources outside of my comfort zone, people who work with older adults. Each month I have the opportunity to bounce ideas off of seasoned professionals in all kinds of businesses. Mark was giving me leads for people to interview when we realized that he was the perfect example of someone who completely changed directions in order to find fulfillment.

**Caryn:** Mark, you do so many things. Tell us about your background.

**Mark:** Following a successful time in college tennis, I taught tennis to adults and children at Pointset in Oceanside for ten years. Realizing that

there was more to health than just exercise, I joined Melaleuca: the Wellness Company and began networking to find customers. I got to know so many people and I felt that I really wanted to help them. My wife, Beth pointed out to me that my Hebrew name, Menachem means the one who gives comfort. I really came into my own after I turned 60. That's when I asked Mary to join me in running a different kind of networking organization. From there I found that people really enjoyed learning from speakers, so I started a speaker's bureau. It's not about the money, it's about helping people.

**Caryn:** You and your wife Dr. Beth Krieger also founded a Gemach. How did that come about?

**Mark:** My mother was my role model. She taught me that not everything is about money. Gemach is an acronym for Acts of Loving Kindness. Our parents and others helped us to create beautiful memories. We have established the Gemach in their honor. Today, <http://beautifulmemoriesgemach.org> is the largest in the United States. It is a charity clothing pantry providing dress and business clothing to individuals in need at no cost. I get to see the good side of people who generously donate their clothing and time. We have also established the Designer Bargain Boutique for those who appreciate a good bargain. All the money goes directly to the synagogue so it helps to keep the doors open. Life is full of nice people; you just have to come across them.

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