

FIFTY5+

the magazine redefining age

We Asked...

Can I Ever Retire?

it's not too late

**Is Sex Dead
after 50?**

hint-not at all

**The Kids Are Gone
Now What?**

try something new





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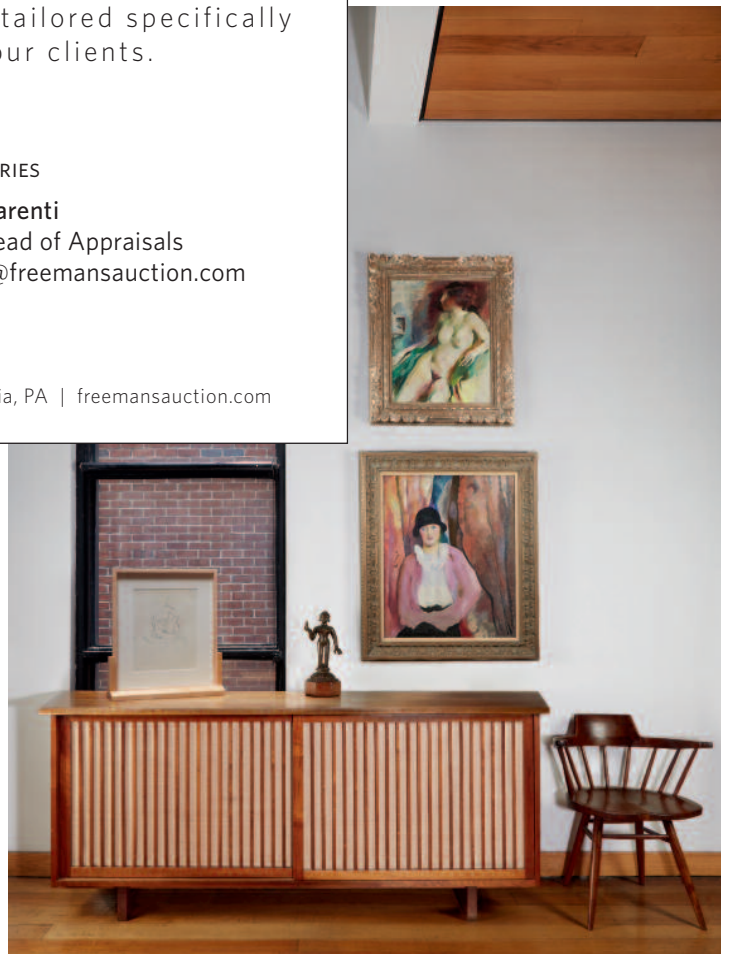
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The cover: Deciding who to put on our first cover was very difficult. We wanted the cover to represent everyone and everything we would be featuring in the magazine, but had no idea how to do it. Then one morning I was taking a shower (where I do my best thinking) and it came to me - US. Normal people stepping outside of our comfort zones and taking a risk. In late January, we attempted to create the cover shot I had in my mind—an age diverse group of our friends celebrating the inaugural issue of FIFTY5+. The plan was to be photographed by Laura Pedrick at our home, along the Delaware River. I thought it would be easy, but are you familiar with the term, "It's like herding cats?" After 1600 photos,

EVENTS+



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we documented a wonderful afternoon, but did not have one photograph of everyone looking in the same direction, let alone facing the camera. This is why Dave, Kinser, George, and myself are alone on the cover. With that said, we would not be here without our friends, even if they didn't make the cover! So, thank you to my fabulous daughter, Katya, for trying to tame the herd as well as a huge thank you to Debbie, Ed, Wendy, Kathy, Will, Deborah, Greg, Diane, Mike, Gabrielle, Ray, MaryJane, Art, Celeste, Shawn and Melissa for being "the herd!" We would like to welcome you to our world and hope you enjoy reading FIFTY5+ Magazine as much as we enjoy creating it!

*love,
Dana & Dave*

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Who We Are

Dana Kurtbek - age 52 *or want to be!*
shower thinker & insomniac

Dave Schroeter - age 52
guitar practicer & distribution king

Lori Klein - age 54
swagalicious & nice



Rita Wilkins - age 68
downsizing designer

Debra Wallace - age 60
caring and tenacious

David Witchell - age 51
adventurous & thoughtful



Laura Templeton - age 54
persistent & inspired

Kimberly Yavorski - age 52
curious and persistent

Laura Pedrick - age 54
fearless & passionate



NanciLee Wydra - age 76
resident rhymer

MaryFran Bontempo - age 59
smart & sassy

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Welcome

**I DON'T KNOW
HOW TO ACT MY
AGE. I'VE NEVER
BEEN THIS AGE
BEFORE.**

Our concept of age changes as we embrace more years...what once seemed old is NOW our new normal. We feel too young to be old - but we are too old to act young? We call it the "in between."

We created **FIFTY5+ Magazine** to address the unique issues facing people over 50 in a positive, uplifting manner while still being pragmatic. We want to **REDEFINE AGING**.

Some of us are working, some of us are retired, and some of us are caretakers to our parents, children, and even grandchildren. Some of us are starting fresh in relationships & careers while some are happily moving along the road that was set out in our twenties. The path we take may be different but we all eventually arrive together.

We will be telling **REAL** stories about **REAL** people living life to the fullest. We want to inspire you to enjoy each day. We don't need to reinvent the wheel we just want to encourage you to drive the car...preferably REALLY FAST!

To have no fear for the days, months, and years ahead. No fear of aging and the unknown. After all, who wants the alternative?

Let's enjoy this ride together!

*Love,
Dana*



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Reinvention

Change happens when need is bigger and hairier than fear. Humans are really good at plodding along on autopilot like obedient little soldiers. Uninspiring jobs, stale marriages, toxic friends...we are REALLY good at putting on a brave face and powering through.

By Lori Klein

But why? Because the alternative is scary. Often it isn't until we are forced off the cliff that we realize we had our wings all along. And when we start to flap those wings, we soar to heights our little soldier selves could not have imagined.

As fifty-somethings and better, a lot of us have already pushed through the first and second chapters of our obedient little lives, and now, perhaps for the first time, we have the time, the money, and the desire to say, "why the hell not dive into something completely new?" It's time to reinvent ourselves.

Okay, you say. "I'm in!" What now? What now indeed. It's almost like being a college student again at the pivotal point of declaring a major. The difference is, we have lived long enough to know that change happens, pivots occur, and it's all good. We are seasoned enough (**some of us even marinated!**) to know that nothing lasts forever, and if we go down a path of reinvention and find it's the wrong fit for us, it's ok. **We pivot. Why the hell not?**

Who knows, we may find that teaching aerial yoga while suspended upside down from a silk scarf isn't what we were looking for in this next chapter. Maybe that aggravates the reflux. **That's ok. It's not too late. Pivot.**

The important thing is to be open. To explore. To take that first baby step on a path as yet unknown. Think you may want to tinker with power tools and create one-of-a-kind tables? Get a few tools, storm the garage with 2-by-4s and give it a go. Think you might want to open a small lunch shop? Talk to people who are running them. Maybe talk yourself into a part-time gig there to see what it's like, and then start fantasizing about your shop's menu, scoping out possible locations. Why the hell not?

There are some great reinvention books out there, and no doubt workshops and YouTube videos. A few that we like are *Reinvention Roadmap: Break The Rules To Get The Job You Want & Career You Deserve* by Liz Ryan (BenBella Books, Inc. 2016) and *Getting The Job You Want After 50 For Dummies* (Jon Wiley & Sons, 2015). And if you need a humorous but inspiring step-by-step coach to get you moving on your path, pick up *You are a Badass* or *You are a Badass at Making Money*, both by Jen Sincero. An older but still inspiring read available on Amazon in both digital and paperback.

The important thing is to see that this is an adventure. To keep your sense of humor, and to flap those wings.

**I promise.
You are wearing them.**



What's Next

What's next I asked when I received
A retirement party for having
achieved
years of service helping a
company acquire
More successes each
year than the prior

I woke up the next day
thrilled to slumber
Past that early morning
wake-up number
But in short order what I
assumed was good
Didn't work out to what I
thought it would

I felt adrift,
couldn't fill each day
Until the magazine **FIFTY5**
came my way
With inspirational tales about
others' regimes
Who turned those "next years"
into their dreams
Now believe it or not,
I secretly pray
My story will be published
here one day.

By NanciLee Wydra

The night the lights came on.

History is filled with dates and times of life changing events ~ Mine was August 29th 2011 at 11:30 pm.



At 11:30 p.m. on August 29th 2011, my life shifted when a literal hurricane tore through my home as the figurative, emotional hurricane of becoming an “empty nester” was still tearing through my heart.

Three weeks earlier, I said farewell to my only child as she began her freshman year at the University of



South Carolina. I left beaming with pride but terrified of the impending 11-hour car ride, during which all I could do was contemplate the rest of my life.

About 100 miles into my 600-mile journey back to a very empty home, I found myself parked under a giant sombrero having what can only be described as an Oscar-worthy, sobbing breakdown. As I sat slumped in my car at South of the Border on I95 with Pedro looming above me, I had no idea what to do or where to go. The idea of cutting loose and heading to Mexico began to sound pretty appealing.

Of course, I did not go to Mexico. During those three weeks, my friends created a schedule to check in on me, knowing that after a decade or more of raising my daughter alone, I was ill-prepared to be on my own. But before I could get too deep into retrospection, Hurricane Irene started barreling up the



coast, giving us only three days to prepare.

My home sat along a creek that fed the Delaware River and had already suffered three major floods during my time there. I knew the routine. First, do all of the laundry (I mean all of it—curtains, floor mats, decorative pillowcases, you name it), since



I would inevitably lose my washing machine, which was in the basement. Next, clean the house, which doesn't really make sense because it's always an absolute wreck after a flood, but it feels good.

Then, empty the basement of any important items - the hot-water heater, electrical box, washer, dryer, would have to stay (they aren't important, right?). And, finally, ride it out and hope that my preparations were not a complete waste of time. Plus, if all else failed, at least my house was clean.

I was upstairs gathering everything with a machine washable tag on it when I felt a rumbling. It was late and I was tired, assuming it must have been my imagination. The river wasn't anticipated to start rising until Monday. I had time.

Then I heard an explosion, followed closely by car alarms firing off and the power going out. I made my way down to the first floor, which sat at street level with a full basement below. I walked slowly down the steps. It was dark and I was scared. My fears were legitimate, because what awaited was not just a small pool of water, but a rush of swirling, rising, fast-moving water. Where was this coming from? Had a dam up river breached and the entire town was doomed?

I could see that my car was under water because the headlamps were flashing and there appeared to be something large on top of it, but I couldn't make it out. I had no idea what the hell was happening but believed I was going down with the house, like a captain with her ship.

I called my friend, Debbie, to tell her that if my house was found down



river near Philadelphia, that I was in it. She told me to stop drinking and sent her husband to come get me. As we stayed on the phone, I found George (our adorable Yorkie, assuming Kelsey, our cat, had drown in the basement, as that was her favorite hangout) and tied him to my waist.

Ed, Debbie's husband, calls her and says "Deb, I can't get to her there's water everywhere." Now I know I am in trouble. I sat there in the dark, alone and scared, feeling more vulnerable than ever before in my life. I no longer worried about my empty house. I didn't care if my future mate met my ridiculous list of requirements that I convinced myself were essential. I was willing to forgive people (I'm not a saint) and forget wrongs (the hard part if you ask me). I was open to anything that would allow me to have a tomorrow, because at that moment, I truly believed this was it; the end.

A few hours later, the water started to recede and I was able to make it to Debbie and Ed's. At 6 a.m. on Sunday morning, we came back to assess the damage. **There was a boat on my car. Enough said.** Apparently, in preparation for the hurricane, the local water company decided to release some water from its reservoir and (here we have conflicting reports) a 12-foot wall of water came rushing down the mountain, picking up anything in its wake—the boat—and crashing everything into my house—the explosion.

I had bought the house years earlier because from every room you could hear the babbling brook, little did I know how often that brook would be in my living room.



FIFTY5+
Magazine
Signature
Drink!

The Second Step *is a Doozy*

A new twist on a classic Brandy Alexander imagined by one of our favorite bartenders! Maureen "aka Moe" Dun from Bowmans Tavern created this wonderful drink just for our photoshoot!

4 ounces Brandy
2 ounces Creme de Cacao
1 ounce Milk

Pour into a pint glass full of ice. Shake vigorously. Dip the martini glass into chocolate and crushed graham crackers, and then drizzle the inside of the glass with chocolate sauce. Pour the drink into the Martini glass and serve. Sprinkle with a bit of nutmeg! YUM!



At this moment, you'd expect me to be distraught and hopeless. Instead, I was calm. Nothing really mattered. I was safe, my daughter was safe, my dog was safe (though I still wasn't sure about Kelsey), and nothing else was important. I had people around me that cared for me and were willing to help and I was willing to take it. I didn't feel the need to be strong and I didn't feel the need to handle everything myself. I had been a single, strong mother for so many years that being vulnerable was never an option. I had no walls. *There was no internal voice telling me to put my big girl panties on and deal with it (it's not like I had any panties left to wear, anyway).* I was able to see life through a lens that I had never dreamed possible. God, that sounds like such a cliché, but it's true. I was raw.

Shortly before the hurricane, I reconnected with an old friend, who also happened to be incredibly handy, with the hope of getting some work done around the house. Dave and I had met 16 years earlier when our daughters entered kindergarten together. We had socialized as families, I was his daughter's Girls Scout leader for 13 years and we were both married to other people. (a long story for another time but rest assured our marriages were both over before this story continues)

I had never seen him as a potential partner (so many things on my imaginary list were not checked, important things, like, height, hair color, job title, etc.), but he showed up the morning after that terrible night and we have been together ever since. In one evening, I lost my home and my car, but gained much, much more. I saw people step up and help each other in ways you can't imagine.



People ask me, “why start this magazine now?” And my response, “why not now?”

Since the flood, I have been faced with the question, “what’s next?” so many times that I have lost count. As we get older, we often feel stuck. It feels impossible to see a different choice. This is why we have created FIFTY5+, to highlight people choosing the next step and not just following a predetermined path. We want to share stories of people who move out of their comfort zones to do something they have always wanted to do. Ordinary people doing extraordinary things for themselves.

We want to stop listening to what society and advertising tells us about aging (**I am sorry but they can put as many flowers on adult diapers as they want, they will never be sexy**) and make the best choices for ourselves. I am terrified at the age of 52 to be taking a risk, starting a magazine when many people say print is dead (fun fact: 70% of US adults have read a print magazine in the last 30 days), but I absolutely refuse to let fear rule my life.

Looking back, perhaps this fierce opposition to fear came from my great-grandmother. She was a strong, opinionated woman who took no bull-shit. I remember an in-

stance, which mortified me at the time, but is now one of my fondest memories, that happened during a trip to the grocery store. We finished her shopping and were walking to the check-out line. Instead of waiting for our turn, though, she went straight to the front and kept banging her cart into the person’s cart to make them move. I tried to stop her but she said to me, and everyone else, “I am an old lady, I do not have time to wait in this line. I have much more important things to do with my time.”

When we got in the car, I asked her what do you want to do now, what is so important? She laughed and said, “Nothing, I just enjoy doing things now that I would never have had the guts to do when I was younger.” We sat in the parking lot (apparently, I have a thing for parking lots) and laughed till we cried. I constantly remind myself of that day.

Whenever I stop myself from doing something because it may not be age appropriate or accepted by others, I think of my 90 year-old, 85-pound great grandmother banging on that cart and demanding to be seen and heard, and I think, Yep, that’s how I want to live!

One of the best parts about starting this magazine has been the incredible people I get to meet! The stories, the experiences, and the knowledge that they share with me is truly humbling. What people are doing later in life is amazing! Not only do I want to share their stories but I want to understand how and why they did what they did. That’s the interesting part, right? Do you have a great story? Do you know someone that inspires you? Give me a call! 609.647.4723 I would love to talk to you!

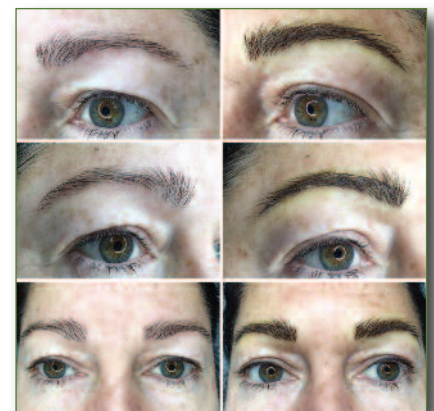
NOTE-Kelsey showed up about a week later safe and sound!



Laser Hair Removal



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-publishers note-This is me-I absolutely love my new eyebrows! It is so nice to wake up with eyebrows again!



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we asked...

What is something you think everyone should do at least once in their lives?

Go scuba diving in the open waters with sharks-sounds scary but if you survive its amazing!

Diane J. 63
Lambertville, NJ

Go to spring training in Clearwater on opening day!

Gary P. 70
Mt. Laurel, NJ

Take a road trip to a place you have never been to before and just wander the back roads.

Eric S. 53
Princeton, NJ

Take an improv class! I was terrified but I had a great time and really learned how to mess up and not care!

Lauren H. 58
Doylestown, Pa

Go to dinner and a movie alone.

Susan G. 73
Philadelphia, Pa

Experience a different culture!

Mike T. 61
Telford, Pa

Zip-lining in Costa Rica! The safety regulations were a bit lax which made it all the more thrilling to survive!

Peg H. 86
Glenside, Pa

Take a class at your local community college-I took a psychology class and it was fascinating!

Linda S. 68
The Villages, FL

Next issue we ask...

What could you give a 40 minute presentation on with absolutely no preparation?

Email your response to thequestion@fifty5magazine.com
You could be featured in our next issue!

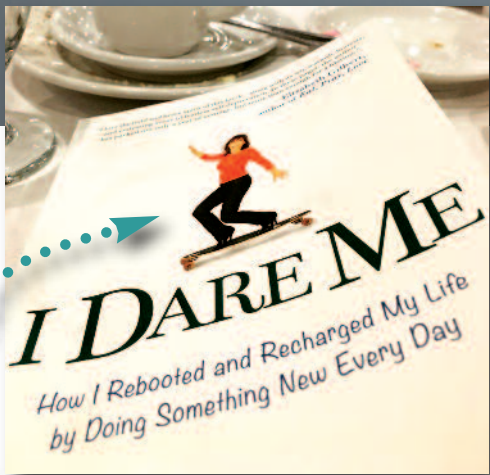


Go horseback riding on the beach.

Ken S. 64
Beaufort, SC

Daring to find fulfillment

By Kimberly Yavorski



found herself asking “**Now what?**” Something was missing; she wasn’t feeling as fulfilled as she wanted to. Realizing that her peers were unprepared for this next stage of parenting, she co-authored a book with her mother on the topic and formed a Facebook page to interact with her audience. As this group grew, she began to build a new community, one that spilled over into her real life.

In May of 2016, while attending an event entitled “Power Your Potential.” Luann Cahn spoke about “daring, how to get unstuck, how to reboot. It was almost an out of body experience,” Silverman said. “It felt like she was just talking to me. She gave me

About four years ago, Jodi Silverman was getting ready to send her first child off to college and

To Join Us Visit www.MomsWhoDare.com

a name. I’m a mom who dares. I went home and changed the name of the Facebook group to Moms Who Dare.”

The group grew, and two years later, Silverman says, “I was investing more time and energy. The women were invested and moving forward [even outside the group]. It was time. Everything felt right.” Moms Who Double Dare was born. These are women who take daring to another level. They are “real women, in real life, having real fun. “

It was always part of her plan to monetize Moms Who Dare, she says, and a monthly paid membership made the most sense. This no-contract membership gives moms three planned events a month as well as “a community of women, a life coach, and a Dare guide to help them stretch, learn and have fun.” Silverman’s style of coaching is low-key; she simply provides opportunities that guide moms to learn. Her goal is “to inspire and motivate, to push moms to say yes to them-

selves.” She stresses that there is nothing selfish about this.

Events can be adventures like zip lining or ax throwing, or sit-and-mingle events where outside speakers guide moms on self-discovery through topics like self-care and goal setting. Members also have access to online classes and a book club. Some activities are exclusive to the membership; others are open to nonmembers at a slightly higher rate. “At each event,” she says, “someone shows up who breaks through a barrier, whether it’s fear or something else holding them back or making them feel badly.” Wanting her out-of-area moms to still be able to access

the benefits of community, Silverman decided to keep the free Facebook group active as well.

This process taught her much about herself and others. She says, “I learned to step out of my comfort zone, despite the voices in my head,” adding, “Our fears and limiting beliefs are usually not true. Every mom has similar fears and limiting beliefs. By building a community, we give ourselves that safe place to realize and share what scares us.” She adds, **“When you get vulnerable, when you struggle and dare, it helps someone else. The flip side is also true. When you celebrate wins, you inspire another.”**

“I learned to step out of my comfort zone, despite the voices in my head. Our fears and limiting beliefs are usually not true.” Jodi



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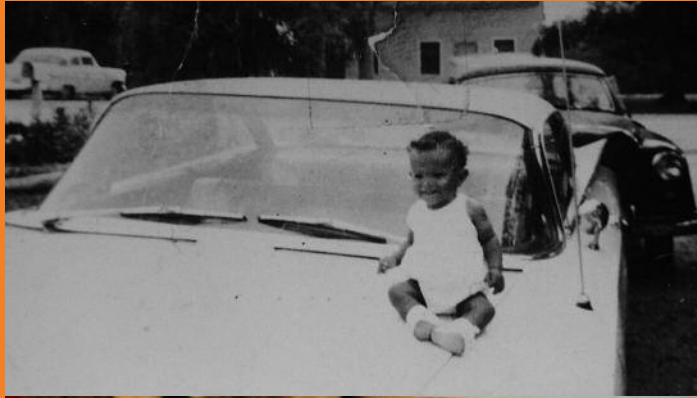
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Living Life Grand

by Laura Templeton

Tam Williams drove cross-country with her three children in tow to escape the physical abuse and shame she had lived with for more than 16 years. Kindness of strangers seemed to multiply as she drove further from her abuser.

A mechanic, a night clerk, a neighbor, a hairdresser, and a chance meeting, all seemed to be there with perfect timing.

At so many turns along the way, unexplained and perhaps even fated occurrences propelled her towards goals that she hadn't imagined possible.



As “luck” would have it, her transmission died in a small rural town in Wyoming. A kind man (**the mechanic**) found the nearest repair shop that could fix it and arranged a tow to Salt Lake City, Utah. Due to a convention, there was only one room available...the pent-house suite. After hearing their plight the hotel (**the night clerk**) generously offered it to her. The children and she saw this as an opportunity to begin their adventure and live life free from the man who had threatened to destroy their lives. Arriving in California was the beginning of a new life and a lifelong friendship with Laura (**the neighbor**) who was there to welcome them into their new home and support them on the next step in their journey.

Years after her divorce was finalized, and another cross-country move back to the east coast, Tam made another friend, Linda (**the hairdresser**), that would alter her path. Tam was always under the hair dryer with a phone and a notepad billing time as a consultant. On numerous visits Linda would tell Tam she should meet her husband, Don, because they had so much in common, they were both so driven in their careers. When her friend suddenly passed away, Tam took it very hard and called Don to offer her condolences and wished him well. Two-years later Don reached out to her asking her to review a resume for his son, a soon to be college graduate. This led to a twelve-year friendship and an eventual, seemingly inevitable, marriage. She and Don married in 2014 bringing both families together in a beautiful backyard wedding.

In April of 2017, Tam was let go from her position as Head of Global Education, Corporate Communications and Change Management for an IT company. **During those last few years as a corporate executive, Tam had felt a tug on her heart to create something,**

“A community where women feel safe and loved. Where they feel valued for who they are and who they want to be.”

Now was the time!



Tam had been laying the groundwork for SHE's It since 2013. With Don's support, she jumped in full-time with both feet. She looked at this opportunity, even with multiple job offers coming in, as her opportunity to make an impact and create a legacy.

At a time when many of us settle for what is, and not "what is possible," Tam challenged herself once again to take a leap.

An introduction from another friend led her to form a friendship with Carol M. Pate, Ed.D. **(a chance meeting)**. Partnering with Carol in 2017, they expanded the company's acronym to Social Health Empowerment thru IT. Building a digital eco-system that included mobile technology, SHEapp® launched in 2018.

Tam's experience and her hope that no other woman would ever have to suffer with the loneliness and shame she felt, drove her to create SHE's It and the SHEapp©

An integrated lifestyle app to save time and take charge of your healthy journey with one tool.

She has created something for every woman, no matter who they are and what role they are in, by focusing on the person starting from the inside out and addressing their need for empowered information and support while focusing on all aspects of life including fitness, health, wealth, and connection.

Tam says that launching the app at the tender age of 57 was, “Terrifying, yet titillating, this is my ‘Act Two.’”

Tam’s favorite phrase is “I’m living life grand.” And she is, each and every day.



App Update



Calm

Calm is a great app for sleep, meditation and relaxation. Experience better sleep, lower stress, and less anxiety with guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music.

CaringBridge



During a health journey, everyone wants to know what’s going on and how they can help. Public Social Media isn’t always the right place to share. CaringBridge offers a safe, secure place for patients & caregivers to provide updates for family & friends to respond.



WordBrain

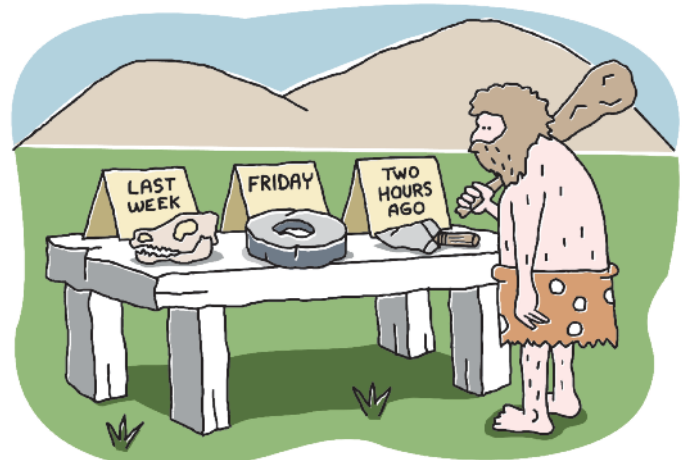
This is a word puzzle for true word geniuses! Exercise your brain and find hidden words, slide your finger over them, and see the letters collapse. Do it all in the correct order and you will be able to clear the grid. Have Fun!

Magnifying Glass w/Light

There will always be a time where the menu writing is too small or the room too dark. This magnifying app is just what you need!



the first museum



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Play Ball!



“At 60 Plus Senior League Players Embrace Both Sport & Friendship”

The first time John Charles Lancaster took his position at first base as part of a local senior softball league he was more than thrilled to play his favorite game.

Little did this Vietnam veteran, who lost his right hand in an explosion in October 1969, know that joining the Montgomery County Senior Softball League (MCSSL) would transform his life.

“Where else can you go and all of a sudden you have 160 new friends?” asked 70-year-old Lancaster, of Upper Gwynedd Township.

“We are all here for one purpose and that’s to have a heck of a lot of fun,” he says,

“and the added bonus is the camaraderie that we have for one another.”

Lancaster first learned to play ball in 1955, and the last time he had this much fun was in an “out-law league” of his Upper Moreland High School.

To accommodate his missing hand, he put a U-bolt on his bat, which stops his hook from going down the barrel of the bat. His teammates are eager to share his story and they are proud that acceptance is the foundation of the 20-year-old MCSSL.

As part of the MCSSL, he joins 190 men, ages 60 and older, in the summer league, and 120 men in the winter league, who



share his passion for softball. There were only eight players when the league was formed in 1999. Now, there are 16 teams, in three divisions, that play at School Road Park in Hatfield Township on Monday through Thursday from April through October. There is also a travel team that plays on Friday and Saturday.

In addition, there are several social events throughout the year, including a game and family picnic with the Phillies Ball Girls. This is one of several outings when their children and grandchildren come and cheer them on during the game.

One example of the family-like feel of the league, is when Angelo Malizia, an original player, was thrown a big party on the field in July 2017 for his 90th birthday. “I believe that the game keeps me young,” he explains. “I will run as long as the hit takes me.”





Family picnic with the Phillies Ball Girls

“I am definitely more fit from playing softball than I would be if I was sitting on the couch,” explains Frantz, 71, of Oreland, PA. “It’s just fun to get out there and spend time with the guys. I really look forward to playing and competing.”

The diverse group includes a retired bank vice president, the owner of a painting company, a postal worker, a financial advisor, a psychiatrist, and many retirees.

Bob Weaver retired in 2002 and found himself mowing the lawn and running errands. Then 14 years ago, he found the league and was totally smitten.

“This extended my happiness during my retirement,” he says. “No one cares what’s in your wallet, what kind of car you drive, or what you did for a living – it’s all about friendship and playing the game that we love.”

What they have in common is their love of softball and their deep devotion to one another.

MCSSL Commissioner John Frantz says that there are so many benefits to finding a place that keeps both your body and your mind active.

“I was retired and my wife saw an ad that the league was expanding. She wanted me out of the house a couple of days a week, so I checked it out,” he says. “We play ball like we used to play when we were kids, and there is a whole lot of good-natured ribbing that goes on in the dugout and on the field.”

“A fair number of our teammates haven’t played the game since high school or when they were young adults, and that was 20-25 years ago,” Frantz says.

For those who are apprehensive about looking foolish or playing poorly, Frantz says that they need not worry. “When we first came to the league, we were using new muscles, and some guys couldn’t throw the ball really well, or tried to run and pulled a leg muscle,” says Franz. “Frankly, we were terrible at the onset.”

But, he explains, “as the team trudged on, our muscles got in shape, we found a strategy and started playing better.”

“When we were kids, winning seemed like a matter of life and death,” says Frantz, “but now, we know that whether you win or lose, the fact that you played the game – with close friends -- is the most portant thing.”

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Re *Designing* the look

What I have to share is for the brave, the strong, and the relentless who refuse to let Mother Nature have her way with our faces, our hair, and our overall confidence in how we look. What I have to offer is for those of you that want to put up a fight ... and win!

Recently, I posted on social media that I was looking for someone, over 50, who wanted a mini makeover and why, exactly, they wanted it. I received hundreds of responses, which taught me that there are loads of people out there, like me, wondering,

“What’s next?”

Most of us seem to be grappling with the same thing. We know there may be something better out there, but have no idea what it is or how to achieve it.

Hope and Chris were the perfect couple for this fun and empowering make over. Their personalities were so alive and engaging, yet they didn't feel their outside was matching how they felt inside and I completely agreed!

Their objectives were clear and easy—whatever the outcome, keep it simple to maintain, don't make them look like they are trying too hard, and, above all else, make it age appropriate and fitting to their personalities.

Hope is blessed with a fantastic head of naturally light hair. Since it has remained healthy, we decided to keep the length and cut in a simple yet elegant shape that would spread volume out around her face while keeping a swinging drape of newly colored silver locks. The color, simple and understated, is designed to be a blank canvas for her moods—giving her the ability to apply temporary color stains that can change by the week, month, season, or mood without damage.

With just a few mild adjustments to her eyebrows and a new pair of glasses, this busy executive, mother, and wife was ready to take on anything and look fabulous while doing so.

Chris, on the other hand, presented a few more challenges. Fortunately, he was receptive to all of my suggestions.

To balance the density of his hair, I felt that lightening it naturally would restore not only his color but also camouflage where his hair is no longer as thick. Then, I reshaped the hairline a bit to create better balance and re-tooled the goatee into a new, fuller beard. One of the biggest changes was to restore color to his eyebrows. And, just like Hope, we threw on a new pair of glasses as the finishing touch.

Both Hope and Chris have now converted to our organic skincare for natural deep hydration. We even formulated an organic, custom blend tint for Hope and topped it off with some revisions in her make-up color palate.

This dynamic duo is ready to turn heads and strut their stuff, feeling so much more confident in their skin than before.

Thank you
Design For Vision
for the awesome
frames!

*publishers note:
I have tried these
wonderful
products and my
skin has not felt
this moist or
looked this good
in years! Dana



The question I get asked most often is, "How do I get a perfect look for now?"



I have been designing appearances for my entire adult life. It is the touchstone of my existence and a passion that burns even brighter now that I'm helping my peers find ways of reinventing themselves in their later years.

I am not known for being trendy when it comes to creating an appearance for someone. I always want social and fashion influences to inspire a direction but never want clients to look back at a photo, decades later, and wonder, "What was I thinking?"

I have always looked at haircuts in two ways; you shape the hair to frame the face and then style the shape to give it character.

My best tip is to reevaluate your overall appearance at least once a decade. That's not too much to ask, is it?

At 51, I am in the trenches fighting the battle alongside my contemporaries. Now, I fully understand the obsession with and endless struggle to hold on to our youthful hair, skin, physical being and state of mind, all while trying to make it look effortless in the process. I too look forward to what's next!

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What is heart disease?

Heart disease is a broad grouping of medical problems related to the heart. While heart disease is commonly perceived as just a heart attack, heart disease actually includes several other problems. Those problems include hypertension, stroke, peripheral artery disease and atherosclerosis.

February is Heart Healthy Month!

Our Q&A with Dr. Sernyak

Do men and women experience heart attacks similarly or differently?

In fact, women do experience heart attacks differently than men. Men are more likely to have reported that they've experienced chest pain, whereas women are more likely to report on other symptoms that can be indicative of a heart attack, such as jaw and neck pain. That is why it is important for both women and men to be aware of all the warning signs of a heart attack. Those signs include pressure, tightness or pain in your chest or arms that may spread to your neck, jaw or back. It also may include nausea, indigestion, heartburn or abdominal pain. In addition, it may include shortness of breath, cold sweat, fatigue and light-headedness or sudden dizziness.

Are the risks for heart disease similar or different in women and men?

While the risk factors of heart disease are similar for men and women, research shows that the consequences of those risk factors for women are actually higher than for men. There is clear evidence that risk factors for the development of heart disease, such as a diagnosis of diabetes or tobacco

use, are more closely tied to heart attacks in women than in men. In addition, women have some unique risk factors. Women who have experienced pregnancy-induced hypertension, preeclampsia, or gestational diabetes are at a higher risk of heart disease.

CARDIAC ARREST vs. HEART ATTACK

People often use these terms interchangeably, but they are not the same.

WHAT IS CARDIAC ARREST ?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is an "ELECTRICAL" problem.



Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.

WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs within minutes if the victim does not receive treatment.**

WHAT TO DO



Cardiac arrest can be reversible in some victims if it's treated within a few minutes. First, call 9-1-1 and start CPR right away. Then, if an Automated External Defibrillator (AED) is available, use it as soon as possible. If two people are available to help, one should begin CPR immediately while the other calls 9-1-1 and finds an AED.

WHAT IS THE LINK?



Most heart attacks do not lead to cardiac arrest. But when cardiac arrest occurs, heart attack is a common cause. Other conditions may also disrupt the heart's rhythm and lead to cardiac arrest.



Fast action
can save lives.



The heart attack symptoms in women can be different than men (shortness of breath, nausea/vomiting, and back or jaw pain).

WHAT IS A HEART ATTACK ?

A **HEART ATTACK** occurs when blood flow to the heart is blocked.

A heart attack is a "CIRCULATION" problem.



A blocked artery prevents oxygen-rich blood from reaching a section of the heart. If the blocked artery is not reopened quickly, the part of the heart normally nourished by that artery begins to die.

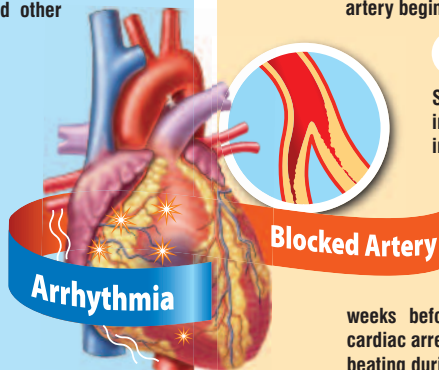
WHAT HAPPENS

Symptoms of a heart attack may be immediate and may include intense discomfort in the chest or other areas of the upper body, shortness of breath, cold sweats, and / or nausea / vomiting. More often, though, symptoms start slowly and persist for hours, days or weeks before a heart attack. Unlike with cardiac arrest, the heart usually does not stop beating during a heart attack.

The longer the person is without treatment, the greater the damage can be.

WHAT TO DO

Even if you're not sure it's a heart attack, call 9-1-1 or your emergency response number. Every minute matters! It's best to call EMS to get to the emergency room right away. Emergency medical services staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too.



How common is heart disease in women?

Unfortunately, heart disease is very common, as it is the leading killer of women. One out of every four women dies of heart disease. Nearly 300,000 women in this country die each year from heart attacks, according to the U.S. Centers for Disease Control and Prevention. That's why it's important that women take steps to improve their heart health.



Audrey Sernyak,
M.D., MBA, FACC,
cardiologist
at Christiana Care
Health System

Dr. Sernyak is a cardiologist with Christiana Care Health System's Center for Heart & Vascular Health and Christiana Care Cardiology Consultants. Dr. Sernyak is also the program director of the Christiana Care's Cardiovascular Fellowship and co-leader of the Cardiovascular Program for Women at Christiana Care.

Do you have exercise recommendations to prevent heart disease in women and men?

From a public health standpoint, sitting is considered the new form of smoking. Exercise does not mean that you need to buy pricey fitness equipment or sign up for a gym membership. Women can integrate physical activity into their everyday lifestyle. For example, you can plan to park in the back of a parking lot when heading to a store to increase the amount of steps you take, and you also can opt for the stairs instead of the elevator. It's that easy. You can help your heart health simply by walking more!

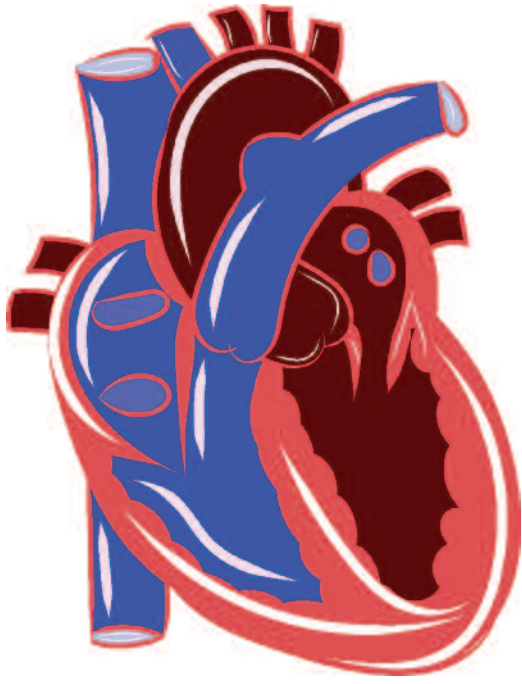
As far as the intensity of the exercise, a helpful metric is a scale known as the perceived exertion scale. This scale is used to measure your perceived exertion during physical activity. This means that when you're exercising, you should not be able to converse comfortably with another person. As you exercise more, you'll get in better shape, and you'll find that it will take less effort to have a conversation. That means you'll have to exercise harder to ensure it is effective, but it also means that your heart health is improving!

What tests and screenings are helpful for women to know their risk of heart disease?

When women are aware of their risks, they are in a better position to take steps to improve their heart health. It is helpful for women to know their cholesterol numbers, their blood pressure, and their risk of diabetes. For more information on important numbers to know, visit the American Heart Association's website at <https://www.heart.org/>. The most important thing you can do is control your risk factors.

How significant is the link between lifestyle and heart disease in women? Is the link similar for men?

Lifestyle choices are very important. We know that physical activity can help prevent heart disease in both men and women. The inverse is also true – lack of exercise can contribute to heart disease. Unfortunately, women are more likely to report less physical activity than their male counterparts.



At what ages are women most at risk for heart disease?

Women who are at a post-menopausal age are at the highest risk for heart disease. However, women at all stages of life should pay attention to the importance of protecting the health of their hearts. While the average age of menopause is 51 years old, menopause may occur as early as the 30s or as late as the 60s.

Do you have diet recommendations for women so they can prevent heart disease?

Absolutely! Eating wisely to improve heart health does not necessarily mean that you have to go on a diet. It simply means eating smaller portions, cutting out high-calorie foods, and eliminating excessive fats from cooking.

What the hell is an Elderberry?



1. Fights the Flu

While elderberry probably won't prevent the flu, it may be an effective treatment option if you get hit with the virus. Research shows the use of elderberry could shorten the duration of flu by about three to four days, along with lessening symptom severity if taken within the first 24 hours of having the flu. When it comes to recommended dosages, WebMD suggests one tablespoon of Sambucol by Nature's Way be taken four times daily for three to five days.

2. Reduces Cold Duration

Along with being a supportive agent against the flu, elderberry is well-known in its fight against the cold, particularly related to its vitamin A and C content. In fact, a 2016 research article published in *Nutrients* found a significant reduction of cold duration and severity in air travelers. Travelers using elderberry starting 10 days before travel until four or five days after arriving overseas experienced, on average, a two-day shorter duration of the cold and also noticed a reduction in cold symptoms.

3. Supports Skin Health

Elderberries have shown to support skin health thanks to its anthocyanin content, or the compound that gifts berries' vibrant color. Anthocyanins have shown to combat the internal consequences of natural aging, therefore improving the external appearance of skin tone and glow. Elderberry is also a rich source of vitamins A and C, each showing to moisture the skin and maintain its integrity.

4. Reduces Inflammation

Elderberry displays numerous anti-inflammatory activities, particularly related to its anthocyanin and vitamins A and C contents. Inflammation has shown to be the root of many chronic diseases, which may label elderberry as a contender against the fight against cancer, diabetes, and heart disease.

@BALANCE.BISTROMD



By Lori Klein

Reinventing Sex

Getting it on after 50

Is it possible for a vagina to grow closed? (Asking for a friend). Seriously, though. What used to occupy my mind every 30 seconds (sex) now appears on my mental radar a couple of times a month at best. And when it does, I'm too tired/busy/preoccupied to do anything about it.

Is this a normal evolution? Yes and no. I don't think things will ever return to the animal-like frenzy of "back in the day" where a few romps a day were de rigueur. (My partner once remarked that I was like an Italian sports car where the slightest touch started the engine). But still, I'd like to brush the cobwebs out down there and rekindle some of my previous glory.

What does sex look like after 50? Well, for many of us, there are kids, careers, aging parents, community obligations, friends (hopefully), fitness, homes to care for, pets...the list goes on. And then there's the fact that our bodies have morphed into something a little different (hello, gravity) than before. The bedroom burn takes a backseat to the pleasures of compatibility, friendship and shared connection of a different nature more so than sex.

But sex after 50 is also very freeing. After notching up 5 decades or more on the birthday cake, there is a sense of confidence in knowing our bodies. And that's sexy to men and women alike. We know what we like and don't like. We become more playful in the bedroom. Sometimes we even laugh at ourselves

openly. We aren't embarrassed to express our needs and satisfy those of our partners. We've possibly attended a few parties where amidst the giggles and free flowing prosecco, big money is changing hands in the kitchen buying toys, oils and gadgets to spice up the boudoir.

It's a liberating stage where we understand that sex is a primal need much like food and shelter, and we are happy to feed that need when the other responsibilities and exhaustion of life outside the bedroom (or kitchen counter...we aren't judging) isn't eclipsing our ability to prioritize ourselves. And as we get older and the nest empties out, it gets even jiggier.

A March 2018 article written by Debbie Humphrey indicates 70 and 80 year olds are getting it on like jackrabbits, and that STDs are on the rise. (Wear a raincoat, kids!) I guess once the pressures of all that we are juggling in our 50s goes away, making more time for playtime a couple of decades later becomes a priority again.

A pastor in Ybor City, Florida challenged his congregation to start the new year by being physically intimate with their partners every day for a month. It sounds daunting, right? Who has that kind of time? Would it get boring? Can I still put my leg up there without having to call the chiropractor?

It seems worth trying, in a new 50-plus kind of way. I think evolving back into prioritizing physical connectedness is probably a good place to start and will be very satisfying.

After all, I really don't think my leg even belongs over there, but I think there might be a place to put it that will suit us both quite well.

VROOM!!
VROOM!!

If you experience a loss in sexual function, make sure to discuss the issue with your doctor.

If you are in good health,
GO FOR IT! Have Fun!



Downsizing

Make room for the life you really want!

As baby boomers, it made sense for us to have large homes when we were raising our families. As we transition into our next act as empty-nesters, new retirees, divorcees, or widows, however, the thought of having more mobility, flexibility, and less responsibility becomes more and more appealing. With that newfound time and freedom also comes the age old question, **“Now that I’ve downsized to a smaller, more manageable home or “ Now that we have retired, what’s next?”**

We baby boomers are not done yet! In fact, just like the song says, “We’ve only just begun!” Baby boomers are completely redefining retirement, and we are killing it!

I like to think of this as a baby boomer Renaissance, a time of enlightenment, a time of rediscovering who you are, reimagining and re-designing a life that you’ve always wanted.

Imagine a clean slate, a blank canvas. Does that thought excite you or scare you? If that thought excites you...what do you want to make room for now that you have more time and freedom?

Then, begin to imagine the possibilities you can create for yourself and your life. Your own vision, goals, priorities, schedules, and timelines.

What do you want to write about, speak about, learn more about? What kind of lifestyle do you want to design? Where do you want to travel? Who do you want to spend more time with?

What kind of new business or invention do you want to create? What legacy do you want to leave behind?

You can see, the possibilities are endless. You actually GET to design the life you want AND you get to do it YOUR WAY!

If the thought of a blank canvas is frightening or overwhelming, or if you have no idea what you want to do with your life now that you have downsized or retired, I assure you, you are not alone. For many, there is a fear of letting go of the past, of memories we hold in our hearts. There is a fear of the unknown, fear of failure. As a baby boomer myself, I experienced the same fears and concerns during my downsizing journey from my 5000 square-foot home in Chester County to my 867 square-foot apartment in Philadelphia. Inspired by a trip to a developing country, where people had nothing but were happy, I envisioned a simpler, more abundant life with less. I broke through my fears and now have more time, money, freedom, and energy to pursue what matters most to me. With fewer possessions and fewer responsibilities **I made room for a more care-free lifestyle that allows me to experience this time of my life to the fullest.**



I designed and am living the life I love. I did it, so can you!

**Rita Wilkins
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The Other “Values” of Pre-death Appraisals

While most people consider a formal appraisal useful primarily for its stated opinions of value, there’s far more to be gained than just dollar amounts.

An appraisal document is a catalogue of personal property that is an excellent tool for managing collections, arranging distribution, and planning estates. For over 200 years, Freeman’s has provided skilled appraisals of fine art, antiques, and jewelry to clients with various valuation needs.

By Matthew Wilcox - Vice President Freeman's Trusts & Estates

An appraisal document can also prove ownership in the case of theft and help heirs clarify distributions. As the primary resource for all relevant information, an appraisal can help future generations retain critical facts so often and so easily lost with the passage of time. For example, in a recent estate appraisal of a client's mother's estate that Freeman's conducted, it was not the first-hand knowledge of the heir, but two old insurance appraisals that contributed important information about the origin, purchase, and exhibition history of the artworks. Finally, often vague language in a descendant's will can make identifying the intended recipient of the property in question very difficult. With a numbered, descriptive, and photographed appraisal in hand, clear identification is much easier.

If you want your appraisal document to be as useful as possible, it requires periodic updates for both the values stated and the locations, as items often move from room to room, or from one home to another. If an object is sold or otherwise removed, it should not remain on the appraisal document but a record of the sale or removal should be preserved to prevent heirs from going on wild goose chases later. Best practice would also include physically tagging objects with the ap-

praisal number to tie the property and the document together. While distinguishing between two similar items might be second nature for a savvy collector, heirs might find it impossible. Again, if all property is clearly recorded and tied to an appraisal, such confusion can be avoided.

Lastly, the entry should include a good photograph of each object. Once this legwork has been accomplished, an appraisal document should be safely stored like any other important financial planning document.

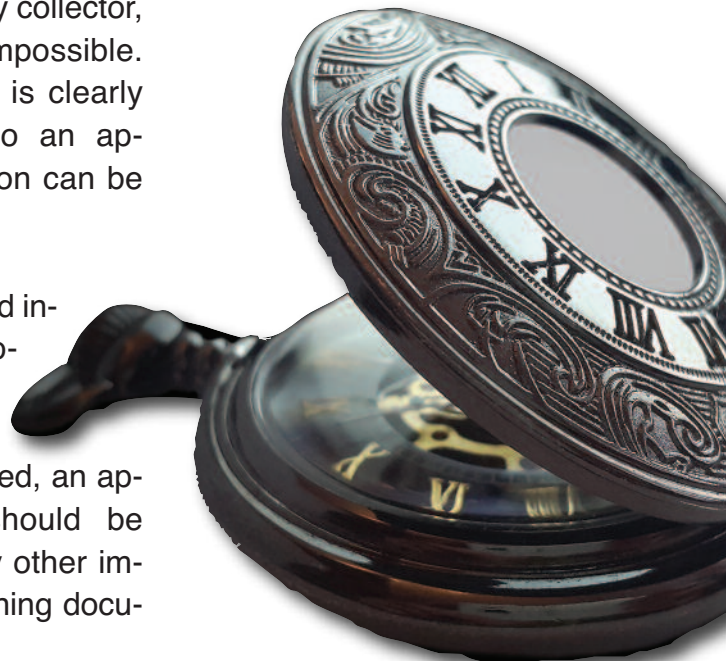
Each entry on a written appraisal should include:

- A brief description
- Title
- Quantity (if pair, set, etc.)
- Country or region of origin
- Medium or materials
- Date or period of production
- Markings (signatures, maker's & manufacturer's marks, inscriptions)
- Full description of observable physical characteristics
- Condition
- Reference to any base, support or frame

Also included should be any known information about:

- The object's ownership history (provenance)
- Exhibition history
- Publication record
- Point of acquisition (gallery, artist, auction, etc.)
- Conservation history

Contact a Freeman's Trusts & Estates professional today to learn more about the appraisal process and how our specialists can help you with your collection.



Did you know...

A pack of kittens is called a kindle, while a pack of adult cats is called a clowder.



Photo by Cel Lisboa

February is Pet Dental Health Month!

Dental health, believe it or not, is just as important for our beloved pets as it is for us. The mouth, which is viewed as the doorway to the rest of the body, is naturally full of bacteria. And once significant gingivitis develops around the teeth, it's easy for oral bacteria to spread to other organs, such as the kidneys, liver, or heart.

The most common sign of dental disease is a foul odor from the mouth (if your pooch was recently rummaging through the garbage, I would give them a day or two before making that assessment). Many pets with severe dental disease will continue to eat and drink without overt signs or symptoms.

The best way to prevent dental disease is to brush your pets teeth.

Once the teeth are painful, many pets will swallow their food without chewing or only eat their canned food instead of the dry food.

A general rule is that to be effective, this must be done at least twice a week, although the more the better. Eating dry food (as long as it is being chewed), along with chewing on hard chew toys, also helps to scrape the teeth and keep them clean.

It can be expensive to clean and scale the teeth of dogs and cats because, in most cases, anesthesia is required to get adequate access to the oral cavity.

Teeth health should be evaluated and discussed at each patient's annual exam and the risks vs. benefits discussed with the owner.

**Brad W Bovee VMD
Washington Crossing Animal Hospital**



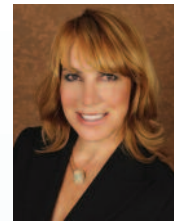
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TIME TO DOWNSIZE?

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By Dave Geibel, Managing Director, Girard

Is a Mid-Life Career Change a Retirement Killer?



When it comes to making a change, it is important to consider the risks and rewards that accompany that switch.

So, when considering a mid-life career change, what's at stake? Could it kill your retirement?

Nobody wants to be stuck in a career that doesn't fulfill them or makes them unhappy.

However, if you are close to retirement, the decision to make a switch so late in the game could be intimidating. There are two common trains of thought: stick it out, stay on track and remain miserable, or make a change and risk delaying the start of your golden years.

However, at Univest Wealth Management, we don't see things so black-and-white. If you're contemplating making a career change later in life and questioning if it will be worth it, here are a few tips to consider so that your financial plans remain on track.



“If you decide to switch careers to improve your mental health and lifestyle despite a lower salary, you could be preventing burnout.”

Re-think how you view ‘work.’ There’s the old saying, “Work to live, don’t live to work.” If you recalibrate how you view work, you may recognize that a mid-life career change could be a game changer in your everyday life and retirement. A healthy mind is just as, if not more important, than a healthy wallet heading into your golden years.

You should know that a salary reduction does not have to kill your retirement. In fact, it could enhance it! If you decide to switch careers to improve your mental health and lifestyle despite a lower salary, you could be preventing burnout. If you truly enjoy the work you are doing, you may be content working longer than in a higher paying job that doesn’t provide as much fulfillment. Many people find that retirement leaves them missing structure and being a part of something, by finding a job you love you may fill that void by choosing to work into your retirement years.

Remember, you’ve prepared for this. If you’ve worked hard and spent time creating a financial plan for your future, a mid-life career change doesn’t mean you’re starting over, it just means you’re investing more into yourself and the lifestyle you aim to achieve.

All of your hard work and planning has set you up to approach life’s speed bumps with confidence. Trust your financial plan, you are not starting over, but simply redirecting.

The financial advisors at Girard can help you navigate through all of life’s stages and changes including guiding you to help ensure a career switch is financially responsible and that your retirement is secure. Learn more at www.meetgirard.com or contact us at 215-721-2112 to have a conversation about the plan for your financial future.

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Phoenixville, PA



One of our favorite local bands is JD Malone and the Experts (we have no idea why they aren't

worldwide famous!) and they are from, you guessed it, Phoenixville! We decided to check it out.



I love a great transformation story-someone loses 100lbs, a company redesigns a widget to fit new technology or an entire town rises out of the ashes and creates a magical friendly downtown with history, community, and lots & lots of beer!

We parked the FIFTY5+ Bug (we suggest you use one of the parking lots-street parking

is limited) and strolled down Bridge street to check everything out. The first thing you notice



are the breweries. They are everywhere!

We stopped in at Bridge Street Choco-

lates and met the owner Gail, who was a huge source of information about the town and her chocolate was amazing. She told us to not miss The Foundry, which houses the Schuylkill River Heritage Center for local history and she was right! What a beautiful building with lots of information about the area.

www.phoenixvillefoundry.com

We continued along the walking/bike trail, stopped by the farmer's market under the high bridge on gay street, and then happened upon one of the largest beer stores we have ever seen, the Foodery. www.fooderybeer.com.



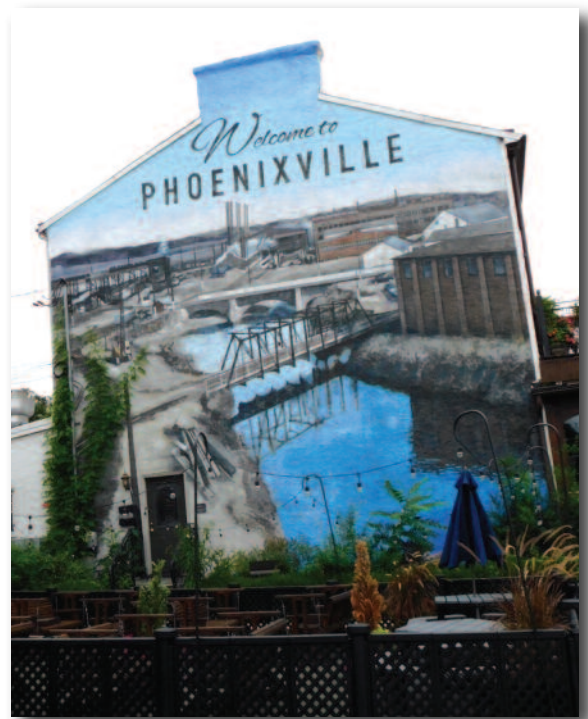
As you walk along bridge street and see the colonial theater, you might get the eerie sense of having been there before...as the 1957 setting for The BLOB, Phoenixville will always have its place in cinematic history! I will definitely go back just to see a movie (so happy it is still a working movie

theater!), just so I can say I was there. I'm adding that to my bucket list! The annual Blob Fest in July is a must do for anyone in the area. They do the running out reenactment on Friday and I can only imagine the fun!
www.thecolonialtheatre.com

We finished off our day at the Great American Pub Bar & Grill outside area with local beer and live music, two of our favorite things after a day of sight seeing!

Phoenixville has just recently approved plans for an over 55 community in the downtown area. Barclay Gardens will be open by 2020 and is sure to be a wonderful addition to an already diverse community.

Phoenixville, PA is about 45 minutes from downtown Philadelphia and with all of the events planned throughout the year it is well worth the trip anytime!



I love Murals! I had no idea Phoenixville is known for murals, so you can imagine my delight to find the buildings covered with beautiful art!

www.phoenixvillefirst.org
www.phoenixville.org



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Aim High!

By Laura & Elmer Templeton

Over the past few years, archery has exploded in popularity.

When we think of archery, of bows and arrows, it's no longer Robin Hood that pops into our heads, but Jennifer Lawrence as the fearless Katniss Everdeen or Ygritte from Game of Thrones. What was once considered an ancient sport, has reentered the mainstream with a fury.

Fun Fact!

Archery was the first Olympic sport to allow female competitors.

Archery isn't reserved for the young and impeccably fit. Nor is it reserved for back-country hunters or Olympic hopefuls. Archery is suitable for anyone old enough to hold a bow, pull

back an arrow, and let go. Plus, it was the first Olympic sport to allow women to compete! There are many archers who've never been in the woods or on a competitive shooting line, they just do it for fun or relaxation.

If you aren't familiar with the sport, then you'll be surprised to learn how beneficial it can be to your health. Archery helps build upper body strength, increases mental focus, improves coordination and balance, and even includes a bit of cardio (the arrows don't retrieve themselves!)

As Certified USA Archery Instructors, my husband and I have been blessed to teach beginners of all ages for many years. Teaching archers about safety and the proper form helps them to become comfortable and proficient with a bow. We currently teach an adult class at French Creek Outfitters

in Phoenixville, PA and it's such a gratifying feeling when our students start to show progress and improvement.

Introducing new people to the archery world brings us joy, we love the sport, we love shooting together, and we want others to feel the same.

Laura



Looking for your lost shaker of salt?



With island-inspired amenities, carefree luxury, and a dreamy location, Latitude Margaritaville Daytona Beach, owned by Minto, is providing a new kind of 'paradise' when it comes to active adult communities. It's no wonder, then, 55places.com, a leading resource for active adult communities across the country, named the Minto development as Best 55+ Community of 2018.

Latitude Margaritaville Daytona Beach, inspired by the music and lifestyle instilled from acclaimed musician Jimmy Buffett, is the first of its kind to take active adult communities to the mainstream, appealing to both "Parrotheads"—a nickname deemed for fans of the performer—as well as those who just appreciate they are growing older, but don't have to grow up. This ingrained mindset is bringing the conversation about active adult communities to the forefront, and changing perceptions about retirement—and by extension senior living—by providing a new boat to sail on.

"There can be preconceived notions associated with aging, but Minto recognizes that today's generation is different, and empowers its audience to redefine what living life to the fullest can mean," said Bill Ness, CEO and founder of 55places.com. "The idyllic state painted by the Latitude Margaritaville brand is intentional, and to many of its residents, is depicted accurately." In addition to the engaging lifestyle and various collections of well-designed

colorful homes, there is an abundance of social events, meaning camaraderie is alive and well. "We're focused on four pillars which is food, fun, music and escapism," said William Bullock, president of Minto's Latitude Margaritaville division. "Which, if you talk to our current residents, is what we're already delivering. We're attempting to offer as much fun and energy that you may want on any given day."

Though doors opened in early 2018, the community is still in development. Slated to open in April of 2019, the impressive new amenities will include the Latitude Town Square, Fins Up! Fitness Center, Latitude Bar & Chill Restaurant, Barkariville Pet Spa & Dog Park, and Paradise Pool.



www.latitudemargaritaville.com

The Bucket List. That wish list for fun and adventure kept by everyone wanting to get the most out of every moment life has to offer. The bucket list inspires joy, pushes limits, and encourages us to take risks and do things we might not ordinarily consider.



By Mary Fran Bontempo

It's "seize the day" in list form!

But according to my admittedly unscientific research, an inordinate number of Bucket List items appear to involve the threat of an early demise, which seems contrary to the point of living to the fullest, and therefore, not exactly what I'm personally going for.



There's a lot of jumping—bungee, cliff and blob (look it up—it's a thing), as well as sky diving. If you'd rather risk your life in the water, you could swim with sharks, go white water rafting or try parasailing—an inter-

esting combination in which you sail over the water while strapped to a parachute. Gulp.

Other options involve sweat or bugs; running a marathon, mountain biking, camping, and something called aqua zorbing, which is a must if you've ever wondered what it's like to be on the inside of your washing machine. If all else fails, you could always walk on hot coals.

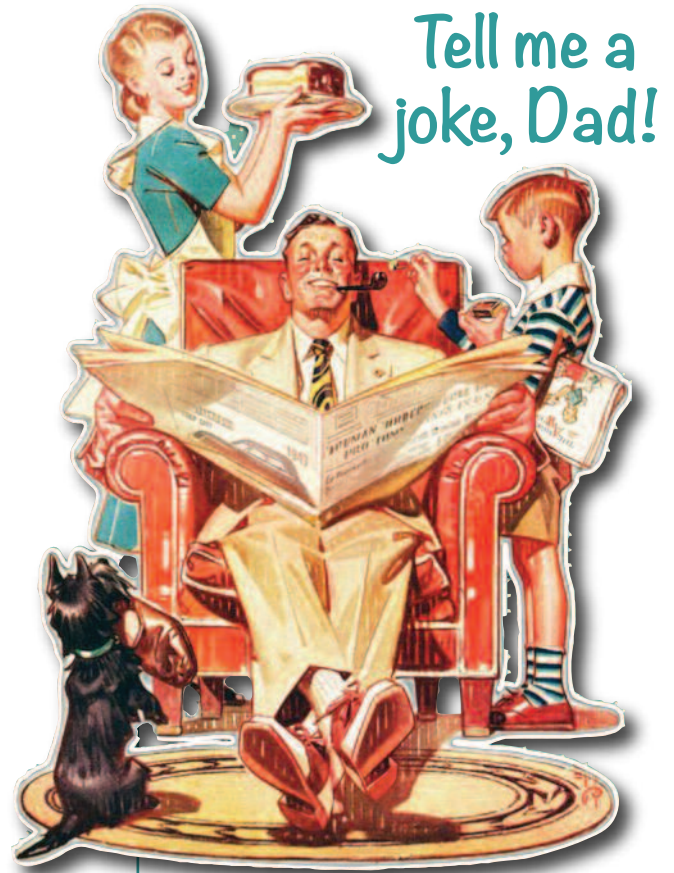
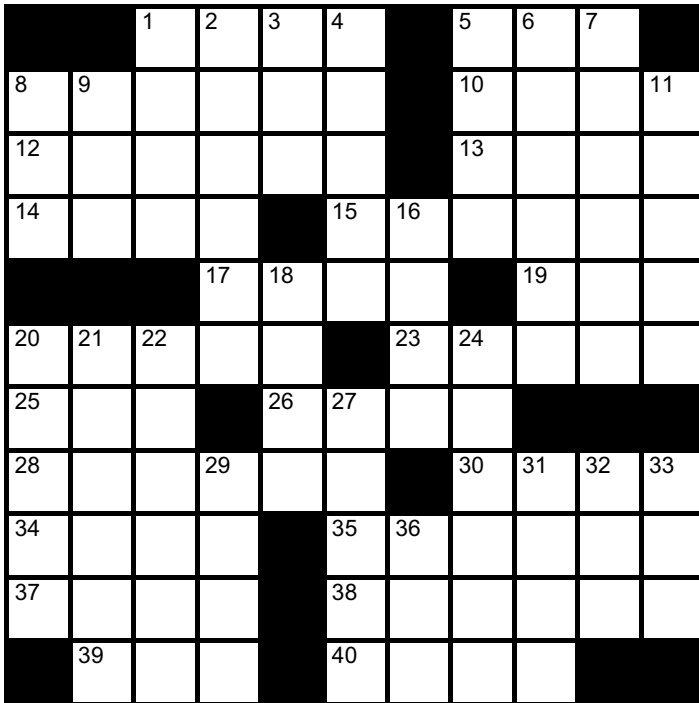
And more power to you. I love hearing about folks doing what, to me, sounds just this side of insane. I am up for a challenge, having taken up kayaking, pickle ball, and biking with my husband, but my experiences hardly rank as death-defying. Aside from wanting the usual—more money, a resident handyman who looks like George Clooney, and the flawless skin of a celebrity, I'm pretty content

to push myself a little, but I'd also like to survive my Bucket List.

So, I've decided that instead of a Bucket List, I shall keep a F#@k It List, which will consist of every terrifying, dangerous, risky, wild idea that doesn't involve a spa or me meeting George.

If you find yourself looking for a thrill, call me; I'll be happy to share some ideas. And if you decide that jumping from something really high is simply a must before you die, let me know. *I'll watch from below, cheering you on, while a Clooney look-alike pool boy brings me a drink, as I note your "bravery" on my F**k It List, muttering, "Aw HELL, no!" under my breath and moving ever so slightly to stay in the shade.*

Mary Fran



ACROSS

- 1 Competitor of Bloomingdale's
- 5 Annoy by persistent faultfinding
- 8 Bathroom
- 10 Conscious minds
- 12 Heart problem
- 13 "At what time?"
- 14 Communist leader after Mao
- 15 Revolve
- 17 Wind instrument
- 19 Rider Haggard classic
- 20 It is sold in bolts
- 23 Speak
- 25 Pastor, for short
- 26 Avoid
- 28 The most famous Waugh
- 30 React to something hilarious
- 34 Region of the Moon
- 35 Three-legged support
- 37 Finishes
- 38 Airs again
- 39 Nipper
- 40 Plumps

DOWN

- 1 Agree formally
- 2 Dismount
- 3 Range of vision
- 4 Whitewater figure
- 5 Water-loving salamander
- 6 Horrified
- 7 German writer and dramatist
- 8 Tiny bit
- 9 Unity
- 11 Scoff
- 16 Disagreeable necessity
- 18 Expression of alarm
- 20 Cupcake filling
- 21 East Mediterranean region
- 22 Try too hard
- 24 Vacation souvenir, maybe
- 27 Short beginning
- 29 In case
- 31 Literary work
- 32 Succeeded
- 33 Denom. of many Utahans
- 36 Agent, commonly

"Dad Joke" is a pejorative term used to describe a corny or predictable joke, typically a pun.

Did you hear about the claustrophobic astronaut?

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