



# Now I can...

enjoy my second act

Gerry Cain sees her golden years as a time for grand adventures – like a starring role in “Hats, The Musical!”

So when a painful shoulder threatened her active lifestyle, the Ridgeland retiree turned to Methodist Outpatient Rehabilitation for help. Now she’s pain-free and ready for the show to go on.

“I focused on therapy, so I could focus on life – and fun!” she said. “Why would anyone want to go home at 65 and watch television?”