

Put Old on Hold

e-Magazine

Advocating Lifelong Growth and Productivity

July, 2012

**The Best Home Exercise for
Boomers: Stairs?**

**Are You Responsible for Your Parents'
Unpaid Health Care Bills?**

Where Should a "Got it goin on"

Mature Woman Live?

Successful Second Marriages

And the Gray Divorce


And much, much, more. . .



From the Editor



Well, here we are with the second edition of the online magazine. Creating it has been more fun than I could have imagined. Challenging at times, but still fun.

Sometime ago a subscriber wrote and in no uncertain terms told me to get rid of the photo of me in my pink hat. I'm tired of it as well so I asked [Tina Nomura](#) to take some new photos. I'm glad I did because I no longer wear glasses — thanks to Lasik.  Is technology great, or what?



Also, in this second issue there are new contributors. I'm always on the lookout for talented writers who can encourage boomers to continue to grow and be productive so they can enjoy "got it goin' on" mature years. If you would like to offer an article for consideration, download [submission guidelines](#). Please read them thoughtfully before submitting an article.

Barbara Morris, June, 2012 Photo by Tina Nomura

Details

Please [subscribe](#) (no charge) and forward this magazine to interested friends. Please do not send anonymously.

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About the Cover

The cover is courtesy of Tina Nomura at [Lionsbrow](#) Photography. Tina tells about its origin: *"The picture is a favorite of mine that my husband took when we were on our honeymoon on our way up the coast to Crescent City. This was taken in Sausalito near San Francisco. It was one of my very favorite places we visited. A band was playing down the street, so sweet sounds of music in the background as we sat next to the water's edge watching the sailboats and clicking away at everything in sight. I wish we could do that trip all over again."*

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Another reviewer saw the book differently (and more accurately):

Not just for Boomers - this book is chock-full of wisdom for any woman who doesn't want to grow old and fade away in a corner of an assisted living facility. At age 36, I haven't really given much thought to retirement, other than the fact that I have a 401K. This book made me REALLY think about it, and what I could be doing TODAY to make sure that I am able to enjoy my retirement years, not just financially, but physically and mentally, as well.

There's real advice to help slow the aging process in this e-book, which is complete with links to other useful books and websites. Morris' writing style is very smart but sassy, like a good friend is giving you advice. There's a senior mindset Morris discusses, and it seems like as soon as you resign yourself to it, you age. If you can escape the senior mindset, you can beat the aging process.

She is an advocate of natural remedies, rather than pharmaceuticals, and gives references to websites where you can learn more about this. I signed up for the e-newsletter she recommended for health tips.

I think the author, who is 83, has this all figured out. I encourage all women, no matter what age you are, to read this and take heed of the advice within. It could set you on a path for a much healthier, happier future. Kathy / Literary R&R

I am grateful for both reviews. If you would like to add to the confusion with a review of your own, please [download a copy from Amazon](#). It's on Kindle for just \$1.99 (for now) for all that hilarious humor and common sense.

By Barbara Morris

I recently received two reviews of my new e-book, *I'm Not Goin' There!* While both reviews are complimentary, I am wondering if each reviewer read the same book. Consider the following two reviews:

OH MY GOSH!! This is one of the funniest books I have read in so long. It reminds me so much of a Lewis Grizzard book that my dad had. I remember reading it and just laughing until I cried. I'm older now so I'm Not Goin' There: A Gutsy Girlfriend Guide for Boomer Women Who Don't Want to Spend Their Golden Years Cuddling With Their Cats by Barbara Morris, R.Ph made me laugh til I peed my pants. My favorite was AGING GRACEFULLY IS NOT SEXY – OR EVEN COOL. Aging Gracefully is a trap. This is a book that everyone should read! You feel like you are talking to your best friend while you are reading this.

Rita Reviews/ Rita Hernandez

After reading that review my first thought was, yes, I have a sense of humor but my humor has never caused anyone to tinkle in his/her tutu. Then my marketing mind popped up: "Maybe I should contact Kimberly Clark and see if they would be willing to offer a free Depends, or at least, a coupon for a free Depends with each book." I'm still thinking about asking them.

I Miss My Stairs

By Mary Lloyd



You get to be a slug by accident. A recent move of mine confirms this. The house I owned for the last eight years was two-stories and on a quarter acre. Where I live now is single-story with very

little yard. And lawn service for that! If I don't turn this around soon, I will be shopping for clothes in ever larger sizes.

It was the right decision, and it's a nice place. But I miss my stairs. My workroom was up, my kitchen down. Bedroom up, TV and entertaining spaces down. All day every day for 16 hours or more, those stairs were part of my life. Between that and yard work (or on rare occasion shoveling the driveway), I got a good workout without ever needing to call it "exercise." Now? The most exercise I get without naming it as such is watering the potted plants on the front porch every other day.

Usually, I'm pretty good at anticipating things that are going to be difficult when I make a

change. I totally missed this one. I'm accustomed to having my exercise hidden in my lifestyle. Sure I can go to the gym and get on a stair-stepper, but that's not who I am. I'd much rather run up to check my calendar or down to take meat out of the freezer for dinner. I'd rather lift bags of steer manure in the garden than free weights at some workout place. Much as the move is right as part of a long term strategy, I'm not relishing the need to consciously create "exercise" for myself every day.

Now that I'm really looking at the situation though, I can see there's more to this than "oh poor me." We've seen stories about older people who died after they were placed in senior housing after living in more physically demanding homes their whole lives. Most of the stories I've heard assumed they died of homesickness.

Perhaps there's more to it than that.

My new place was built as part of a 55+ community. (Go ahead. Point your fingers and laugh. I said I would never do this.) Everything is on one floor and "easily accessible." Outside of some extra shelving we added that I need to use a step ladder to access, I don't even have to bend or reach

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very much. That's all by design—the perfect home for an “aging boomer.”

Are we right in assuming that as we age we should plan to do less physically? Are we really doing ourselves the favor that builders and real estate agents claim we are with the “all on one floor” concept? Is lawn service really a plus when we have the time and could still be doing that physical activity ourselves? Does it make any sense at all to give up stuff we could still do ourselves just because we are “getting older?”

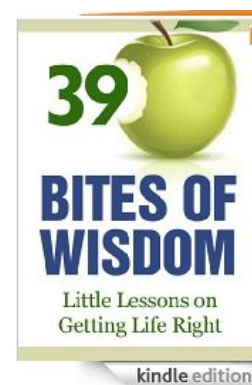
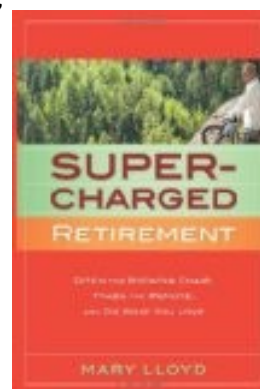
My mom resisted getting a clothes dryer for decades. She didn't want to lose the exercise and fresh air she got hanging clothes outside. (In case you are envisioning this buxom farm wife, please note my mom was a willowy city girl with a degree in intellectual history.) She was right on with this one and I should have been paying better attention. Now I understand. I want my multi-purpose movement (exercise I don't consciously have to plan) back.

I can still fix this. Luckily, the move I just made is a temporary one. I don't own this house. When we buy together a year or two down the road, I'll be aware of this need. For now, I can make an effort to get “exercise” into my daily routine and accept being a gym rat for the short term. But far more often, this “less demanding” new environment is permanent. How many of us are losing our vitality way before we need to by downsizing to places that are designed to take physical activity (aka “work”) out of our lives?

The challenge of doing those daily tasks may be part of what keeps us going. My dad was diagnosed with heart disease in his 40's. Later in life, that included congestive heart failure. For virtually his entire adult life, he went up a full flight of stairs each night to take his shower. When he died at age 85, he was still taking a daily walk, working on his writing every day, and fully engaged in his community. Doesn't that seem like a better way to do this?

We need to rethink this notion that less physical work is good for us as we get older. Sure, we probably won't be pitching hay or digging trenches. But there's middle ground between the two extremes where we would be much better off. For me, that includes a flight of stairs.

Mary Lloyd is a speaker and consultant and author of ***Supercharged Retirement: Ditch the Rocking Chair, Trash the Remote, and Do What You Love***. She has also recently released an e-book on Kindle titled **39 Bites of Wisdom: Little Lessons on Getting Life Right**. For more, see her website www.mining-silver.com.



Does Your Attitude Have You Stuck?

By Joyce Shafer



Do one or more parts of your life make you feel like you're wandering in a wilderness, and you can't find the exit? Maybe it's time to see this for what it really is.

Three definitions of wilderness in my dictionary are: barren, empty land; a large, confused mass or tangle; a wild condition or quality. Circumstances sometimes feel like a wilderness experience, that is, as one of the definitions offered here. But the most prevalent or consistent wilderness experience happens in our mind.

Your choice of thoughts and words are influenced by your attitude, and your attitude is influenced by your thoughts and words, a sort of yin/yang situation.

Stay the same, and you travel in a circle or loop. Tweak this, and you leave the loop for the evolving spiral that can carry you forward.

Your words, which come from your thoughts, have power over you and what you attract. Your attitude not only attracts your experiences but perpetuates your circumstances. Ernest Holmes wrote: "You cannot heal anyone of his trouble, if it is the result of some mental attitude which he will not surrender." Circumstances change over time, but our mind changes only when we decide to change it.

Most of us enter and exit wildernesses throughout life (wilderness happens to each of us), while others merge more than one wilderness into one big one and wander around in there for years or a lifetime. How long have you talked about, thought about, the same "old" things? How long will this continue? Do you really want things to change? Are you more committed to change or to talking about why nothing changes? That's like complaining about your untidy home or office and never tidying it.

Those who look only at their circumstances and not their attitude complain often, because they don't see (don't look) beyond circumstances. Here are some popular wilderness-attitude statements: I can't, because . . . (Different from "I won't," which is a choice); I know I shouldn't, but . . .; It's not my fault, it's the fault of . . .; Nothing ever changes; I give up. People stuck in the wilderness, and that's each of us at one time or another during our lifetime, tend to blame lack of progress on others or situations. Yes, stuff happens, and sometimes it can take a while to recover in whatever way is needed; but we can move ourselves out of and beyond such wilderness experiences sooner with an attitude adjustment. Stuff happens. Stuff will always happen.

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Just as you may be proficient at looking at something negative and thinking it could happen to you, you can do the same for positive circumstances. Consider your thoughts. When you wake, what thoughts do you have? Or, do your thoughts have you? Are they thoughts of appreciation or of grievances? Your first thoughts of the day are akin to you choosing a healthy or an unhealthy breakfast, which influences how you perform for at least the first part of your day, if not the rest of it.

We have a spiritual power within us. We have the Law of Attraction. And, we have the God Force to assist us with anything and everything. What trips us up and keeps us stuck is that we want to see (insist on) a demonstration of improvement outside of us before we demonstrate improvement inside.

If your attitude doesn't serve you, you have to decide whether you'll surrender that attitude and take up a new one... or not. However, if you choose to keep an unsupportive attitude, also be willing to choose to own your choice and not blame others for how you choose to be. Tie this in to the fact that you prepare your future in the present.

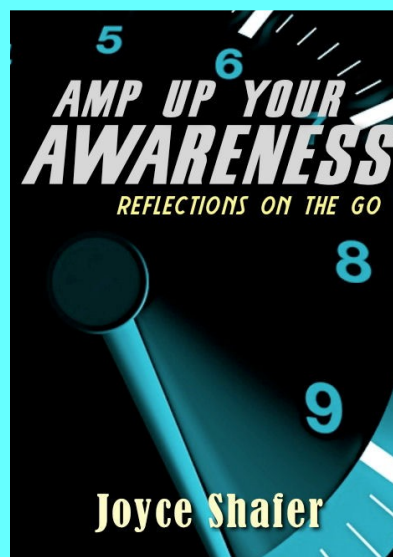
How can you begin your exodus from a wilderness situation? Do what can, even if you think what you can do won't be enough. Do this, and you'll find the Creative Consciousness helps you with the rest, as is appropriate for you. Sometimes, what you can do is an action, but you can always do something about your thoughts, words, and attitude. Doing so is called your demonstration of your willingness to step out of your self-imposed wilderness or any wilderness you find yourself in. Such a demonstration is powerful; and the more you practice such demonstrations, the more your power grows.

Practice makes progress.

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Joyce Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru" and other books/ebooks, and publishes a free weekly online newsletter that offers empowering articles and free downloads. See all that's offered by Joyce and on her site at <http://stateofappreciation.weebly.com>



The
Artful Crafter

See What's New!



Women and Heart Disease

Michael E. Platt, M.D.

People just don't get it - we live in a country that has no interest in improving healthcare. They forget that the medical system is a multi-trillion dollar a year industry that thrives on disease and illness, not on wellness.

Recently, Barbra Streisand has raised \$22 million to fund a new addition to Cedars-Sinai Medical Center that will be involved with heart health for women. On paper it makes sense because heart attacks are the number one cause of death in women. In fact, heart attacks are responsible for 6 times more deaths than any other cause of death in women.

However, if people are really interested in preventing heart attacks why provide funding to any institution that profits from them.

We lose sight of the fact that

hormones control every system in our body. Often, very little training in hormones is provided by medical schools, and this factor might prevent doctors from understanding the causation of illness. Have you ever wondered why some people get fibromyalgia, or depression, or hypertension, or insomnia, or interstitial cystitis, or fibroids, or migraine headaches— conditions that are



often easily cured or prevented by simply adjusting certain hormones. What doctors are taught in medical school is that there are drugs for all these problems.

How many doctors realize that the heart has more testosterone receptor sites than anywhere else in the body, and that low levels are associated with heart attacks. Along these same lines, testosterone reverses congestive

heart failure, or prevents it in men who have had massive heart attacks. Are they aware that after the menopause women have extremely low levels of testosterone?

Ms. Streisand, I realize that one of your goals is to make “heart attack awareness” in women as famous as “breast-cancer awareness”. However, have you noticed that with all the attention on breast cancer, nothing has been accomplished except to generate income for the makers of pink ribbons – an idea, by the way, started by a drug company that produces chemotherapy for breast cancer.

As I have said many times before, if you give women natural progesterone cream and/or 10,000 units of vitamin D3 per day, it would almost eliminate breast cancer.

However, preventive medicine is not allowed in this country.

When it comes to the heart, again, preventive medicine is the answer. Getting people to understand that cholesterol is not the problem will be a huge undertaking. Interestingly, women with high cholesterol often have the greatest longevity and I am not aware of any studies that truly indicate that

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lowering cholesterol in women has any benefit. Side effects of statin drugs include heart damage and sudden death. Is it possible that this factor is contributing to the cardiac mortality rate in women?

I feel that the underlying cause of coronary artery disease is inflammation of these blood vessels. Part of the approach to preventing heart attacks in women should include the use of antioxidants – vitamin C, vitamin D, omega-3 fish oils, magnesium, etc. And at the same time eliminating drugs that can cause inflammation in blood vessels such as estrogen. Estrogen is a known cause of inflammation in blood vessels which is why it causes blood clots in women. At a young age women get exposed to xenoestrogens in plastic bottles, and in their teenage years they often get started on birth control pills. They are again given estrogen in the perimenopause as well as the menopause. At the same time they get exposed to the estrogen that is put into chicken and cattle to fatten them.

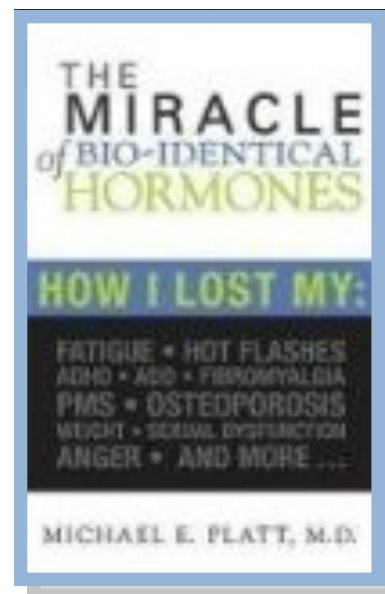
I applaud the fact that Ms. Streisand wishes to support research into the high incidence of heart disease in women. But I suspect that the money she has raised could be put to better use by keeping it out of the hands of traditional medicine. Instead, it could be used to educate people about our less than adequate healthcare system. Perhaps people can be advised to seek out health care practitioners that are interested in treating the cause of disease and not in treating the symptoms.

The U.S. has the worst healthcare record of all civilized countries. We have the highest incidence of heart disease, cancer, obesity,

diabetes, and even infant mortality. Medical care in our country will not change until people demand it. For those of you who are interested in how natural hormones brought into balance can transform people's lives, I invite you to read my book, "The Miracle of Bio-identical Hormones". It is available as a free e-book by going to my website, www.plattwellness.com. #

For more information about Dr.Platt and his ideas about healthcare, please visit our website or call us at 760-836-3232.

Important Note: All materials in these blogs are provided as opinion only and should not be construed as medical advice or instruction. No action should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.



ADULT CHILDREN: RESPONSIBLE FOR UNPAID NURSING HOME BILLS?

By Henry Montag

A recent court ruling coming from the chambers of three state court appellate judges in Allentown Pennsylvania during May 2012 proclaimed for the first time that a major financial liability could be imposed on an adult child in the absence of fault on the child's part in creating the debt. It was the first time that a court of appeals allowed a nursing home to collect an unpaid debt of approximately \$92,000 from a child for their parent's unpaid bill dating back from 2007-2008.

The ramifications of this ruling could be far reaching as nursing homes in other states could follow the example set by the court of appeals in Pennsylvania. To date 29 states already have what's known as Filial Support Laws on the books which allow creditors to attempt to collect a parent's debt from their adult children but until now this law was not enforced. What makes this so disturbing is that the definitions of determining whether the child has the means to pay the bill is very vague thus giving courts a lot of leeway in determining who is and who is not responsible for a parent's unpaid bill.

In the situation in Pennsylvania it was ruled that the parents' unpaid nursing home bill of \$93,000

could be paid by the son as his earnings were sufficient to pay the entire amount. What's even worse is that the child does not have to be involved in any type of asset shielding program nor do they have to have any type of cooperation with the parents to be held liable for their debts. This should be a wakeup call to

any adult child who feels that they shouldn't be concerned about the fact that their parents are running up significant debt, assuming that it's not their problem. In the past Medicaid was the payer of last resort but today many cash strapped states

that have run out of money are looking to lay off that debt directly to the debtor's children.

The best way to make sure that this doesn't happen to your children is to plan ahead and make arrangements to deal with the potential issue before it becomes an out of control unmanageable problem for your

Henry Montag - Financial Advisor

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Below is Quote From The Wall Street Journal

THE WALL STREET JOURNAL

Worry Grows Over Insurers As Ratings Slip
Worry Grows Over Insurers

Mr. Montag is now pairing new clients with insurers that are more financially stable and secure even if the premiums are higher.

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remaining family members. More people should begin exploring the purchase of a long-term care INS contract while they're younger and healthier also when the premiums are considerably lower and the Insurance is still an option. If the parents can't afford the coverage it may make sense for the children to chip in and pay for part of the cost with their parents or other family members. The days of relying on Medicaid to pay our long term care expenses have slowly been shrinking and this recent court action on the part of the appellate court in Pennsylvania may just be another indication of what may be the new reality of being responsible for paying our bills rather than leaving it to the federal or state governments to do so for us. This story was reported in the June 23 Issue of *The Wall Street Journal* titled "[Are you on the hook for Mom's Nursing Home Bill?](#)" Unfortunately the answer seems to be a resounding yes. #



Henry Montag, CFP,CLTC

Henry Montag, CFP,CLTC , a partner of Financial Forums Inc., is an Independent Certified Financial Planner as well as a Certified Long Term Care specialist. He's been in practice since 1976 with offices in New York. He has held insurance and securities licenses for over 32 years. [Visit the Financial Forums Website](#) . Click here for the [Family Business Brochure](#)



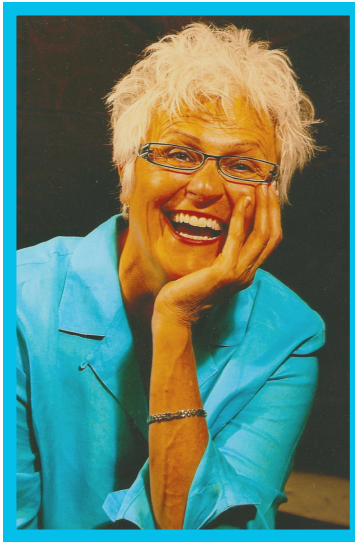
B12 5000 liquid - *Recent research has indicated that methylcobalamin, the active form of vitamin B12, supports neurological function and nerve cell health. In studies, methylcobalamin has demonstrated the potential to support healthy cognitive and nerve function as well as memory and emotional well-being. Vitamin B12 is also an important cofactor for energy production and plays a role in immune system health and healthy homocysteine metabolism. Suggested Use: 1/2–1 dropper, as directed by a health professional.

[Go here to learn more:](#)

It Takes Work to Have Fun . . .

But Should It?

Carole Bertuzzi Luciani



As a student in the Department of Recreation and Leisure (University of Waterloo, '71 - '75) I was excited about what the future promised. Every page of our required reading; the essence of our weekly lectures; and all supporting media messages focused on one thing ... the increase of leisure time and the challenges we would face because of it.

In a Canadian Imperial Bank of Commerce Commercial Letter issued February 1971 ...

"The importance of leisure in our lives is suggested by the fact, that on average, as much as one-third of the 24 hours in the day may be regarded as free time ... Leisure - that time free of major obligations including commuting, eating, sleeping and housework."

It's interesting that forty years later we have so much more to add to that list of major obligations.

I couldn't wait to start my career as a 'Leisure Counselor'. Imagine being paid to meet with people to help them through the dilemma of filling the abundance of free time on their hands ... a guaranteed problem resulting from the onslaught of automation.

We were assured our work weeks would be drastically diminished freeing up more time for personal relationships, time to explore new areas of interests and the time to play. Whaaaat??

They were either terribly misinformed or somehow we were given the wrong directions to 'play land'. And sadly I never did get the opportunity to set up shop in the business of 'leisure leadership'.

In a recent article by Dr. Oz (Toronto Star, Monday, April 4, 2011) he wrote "Serious fun isn't just for kids. It packs big benefits for your health, mood, mind, job and -- most important -- relationships."

I think the key word there is 'serious'. It seems that's exactly what we have done wrong with our approach to 'play'. We've made it more like work ... every celebration has a theme requiring laborious efforts to coordinate; every new activity comes packaged with the purchase of equipment,

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a commitment to lessons and a desire to improve with competitive play; and with every attempt to schedule it into our day, comes the stress of all of the arrangements necessary to clear the calendar to steal the time. We get overwhelmed and exhausted just thinking about it.

It takes work to have fun. I too try hard to balance my life with the demands of my work and the pleasures of my play. After all, I had to learn something from my four years of study. Actually I'm most happy when my work and play overlap ... even though it still requires an effort to make it happen.

But not every person has the resources or the luxury of time on their side to reach the state of blissful balance for even brief moments each day. And the way things are going with the hang around crowd (adult offspring) and growing financial commitments from satisfying or wants and our needs, 'Freedom 75' seems realistic.

Compounding the issue is our lack of self discipline to ignore the luring and addictive calls of technology and all its social networking accessories.

So we must gradually break away to enjoy some idleness, pursue our passion or indulge in mindless activity. And when we do have the opportunity to turn our back on the baneful thieves of your pleasure, step outside and have some fun ... either alone or in the company of those you enjoy.

"You don't stop playing because you grow old; you grow old because you stop playing." George Bernard Shaw

I look forward to staying young ... at least in my mind. My 'later years' will be spent in a 'home' with my girlfriends who promise I can be the Social-Recreation Director so we can continue to enjoy ourselves together.

PS the men's residence will be across the lake ... just a short choppy paddle away.

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Carole Bertuzzi Luciani is a professional speaker known as 'The Moodivator'. As an author of a self published book "I have a story for you ..." Musings of the Moodivator' as well as the writer of over 150 posted blogs, her goal is to apply a gentle tickle to your funny bone. Her sidewalk view of the world is a familiar one guaranteed to make you sit back and see yourself in it.

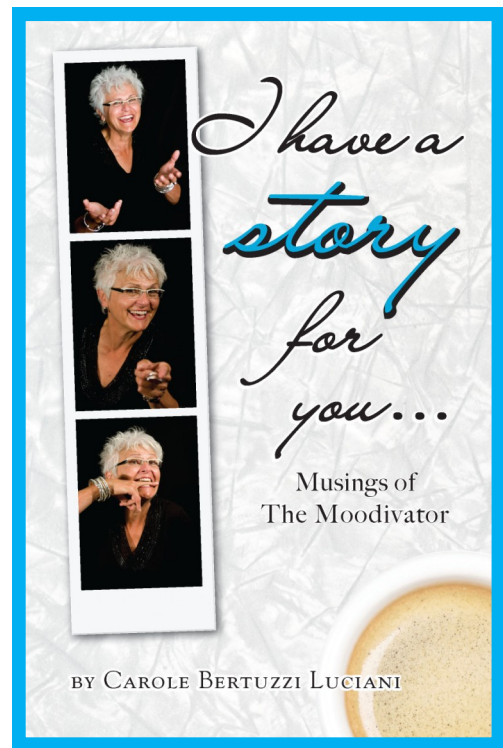
www.carolebertuzziluciani.com (personal site)

www.moodivator.ca (CBL Presentations site)

www.ihaveastoryforyou.com (book site)

www.moodivator.ca/blog (blogs)

www.youtube.com/user/Moodivator (videos)



Where, Oh Where, Can a Lively Mature Woman Live?

By Linda J. Brown



Thanks to an unpublished 1935 manuscript written by her father, Linda Brown knows what occurred aboard The Seth Parker, a famous depression-era radiobroadcast ship during its ill-fated voyage between Pago Pago, American Samoa and Hawaii. A mutiny, led by her father and two other officers, prevented the new owners' planned scuttling for insurance purposes and the death of all hands. Linda Brown hopes to unite descendants of the native Samoan crew to celebrate each life which subsequently depended upon that mutiny-at-sea. To date, this most-recent Bounty story is unknown but a little later in her second solo around-the-world backpacking journey she plans to change that by pitching her resulting script, The Insatiable Sea, to the Australian Film Industry. Linda Brown is the author of three books, eight movie scripts, and two websites: www.heyboomers.com and www.insectdiffusion.com.

I'm nearly 75, launching my next around-the-world, open-ended, solo trip, planning to pitch a movie script in Australia.

Somewhere ahead, the inevitable day awaits when my trip ends and I must figure out where Home will be. Where, indeed? Where do I want it to be? For too many years, that answer has been influenced by which family member needed me to see them through their final illness: three years in my mother's house; eight years in my disabled son's home. His fine, Florida home is now owned by my daughter "to keep for Mom" but rented out annually, so that I can go a-roving. As I pack up now, I know that I don't want to return to



Fearlessly backpacking around the world

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this same isolation. But, I also know my own need for solitude and optional privacy. I also don't want to settle-in too close to my family members.

Where will I go when I "come home?" How do I research this when I am off exploring lands across the sea? Can Americans fall in love with spots in New Zealand, Australia, or other countries? Become ex-pats? Where should I look in America? How have other mature women found their paradise or is that just some ad-writer's claim?

A dream-spot for me would have:

- Rental or Leasing options, rather than purchasing; condo-style apartments or even hotel-type quarters with a variety of budgets in mind.

- Ideas or Common Themes appeal to me much more than Activities. A Writer's Retreat or a Theater Community rather than a golf or tennis environment. For me, personally, a move-in-tomorrow choice would be a community based upon metaphysical issues...a place where everyone is a little bit psychic and loves to discuss life after death questions. Like being in a constant conference just to live among your neighbors.

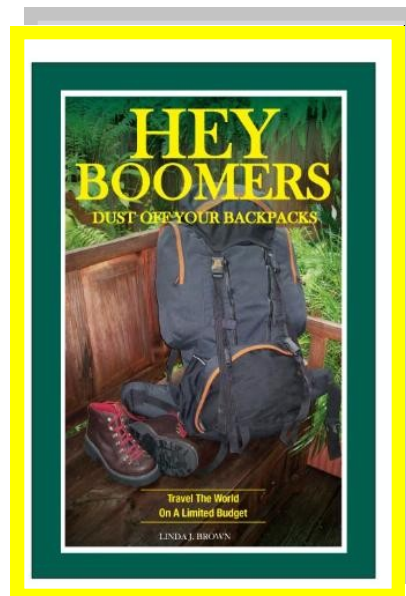
- A Singles Community, where dating and romance is not out of the question and where females don't outnumber the males??? Ha! Has that ever existed? But where couples provide balance and definition, as well.

- A place where car ownership is unnecessary due to plentiful public transportation.

- A town or area that's a pleasure to be a part of and which provides a reason to be there...beauty, friendliness, uniqueness of scenery and location. Something going for it and not just podunk.

- A turnkey type of accommodation, allowing an ease of being at home or away.

This is what I need to find. Me and a jillion others. Can readers help provide some answers? Contact Linda at rtwsenior@aol.com



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5 Tricks for Ditching Sugar and Dropping Pounds This Summer

By Alayna Frankenberry

Summer - the season when food is at its tastiest and clothes are at their tiniest. As soon as it breaks 70 degrees, ice-cream men everywhere don their little white suits and hop into their trucks. The streets flow with sweet tea, and the scent of funnel cakes is everywhere. It's a sugar-coated mine-field out there, and running the gauntlet isn't easy. But you don't have to spend the next three months in Antarctica to get through the summer sugar rush with your health intact. Hold your ground and lose some weight by putting these 5 tricks to use this summer.

1. Sweeten With Stevia. Unlike other chemical sweeteners, stevia earns Mother Nature's stamp of approval. That's because this sugar substitute comes from the leaves of a little green plant. You can buy this zero-calorie sweetener in powder or liquid form at your local grocery store, or you can go the extra mile and plant some

stevia in your garden. Pluck the leaves from your [stevia plant](#) and use them to sweeten summer drinks like lemonade and tea instead of piling on the calories



with scoops of refined sugar.

2. Retrain Your Sweet Tooth. Sugar substitutes can go a long way toward curbing your cravings, but when your body wants sugar, sometimes it won't take no for an answer. Slug down a crate of diet Cokes and you may still find yourself tackling a bowl of ice cream. The solution? Give your body what it wants - the healthy way. When you crave sugar, grab a piece of fresh fruit. Your body will thank you, and

the added fiber you get from fruit - not to mention the lower [glycemic index](#) score - will keep you from crashing and craving more sugar later.

3. Keep Your Eyes on the Prize. Visual reminders can be a great way of keeping your goals in sight, but plastering your walls with Victoria's Secret models isn't just creepy, it's kind of depressing. To help yourself remember to stay on top of the sugar fight, use a visual reminder that you can carry with you without weirding everyone out - like a bracelet. Of course, a bracelet can quickly become just another accessory, but a [diabetes bracelet can](#) do the trick. They're no longer all just stainless steel and chain links, you know. You can engrave your own bracelet or create a design that holds a special

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meaning for you. When you reach for that second helping of birthday cake, your bracelet will catch your eye and remind you to stay on track.

4. Sleep On It. Some of the best things you can do to lower your sugar consumption happen far away from the kitchen. Take sleeping, for instance. If you aren't getting a solid eight hours, you're setting yourself up for a vicious sugar cycle. Here's what happens - you don't get enough sleep, so you wake up tired and in need of energy. Your body tells your brain you need to fuel up fast. Your brain then seeks out the best source of energy at your disposal - [refined carbs](#). Suddenly, you're eating a box of donuts and chasing it with a Starbucks smoothie. Stop this nightmare before it happens. Solid sleep should be a summertime priority.

5. Prepare for the Fair. Amusement parks, county fairs and neighborhood block parties - they're all about the sweets and goodies. So how can you stay social this summer without ingesting a metric ton of carbs in the process? Like the Boy Scouts say, be prepared. Before your day at the park, have a healthy breakfast full of fiber and protein, like [Greek yogurt](#) with granola or steel-cut oats topped with fresh fruit. Then pack some healthy snacks for the day. Bring a refillable water bottle with you instead of soda. Not only will you save on sugar and calories, you'll save a heap of money too!

Summer should be all about fun. So this year,

instead of torturing yourself with crazy fad diets, be a little more practical. Adopt a sugar-fighting strategy you can actually stick to without losing your mind and wasting your summer in the process. The five tricks above are just the ticket - and do you want to know the best part? They're all sustainable. These are things you can do for the rest of your life, and that means the weight you'll lose this summer won't wiggle its way back to your waistline by fall. #

Alayna Frankenberg is a freelance writer who spent four of her teenage summers frying funnel cakes at Pittsburgh's Kennywood Park. If you don't think that makes her an expert on avoiding sugar, you've obviously never eaten a funnel cake. She writes for Medics Alert Bracelets as well as a variety of other online publications.



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If you live in the San Diego, California area (and even if you don't) and you need an extraordinarily gifted photographer, contact Tina Nomura. [Visit her website](#) and enjoy a beautiful collection of photos — from families to felines

Photo of Barbara Morris taken by Tina Nomura

June, 2012

Successful Second Marriages and The Gray Divorce

By Patricia Bubash



Recently while waiting for my granddaughter at her school, I turned on the radio. Immediately, my attention was caught by the following words, "Over the last few years, statistics indicate that one in four divorces are couples with 30, and even, forty plus years of marriage". I stopped the

engine, turned up the volume, not to miss a word. The interviewee was Dr. Susan Brown, University of Ky. Louisville. She was discussing her research findings on a new trend in divorces: "The Gray Divorce". As she continued speaking, Dr. Brown noted, "Many of these couples are second time marriages- throw backs to the 80's when the divorce rate soared among baby boomers." I was a captive audience for two reasons: I had a failed second marriage (a mere 5 years!), and, my book, Successful Second Marriages, was written to find out why it failed.

I have heard men and women who have not experienced divorce make an erroneous statement, "once divorced, the next time is easy." I am always bothered by that comment. I challenge that opinion, and I have, no doubt, the couples interviewed for my book, would agree: no divorce is easy.

Dr. Brown's statistics for couples included in The Gray Divorce are significant. I felt a degree of sadness as I listened. Certainly, each situation brings a different story, a reason for ending a long-term marriage. As I listened, I was reflecting back to the stories of the couples I had interviewed for my book. These forthright contented (mature) couples shared their enjoyment in volunteering together, sharing spiritual beliefs, travel, friends, and families. When finished with all their positives, they promptly stated, "and I never want to go through divorce again".

Pondering the revelation of this new trend in divorce, I reflected, "If those couples had read my book, could it have made a difference in their decision"? I am not supposing that my words have that kind of impact, but I do feel the stories of each couple I interviewed might give good reasons for staying power. Each couple emphasized the importance of maintaining their second marriage. No one couple was without a difficulty or a hardship; aging parents, disapproving adult children, a spouse with a disability, monetary problems. No free passes for "smooth sailing", and no complaints. Every time I left an interview, I vowed to work harder on my marriage.

How does Successful Second Marriages fit in with The Gray Divorce? What is the correlation? Observations on my part, and phone call-ins on Dr. Brown's interview provided my correlation. For the most part couples who opted to end their long term marriages (especially, second timers) found they were lonely, had less financial security, displeased adult children, and without a companion to share time with. Very different scenarios from "my" couples. What is the difference? Remember, these couples were emphatic, "Never again will I go through a divorce". So right there was the determination to make this time the "last." As one woman expressed, "till death do we part."

I am listing a few of the recommendations for a

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successful marriage shared with me from those who know (Successful Second Marriages):

A common interest, whether it be travel, volunteering, card playing, and an activity you can enjoy as a couple. - a shared experience.

2. Socializing with couples who value their marriage. A national organization, Better Marriages, has local chapters where couples are provided with examples for better communication, activities to help strengthen marriage.

3. Sharing the load. One wife was so grateful to her husband for helping with her aged mother. He would fill in for his wife, taking her mother for doctor appointments. One new wife was in a deep depression after the death of her adult son. She expressed to her husband, "I may be crying everyday for the rest of my life." His response, "then I will hold you every day for the rest of your life".

4. Taking time everyday to give appreciation for your spouse- mentally or write three things.

5. Prioritize your marriage in spite of, and, regardless, of outside forces! One couple separated five times in four years. Not for lack of love, but the disruption their combined children created. They endured, the marriage held. Fifteen years later with all kids are out on their own, the couple is like two lovebirds enjoying their empty nest.

No doubt for some couples choosing to end a long marriage is best for both. From her book, *The Good Divorce*, Dr. Judith Wallerstein makes that point- divorce is a better choice. I agree, but, I also, believe, as exemplified by nine couples, staying together is worth the effort, going the distance for a successful second marriage (or a first, and, for some of us, a third).

=====

Patricia Bubash received her M.Ed. in Counseling from the University of Missouri, St. Louis. Working with students and families has been her true calling for over thirty years. For more than twenty years she has presented workshops at the community college on a variety of topics relating to parenting issues, self-esteem and issues relative to divorce. Patricia is a Licensed Professional Counselor in the state of Missouri and recently, became a Stephens Minister. Volunteering, writing and family are most significant in her life.

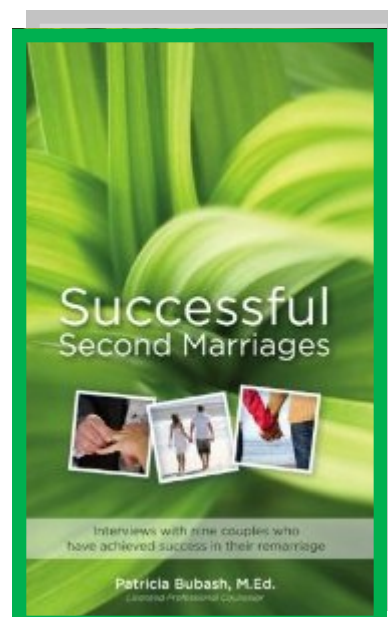
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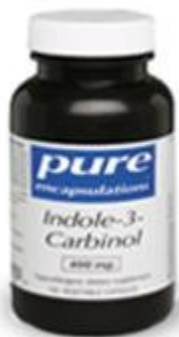
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I'm Moving Out of My Recliner!

By Lura Zerick



I have been an avid reader since elementary school. For years I have gone to the local library to check out the limit of books allowed; number

of books vary with different locations. Where I live in Alabama, one can get five books to read during a two-week period. Since I enjoy reading so much, I go each week to get my five books. I also buy many books but am running out of bookcases. Now I realize that much reading means that I am comfortable in my recliner, which also indicates that my eyes are the only thing moving. In my joy of reading, I am being inactive too many hours! I know that I can't STOP reading but I must read less, get out of the chair and do something, anything that will give me exercise. Being inactive has made me almost unable to be active.

I didn't always have that much time to read while I was raising five children. After the youngest entered Kindergarten, I enrolled in a nearby Junior College and earned an A.A. Degree in Journalism. Then I got so busy with freelance writing, plus editing and publishing a

newsletter for women (no, I'm not a feminist but at that time I was writing for victims of domestic violence, women who were hurting.) Then I began writing and producing a weekly, then daily radio program which was broadcast on five stations in FL, GA and AL. Later I began singing in nightclubs and on a cruise ship from Miami to the Bahamas and Jamaica, then on to co-producing and participating in a weekly radio program of gospel music. Then I was composing and recording two gospel CDs as well as co-anchoring a two-hour Saturday morning radio program. I also began doing gospel concerts, plus freelance writing and speaking dates. My fifth book was published when I was 80. I am working on two others now.

Until I was 78 I had many book signings and speaking dates. I am an encourager, so I know how important that is to one who is reaching for a dream. It certainly made a difference in my life because I did have one encourager and those uplifting words finally gave me the courage that I needed to be the one I was meant to be.

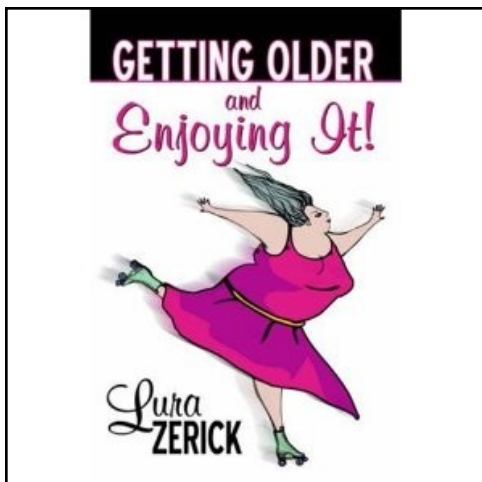
For the last nine months I have enjoyed national radio phone interviews. These interviews involve my third book, [GETTING OLDER AND ENJOYING IT](#). My objective is to

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encourage older people to stay active, go to school, learn, do, volunteer to help others. DON'T just twiddle your thumbs and wait to die! Teach your grandchildren the joy of baking, cooking, sewing or whatever you do well. Little people need to learn what you can teach them. Get up and get busy!

Since I stopped driving voluntarily, I can't and don't attend many events that I would enjoy. However, I can't stop everything! I plan to enroll for online classes toward a B.A. in Biblical Studies; I will enjoy that, as the Bible is a favorite book. I will be more active, even just walking as much as possible before getting tired. With new meds (and a new doctor) I have my major problem of high blood pressure under control. Instead of 240/118, it now registers around 129/66 so I am one thankful great-grandma! Maybe I can start doing a little bit of working in my yard again. I did so enjoy that in the past. As I get closer to 82, I'm not sitting here twiddling my thumbs! How will I know what I can do unless I try!!! #



Thank you to all who e-mailed me during my recent time of medical concern.

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Research to Help You Live and Feel Better

[Older Adults May Need More Vitamin D to Prevent Mobility Difficulties, Study Suggests](#)

Older adults who don't get enough vitamin D -- either from diet, supplements or sun exposure -- may be at increased risk of developing mobility limitations and disability, according to new research from Wake Forest Baptist Medical Center.

[Mediterranean Diet Is Definitely Linked to Quality of Life](#)

For years the Mediterranean diet has been associated with a lesser chance of illness and increased well-being. A new study has now linked it to mental and physical health too.

[Commonly Used Painkillers May Protect Against Skin Cancer](#)

A new study suggests that aspirin and other similar painkillers may help protect against skin cancer. Published early online in *CANCER*, a peer-reviewed journal of the American Cancer Society, the findings indicate that skin cancer prevention may be added to the benefits of these commonly used medications.

[Mothers' Teen Cannabinoid Exposure May Increase Response of Offspring to Opiate Drugs](#)

Mothers who use marijuana as teens -- long before having children -- may put their future children at a higher risk of drug abuse, new research suggests.

[High Blood Caffeine Levels in Older Adults Linked to Avoidance of Alzheimer's Disease](#)

Those cups of coffee that you drink every day to keep alert appear to have an extra perk -- especially if you're an older adult. A recent study monitoring the memory and thinking processes of people older than 65 found that all those with higher blood caffeine levels avoided the onset of Alzheimer's disease in the two-to-four years of study follow-up. Moreover, coffee appeared to be the major or only source of caffeine for these individuals.

[Inexpensive Approach to Preventing Type 2 Diabetes Shows Promise](#)

A simple, inexpensive method for preventing type 2 diabetes that relies on calling people and educating them on the sort of lifestyle changes they could make to avoid developing the disease has proven effective in a study conducted by researchers at the University of California, San Francisco (UCSF) and the City of Berkeley Department of Public Health.

[Vitamin D With Calcium Shown to Reduce Mortality in Elderly](#)

A study recently published in the *Endocrine Society's Journal of Clinical Endocrinology and Metabolism (JCEM)* suggests that vitamin D -- when taken with calcium -- can reduce the rate of mortality in seniors, therefore providing a possible means of increasing life expectancy.

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[Virtual Colonoscopy Without Laxative Equals Standard OC in Identifying Clinically Significant Polyps](#)

Computed tomographic colonography (CTC), also known as virtual colonoscopy, administered without laxatives is as accurate as conventional colonoscopy in detecting clinically significant, potentially cancerous polyps, according to a study performed jointly at the San Francisco VA Medical Center, the University of California, San Francisco and Massachusetts General Hospital.

[Soft Drink Consumption Not the Major Contributor to Childhood Obesity, Study Says](#)

Most children and youth who consume soft drinks and other sweetened beverages, such as fruit punch and lemonade, are not at any higher risk for obesity than their peers who drink healthy beverages, says a new study published in the October issue of Applied Physiology, Nutrition, and Metabolism. The study examined the relationship between beverage intake patterns of Canadian children and their risk for obesity and found sweetened beverage intake to be a risk factor only in boys aged 6-11.

[Environmental Factors Spread Obesity, Study Shows](#)

An international team of researchers' study of the spatial patterns of the spread of obesity suggests America's bulging waistlines may have more to do with collective behavior than genetics or individual choices. The team, led by City College of New York physicist Hernán Makse, found correlations between the epidemic's geography and food marketing and distribution patterns.

[Training Character Strengths Makes You Happy](#)

Anyone who trains character strengths increases their sense of wellbeing, a large-scale study conducted by a team of psychologists from the University of Zurich has concluded. It proved for the first time that this kind of training works. The largest impact was evident in training the strengths "curiosity," "gratitude," "optimism," "humor" and "enthusiasm."

[Dissonant Music Brings out the Animal in Listeners](#)

A UCLA-based team of researchers has isolated some of the ways in which distorted and jarring music is so evocative, and they believe that the mechanisms are closely related to distress calls in animals.

[Breast Cancer Risk Can Be Lowered by Avoiding Unnecessary Medical Imaging](#)

A report issued by the Institute of Medicine (IOM) last December reviewed all the available scientific data compiled to date about potential environmental risks of breast cancer -- factors such as pesticides, beauty products, household chemicals, and the plastics used to make water bottles.

[Attitude Towards Age Increases Risk of Dementia Diagnosis, Study Suggests](#)

Our attitude towards our age has a massive impact on the likelihood of being diagnosed with dementia. New research shows that when seniors see themselves as 'older' their performance on a standard dementia screening test declines dramatically; making them five times more likely to meet the criteria for dementia.

[Skin Cells Reprogrammed Into Brain Cells](#)

(Continued on page 27)

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Scientists at the Gladstone Institutes have for the first time transformed skin cells -- with a single genetic factor - into cells that develop on their own into an interconnected, functional network of brain cells. The research offers new hope in the fight against many neurological conditions because scientists expect that such a transformation -- or reprogramming -- of cells may lead to better models for testing drugs for devastating neurodegenerative conditions such as Alzheimer's disease.

[Why Belly Fat Isn't All Bad](#)

A fatty membrane in the belly called the omentum has until recently been considered somewhat like the appendix -- it didn't seem to serve much purpose. But Loyola University Chicago Stritch School of Medicine researchers have found that the omentum appears to play an important role in regulating the immune system. The finding could lead to new drugs for organ transplant patients and patients with auto-immune diseases such as lupus and Crohn's disease.

[Preventing or Better Managing Diabetes May Prevent Cognitive Decline](#)

Preventing diabetes or delaying its onset has been thought to stave off cognitive decline -- a connection strongly supported by the results of a 9-year study led by researchers at the University of California, San Francisco (UCSF) and the San Francisco VA Medical Center.

[Common Blood Pressure Drug Linked to Severe Gastrointestinal Problems](#)

Mayo Clinic researchers have discovered an association between a commonly prescribed blood pressure drug, Olmesartan, [Brand: Benicar] and severe gastrointestinal issues such as nausea, vomiting, diarrhea, weight loss and electrolyte abnormalities -- symptoms common among those who have celiac disease. The findings are published online June 21 in the medical journal Mayo Clinic Proceedings.

[Eating Disorder Behaviors and Weight Concerns Are Common in Women Over 50](#)

Eating disorders are commonly seen as an issue faced by teenagers and young women, but a new study reveals that age is no barrier to disordered eating. In women aged 50 and over, 3.5% report binge eating, nearly 8% report purging, and more than 70% are trying to lose weight. The study published in the International Journal of Eating Disorders revealed that 62% of women claimed that their weight or shape negatively impacted on their life.

[Omega-3 Lowers Inflammation in Overweight Older Adults](#)

New research shows that omega-3 fatty acid supplements can lower inflammation in healthy, but overweight, middle-aged and older adults, suggesting that regular use of these supplements could help protect against and treat certain illnesses.

[Breast Cancer's Many Drivers](#)

Breast cancer is not a single disease, but a collection of diseases with dozens of different mutations that crop up with varying frequency across different breast cancer subtypes. Deeper exploration of the genetic changes that drive breast cancer is revealing new complexity in the leading cause of cancer death in women worldwide.#



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- How to adopt revolutionary new stages of aging to help you stay youthful and productive longer.
- The consequences of telling your age and dwelling on the significance of your chronological age.
- The power of group dependence and consensus thinking, and how to avoid or manage it.
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