

FIFTY5+

the magazine redefining age

Playing Through Retirement



Tips to Ignite Intimacy
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The cover: Ed Benson is the Executive Director of The First Tee of Greater Trenton. We met last summer after being introduced by our mutual friend, Melissa Mantz, Executive Director of UrbanPromise Trenton. Over coffee in New Hope, PA, it took only a few minutes to realize that we wanted to share Ed's story and when asked if he would like to be featured in FIFTY5+, he was both gracious and thrilled!

The cover photo was shot at Jasna Polana in Princeton, NJ. Jasna Polana is a strong supporter of First Tee and was kind enough to offer their gorgeous grounds as a backdrop for the photoshoot.

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We believe that the company we keep is what creates our world, which is why you will typically see a group on our cover. Ed was joined by his delightful wife and a group of wonderful friends and colleagues for the photoshoot.

We would like to thank Peter Cook, our photographer, for capturing a wonderful afternoon! It was a lot of fun!

*Love,
Dana & Dave*





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I would love to hear from you! *Dana*



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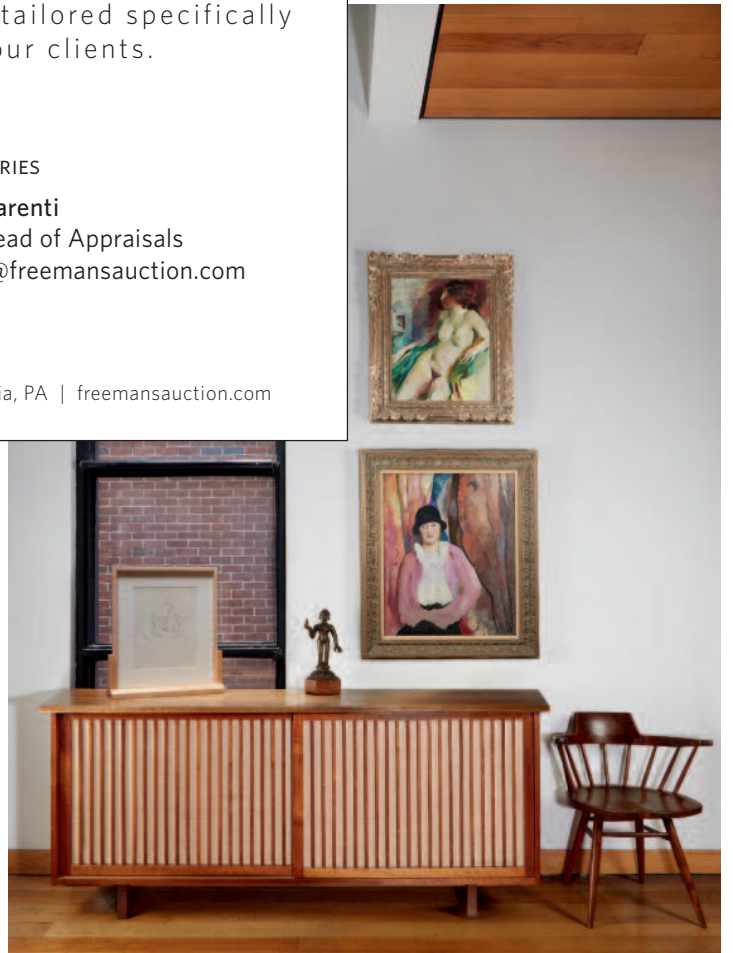
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Dear Friends,

Welcome to the May | June issue of **FIFTY5+ Magazine!** We are thrilled you are here and hope you enjoy our second issue!

A few notes about our magazine that I **probably** should have included in the premier issue but **hey** better late than never :)

- **YES the print is larger** - we did that to make it easier to read! Due to the larger font size we keep our stories short and sweet. Time is limited, right?

- You will never need to look for the rest of a story in the back of the magazine. I usually forget why I went into the next room. I am certain by the time I found the page in the back of the magazine, I would have forgotten the beginning.

- I am not a foodie and clearly have no idea how to portion control sooooo we have opted out of including recipes (that's what pinterst is for right?). We will occasionally mention a restaurant but generally it will be a cool dive bar where we have an interesting story to tell. If the food is delicious that is all the better...

- **YES** we are actually over 50. We strive to keep our content relatable. Who knows what it's like being over 50 better than an actual person over 50?!

- 609.647.4723 is my real cell phone number. If you have a suggestion, comment or just want to tell me you love the magazine, please give me a call!

- There will **NEVER EVER EVER** be anything political! Nothing, Nada, Never.

- We are very particular about our advertisers and want to make sure they are relevant to you so please give them all some love because without them...we wouldn't be free and in print!

Let's enjoy this ride together! *love,*
Dana

Is there another word for synonym?



Do you think the ocean is salty because no one waves back?

The meaning of opaque is unclear.



I love jokes, riddles, games and puzzles! I will include them as often as I can. Hope you like them too!



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playing through retirement



Dedicated Community Leader Ed Benson Tees Up Core Values for Underserved Youngsters

By Debra Wallace

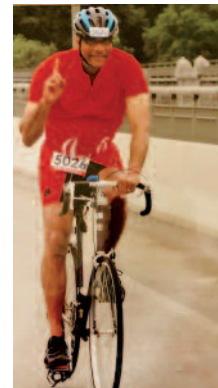
Avid golfer Ed Benson could have kicked back and focused on his favorite game after he retired in January 2018, but he clearly chose a different path that would use his core values and principles, to help change children's lives.

63-year-old Benson worked with gusto for 40 years at Fortune 500 Companies, 32 of them at Johnson & Johnson in Skillman, New Jersey, while also actively pursuing a great deal of community work to mentor children.

Residing in Jamison, PA., with his wife, Tracy, and their two sons, (Miles, 22, and Evan, 15), Benson relished being involved in Cub Scouts and Boy Scouts, and he admits that "sitting still" is definitely not his style.

"Being idle is not part of my DNA; I have always been active," explains Benson. "Hopefully, whatever I do will be productive and will make this world a better place for everybody."

His overall advice is to "stay positive, never blame anyone for your mistakes or failures, and always appreciate your blessings."





He developed key partnerships that support youth programs. These partnerships are with the YMCA, Urban Promise the City of Trenton's Recreational Department's summer camps and after-school programs for children up to age 18.

"One of our First Tee kids had the opportunity to participate in the Pro-Am of John Deere Classic on the PGA Tour, and two of our young men went to a leadership conference at Michigan State University last year," he said. "They are involved in a variety of programs that benefit them. What could be better than that?"

In addition, Benson has been on the board of Big Brothers/Big Sisters of Mercer County for 15 years, also through his association with Johnson & Johnson.

The program provides one-on-one mentoring to local youth and close to 600 children have already benefitted from having these positive role models.

"We are instilling values, providing encouragement and using all of this to help motivate the children. We have had relationships that have lasted 15 years, and they have been tremendous for both the mentor and the child."



Benson has two major passion projects, **Big Brothers Big Sisters of Mercer County** and **The First Tee of Greater Trenton**, a golf program for underserved children that has a vital mission. Among the skills that are taught are golf etiquette, goal setting, communication, and perseverance.

There are 175 chapters of The First Tee throughout the U.S., and Benson became a board member in 2010, starting with fundraising, which led to becoming vice president of the Trenton chapter.

"For us it is about helping 'underserved communities,' such as the inner city of Trenton, where unlike the suburbs, golf is not known as a sport."

We asked Ed...

Most embarrassing moment: Mistakingly walking into the girls' bathroom during my first day in 8th grade.

For Benson, most of his passions stem from his early and current family life. His parents instilled a strong work ethic from a young age. "When I said I wanted something, they would say, 'Go out and get a job.' So, I did."

He is also a proud father. His eldest son, Miles graduated from community college and trade school on March 30 and will



soon be working as a welder, and his younger son attends 9th grade at Lenape Middle School in Central Bucks County.

Benson says he works hard to be a proper role model for his sons, just like his own father did for him.

“When I worked for Johnson & Johnson for 32 years, I can count on one hand how many days of work that I missed,” Benson said.

His wife Tracy is extremely supportive of his community service. “She understands my goals, shares my passion for caring for others, and routinely exhibits her unselfishness every day of her life.”

So, how does Benson feel about his lifelong dedication to community service?

“Well, I’m a pretty modest person, so I don’t like the focus to be on me,” explains Benson. “It’s really about who you are and how you have been brought up.”

We asked Ed...

What’s on your bucket list: Go to the Masters golf event in Augusta, GA, participate as an athlete in the Senior Olympics, play golf with former President Barack Obama, and attend a Philadelphia Eagles Super Bowl with the family.



He adds, “It’s been a blessing for me to have had this rich career, overcome health issues, have my loving family and my strong faith. What keeps me working hard and moving in the right direction is this: if it’s not us, who is going to do it?”



1. Chad Fleming - GM of the TPC Jasna Polana and board member of The First Tee of Greater Trenton. TPC Jasna Polana has hosted our annual golf fundraiser.
2. John Kostin - Director of Golf for Mercer County. Key partner for The First Tee of Greater Trenton. We conduct programming for our participants at the county courses.
3. Jeff Hughes - friend and Board President of The First Tee of Greater Trenton. 4. Bentley Smith - long time friend from Bucks County and a board member of The First Tee of Greater Trenton. 5. James Page - colleague and friend from Johnson & Johnson. Has been instrumental in securing financial support for The First Tee of Greater Trenton.
6. Ed Benson - Executive Director The First Tee of Greater Trenton 7. Dan Duffey - long time friend and classmate at Saint Joseph’s University in Philadelphia.
8. Rob McGill - long time Lead Coach of The First Tee of Greater Trenton. 9. Melissa Mantz - Executive Director UrbanPromise Trenton

AskourAgent

Sandra Maschi is our real estate expert.
In this issue we ask her about downsizing!

What is the most sought after amenity for people downsizing?

The MOST sought after amenity for downsizing clients is a first floor master bedroom and bath.

What are other amenities that people are looking for when downsizing?
How important are elevators...really?



Elevators are not in high demand, or necessary, when downsizing but a few buyers still request them, regardless of the cost. Other amenities buyers are looking for when downsizing is less property, lower taxes, and sometimes an extra main level bedroom

for an elderly parent that may be moving in or already living with their baby boomer adult children.

What are your thoughts on reverse mortgages?

A reverse mortgage is only really necessary and recommended if your fixed income is not enough for everyday living and expenses.

What would you suggest about finance options when considering downsizing?

I recommend, if your children have all moved out, consider refinancing to a 15 year mortgage so you can pay it before getting ready to retire.

What major trends are you seeing? What major trends have you seen go away? Which one was your favorite to disappear?
ie: thank goodness shag carpets are no longer a thing!

What is trendy now is hardwood floors throughout the main and upper level, including bedrooms.

Neutral wall colors throughout is what I recommend, because it never goes out of style, and you can add color to accent pieces, such as bedspreads, pillows, couches, and wall decor



I was very happy to see the giant hood fan start to disappear. Once the focal point in open-concept kitchens, the overstated hood fan is

now very yesterday, with designers now seamlessly integrating it into the cabinetry.

What would you tell people the most important update would be for best return?

I recommend updating kitchens and baths to maximize the best return on their money when they are ready to sell.

How important is staging a home before selling it? Decluttering?

Staging is not as important as, neat clean and bright with no cluttered areas, as well as making



sure the home does not have an odor from pets or smoke. Buyers usually **WILL NOT** buy a home with an odor.

How do you handle people being very sentimental about their family home and “treasures” they have collected over the years?

If clients have too many sentimental items, I suggest getting a small storage unit near the area where they plan to move. When they are in their new home they can take their time to go through those items at a later date.

Where do you see most empty nesters moving to? Over 55 communities? Townhomes? Into the city out of the suburbs? Out to the suburbs from the city?

Most 55+ buyers are buying in adult communities with clubhouse, pools and other amenities. Some want to buy small ranch homes close to or in town to be near shopping, restaurants and local doctors.

Are you ready to downsize?



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OH, BY THE WAY... I AM NEVER TOO BUSY FOR YOUR REFERRALS



How to **Ignite & Maintain** Intimacy Over 50

by Adina Laver
Courage to be Curious

Intimacy is not just a given in a relationship, but something that needs to be cultivated and maintained over time. At the beginning of a relationship, there is so much newness that it is easy to be engaged with our partner and to feel close, connected and excited by them. But over time, it can be more difficult to maintain that level of intimacy and many relationships begin to feel boring or stale... less interesting.

The thing is, it's not that our partners have become less interesting or that the relationship is necessarily less engaging, it is actually a matter of biology.

When things are new, feel good chemicals like dopamine and oxytocin are released into our bodies. They are like stimulants that keep us interested and engaged. Over time, however, most relationships develop routines and patterns, and while these routines and patterns can feel comfortable on one level, they do not give us a sensual boost. They do not actively stimulate connection and intimacy. Left unattended, even a strong relationship can suffer.

The great news is that intimacy is something we can activate. Like turning on the power button to the TV, it is possible to get those feel good chemicals flowing again. All that is required is some mindfulness among partners and some creativity. **The mindfulness is what you have gotten from reading this article** – the awareness that remaining connected in a relationship is a decision, not an automatic result of sticking it out. The creativity is about finding ways to experience a sense of newness and wonder about each other again, and it's not as difficult as you may think.

Below is a sampling of ideas that are designed to engage even the most veteran of couples in an experience of newness and exploration.

Memory Trade – Set aside time in which you and your partner exchange two memories from each decade of your life (if you're younger, you can break it in to increments of 5 years).

Game Show Prep – Imagine that you are going to audition for the show “How Well Do You Know Your Partner?” Each of you prepares 10 questions to ask the other about those little known things you may not know. *(Example: ‘What was the color of the first car you ever owned?’ or ‘If you we were going to start dating right now, what would be your idea of a perfect date?’.)* Questions can be as playful or intimate as you like.

Your Perfect Day - Plan the day you would love to share with your partner. **NOTE:** This is about your perfect day. If you could plan a day that you would love and would want to share with your partner because it would be meaningful to you, what would it be?

Metaphoric Meal - Plan (and make if you like) a meal that represents your relationship. Your relationship may be a bit spicy, healthy, unhealthy, indulgent...Whatever it is, plan a multi-course meal or a meal with multiple ingredients or spices that you both feel represents different aspects of your relationship. Be sure to keep it fun. This is not the time to ‘surprise’ your partner with ‘how you really feel!’ (if you know what I mean).

The goal is to enjoy, be playful and have fun together.

**For more ideas, please go to <http://bit.ly/2GAwiOM>
To listen to the podcast, please go to <https://bit.ly/2VODX0I>**



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Are you feeling stuck? Looking for a way to switch things up? You don't need to jump out of a plane but you do need to be willing to at least hop at an opportunity.

Jodi Silverman leads a group of women willing to take that leap. Jodi shares one of her fun DareVentures with us.

The Dare:

Spend the night at a local hotel with a group of people you barely know, dance like no one is watching, surround yourself in salt and have a stranger wash your face...

This is exactly what members of the Moms Who Double Dare™ Community did on our Skippack Overnight DareVenture™!

Itinerary

Friday night:
the Hotel Fiesole
Saturday morning:
Saltability Retreat Center
in Skippack, PA
Saturday afternoon:
The Body Serene Day Spa



Jane A. shares her thoughts, fears & accomplishments with Jodi:

Jodi: What was your first thought when you heard about the plan for a Local DareVenture overnight?

Jane: Oh, I thought it was awesome. It was not something I would normally do, but when I heard it was a group of women, I was all in.

Jodi: What motivated you to choose the float pod vs. the red-light therapy?

Jane: I've never done either. I'm not a fan of super tight enclosed spaces, so the light box was really pushing my limits with my comfort zone, but the idea of floating in the Himalayan salt pod seemed like a peaceful, quiet and freeing experience.

Being naked with just a bathing cap and earplugs was definitely a bit unnerving, but once I got in and was floating in such a small amount of water, it was very, very cool.

Jodi: How were you feeling prior to the float?

Jane: The one thing I knew was I did not want the pod closed because of the darkness, but I was excited because I had heard that floating weightless in the salt water would be very healing and since I have some arthritis, I thought it could be therapeutic.



Jodi: How did you feel after the float?

Jane: I felt great that I had done it because I was nervous about being naked in a small pod, but emotionally it was really relaxing. It was a quiet room and I was able to be alone with my thoughts and just float weightless.

Jodi: Would you do it again?

Jane: I liked it enough that I would do it again, however, I felt an hour was too long, 30 minutes would have been ideal. I got a bit itchy, it got chilly, and I was just ready for a warm shower.

Jodi: What has being a member and daring with the Moms Who Double Dare™ done and meant for you?

Jane: Not only has it brought me new friends, but I have never just had a group, a community, that I could affiliate with. I look forward to when you plan our DareVentures and Moms Who Wine Evenings. I love the women. I am really enjoying getting to know everyone. We all have different backgrounds and personalities yet when we get together, we just have fun and laugh.

I love the sense of adventure and we do things I would never just do myself. There are some things I would do with my family, but it's just different when you embark on adventure with just women. You get to talk and bond in a different and fulfilling way.

**DARE ON,
Jodi**

Stay Tuned for
More **Dares with Jodi**
in upcoming
issues of FIFTY5+

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For This Dentist, a Second Career Is Full of Smiles

by Kimberly Yavorski



After 25 years of dentistry, Michele Gladstone had her career cut short by an injury, forcing her to answer the question: “Now what?” Instead of practicing dentistry another 15 to 20 years she says, “I had to come up with something. I was not ready mentally to retire. And I’m still not ready. I need to get up and do something every day.”

It didn’t take long for her to embrace a second career. While she maintains a presence in the dental world, (as a teacher at Manor College, a board member at Health Link Dental Clinic in Southampton, PA, and by volunteering her services to provide dentures for veterans and for a clinic in Africa) she also owns and operates Act II Custom Picture Framing in Willow Grove, PA.

While you might think that dentistry and framing have little in common, Gladstone points out that both involve building and creating. “It’s really challenging to do this. It is also creating and building and making things look really nice,” she says. “I enjoy doing this all day long. It’s fun to create something and make it look really nice.” It’s different from dentistry, she says, “People don’t want to

spend money on dentistry. They do it because they have to. This is something people want done because they want it to be nice.”

An added bonus: people don't walk in saying, 'Oh you're a framer; I hate the framer.'

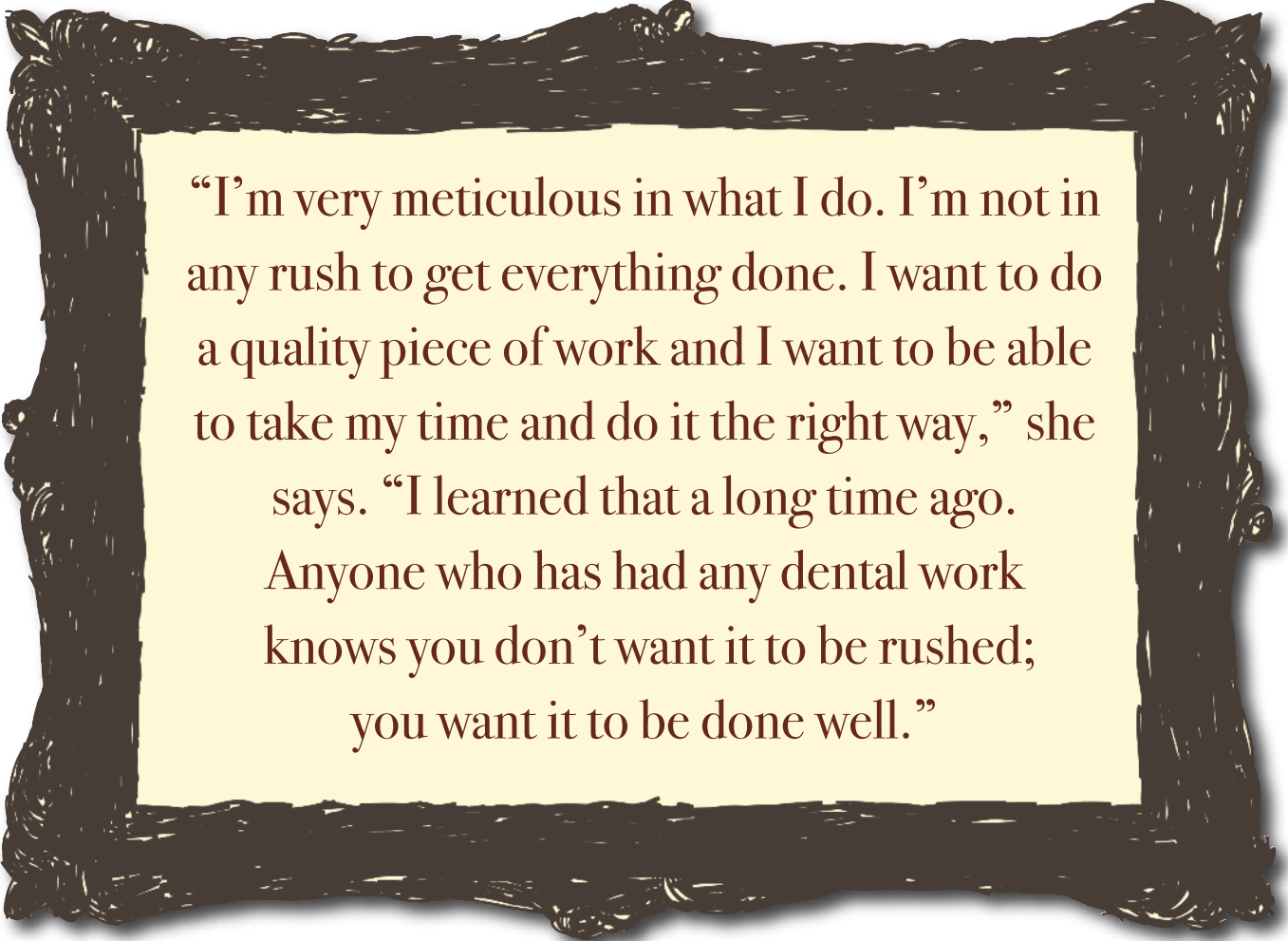
Her interest in framing began years before when she was raising funds for her volunteer work with the Benjamin Wellness Center in Gatamaiyu, Kenya, a clinic that provides complete health services in an area so remote it takes forty minutes to walk from the closest paved road. Thinking she might get five bucks apiece for photos she took on previous trips, Gladstone started cutting mats to “frame” them.

The volunteer work in Kenya began after a conversation with her piano tuner who had family who worked with the Benjamin Center. He mentioned they needed a dentist; the community had no dental care. That first visit made an impression.

She says,

“It was so unlike anything I'd ever seen or anything I'd experienced before. These people had nothing. They were so appreciative of being helped.”





“I’m very meticulous in what I do. I’m not in any rush to get everything done. I want to do a quality piece of work and I want to be able to take my time and do it the right way,” she says. “I learned that a long time ago. Anyone who has had any dental work knows you don’t want it to be rushed; you want it to be done well.”

Geographically, the village is large, with a population of around 5,000; some walk four hours to get care and patients arriving late in the day will sleep on the ground so they can be seen the next day.

For the past eight years, she has returned to Gatamaiyu for two and a half weeks each January. As the clinic’s only dentist, she oversees Kenyan hygienists perform dental care, including fillings, extractions and root canals, and personally fits and customizes dentures purchased in the U.S. During her annual visits, she has built long term relationships; they stay in touch via social media. She says, “I have actual friends across the world which is really cool.”

While she has negotiated donations of dental supplies and a discount on the Larell Dentures she uses, funding comes from donations and a portion of her profits. (She also sells her own framed artwork at Engage Arts Studio in Schwenksville.)

She says, “Last year I took 5% of everything I earned to support the dentures. Every year I have to raise \$5,000,” which only covers the cost for the dentures themselves.

The rest of the year, she spends much of her days in the framing shop. "If I could do this for 20 years, it'd be fine," she says. While building a small business is challenging, she says "It's a very rewarding and enjoyable career." She is enjoying the pace. "I'm very meticulous in what I do. I'm not in any rush to get everything done. I want to do a quality piece of work and I want to be able take my time and do it the right way," she says. "I learned that a long time ago. Anyone who has had any dental work knows you don't want it to be rushed; you want it to be done well."

"It's been a great transition," she says.
"This happened at the right time. If I were 35 and just getting started and I ran into these problems I don't know what I would have done; my whole career was ahead of me. But [after] 25 years, I can have both and I do."



If you would like to support the cause, donations can be made to:
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Fun Fact:

Jan was wearing the RainCaper on a cruise when a strong wind caught her and the cape flew up and over her head—that is why she added the magnets on the sides! No more flying wings!

April Showers



A few months ago I was caught in a sudden downpour with no protection in sight. I can handle wet clothes but wet hair is another problem all together! With no chance of a blowout before my meeting I was destined to have a bad hair day for the next 8 hours! Ugh. As I tried to fix the frizz in the lobby bathroom I started thinking about those old hideous plastic rain bonnets that my grandmother always seem to have buried in her purse and wishing that someone would come up with a new updated version—maybe this was my million dollar idea? A few weeks later I was walking around the Philadelphia Flower show and came upon a booth with an updated beautiful version of my grandmothers see-through rain bonnet!



The RainCaper is a versatile line of reversible, hooded, packable, rainproof, windproof and lightweight women's rain ponchos.

Launched in 2016 RainCaper is a family-run business. Jan Hartman is the Owner, Co-Founder & Designer. Jan operated a destination retail store where she and daughter Lindsay Hagerman offered distinctive gifts and accessories for 24 years. After retiring to spend more time with her children and grandchildren, Jan saw a need in the marketplace for something more versatile than a rain poncho and stylish enough to wear for business, travel and special occasions.

While Jan had carried rain ponchos in her store, she'd never been wild about the design, materials or features. She sought to



Jan Hartman, co-founder of RainCaper.

create a better solution and came up with a lightweight hooded and very fashionable rain cape that works rain or shine. Designed to flatter a range of sizes, the rainproof and windproof travel capes are reversible and ideal for travel – enjoy 2 looks in 1! The line began with Classics – solid colors and timeless prints designed to appeal to women of all ages; most exciting for Jan was the launch of the RainCaper Fine Art Collection. Each Fine Art RainCaper is a piece of wearable art designed in collaboration with the owning entity and true to the original colors.



Works wonders in the garden!

Based in Wayne, PA RainCaper is available at select retailers throughout the US; shop the collection at www.raincaper.com.

Web Update

www.workforce50.com

Loaded with advice for seniors looking for jobs. You'll find relevant articles (e.g. "Leveraging Your Military Background to Build Your Civilian Career") written by experts in the field. Some of the topics include job search preparation, marketing yourself, and finding meaning and purpose.

www.seniormatch.com

Looking for love? Or maybe you just want a companion? Sign up for Seniorsmatch.com's free dating service for those over 50. You may find your spouse...or just a bridge partner.

www.themoneyalert.com

Dozens of articles about investing, retirement planning, estate planning, and just about every other topic having to do with money. Their calculator page is worth a visit in itself.

www.evergreenclub.com

If you're over 50 and like to travel, check out what the Evergreen Club offers: a network of low-priced B&Bs, guest rooms and other down-to-earth, personal accommodations.

www.silversneakers.com

SilverSneakers® is a health and fitness program designed for adults 65+ that's included with many Medicare Plans.

www.55places.com

is the leading resource for active adult communities in the United States. The website offers unbiased information about thousands of active adult communities in the country, and is the only source to find such a wealth of information including photos, videos, descriptions, floor plans, listings of homes for sale, and reviews.

Your brain and body may not bounce back like they used to. But it is not too late!

As mature individuals, the phrase, “it’s never too late,” often conjures images of yoga classes, ballroom dance classes, or jumping out of a perfectly good airplane. But how often do we use that same phrase—it’s never too late—to address our drinking habits?



Lori, a mother of two daughters who has been married to her husband for 37 years, quit drinking three years ago when she was 58. Over a cup of coffee, she explained, “I drank a couple of glasses of wine every day when the kids were growing up and didn’t think much of it. But when the kids went away to college, I ramped it up and added vodka to the menu. I thought I was handling it okay.”

When her oldest daughter got married and Lori became a grandmother, the stakes got higher.

“One day, my daughter came over with the baby and told me she worried about leaving him with me because of the drinking. That broke my heart. I thought about it for a while and tried to stop drinking on my own, but I couldn’t. Luckily my husband has good insurance and I went to rehab.”

Not everyone can afford rehab, but for those who can, it’s a smart option.

“When I came home,” Lori continued, “I chose to go to AA (Alcoholics Anonymous) and that works for me. And now I can babysit, and nobody worries.” After a moment of reflection, she added, “Sometimes I want to drink, but I want to be there for my family even more.”

By Anne Matthew

For more information about Alcoholics Anonymous visit: www.aa.org
For more information about alcohol and aging visit: www.niaaa.nih.gov

Richard quit drinking four years ago at the age of 67 because he was diagnosed with a heart condition.

“I wasn’t really surprised because I had been drinking alcohol every day, and more on the weekends, since I was 25 years old. Surprised it wasn’t my liver.”

Richard’s doctor told him he could extend his life if he quit drinking. At first, he thought, “Why bother, I’m 67, I am alone, that’s old enough, it’s too late. But a friend of mine suggested I try AA. And I did. I still can’t believe I did it—go to that first meeting.”

Richard says the first nine months were the hardest. “I craved a drink every single day. Sometimes it was a minute by minute battle not to stop at the liquor store. But I was feeling better at the same time, physically, so I kept at it and the cravings slowly stopped. Those people in AA helped me. I knew I wasn’t alone.”

When he was about two years sober, he joined a community choir. “As a kid, I was in the Glee Club and I always loved singing but drinking took up most of my time.” Now Richard tours with the choir and enjoys the friends he has made.

Richard still has to take medicine for his heart condition, but he says that no matter how long he has, he is glad he went to that first AA meeting. “I am going to stick with it. I thought it would be too late, but it wasn’t.”

There are countless people in their 50s and 60s who made the decision to quit drinking and found their quality of life drastically improve—they felt healthier, more emotionally stable, and more connected to the people they love. *It’s never too late!*

5 Ways Alcohol Affects Aging

Shows up in your skin

Alcohol accelerates skin aging, says Colin Milner, CEO of the International Council on Active Aging. Wrinkles, puffiness, dryness, red cheeks and purple capillaries – heavy drinking can add years to your face.

Risk of falling increases

Intoxication increases the risk of accidents, including falls, fractures and car crashes at any age. But balance and stability pose more of a challenge as people age. Older adults are more likely to suffer falls, with worse injuries – like hip fractures – and longer recovery periods.

Tolerance decreases

Tolerance for alcohol can decline over time, possibly due to changes in body composition, says Robert Pandina, a professor with and former director of the Rutgers Center of Alcohol Studies. Hormonal changes appear to increase alcohol sensitivity among women and men alike. As you age, the proportion of fat to muscle tends to increase, even if your weight remains stable, he says. So you develop a higher blood alcohol content even if you drink the same amount you used to.

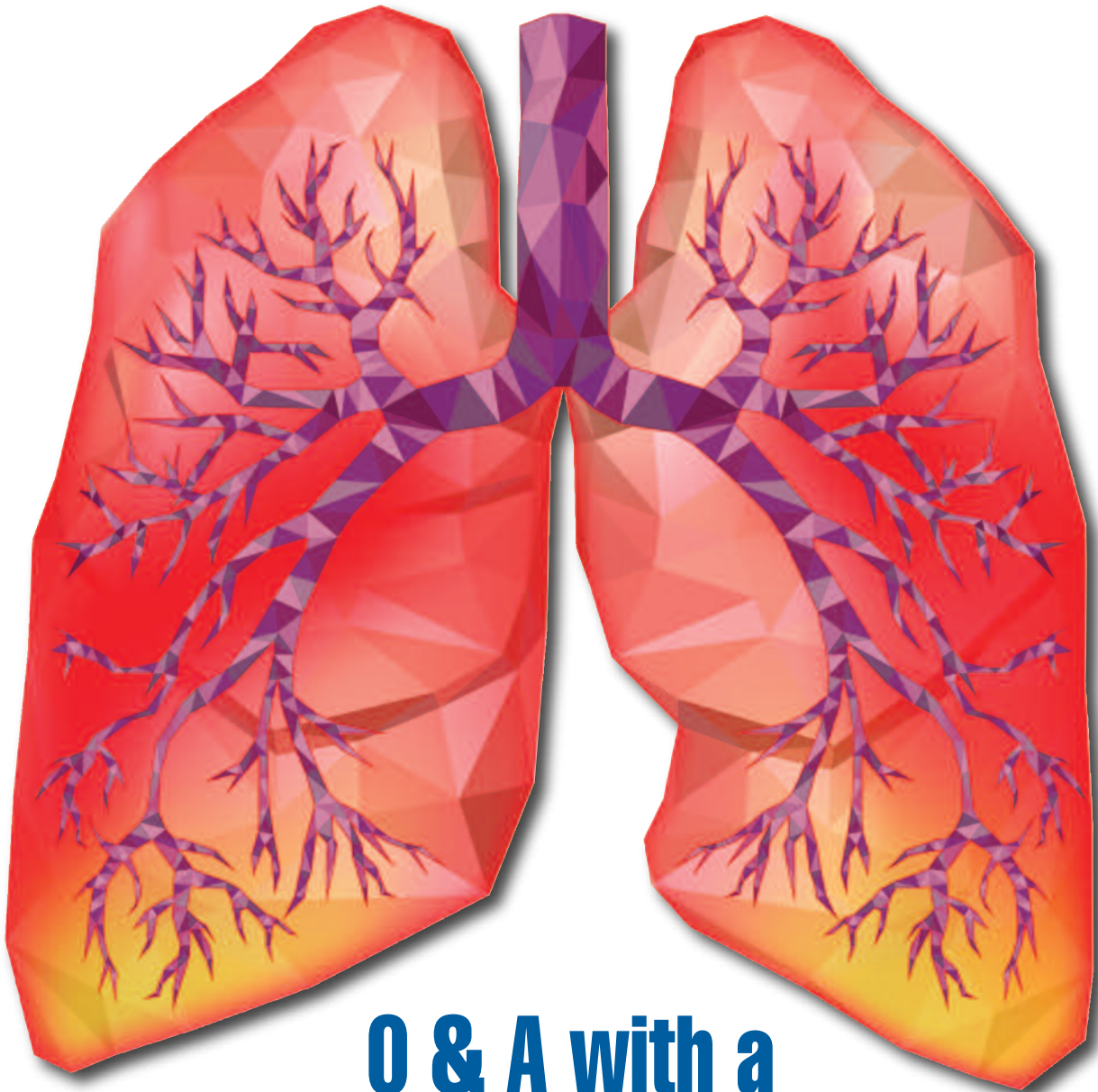
Chronic conditions worsen

Chronic conditions that tend to develop with age can be complicated by alcohol. According to the American Diabetes Association, alcohol can cause dangerously low blood sugar, or hypoglycemia, up to 24 hours after drinking. Alcohol may interfere with healthy eating for people with diabetes.

Loss of brain function

A history of hard drinking and alcohol abuse may boost your risk for dementia. Heavy, long-term drinking speeds up shrinkage of the brain, according to the National Institute on Alcohol Abuse and Alcoholism. This loss of brain volume is a key factor in the decline of memory and cognitive ability sometimes seen in aging.

| **just BREATHE** |



Q & A with a Pulmonologist



1. With legalizing marijuana in the news what effects, if any, do you see as a potential health risk?

Health risks involved with marijuana from a pulmonary standpoint might include development of COPD like illness, aggravation of existing lung disease such as asthma, or lung cancer. However, good data regarding these risks is very sparse. Some studies have suggested that marijuana does have carcinogens but the amount of marijuana smoke by any user generally is far less than a tobacco user. Studies of the link between marijuana and lung disease such as COPD or cancer are hampered by the fact that many marijuana users also use cigarettes. Other studies of marijuana are hampered by the fact that it is a Schedule 1 drug and very hard to study an experimental way for that reason.

In a general sense however it is hard to imagine that smoking anything would not come with some risk for lung health. On the other hand it is hard to imagine that marijuana would be more dangerous overall than cigarettes, which kill more people than all other drug, legal or illegal combined, or simple alcohol for that matter.

2. Salt Caves are popping up everywhere what effects, if any, do you see as a potential risks or benefits?

Salt caves have been purported to improve things such as asthma, COPD, cystic fibrosis and other respiratory illness. There are also claims that they improve skin rashes such as rosacea or psoriasis. I even saw one article that said it helped with anxiety. I could find no medical literature to support these claims. I think each individual that chooses to participate in this activity needs to judge for themselves whether it is beneficial or not.

3. I never had allergies, is it possible to develop them later in life? What are normal symptoms? What are abnormal symptoms?



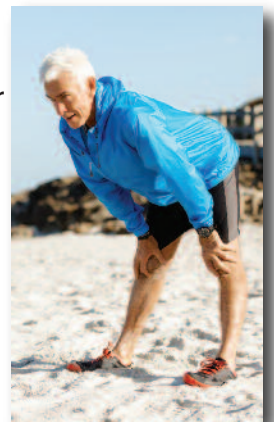
People do develop allergies later in life sometimes due to exposure to new substances or sometimes they can be triggered by simple viral infections.

Symptoms of upper airway allergy are usually runny nose, itchy eyes, scratchy throat, cough, and sometimes sputum production. Allergies have the potential to aggravate asthma so if you have asthma you may wheeze when you are exposed to something you are allergic to. Other less common symptoms of allergy might include skin manifestations such as eczema or hives.

4. What are warnings signs that you should see a doctor about breathing issues?

Keeping in mind that shortness of breath can be normal when associated with exercise and things like a productive cough or even wheezing can be a normal part of a simple upper respiratory tract viral infection or simple bronchitis, any unusually severe or prolonged symptoms can be cause for concern. When symptoms such as these are associated with chest discomfort and high fevers and sweats or chills then there is a concern for acute bacterial pneumonia.

Similarly if a cough or shortness of breath lasts more than a few weeks after a viral infection further evaluation might be necessary. Shortness of breath associated with central chest pressure or pain, especially radiating to the left arm, associated with exercise should raise a concern for cardiac issues.



Fun Fact:

Your left and right lungs aren't exactly the same. The lung on the left side of your body is divided into two lobes while the lung on your right side is divided into three. The left lung is also slightly smaller, allowing room for your heart.



**Q&A with a pulmonologist
Andrew Martin, MD
Chair, Pulmonary Medicine
Deborah Heart and Lung Center**

5. Are there different signs for men and women?

Adult women do have a higher incidence of asthma than adult men so wheezing tends to be more common. Also, things such as angina due to coronary artery disease tend to present more commonly in women as simple shortness of breath without classic chest pain or squeezing chest pressure.

6. What are warnings signs for COPD? What is the most common ailment affecting older adults?

COPD is defined by respiratory symptoms such as abnormal shortness of breath, productive cough, or wheezing on most days under normal circumstances combined with permanent and irreversible abnormalities on lung function tests. By far the most common risk factor for COPD in the United States is cigarette smoking. Occupational exposure to dusts and exposure indoors to smoky environments otherwise are also risk factors. Prolonged, poorly controlled asthma, especially combined with cigarette smoking, can also lead to permanent abnormalities on lung function tests, leading to what is being recognized more frequently as an asthma/COPD overlap syndrome.

COPD and respiratory issues associated with cardiac disease are probably the most common chronic respiratory problems experienced by older adults.

7. Besides not smoking, what else can you do to help improve your lung health?

Avoidance of smoky or dusty environments when possible and especially wearing proper respiratory protection in these kinds of environments when indicated on the job are extremely important for maintaining lung health. Also, if you do have a chronic respiratory problem such as asthma, proper use of preventative medicines is very important to avoid flare-ups which often lead over time to permanent declines in lung function.



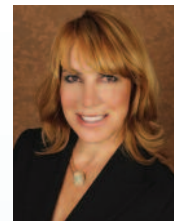
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#MC191007 Expires 12/19



Downsizing

By Nancilee Wydra

The frustration of locating objects has ended
When finally you have comprehended
That tossing out much of what's accumulated
Is the gangway to being liberated?

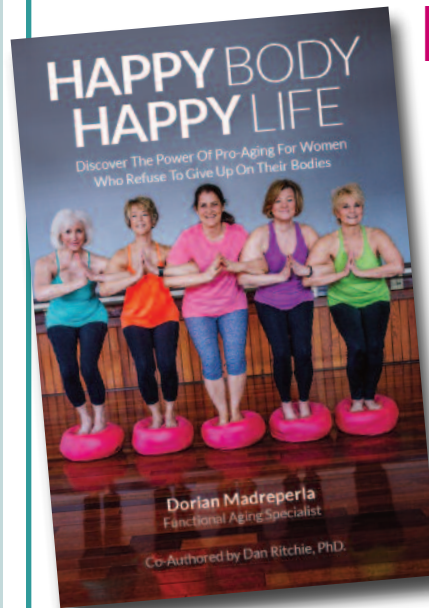
The joy of downsizing, lessens care taking
You don't need 5 pans in your kitchen for baking
Tossing out things stuffed in drawers
Especially clothes from 1984
Throwing Hallmark cards out should cause no pain
Since receiving them you never read them again

I know it's always a trauma to part
With all objects you considered art
Give them away to folks you love
You'll still be with them while you're above

Take photos of things you wish to recall
The good news is they won't need dusting at all
So onward to your smaller dwelling
Sign the contract... confirm you're selling

Remember when you were starting out
Moving to a new place was exciting no doubt
And now there's another opportunity
To fix up your new space with total impunity

Think of downsizing as a door
You're starting over where less is more



Happy Body Happy Life

Dorian Madreperla, owner of the Sphericity fitness and lifestyle studio for women in Flemington NJ has published a new book on the power of pro-aging for women who want to take

control of their bodies. In her book, “Happy Body, Happy Life”, Dorian helps women learn how to be fit for life through a combination of balanced exercise, sensible nutrition, stress and sleep management, mindset and lifestyle, and community.

The pro-aging essentials Dorian explores in her book give women the tools to make positive choices that can synergize and support healthy hormone levels and body composition. “Happy Body, Happy Life” is a guide to sustainable mind, body and health transformation.

“My goal with this book is to help more women live as their happiest selves by overcoming the myths, excuses, fads and misguided advice they’ve heard about weight loss and living a healthy lifestyle,” says Dorian. “By weaving my six pro-aging essentials into your life, you can finally lose weight and manage other undesirable effects of hormonal changes that can start as early as age 35.”

Balanced exercise, sensible and sustainable nutrition, and adopting healthy habits are among the keys to an active and fit lifestyle. The Happy Body exercise component is based upon your pro-aging stage – proactive (not experiencing hormonal changes yet), reactive (experiencing hormonal changes) or active (transitioned to menopause). Your stage determines the correct balance of moderate cardio, vigorous cardio, and resistance training.

“It’s important to combine exercise with your nutrition plan so that you can build lean metabolic muscle,” says Dorian. “In addition, it’s critically important for you to keep your stress under control.”

While diet and exercise are part of the equation, a positive mindset, an understanding of the body and joining a community with a common purpose are crucial elements for bringing long-lasting results.

Sensible nutrition is an important part of true transformation.
Dorian suggests you:



Remove anything white from your diet.

Eat three meals a day (do not skip any meals).

Eat organic whenever possible.

Do not let yourself get hungry.

Drink half your weight in ounces of water every day.

Don’t eat anything from a box or package.

Eat some protein within 60 minutes of a vigorous cardio workout.

Do not make drastic and sudden changes.

Take a high quality multi-vitamin and anti-oxidant.

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Remember your BANK when Packing for Vacation

By: Jennifer Miller, Vice President
and Lancaster Area Manager,
Univest Bank and Trust Co.



Vacation

– relaxation, fun in the sun, luggage, tickets – there are lots of things that come to mind when you’re getting ready for a trip. The security of your financial information probably isn’t at the top of that list. Luckily there are secure and convenient ways to conduct your banking so you can fully enjoy your time away. Here are a few tips to help maintain the integrity of your financial information while you’re traveling.

Mobile banking

– Many financial institutions, including Uninvest, have a mobile banking app that allows you to bank anytime and anywhere. This is a convenient way to view and manage your accounts. You could be sitting by the water watching the waves and with a few simple clicks you can have peace of mind by accessing your account from your phone or tablet to check your balances and review transactions.

Enjoying a beach-side lunch with friends and you don't have cash? Through a mobile banking app you can send money to cover your portion of the tab. You can even deposit a check you didn't have time to bring to the bank before your trip. Just take a picture of it with your phone and deposit it right to your account so you can access the funds while you are away.

Utilize a mobile wallet for purchases

– This is an easy-to-use, fast and more secure way to pay. Simply link your debit or credit cards to make mobile payments via Apple Pay, Samsung Pay and Google Pay. Card information loaded to your mobile wallet is encrypted so your actual card number is not transmitted or stored by the merchant during a transaction. To access the cards in your mobile wallet, you will need a PIN, fingerprint or facial scan, depending on your device, to complete the transaction. Just hold your device near the terminal to pay. You can also use your mobile wallet online.

Utilize custom alerts to stay informed

– Most financial institutions, including Uninvest, have services that allow you to create custom alerts via text, email or in-app for things such as transactions and low balance warnings. These alerts allow you to constantly stay in the know about your accounts.

Only make online purchases through your own secured Wi-Fi network

– Open, free Wi-Fi networks are a haven where hackers focus their efforts to compromise financial information. This includes hotel guest Wi-Fi networks. Abstain from making online purchases when connected to one of these networks.

Notify your bank and credit card company when traveling

– Inform your bank of your travel plans. Unusual activity, such as purchases outside of your normal geographic location, can trigger fraud-monitoring systems and prevent the usage of the card. Notifying your bank in advance allows them to note your account and feel confident that you are in possession of your card and it is not being used fraudulently. In addition, when using your debit card, be aware of your surroundings and always safeguard your PIN and card. If you do misplace your card while traveling, you can easily disable it through the Uninvest mobile app.

On vacation remember your **B.A.N.K.**

Be prepared with convenient services to make your vacation a relaxing experience.

Alert. Be aware of your surroundings when using your debit card. Safeguard your card and PIN.

Notify the bank that you'll be traveling if you plan to use your debit card.

Know who to call should a financial need arise.

While there are many convenient products and services to ensure you have a relaxing vacation, tailoring these to your unique needs is what is important. At Uninvest Bank, we provide solutions that ensure your banking experience helps to meet your financial goals. To learn more about the financial solutions we can provide call us at 877-723-5571 or visit us online at www.uninvest.net. Uninvest Bank and Trust Co. is Member FDIC

I Like to
by Lori Klein

Move It, Move It

Exercise is the closest thing adults do with their bodies that mimics the way kids play. Think about it. Kids will run, jump, hop, skip, turn upside down...because it's fun and it feels good.

As adults, we are so linear in our movements. Walk from house to car to office. Sit. Sit some more. Walk to car. Sit in car. Walk to grocery store. You get the idea. We don't roll around on the floor holding our big toes with our knees bent and legs spread wide open in a joyful "happy baby" pose (It's a real thing. I promise.) We don't skip down the streets with our dogs, singing off key. If we did, chances are good someone would try to declare our diminished mental capacity or take away our car keys. And when adults exercise, it is often because they know it's good for them (like a flu shot) or because they are trying to drop a few pounds. Moving because we are trying to correct something we perceive as "wrong" with us rather than for the joy of moving itself.

"happy baby" pose
Try It - I promise you
will like it!



When we exercise, our bodies are given permission to move in a different way than most anything we do all day long. It can be very freeing. It is often the only thing an adult does with their body that mimics play.



Unfortunately, many see exercise as yet another box that needs to be checked off on the lengthy list of “must dos.” For me, fitness was always about fixing something that my Type-A perfectionist self believed was necessary to become a better version of me. From the time I was a teen, I exercised to be skinnier. It wasn’t about being strong. Or flexible. Or to allow my lungs to fully inflate and then blow it all out with an exhilarating “ahhhhhh!” It wasn’t until I became a mother, and my time ceased to be my own, that I began to view my fitness time as “me time.” Time to focus on me. Time to love my body and free my mind.

I read an article in Runner’s World several years ago written by Kristin Armstrong. She wrote about how a simple turn of phrase altered the way she viewed exercise. She exchanged the phrase “have to” with “get to.” As in, “I GET TO go for a run” instead of “I HAVE TO go for a run.”

I decided to give this a whirl and approach my list of to-dos with I GET TO take my dog for a walk. I GET TO prune my garden. I GET TO make dinner for my family. It was such a simple switch but by making it, the task was inherently imbued with gratitude.



The author Lori Klein with her beautiful rescue Finn, part bumblebee chaser part shepherd.

Gratitude for the physical ability to go for a run. Gratitude for the garden that was there to tend. Gratitude for the beautiful wagging dog that got me outside and moving around. And for the full life that allowed me to share my time and meals with my rapidly growing children and often their friends. (Some of whom ate so much and so quickly it was like someone was throwing up in reverse. I’m not judging. Maybe a little jealous.)

It feels good to move. As I have grown older, I find that on the days that everything seems to ache, and my joints sound like Jiffy Pop popcorn at the peak of its pop mode, it’s because I didn’t allow myself time to move the day before.

This is important, so slide those specs back up your nose and pay attention:

**As we get older,
it is critical that we move.**

It doesn’t have to be training for a half-marathon (although if you have it in you, fist bump!) Going for a walk, Tai chi, swimming, walking, Pilates, yoga, indoor cycling, high-intensive interval training (HIIT),



Take a fitness selfie and tag us on Facebook @Fifty5magazine or Instagram @Fifty5magazine with hashtags #yolomakeitcount #fifty5magazine. Who knows, we may feature you in an upcoming issue!

If you are already giving yourself the gift of an active lifestyle, you know what I'm talking about. If you haven't been, get the "OK" from your healthcare practitioner first, and then start allowing yourself the childlike joy of movement.

A stylized, handwritten signature in black ink, consisting of the letters 'J' and 'W' intertwined.

classes at the YMCA or the Senior Center; all are great choices. Home DVDs are an option, also. Particularly on those days when you can't get out for whatever reason. But the social aspect and communities that occur in most fitness environments are also very positive.

Any and all of it will keep your joints lubricated and oxygen flowing. You will sleep better, which will make you more pleasant to be around. It will make you more interested in food. In sex. Exercise releases serotonin (the feel-good hormone) in our brains. As we age, serotonin levels naturally drop, making us more likely to be depressed, and to have issues sleeping. Breaking a sweat every day will help balance out that drop, and you will feel more like a, well, a happy baby.

Where Did My Eyebrows Go?

by Kimberly Yavorski

We really need a new guide: **“What to Expect as You Approach 50”** would help us with questions like: **Why didn’t anyone warn us our eyebrows were going to disappear? (And why are stray hairs popping up THERE?)**

While years of over-enthusiastic plucking can make eyebrows sparse, other things (medical conditions, nutritional deficiencies, hormones or simply aging hair follicles) may contribute as well. As gray hairs creep in, already thin eyebrows can look non-existent.

We have an arsenal of brow pens and pencils and maybe we’ve developed a talent for penciling in new brows or filling them in with powder, but let’s face it, at some point, this all gets (yes, I’ll use that word) OLD. Worse, people don’t tell us we have uneven brows or that in our haste, we have drawn on eyebrows that reach our ears. Here’s a secret no one is telling you: permanent makeup, either tattoos or micro-blading, can make the morning routine much easier.

Barb B., 62, decided to get permanent makeup after she wiped off one of her eyebrows working in the yard. When she realized it hours later, she knew something had to be done. Happy with her choice, she says, “It really has made a huge difference. I wear less makeup. I look more awake.”

Jo Ann B., 72 says as a blonde, she never had a lot of eyebrows. Each morning she had to “put them on.” She heard about micro-blading and says, “The thought of getting up and seeing eyebrows was exciting.” While she admits she didn’t research enough beforehand (she says next time she’ll go to someone who does it every day), she is happy with the results. “I get up in the morning and I have eyebrows. It makes my day faster. I just fill it in quickly; before it was such a chore.”

Honestly, with so many interesting things to see and do out there, who wants to spend time fussing with makeup anymore?



Laser Hair Removal



Microblading



-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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Tips on Decluttering

Don't expect to do your whole house in a day! Rome wasn't built in a day. Put aside 4-5 hours and blast the music and have fun!


Do not buy anything to help you organize before you actually organize! (We all want to make the bed bath & beyond run but DON'T!)

Complete each task completely- choose one room and finish it!

Fine is GOOD-no one's closets and drawers look like what we see on TV and in the magazines!

Start with the space that bothers you the most. That way you get the hardest done first and that instant gratification will really kick in!

Ask for help! Too much stuff? Too big?

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Go Back to College

(or at Least a College Town)

Cities and towns where colleges and universities are located have many qualities retirees seek. They can provide an exciting, walkable environment where many of their needs can easily be met, along with plenty of opportunities to expand your knowledge, meet new people and enjoy sports and cultural events. If your health becomes a concern a high quality university medical center may be nearby.

What makes college towns attractive to those in their late teens and twenties can also attract those retiring and putting their working lives behind them. Neighborhoods may be compact with residences close to shops, restaurants and theaters. Driving a car may be replaced with reliable mass transit. You could enjoy live theater and the excitement of intense college sports near your home.

Many universities and colleges have medical schools and teaching hospitals. If health issues arise, living in a college town may mean that highly qualified physicians and cutting edge medical technology is a short distance away.

Some colleges offer reduced tuition for retirees or allow courses to be taken for free. Some offer programs specifically targeted to retirees.

The University of Michigan's Turner Senior Resource Center offers wellness and fitness programs.

The University of North Carolina (UNC) - Asheville has an Osher Lifelong Learning Institute, which offers more than 300 courses a year.

The Institute for Learning in Retirement at Oak Hammock, a retirement community affiliated with the University of Florida, offers many courses taught by university professors.

The Osher Foundation funds Lifelong Learning Institutes across the country. UNC-Asheville is just one of 123 campuses with an Osher Lifelong Learning Institute. They are spread across the country, jointly funded by the Bernard Osher Foundation and the host college or university. They offer non-credit courses for those 50 and older as well as educational trips.

Retire from work. Don't retire your mind.

The fact college towns are dominated by young adults may be a turn-off to some retirees while others may feel their energy may rub off on them. College campuses are places of intellectual challenges and new ideas. If you're the kind of retiree who wants to exercise your mind while you transition to a new chapter in your life, a college town may be right for you.

David Brazevich, the program director for the foundation, states the Institute reflects the goals of the foundation's founder, Bernard Osher. "He thinks it's important that people remain engaged and active in their communities," Brazevich says.

He says the classes and activities aren't just about learning new things or expanding knowledge about

If you think retirement to a college town is worth exploring, where should you go?

One nearby is Princeton, New Jersey, which features one of the best universities in the country. But along with the facts it may be close to your family, offer live music, theater and sports in a low crime area with good hospitals nearby, it also has a high cost of living, high property taxes and New Jersey winters.



If you want to live somewhere less expensive and warmer, places to consider include:

- Oxford, Mississippi (University of Mississippi)
- Asheville, North Carolina (University of North Carolina)
- Athens, Georgia (University of Georgia)
- Charlottesville, Virginia (University of Virginia)
- Clemson, South Carolina (Clemson University)
- Gainesville, Florida (University of Florida)
- Lexington, Kentucky (University of Kentucky)
- Tempe, Arizona (Arizona State University)

**So many college towns,
so many choices.**

By Rodney Warner

topics already of interest to retirees. They also encourage social engagement and may prevent isolation a retiree may feel.

“They are about participants continuing to grow, making friendships and developing support networks within their communities,” Brazevich said.





Reason #723 why I love my dog

By Lori Klein

Farting and Age

I always thought it was bizarre how the older people in my life would toot like little motorboats, sometimes saying “oops!” or “excuse me” but then letting ‘em rip. Were they not mortified? I was. Do I pretend I didn’t hear? I didn’t want to embarrass them.

But why was this happening?

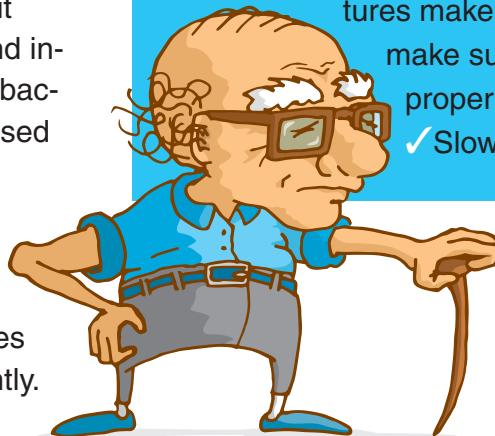
Now that I am in my fifties, I find that this happens to me with greater frequency. “That may have been me in circuit training class the other day”. Fortunately, the music in these classes is usually quite loud, so only a really impressive toot would be heard over the motivating beats.

But what in the world? So I did a little research. It seems there is a correlation between aging and flatulence. ([Do we not have enough to deal with?](#)) According to scientific publication Clinical Gastroenterology and Hepatology, it seems that with age, lactose intolerance and increased risk for developing small intestinal bacterial overgrowth rise and can cause increased bloating and flatulence.

So the term “**Old Fart**” may actually have something to it. A “normal” healthy person passes gas between 14 and 23 times each day. Older people; well, more frequently.

The following conditions may result in increased farting:

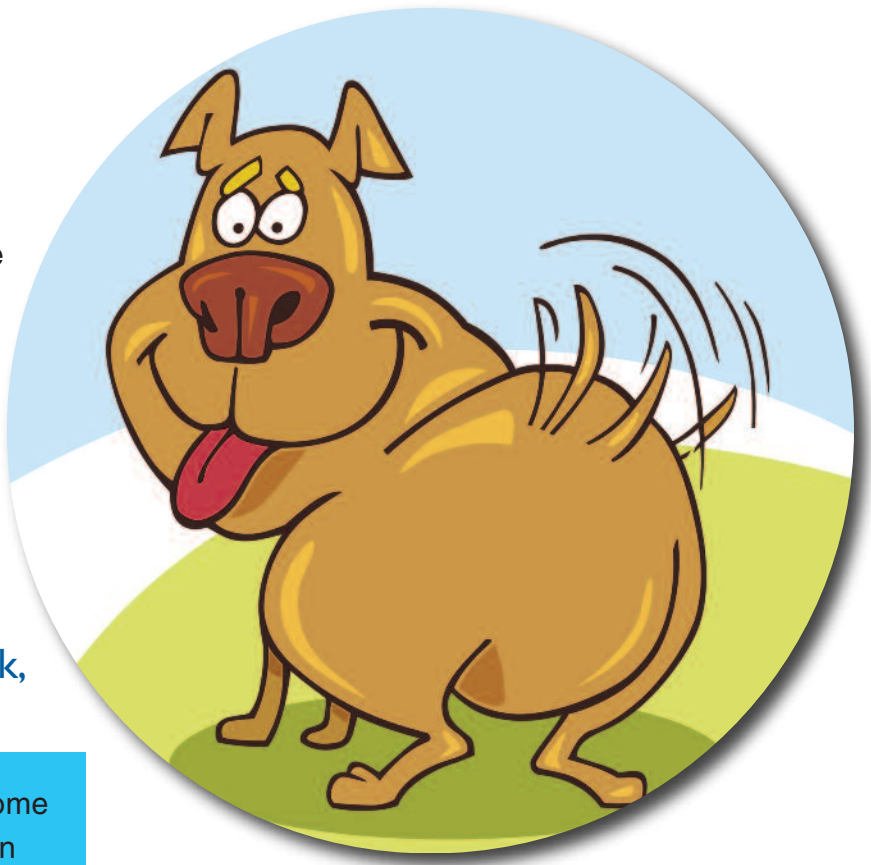
- ✓ Lactose intolerance
- ✓ Fructose intolerance
- ✓ Certain foods (broccoli, cabbage, Brussels sprouts, legumes (beans), potatoes, onions, wheat and whole grains)
- ✓ Some medications (blood pressure meds, narcotic pain relievers and antibiotics, for example)
- ✓ Swallowing too much air (ill-fitting dentures make this worse, so make sure yours are fitting properly)
- ✓ Slower digestion



Although farting in itself does not indicate a health concern, if you find it's happening with greater frequency, or with um, projectiles, it's a good idea to see your doctor for a gastrointestinal workup.

What's a person to do? If you've gotten the "all clear" from your doctor and want to find ways to minimize the activity in your pants, so to speak, here are a few options:

- ✓ Prebiotics and Probiotics; but get some guidance from a nutritionist or dietician before taking these since the balance between them is crucial. Otherwise you risk causing gas to worsen.
- ✓ Eliminating dietary triggers.
- ✓ Yoga (there's actually a wind-relieving pose called "Pawanmuktasana" - I'm not making this up.)
- ✓ Get active. Physical activity gets things moving and circulating, which will speed up the biological slow-down that causes increased gas.



Fun Fact:

The word "fart" may be considered vulgar but it's actually derived from an old English word "feortan," which means "to break wind."

Fun Fact:

For up to three hours after death and before rigor mortis sets in, dead human bodies have been known to continue burping and farting.

Other options: Do nothing. You don't have to do a darn thing.

My grandmother used to recite a little ditty: "Wherever you wander let your wind blow free, for holding mine was the death of me." (It really wasn't. She had emphysema which is unrelated to flatulence).

If you choose to do nothing, I applaud your confidence and willingness to embrace your beautiful changing body. But should a situation arise where your fart is particularly special at an inopportune time, you can always blame the dog. Dogs don't mind, and they'll never tell.

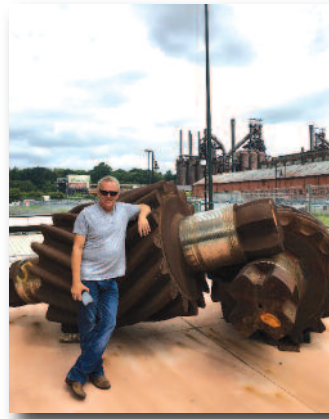
Sources:

<https://www.agingcare.com> <https://www.cghjournal.org> <https://www.cghjournal.org> <https://www.artofliving.org>

Daytripping to...

Bethlehem, PA

#getupgetout



subscribe to our
YouTube channel
FIFTY5 Magazine
to watch our
daytripping videos!

Bethlehem is a city of 75,000 people in eastern Pennsylvania. Bethlehem has been successfully reinventing itself for many years and it is a joy to see a city thriving while thinking outside the box.

Bethlehem is a city of festivals and celebrations. Did you know they host an annual Blueberry Festival?

I did not!

You all know how I LOVE a
good Reinvention Story!

The SteelStacks, Sands Casino, ArtsQuest and new National Museum of Industrial History are all signs of successful planning and commitment.



Started in 1987, Historic Bethlehem's annual Blueberry Festival has been turning tongues blue for 32 years! The festival invites the public for a fun-filled weekend where they can experience colonial history at Bethlehem's historic farm-in-the-city, Burnside Plantation. Guests of all ages will delight in two days of delicious food, colonial demonstrations, historic house and barn tours, a walk through the colonial garden, and so much more.

July 20-21, 2019

For more info visit: HistoricBethlehem.org



The downtown district is home to historic residences, beautiful churches, Moravian College, the oldest bookstore in America (second oldest in the world), Hotel Bethlehem and a working blacksmith shop.



**3hr classes are available
who wants to join me?**



On Christmas Eve, 1741, Count Nicholas von Zizendorf, leading a small group of Moravian missionaries who had founded a small settlement on the banks of the Monocacy creek, gave Bethlehem its name.

In 1937 The Bethlehem Chamber of Commerce declared – “Why not make Bethlehem, named at Christmas, the Christmas City for the entire country?” Since then Bethlehem, Pennsylvania has been known as the Christmas City.

To learn more about the city of Bethlehem, visit bethlehem-pa.gov

Christkindlmarkt is a family event that brings out the spirit of Bethlehem. This heart-warming holiday event features: aisles of handmade works by more than 150 of the nation's finest artisans, the ring-ting-tingling sounds of live Christmas music and jolly old St. Nick's hearty laughter, and ice carving and glassblowing demonstrations.

Christkindlmarkt 2019 season begins on Friday, November 22 and runs week-ends until December 22! Visit www.christmascity.org for more information.



A fabulous way to see and learn about Bethlehem is to take one of the many walking tours offered:

- Old Bethlehem Walking Tour
- Moravian Story Walking Tour
- Behind-the-Scenes Dollhouse Tour
- John Adams Walking Tour
- Colonial Industrial Quarter Walking Tour
- Hoover-Mason Trestle Tour
- Rise & Fall of Bethlehem Steel Tour



photo credit: Scott Piccotti

<https://historicbethlehem.org/visit/historic-bethlehem-tours>



Every Thursday from 5:30 PM – 8 PM, May 2nd – July 18th the Sun Inn Courtyard in Historic Bethlehem, PA hosts the FREE Tunes at Twilight concert series.

This family-friendly event brings 900-1200 music lovers to each concert!

Bring a blanket or lawn chairs to enjoy the show comfortably and don't forget to wear your dancing shoes! The “Tunes Bar” will be back again this year, serving up wine and beer!

<https://getdowntownbethlehem.com>

Bethlehem, PA

#getupgetout

Founded in 1984 by ArtsQuest, a community-based nonprofit organization, the first Musikfest featured 295 performances on six stages, attracting more than 180,000 people to historic Bethlehem.

Over the past three decades, the event has grown, evolving into one of the largest and most diverse music festivals in the nation, with 500-plus shows on 16 stages over 10 days. Each year more than 900,000 people make their way to the Lehigh Valley and the festival, with their sights set on experiencing all the music, food and fun of this musical extravaganza.



During Musikfest the streets are shut down, stages (they call them platz) are set up and music is everywhere!

This year the festival runs from Aug 1-11.
The lineup of music is AMAZING!
Tickets are on sale now.
<https://www.musikfest.org>

**Make sure you
visit both sides
of the river!**

THANK YOU!

Lauren Bertucci from
Downtown Bethlehem
Association and Caitlin
Nelson from Historic
Bethlehem for all
of your help.
I appreciate it! Dana



Fun Fact:

It would take 1464 Peeps bunnies to reach the top of the statue of liberty.

Each peep is 28 calories

Peeps are produced by Just Born, a candy manufacturer founded in Bethlehem, Pennsylvania, by Russian immigrant Sam Born. In 1953 Just Born acquired the Rodda Candy Company and its marshmallow chick line, and replaced the painstaking process of hand-forming the chicks with mass production.

We stopped by the factory on our way home. They don't offer factory tours but do have a giant peep on top of a yellow vw bug. FUN!

We encourage you to visit Bethlehem anytime of year! Get there early there is A LOT to see!



WE'RE KNOWN AS "THE CHRISTMAS CITY", NICKNAMED "FEST-LEHEM", AND HAVE THE POTENTIAL TO BE A WORLD HERITAGE SITE.

When you come to Bethlehem you experience history, arts, entertainment, and more!

So what are you waiting for... Visit Bethlehem!



Who We Think We Are *or want to be!*

Dana Kurtbek - age 52
reluctant vegetarian & editor

Dave Schroeter - age 52
rv owner & publisher

Lori Klein - age 54
weird & inspired writer



Adina Laver- age 50
curious & courageous contributor

NanciLee Wydra - age 76
resident rhymer

Jodi Silverman - age 52
daring columnist



Debra Wallace - age 60
caring & tenacious writer

Kimberly Yavorski - age 52
inquisitive & persistent writer

Peter Cook - age 67
masked photographer

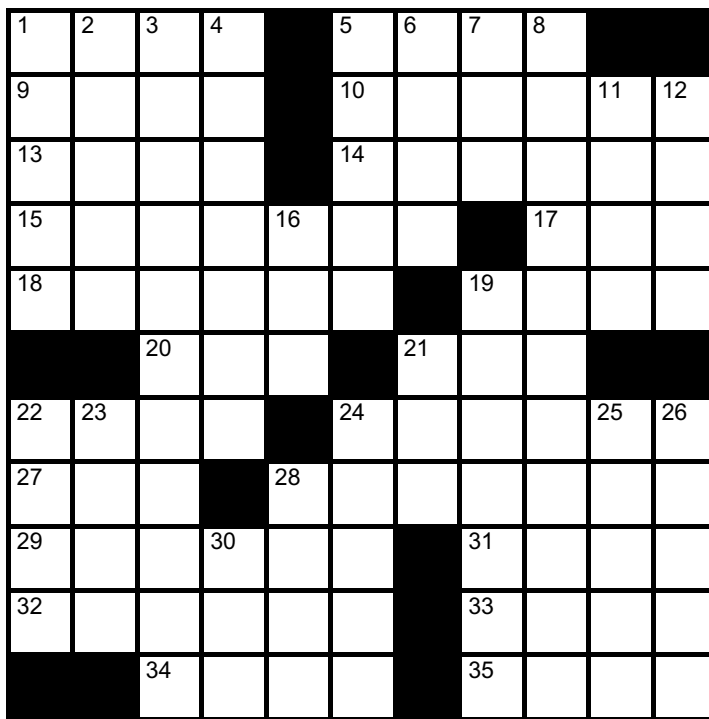


Rodney Warner - age 63
sociable & luxurious writer

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FIFTY5+ Magazine is published by MME Media LLC. ☎ 609.647.4723
166 South Main Street New Hope Pa 18938
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