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PUPPY LOVE: HOW ADOPTING A DOG CAN BRING JOY TO WOMEN OVER 60

BY DONNA DAVIS



"I said I'd take a dog, but I'm not sure I want that one." "He's a real sweetheart," Brittany, a staff member, assured me. He was big with the smushed-in face of a bulldog, but the height of a boxer. He had a barrel chest, and his front legs were shorter than the back ones making his back bow in the middle. Truth is, I was a little afraid of him.

The shelter had put out an APB. It had too many dogs. They were asking people to take one even if it was just for a couple of nights.

This is how Orin became part of my family and part of my heart.



He was nine years old and an 80-lb. lump of love. There was no way I could take him back to the shelter. He deserved to be pampered in his old age. I couldn't keep him as my HOA only allowed one dog. I already had Shanti, but I felt confident I could find him a good home.

On our walks his head never deviated from the side of my right knee. He was obedient to a fault. His head hung. He was down-trodden and looked sad. He never stopped to sniff the grass or circle other dogs. When my friends and neighbors, all enthusiastic dog lovers, greeted him, he stayed behind me, cautious and fearful.

Once he chewed the pockets out of three of my down coats because they smelled like treats. I yelled his name. I saw the fear in his eyes as he cowered in the corner. It broke my heart. There was no telling what he had been through, but I knew it wasn't good. "It's okay buddy," I whispered while rubbing his ears. "No one's going to hurt you."

How a Little Dog Can Be a Comfort and a Friend

Little by little, he came out of his shell. I encouraged him to explore, and he started roaming around the mountain. He wagged his tail when people came near. He held his head high. He was a changed dog. He was happy. The bond between us grew. He loved me in a different way than my own dog. His life was good, and he was grateful. He was a comfort to me.

All the while I was getting anxious inside. He was a large, older dog and hard to place. It had been several months now, and I feared he'd never find a home. I also knew how difficult it would be for both of us when it came time for him to go.

Orin had another problem. He had separation anxiety. He barked non-stop now when left alone. The neighbors next door were patient, but not too happy. I was desperate. I was losing hope that he would ever be adopted, and this wasn't helping.

A neighbor in the next building adopted a dog that had been severely abused. Bailey mistrusted men and attacked them on site. The husband had to sneak in the back door and hide upstairs in his own home. They wanted to help this dog, but this wasn't going to work.

Jeff and Jane are down-to-earth people and not new agey in the slightest, but in desperation they called in an Intuitive Pet Trainer. In three visits, Bailey was a new dog. At Christmas our Fire Department brings Santa to the local neighborhoods in a fire truck. There are flashing lights, music blaring, and lots of kids. Jeff and Jane walked Bailey through the crowd. She passed the test. It was a huge success!

Saying Goodbye – Why a Good Heart and Honesty Always Pays Off

If an intuitive pet trainer could help a dog as damaged as Bailey, she might be able to help Orin and me. I called her.

My first assignment was to have a serious conversation with Orin. I had to explain the situation to him honestly and sincerely. I felt awkward doing this. I had never broken up with a dog before, but I would try anything.

I sat him down in front of me and looked into his eyes and said through my tears "Orin I love very much and I know that you love me too. I know that you are happy here and want to stay, but that's not possible. I'm going to find you a new home with people who will love you and take good care of you. I'll make sure you are safe and secure. You'll never have to go to a shelter again."

There it was out in the open, everything that was making me anxious. Orin is an intuitive and soulful dog. He might not have understood the words, but he got the feeling. It was as if a weight had been lifted.

Alecia, the trainer, came for three visits. She worked her hands up and down his spine and at the rib connections. She said she worked to release old trauma. She wasn't doing muscle or energy work and that the dog had to be willing to let the past go. Fortunately, Orin did let go and the barking stopped.

As if by magic, the shelter called. A boy and his grandmother were looking for an older dog. They had lost their mastiff a year ago, and the boy was longing for a new friend. Eighty pounds seemed small to them.

How Dogs Can Teach You Important Lessons About Yourself

We met at a local park. Part of me was hoping they wouldn't show up or that things wouldn't go well, but they did. Noble and Orin took to each other right away. They wanted to take him home with them. I wasn't prepared. I hadn't brought his food or his bed or his arthritis medication.

I was going out of town, and a friend was looking forward to dog sitting. Her son would be very disappointed. I had a million excuses why he couldn't go, but then Noble, who was 12, came over and hugged me. He said, "Thank you for giving me Orin." It was a done deal. He was gone.

I visited about a month later. When he saw me, Orin about knocked me over. He was wild – jumping and squealing and so happy. It did my heart good to know he missed me as much as I missed him. It was moving and rewarding to see him in a good place. His new family is happy to have him, and they accept that I'm part of the deal. I can visit anytime.

In the end, Orin was with me for more than six months. It was a heartwarming experience to see him blossom into the loving and vibrant dog he was meant to be. He'll always be my buddy.



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Take the Quiz - The 1950s TV Shows

Can you guess the name of this very funny show which started in the 50s?
A young couple lived in an apartment and had neighbors Fred & Ethel Mertz.

The wife was a very clumsy accident-prone women. Her husband's name was Ricky and he was a South American band leader.

The show was I love

Answer: Lucy

Starring Lucille Ball & Desi Arnaz

This was a really popular show in the 50s.

It was based on two Mexican gentlemen who wore large sombreros.

One of the men the sidekick was named Poncho.

They were known as desperadoes in the eyes of the law but known as saviors to the poor and downtrodden people.

What was the name of the show?

Answer: The Cisco Kid

This was a popular TV show in the 50s.

In 1951, an actor George Reeves starred in this show.

He worked at the Daily Planet as a reporter and had a girlfriend Lois Lane.

Answer: The adventures of Superman

William Boyd starred in this TV show.

It was a western he was always dressed in black and rode a white horse named Topper. Williams character was known as Hoppy.

Answer: Hopalong Cassidy

This was also a western TV show starring a women Gail Davis.

Gail became a side kick to Roy Rogers later in the 50s.

In the show Gail was a rancher and her characters first name was Annie

Answer: Annie Oakley

This show started in the 50s and still runs occasionally today.

Allen Funt created and hosted the show which was a big hit.

He filmed unsuspecting citizens in the street wearing many disguises.

His catchphrase was, Smile your on

Answer: Candid camera

This was also a western TV show starting in 1951

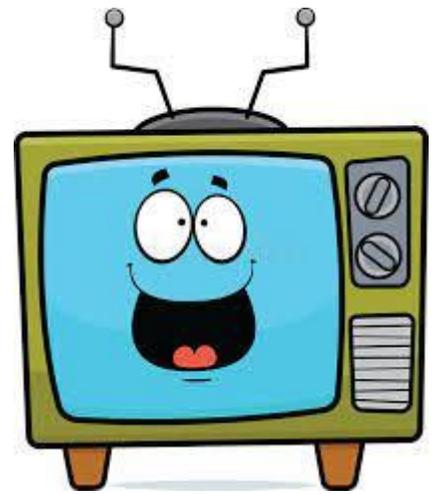
The main actor had a golden palomino horse called Trigger and a German shepherd named Bullet.

He also had a girlfriend Dale Evans.

Answer: Roy Rogers

This was also a popular western TV show.

The star actor was Clayton Moore.



The show always opened with Moore galloping along on his white stallion Silver to the music of The William Tell Overture. Then Silver would rear up and the star would shout "Hi-ho, Silver

Answer: The Lone Ranger

This show starred a dog a German Shepherd.

The story was based around a fort named Fort Apache.

A young orphaned boy named Rusty and his dog was adopted by the calvary soldiers at the fort in Arizona.

The show was named after Rustys dog.

Answer: The Adventure of Rin Tin Tin

This was also a popular western.

Starring Guy Madison as a US Marshall James Butler.

The character had a sidekick with a warm sunny disposition named Jingles played by Andy Devine with a gravelly voice. What was it called?

Answer: Wild Bill Hickok

This show also a western starred Michael Ansara as the Indian chief Cochise chief of the Apaches.

It showed the American Indians in a positive light, fighting the renegades at the Chiricahua Reservation and dishonest white eyes who prayed on the Indians. The show was called?

Answer: Broken Arrow

This show was a popular music show starring and hosting a very flamboyant pianist who wore sparkling outfits.

He had a huge cheesy, pearly toothed smile.

Older women loved him. The show was named after his name.

Answer: The Liberace Show

This was a popular western TV show.

With his granite jaw face and moustache John Russell was Marshall Dan Troop of Laramie. Also starring Peter Brown as his young deputy, Johnnie McKay; Bek Nelson as Dru Lemp owner of the Blue Bonnet Cafe; Barbara Long as Julie Tate editor of the Laramie newspaper, and Peggy Castle as Lily Merrill, proprietor of the Birdcage Saloon.

What was the show?

Answer: The Lawman

This was a very popular show starting in 1954.

It went under a few different names and was a big hit on sunday nights for families everywhere.

It was named after its creator.

Some names it had earlier on were Frontier land, Fantasyland, Tomorrowland & Adventureland.

The host and creator was an cartoon animator.

Answer: Disneyland

What was the creators name?

Answer: Walt Disney

This show was very popular starring a Collie dog.

In the early shows in the 50s the dog lived on a farm with a family called the Millers. A young boy Jeff, his widowed mother Ellen and Gramps, Jeffs grandad played by George Cleveland.

The dog a brave and loyal collie always stole the show . What was the name of the dog and popular TV show?

Answer: Lassie

This was a popular comedy show.

It starred Jackie Gleason as Ralph Kramden a New York bus driver living in a small apartment with his wife Alice Kramden played by Audrey Meadows, then later Sheila Macrae. Their upstairs neighbors were Ed Norton and his wife Trixie . What was the name of this funny show?

Answer: The Honeymooners

This show started in 1948 and it ran till 1971.

It was televisions longest running variety show in ran on Sunday nights for 23 years.

Its host could not sing or dance but knew who could.

Everyone that was who's who of the entertainment world appeared on the show. An American show.

The host often appeared ill at ease when hosting the show. The show was named after the host. Can you guess the name of the show?

Answer: The Ed Sullivan Show

This show was a great success with Raymond Burr playing a successful criminal lawyer who always secured an in court confession from the real culprits.

He had a secretary named Della Street played by Barbara Hale.

What was the name of this successful TV show?

Answer: Perry Mason

This was a very popular western TV series starting in 1955

James Arness played Marshall Matt Dillon in Dodge City, Kansas.

Amanda Blake was Kitty Russell owner of the Long Branch Saloon, Dennis Weaver was Chester B. Goode, Dillions deputy. Milburn Stone played Doc Adams.

What was the name of this show?

Answer: Gunsmoke

The 1960s TV shows

Set in Chicago in the 1930s, the hour long crime show was based on real life exploits of Eliot Ness and his squad of Treasury agents.

It was a violent series for that time and received a lot of criticism.

Robert Stack starred as Elliot Ness .

What was the name of this show?

Answer: The Untouchables

This was one of the most popular western series in the 1960s

It was the story of the Cartwrights who owned the property the Ponderosa.

Lorne Green played the widowed father, Ben Cartwright. He had sons Big Hoss, Adam and little Joe.

What was the name of the show?

Answer: Bonanza

This is the longest running soap opera in the world, it first aired in December 1960.

It is an English show that follows the lives of the characters in their terraced houses, cafe, corner shop, newsagent, factory and the Rovers Return Pub.

What is the name of this long running show?

Answer: Coronation Street

This popular show started in 1961 the story of a handsome neurosurgeon at County General Hospital. The lead actor was Vince Edwards. His opening words on the show were, Man, women, birth, death, infinity... He was a heartthrob to many of his female audience. What was the show called?

Answer: Ben Casey

This was a great show starting in 1960. The small town of Mayberry, North Carolina was the setting for this series. Sheriff Andy Taylor was a widower with a young son Opie played by Ron Howard. They lived with Andy's Aunt Bee. Andy's deputy was his cousin Barney played by Don Knotts. As there was not much crime in the town of Mayberry the stories revolved around the characters in the show. What was the show called?

Answer: The Andy Griffith Show

After the divorce from her husband this funny actress returned to TV with a new show. Her character was Lucille Carter a secretary for her boss and brother-in-law Harrison Carter played by Gale Gordon who ran an employment agency.

Her children in real life played her on screen children Kim & Craig.

The actress was Lucille Ball in.....

Answer: Here's Lucy

This show starred the handsome Roger Moore as Simon Templar, a handsome investigator who mixed pleasure and business tracking down the culprits, always a beautiful woman not to far away. Based on novels written by Leslie Charteris.

What was the name of the show?

Answer: The Saint

This was one of day times biggest success stories. Based around a hospital and the lives of all who worked there. First episode was in 1963.

The show was?

Answer: General Hospital

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This show appeared on TV in 1961 the star role was a horse.

The horse was owned by a work from home Architect Wilbur Post, played by Alan Young. The horses stable was down the bottom of the yard and the horse could talk to Wilbur.

What was the name of the show?

Answer: Mr Ed

This popular show which started in 1960 starred Fred MacMurray as widower Steve Douglas, trying to raise 3 young boys. The boys grandfather Bub also lived with them and was the housekeeper for the all male clan. Later on in the series 1964 Bub was replaced by a live in uncle Charlie O'Casey. The show followed the lives of the family even when the sons grew up and got married. The boys names on the show were Mike, Robbie & Chip. Eventually Steve Douglas married in 1969 on the show to Barbara who had a daughter named Dodie. What was the name of the show?

Answer: My Three Sons

This was a very funny English TV show featuring a father and son characters in 1962.

The father & son were a rag and bone team. The father Albert and his son Harold.

The father Albert was a stubborn and lazy old man and his son Harold was always attempting to better himself and trying to escape from his dad which always failed.

What was the name of this funny show starring Wilfred Brambell as Albert and son Harold played by Harry H. Corbett?

Answer: Steptoe and Son

This show was the story of a Doctor working at Blair General Hospital.

The Doctor played by Richard Chamberlain was a young intern trying to win the respect of older Doctor, Dr Leonard Gillespie played by Raymond Massey. It was a true to life stories of situations happening while working in a hospital.

What was the name of the show?

Answer: Dr Kildare

The star of this show starting in 1964 was a Dolphin.

He went on many adventures with the Ricks family. The two sons named Sandy & Bud were often saved by the brave Dolphin named.....

Answer: Flipper

This comedy show started in 1964 and was about a good natured Marine stationed at Camp Henderson, California. The private was always at logger heads with his Sergeant, Sergeant Carter played by Frank Sutton. The leader actor was played by Jim Nabors. What was the name of this funny show?

Answer: Gomer Pyle U.S.M.C

This also was a funny show about the Navy started back in 1962.

It was about a dysfunctional crew PT-73 stationed at Taratupa in the Pacific Islands. Some of the characters were Captain Bingham, bungling Ensign Charles Parker and Ernest Borgnine played a lead role as Lieutenant Commander Quentin McHale.

What was the name of the show?

Answer: McHales Navy

In 1963 this show appeared on the screen. Based around the small rural community of Hooterville a widowed mother with 3 daughters runs a hotel named The Shady Rest Hotel. Uncle Joe helps Bea and her daughters around the hotel. The rail road vice president threatens to close the steam driven branch which will affect all

the good residents of Hooterville

What was the name of this popular show?

Answer: Petticoat Junction

This show was a macabre, but always amusing about a strange family based on a comic strip.

The husband known as Gomez, his wife Morticia, daughter Wednesday, son Pugsley, Uncle Fester and butler Lurch. They also had a cousin IT and Thing a hand which appeared from a box.

What was the name of this show?

Answer: The Addams Family

This was a great comedy from 1962 about a backward family who strikes oil and becomes rich and moves to California. The cast included Jed Clampett, Granny, Jethro, Elly May.

The neighbors and head of the bank Milburn Drysdale and his secretary Jane Hathaway. The shows name was....

Answer: The Beverly Hillbillies

This was a good show that came out in 1963 about a man named Richard Kimble played by David Janssen. A Dr who was falsely convicted of his wife murder and sentenced to death. On the way to prison under police guard on a train, the train derails and Richard sees his chance to escape. And so he begins his search to find his wifes killer a one armed man he saw leaving the crime scene. What was the name of this popular TV show?

Answer: The Fugitive

This became popular in 1964 about a family who lived at 1313 Mockingbird Lane, Mockingbird Heights, in a cobweb covered gothic mansion.

They saw themselves as a normal American family but to everyone else they were far from normal. The family consisted of father Herman, wife Lily they had a son Eddie and Grandpa lived with them. They also had a very attractive niece Marilyn living with them.

What was the name of this spooky family and TV show?

Answer: The Munsters

This TV show appeared in 1966 about a millionaire named Bruce Wayne who lived in Gotham City and had a secret identity with side kick Dick Grayson, known as Robin. Together the dynamic duo helped the police in Gotham City keep law and order often fighting criminals like The Riddler, Penguin & The Joker.

The name of the show?

Answer: Batman

This show appeared in 1964 about Darren and Samantha Stevens. Samantha's mother Endora was played by Agnes Moorhead.

Samantha would twitch her nose and make magic happen.

The name of the show?

Answer: Bewitched

On our screens in 1966 an African adventure set in Wameru Study Centre for animal behavior.

There starred Clarence the crossed eyed lion and Judy the chimp. The human stars were Paula Tracy, Dr Marsh Tracy and Jack Dane.

What was the name of the show?

Answer: Daktari

Why Do You Need a Health Care Directive?



A health care directive is a legal document that lets you express your health care preferences and, if you wish, designate authority to someone to make care decisions for you if you cannot make them yourself. Some may think this is needed only near the end of life, but that's not its only use. There are other times when it can prove useful:

- Any time you become severely ill or incapacitated—even if for just a short time period
- If you are a young adult who is over 18 and heading to college

Health care directives generally do three things:

- One part, often referred to as a **Living Will** or **Advance Directive**, lets you express your preferences about medical treatment if you become unable to make decisions yourself.
- A **Power of Attorney (POA) for Health Care** (also known as a **Durable POA for Health Care** or **Health Care Proxy**) lets you designate a trusted person to make decisions for you when you are unable to communicate or make them yourself.
- A privacy authorization under the **Health Insurance Portability and Accountability Act (HIPAA)** makes it possible for health care providers to share private medical information with the agent you designate.

Short-term incapacitation

While the coronavirus is top-of-mind, other serious illnesses or limiting medical conditions could create incapacitation. Examples include surgery that will require a longer-than-usual recovery period, cancer treatments, side effects from specific medications, and mental health issues.

During such times, it may give you peace of mind to have someone you trust who will be able to communicate with medical professionals, share that information with you later, and even make decisions for you if necessary.

Potential benefits include:

- Helping to ensure that doctors communicate important medical information with your agent, who can keep other family members or caregivers informed.
- Allowing an authorized person to communicate with insurance companies, billing departments, and pharmacies, and schedule appointments on your behalf.

This documentation can be especially important for unmarried individuals. Designating someone in advance is important—not just for you, but so children, parents, partners, friends, or others who care about you are not left powerless to help.

A health care directive for an adult child

If your child is age 18 or older, you may want to make sure he or she executes a health care directive and names an agent, either you or a trusted friend or relation, who can make decisions.

This is important to ensure that parents, if named as agent, retain the ability to talk with doctors and hospitals and make health care decisions if your child is unable to communicate or incapable of making decisions on their own. It's a scenario a parent never wants to consider, but you will be thankful for this document if you ever need it.

You may also want to consider the need for parents to communicate with doctors, hospitals, pharmacies, and insurance companies. HIPAA prevents medical care providers and insurance companies from releasing information about a person's medical records or current condition unless authorization has been given. In many families, young adults understand why it's beneficial to ensure that parents can help in the event of a serious illness or medical emergency.

Protecting yourself just makes sense

Creating a health care directive can be part of a wider conversation about estate planning strategies. You will want to consult trusted professionals, including your financial advisor, estate planning attorney, and accountant. They know questions to ask and can help you avoid potential pitfalls.

Wells Fargo Advisors does not provide legal or tax advice. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state.

This article was written by/for Wells Fargo Advisors and provided courtesy of Chris Thompson, CFP[®], CRPC[®], in Ponte Vedra Beach, FL at 904-708-3817. CAR # 0720-02369.

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A Profile -Debbie Reynolds

Quick Facts

Birthday: April 1, 1932

Died At Age: 84

Sun Sign: Aries

Also Known as: Mary Frances Reynolds

Born Country: United States

Born In: El Paso, Texas, United States

Famous As: Actress

Actresses American Women

Height: 5'2" (157 cm), 5'2" Females

Family:

Spouse/Ex-: Eddie Fisher (M. 1955–1959), Harry Karl (M. 1960–1973), Richard Hamlett (M. 1984–1996)

Father: Raymond Francis Reynolds

Mother: Maxine Harmon

Siblings: William Reynolds

Children: Carrie Fisher, Todd Fisher

Died On: December 20, 2016

Place Of Death: Los Angeles, California, United States

Cause Of Death: Stroke



Who was Debbie Reynolds?

Debbie Reynolds was a renowned American actress, singer, and humanitarian. Her performances earned her prestigious awards like the 'Academy Award,' 'National Board of Review Award,' and 'Screen Actors Guild Award.' Born into a modest family, she began modeling at a young age and worked her way up into the world of acting. She began her acting career by signing up with 'Warner Bros' and later worked with 'MGM' among other studios. After appearing in musicals and feature films, Debbie



Reynolds later ventured into theatre, singing, voice acting, and television. Her most memorable performance include her roles in 'Three Little Words,' 'Tammy and the Bachelor,' 'The Unsinkable Molly Brown,' and 'Mother.' Her final film appearance was in a documentary titled 'Bright Lights: Starring Carrie Fisher and Debbie Reynolds,' which highlighted her relationship with her daughter Carrie Fisher. The film was posthumously premiered on HBO in 2017. Apart from acting, Debbie was also involved in other ventures, including the establishment of 'Debbie Reynolds Hollywood Hotel' and the opening of her dance studio. She

was also known for her humanitarian efforts and had served as the president of a charitable organization called 'The Thaliens.'

Childhood & Early Life

Debbie Reynolds was born Mary Frances Reynolds on 1 April 1932, in El Paso, Texas, USA, to Maxene Reynolds and Raymond Francis Reynolds. Her father, a carpenter, was part of the 'Southern Pacific Railroad' project. She also had an older brother.

She lived with her family in a shack at Magnolia Street, El Paso. In 1939, they shifted to Burbank in California. She attended 'Burbank High School' and won the 'Miss Burbank Beauty Contest' in 1948.

Career

Soon after winning the beauty contest at the age of 16, Debbie Reynolds received offers from 'MGM' and 'Warner Bros.' she accepted the offer from 'Warner Bros' and was associated with the studio for two years. At that time, she was asked to adopt 'Debbie' as her screen name by Jack L. Warner. During this period, she acted in minor roles in feature films like 'June Bride' (1948). She also appeared in a musical titled 'The Daughter of Rosie O'Grady' (1950).

Later, when 'Warner Bros' stopped producing musicals, she accepted an offer from 'MGM.' During the 1950s, she appeared in several musical movies. Some of her most memorable performances were delivered in movies like 'Two Weeks with Love' (1950), 'Skirts Ahoy!' (1952), 'Give a Girl a Break' (1953), 'The Affairs of Dobie Gillis' (1953), 'Singin' in the Rain' (1952), and 'Bundle of Joy' (1956). She showcased her talent as a singer in 'Three Little Words' (1950), in which she portrayed vocalist 'Helen Kane.'

In 1957, she starred in the romantic comedy film 'Tammy and The Bachelor.' Her recording of the sentimental ballad 'Tammy' for the film reached the topmost position in the Billboard music charts. Over the following years, she recorded several other songs, such as 'A Very Special Love' (1958) and 'Am I That Easy to Forget' (1960). These songs went on to become hits.

In 1964, Debbie Reynolds played the lead role in the feature film 'The Unsinkable Molly Brown,' which was based on the fictionalized account of a survivor from the Titanic disaster. Her performance earned immense critical appreciation. In 1966, she played the titular role in the feature film 'The Singing Nun.'

In 1973, she made her Broadway debut with the revival of the musical 'Irene.' Her performance was well received and she was nominated for many awards. In 1976, she starred in the self-titled play 'Debbie.' Other Broadway acts that she was part of include 'Annie Get Your Gun' (1977), 'Woman of the Year' (1982), and 'The Unsinkable Molly Brown' (1989).

She voiced the leading character in the animated musical 'Charlotte's Web' (1973). Other projects where she contributed as a voice actor include 'Kiki's Delivery Service' (1998 US release), 'Rudolph the Red-Nosed Reindeer: The Movie' (1998), 'Rugrats in Paris: The Movie' (2000), 'Rugrats: Acorn Nuts & Diapey Butts' (2000), and 'The Penguins of Madagascar' (2010).

In 1979, Debbie Reynolds established her own dance studio in Hollywood. She released an exercise video titled 'Do It Debbie's Way!' in 1983. In 1992, she bought the 'Clarion Hotel and Casino,' and renamed it 'Debbie Reynolds Hollywood Hotel.' Unfortunately, her business venture failed and she was forced to declare bankruptcy in 1997.

Between 1998 and 2006, she was part of the cast of Disney's 'Halloweentown' series. In 1999, she started appearing in the television sitcom 'Will & Grace.' She continued playing her role till the end of the series in 2006.

In 2010, she began responding to reader queries in the tabloid weekly 'Globe.' The same year, she appeared in her own West End show 'Debbie Reynolds: Alive and Fabulous.'

In 2016, she made an appearance in the documentary 'Bright Lights: Starring Carrie Fisher and Debbie Reynolds.' The documentary showcases the close relationship that she shared with her daughter Carrie Fisher.

Major Works

Debbie Reynolds was an actress best known for her performance in musicals and theatre productions. Her best known works include her roles in the 1952 classic 'Singin' in the Rain' and 'The Unsinkable Molly Brown' (1964).

Awards & Achievements

In 1955, Debbie Reynolds was named 'Hasty Pudding Woman of the Year' by 'Hasty Pudding Theatricals Society' at 'Harvard University.'

In 1956, she won the 'National Board of Review Award' in the 'Best Supporting Actress' category for 'The Catered Affair.'

In 1997, she won the 'Golden Globe Award' in the 'Best Actress – Motion Picture Musical or Comedy' category for the movie 'Mother.'

In 2007, she received an honorary degree in Doctor in Human Letters from the 'University of Nevada' in Reno.

In 2014, she was awarded the 'Screen Actors Guild Life Achievement Award.' In 2015, she was honored with 'Jean Hersholt Humanitarian Award' by the 'Academy of Motion Picture Arts and Sciences.'

She has a star dedicated to her at the 'Hollywood Walk of Fame,' at 6654 Hollywood Boulevard. Her hand and foot prints are preserved at the 'Grauman's Chinese Theatre' in Hollywood.

Personal Life & Legacy

In 1955, Debbie Reynolds married singer Eddie Fisher. The couple had two children—Carrie Fisher—who went on to become an actress and writer and—Todd Fisher—who went on to pursue acting, cinematography, direction, and production of television films and documentaries. Debbie and Eddie separated in 1959, following Eddie Fisher's extra-marital affair with actress Elizabeth Taylor.

In 1960, Reynolds married businessman Harry Karl. She had a step daughter named Tina Karl from the marriage. She later faced issues with her finances owing to her husband's bad investments and gambling habits. The marriage lasted until 1973, after which they parted ways.



Between 1984 and 1996, she was married to real estate developer Richard Hamlett. She was associated with the non-profit organization 'The Thaliens' which worked for individuals with mental health issues. She served as the president of the organization.

In 1988, she released her autobiography titled 'Debbie: My Life.' In 2013, she released another autobiography 'Unsinkable: A Memoir.'

In December 2016, her daughter Carrie Fisher suffered a medical emergency during a flight. She subsequently died due to cardiac arrest on 27 December 2016.

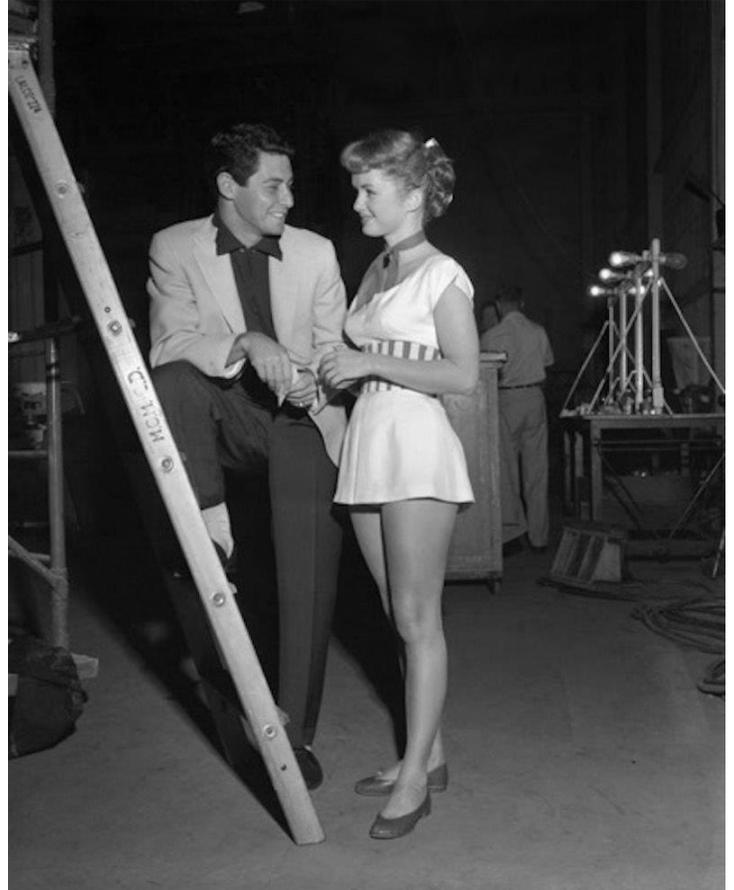
On 28 December 2016, Debbie Reynolds was admitted to the 'Cedars-Sinai Medical Center' in Los Angeles, following a severe stroke. She passed away the same day. Later, the reason for her death was determined to be intra-cerebral hemorrhage which was aggravated due to hypertension.

Her mortal remains were buried along with that of her daughter's at the 'Forest Lawn Memorial Park - Hollywood Hills' in Los Angeles.

Trivia

Debbie Fisher collected Hollywood memorabilia and maintained her casino as a museum until its closure. The collection included over 3500 costumes, 20,000 photographs, thousands of movie posters, costume sketches, and other props which were later sold in an auction.

Her last words were "I want to be with Carrie."



Debbie Reynolds Movies

1. Singin' in the Rain (1952) (Comedy, Musical, Romance)
2. The Catered Affair (1956) (Romance, Comedy, Drama)
3. My Six Loves (1963) (Comedy)
4. Tammy and the Bachelor (1957) (Romance, Comedy)
5. The Mating Game (1959) (Romance, Comedy)
6. The Unsinkable Molly Brown (1964) (Comedy, Musical, Romance, Biography, Western)
7. June Bride (1948) (Comedy)
8. How the West Was Won (1962) (Western)
9. Two Weeks with Love (1950) (Comedy, Musical, Romance)
10. The Pleasure of His Company (1961) (Comedy)

Tips for Older Adults to Regain Their Game After Being Cooped Up for More Than a Year

By Judith Graham

Alice Herb, 88, an intrepid New Yorker, is used to walking miles around Manhattan. But after this year of being shut inside, trying to avoid covid-19, she's noticed a big difference in how she feels.

"Physically, I'm out of shape," she told me. "The other day I took the subway for the first time, and I was out of breath climbing two flights of stairs to the street. That's just not me."

Emotionally, Herb, a retired lawyer and journalist, is unusually hesitant about resuming activities even though she's fully vaccinated. "You wonder: What if something happens? Maybe I shouldn't be doing that. Maybe that's dangerous," she said.



Millions of older Americans are similarly struggling with physical, emotional and cognitive challenges following a year of being cooped up inside, stopping usual activities and seeing few, if any, people.

If they don't address issues that have arisen during the pandemic — muscle weakness, poor nutrition, disrupted sleep, anxiety, social isolation and more — these older adults face the prospect of poorer health and increased frailty, experts warn.

What should people do to address challenges of this kind? Several experts shared advice:

Reconnect with your physician. Large numbers of older adults have delayed medical care for fear of covid. Now that most seniors have been vaccinated, they should schedule visits with primary care physicians and preventive care screenings, such as mammograms, dental cleanings, eye exams and hearing checks, said Dr. Robert MacArthur, chief medical officer of the Commonwealth Care Alliance in Massachusetts.

Have your functioning assessed. Primary care visits should include a basic assessment of how older patients are functioning physically, according to Dr. Jonathan Bean, an expert in geriatric rehabilitation and director of the New England Geriatric Research, Education and Clinical Center at the Veterans Affairs Boston Healthcare System.

At a minimum, doctors should ask, "Are you having difficulty walking a quarter-mile or climbing a flight of stairs? Have you changed the way you perform ordinary tasks such as getting dressed?" Bean suggested.

Get a referral to therapy. If you're having trouble moving around or doing things you used to do, get a referral to a physical or occupational therapist.

A physical therapist can work with you on strength, balance, range of motion and stamina. An occupational therapist can help you change the way you perform various tasks, evaluate your home for safety and identify needed improvements, such as installing a second railing on a staircase.

Don't wait for your doctor to take the initiative; too often this doesn't happen. "Speak up and say: Please, can you write me a referral? I think a skilled evaluation would be helpful," said James Nussbaum, clinical and research director at ProHealth & Fitness in New York City, a therapy provider.



Start slow and build steadily. Be realistic about your current abilities. "From my experience, older adults are eager to get out of the house and do what they did a year ago. And guess what. After being inactive for more than a year, they can't," said Dr. John Batsis, associate professor of geriatrics at the University of North Carolina-Chapel Hill.

"I'm a fan of start low, go slow," Batsis continued. "Be honest with yourself as to what you feel capable of doing and what you are afraid of doing. Identify your limitations. It's probably going to take some time and adjustments along the way."

Nina DePaola, vice president of post-acute services for Northwell Health, the largest health care system in New York, cautioned that getting back in shape may take time. "Pace yourself. Listen to your body. Don't do anything that causes discomfort or pain. Introduce yourself to new environments in a thoughtful and a measured fashion," she said.

Be physically active. Engaging regularly in physical activity of some kind — a walk in the park, chair exercises at home, video fitness programs — is the experts' top recommendation. The Go4Life program, sponsored by the National Institute on Aging, is a valuable resource for those getting started and you can find videos of some sample exercise routines on YouTube. The YMCA has put exercise classes online, as have many senior centers. For veterans, the VA has Gerofit, a virtual group exercise program that's worth checking out.

Bienvenido Manzano, 70, of Boston, who retired from the Coast Guard after 24 years and has significant lower back pain, attends Gerofit classes three times a week. "This program, it strengthens your muscles and involves every part of your body, and it's a big help," he told me.

Have realistic expectations. If you're afraid of getting started, try a bit of activity and see how you feel. Then try a little bit more and see if that's OK. "This kind of repeated exposure is a good way to deal with residual fear and hesitation," said Rachel Botkin, a physical therapist in Columbus, Ohio.



"Understand that this has been a time of psychological trauma for many people and it's impacted the way we behave," said Dr. Thomas Cudjoe, a geriatrician and assistant professor at Johns Hopkins Medicine in Baltimore. "We're not going to go back to pre-pandemic activity and engagement like turning on a light switch. We need to respect what people's limits are."

Jane Collins “loves getting outside and that has been wonderful,” says daughter Laura. “Her mood immediately shifts when she gets out of the building.”

Eat well. Make sure you’re eating a well-balanced diet that includes a good amount of protein. Adequate protein consumption is even more important for older adults during times of stress or when they’re sedentary and not getting much activity, noted [a recent study](#) on health aging during covid-19. For more information, see [my column](#) about how much protein older adults should consume.

Reestablish routines. “Having a structure to the day that involves social interactions, whether virtual or in person, and various activities, including some time outside when the weather is good, is important to older adults,” said Dr. Lauren Beth Gerlach, a geriatric psychiatrist and assistant professor of psychiatry at the University of Michigan.

Routines are especially true for older adults with cognitive impairment, who tend to do best when their days have a dependable structure and they know what to expect, she noted.

End-of-day routines are also useful in addressing sleep problems, which have become more common during the pandemic. According to a [University of Michigan poll](#), administered in January, 19% of adults ages 50 to 80 report sleeping worse than they did before the pandemic.

Reconnect socially. Mental health problems have also worsened for a segment of older adults, according to the University of Michigan poll: 19% reported experiencing more sadness or depression while 28% reported being more anxious or worried.

Social isolation and loneliness may be contributing and it’s a good idea to start “shoring up social support” and seeing other people in person if seniors are vaccinated, Gerlach said.

Families have an important role to play in re-engaging loved ones with the world around them, Batsis suggested. “You’ve had 15 months or so of only a few face-to-face interactions: Make it up now by visiting more often. Make the effort.”

Laura Collins, 58, has been spending a lot of time this past month with her mother, Jane Collins, 92, since restrictions on visitation at Jane’s nursing home in Black Mountain, North Carolina, eased and both women were vaccinated. Over the past year, Jane’s dementia progressed rapidly and she became depressed, sobbing often to Laura on the phone.

“She loves getting outside and that has been wonderful,” Laura said. “Her mood immediately shifts when she gets out of the building: She’s just happy, almost childlike, like a kid going out for ice cream. And, in fact, that’s what we do — go out for ice cream.”

Here, we take a look at some dance classes that will give you a chance to have fun and cut loose while getting a beneficial workout.



WEARING SCARVES IS A FUN PART OF FASHION FOR WOMEN OVER 60

Be honest. How many scarves do you have tucked away at your house? Dozens? Let's put them to good use as a part of your fashion for women over 60 plan.

The Right Scarves Are Essential to Fashion for Women Over 60

If you're like most women over 60, it probably feels that way. When I spoke with fashion expert Melanie Page during our fashion filming in Milan, she explained that scarves are one of the most popular, and least understood, items of clothing in our wardrobes. And this is especially true for women over 60.

For some reason, many women over 60, including myself, are like magpies when it comes to scarves. We are drawn to the beautiful colors and eye-catching patterns, regardless of whether a particular scarf will be useful in our very specific wardrobe. Unfortunately, this indiscriminate buying leads to, at best, wasted money and, at worst, a less optimal look.

During our filming, Melanie mentioned that there are several simple tips that you can apply to get the most from your scarves. Here are a few of the many ideas that we discussed.



Be Cautious with Multicolored Scarves

In most cases, multicolored scarves are too "busy" to contribute to our look in a positive way. Instead of drawing attention to our faces, they actually do quite the opposite. They pull people's eyes downward, away from our best assets – our beautiful eyes and radiant smiles.

Multicolored scarves are especially harmful to our look when we combine them with a multicolored top or jacket.

Unless you are extremely comfortable with an eclectic look, it's much better to choose a solid color that can accentuate your look instead of overwhelming it.



Don't Tie Your Scarf

I'm sure that many women in the community will disagree, but according to Melanie, tying your scarf is not only unnecessary but it may actually harm your look. Honestly, I was ready to fight Melanie on this one, until she showed me the difference that a more simple approach can make.

Just like makeup, you want your accessories to be just that – accessories. It may be fun to tie your scarf in an elaborate way, but more than likely, you will end up drawing way too much attention to this one element of your look. Like a woman who is clearly wearing too much makeup, you may end up with “too much of a good thing.”



How to Tie Your Scarf

Ok, I know you noticed the contradiction here. But let's admit it, some of us still want to tie our scarves, and that's perfectly ok. If you absolutely insist on tying your scarf, or if the style of the scarf doesn't look good untied, there are ways you can achieve a sophisticated and put-together look by tying your scarf correctly. Don't Buy Scarves Because You “Love Them”

Many women my age love to collect scarves. This is totally fine. I love scarves and so does Melanie. The problem comes when we choose scarves as standalone items, rather than as a complement to one of our outfits.

Take a few seconds to think about the scarves in your collection. How many of them have you worn in the last 12 months? If you are like most of us, you probably haven't worn more than 20%.

Melanie recommends that we buy our accessories with intention. Thinking upfront about which outfits a particular scarf will go with will help you to create looks that you will be proud of.

It will also help you to avoid wasting money on accessories that you will never wear. These resources can then be redirected to activities that really make a difference, such as tailoring.



Avoid the Scarf “Cross-Sell”

Scarves are a shop assistant's dream item. Why? Because they are easy to “add on” to almost any outfit. The problem is that salespeople are paid to sell. As a result, they often care more about getting you out of the store with as many items as possible than making sure that your outfit is truly optimized.

It's almost always a good idea to shop for scarves separately, when you are in a calm state of mind. This will allow you to choose your accessories objectively and without pressure. This simple step can help you to avoid one of the biggest mistakes when it comes to fashion for women over 60.

Focus on Clean Designs and Simple Colors

When it comes to scarves, simplicity is beautiful. There is absolutely nothing wrong with choosing vibrant colors that accent your outfits. The trick is to give people one thing to focus on at a time. Once again, the goal of a scarf should not be to draw attention. Scarves should quietly and appropriately add to your outfit by adding a radiant splash of color where it is needed most.



When it comes to fashion for women over 60, scarves can be our best friends or our worst enemies. The good news is that if you choose simple colors, stick with clean designs and choose your scarves with purpose, you have a great chance of creating a look that you love!

Expert Tips About Scarves

Here are some extra tips and tricks from Melanie.

Bigger Is Not Always Better

Many of us have been guilty at one time or another of hiding our beautiful faces behind an oversized scarf. It's one thing to do this because you're bitterly cold and wearing it for practical intentions, but any other reason is no reason at all!

Large scarves are generally unattractive as they completely overwhelm your face by swallowing up your neckline and also make your head look smaller. If you love the color or pattern of the scarf, Melanie recommends repurposing oversized scarves as sarongs for the beach or pool.

When to Spring Clean Your Collection

Scarves are easy gifts to give, and there is a good reason for this – they can be quite impersonal. We have a tendency to hang on to presents from those we care about, as we feel we shouldn't throw them out. If you have not worn a scarf for a long time, it's probably best to get rid of it, as you're unlikely to use it. You probably don't really like it or know it doesn't suit you so rip off the bandage and move on! Giving good quality items to charity means it will at least get some use from someone who really needs it and is more environmentally friendly than it ending up in a landfill.

When Fashion for Older Women Means Less Is More

Many of us assume we need to do something to make our accessories stand out. When it comes to fashion for older women, accessories should complement your outfit rather than detract from it.

Small changes such as draping a scarf to cover a low-cut top, rather than tying it around the neck, can make all the difference.

It's important to be careful to not create too many contrasts by mixing two patterns together between your clothing and scarf, as it looks too busy. Melanie recommends using a patterned scarf with plain jackets or dresses, and a single-color scarf when wearing patterned clothing.

Styles of Scarves

Jodie Filogomo, another fashion contributor, goes over the three main types of scarves and how to wear each one.

The Small Scarf

Jodie says that small scarves are a great way to add color near your face. This especially holds true if you happen to be wearing a top with a color that isn't the best for your complexion.

Small scarves can also keep you warm even if it is such a small piece of material.



One of the styles that Jodie has been noticing lately is the bandanna. Since bandannas now come in many colors, they can be a fun accessory without having to look like a cowboy!

Jodie mentions that there are a couple of ways to wear these neck scarves. Most of these items start off square in shape, so if you fold them in half diagonally you will have a nice triangle when you tie the ends in the back. Sometimes the tied ends can be left in the front and be your decoration!

She also suggests that it is possible to place the triangle of material at your shoulder – and if it doesn't want to stay by itself, a pin or brooch can stabilize it.

You can also roll the square scarf when it's still square or when it's folded in half so it's more like a tube. Then you only have a small amount of material showing at your neck! She says that another option to create this look is to take a regular length, thin scarf and wrap it a couple of times around your neck.



The Blanket Scarf

Jodie explains that another scarf that has been making an appearance everywhere is the blanket scarf. She warns that this scarf is definitely more challenging for most of us. It's quite big and bulky and can be hard to figure out.

She says to look at it no differently than a wrap, or even a poncho. If you start off trying to wear it that way, then in no time you'll also be slinging one of the ends over your shoulder and feeling very glamorous.

Jodie suggests that these blanket scarves are the perfect piece to take on the airplane when traveling. They can act as your blanket if it's cold, or you can use them as a pillow for your head. I love this idea! Another fun tip Jodie suggests for these larger scarves is to add a brooch (or two, or three) to either hold them together or to add some bling to them.



The Infinity Scarf

According to Jodie, the infinity scarf is relatively easy to wear. It's already 'tied' so you don't have to worry about what to do with it. Just slide it over your head, and it acts as a fabric necklace.

Jodie says that you can always make an infinity scarf out of almost any other scarf. Just tie the ends of your long scarf together in a small knot, and then loop it around your neck.

Do As the French Women Do

Josephine Lawlan, long-time fashion consultant and owner of the fashion website [Chic at Any Age](#), as well as her own shop in St. Tropez, France, was happy to share with our community how we can use scarves to create bold and beautiful new outfits.



How Josephine Became a Scarf Fanatic

After visiting St. Tropez for many years to enjoy the cafés and shops, she found herself being drawn to the beautiful scarves that were sold there. She began buying a few and it never failed – no matter what scarf she wore or used, she received compliments.

Most people wanted to know where she bought them and commented on how creatively she used the scarf with her outfit. Josephine decided to open her own scarf shop and feature them on her website.

The White Top Transformation

A brightly colored scarf simply draped around the neck can easily transform an unimaginative and boring white shirt into a beautiful wardrobe piece.

Josephine says that the French don't usually bother with fancy knots or intricate folds, they are most casual about simply tossing a scarf over whatever they are wearing and occasionally using them as a shawl.

The Necklace Knot

One of Josephine's most popular looks is called the necklace fold or necklace knot. Taking a long scarf, simply tie a few knots down the length of it. Then wrap it around your neck and tie it in the back for a "necklace" made from a scarf.

You can use this same technique to make a [headband to cover your hair](#) on those bad hair days or wrap it around your waist for an instant belt. The possibilities are as varied as scarves are!

A Variety of Tying and Folding Techniques

Josephine says that the hottest scarves right now are leopard prints. While you might not want to purchase a leopard print dress or jacket, a scarf can add that touch of modern style without being overwhelming. Simply by wrapping a large, leopard print scarf around the neck and shoulders, then securing it in place with a belt, you've created a top that is simply stunning.

Get the Most out of Your Scarves

I love scarves, and over the years have tried many different styles, knots and combinations. In this video, I demonstrate how I get the most out of my favorite scarves.

And if you have a favorite scarf but don't know how to get creative with it, I hope the video below will help you. In it I demonstrate the many different ways that I wear the same scarf.

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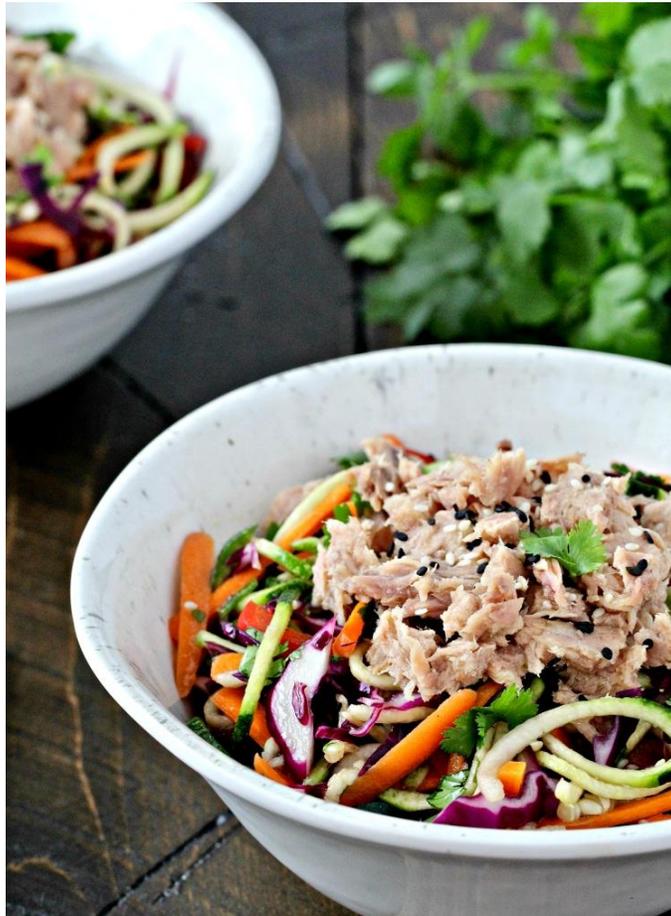
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ASIAN ZOODLE TUNA SALAD

thefoodiephysician.com



I make the base of my *Asian Zoodle Tuna Salad* with zucchini noodles or as they're otherwise known, "zoodles." Zoodles are like a nutritious, low-carb version of spaghetti. You can make them with a spiralizer if you have one or you can just buy them at the grocery store. You can find them in the produce section or the freezer section.

I toss the zoodles with bell pepper, carrots, cabbage, and cilantro to add color as well as crunch. I like to use raw vegetables in this salad but if you prefer, you can sauté them quickly in a pan or steam them in the microwave for a few minutes. A light sesame ginger salad dressing coats all of the veggies and ties the whole dish together.

My Asian Zoodle Tuna Salad is a light, nutritious dish that's packed with color and flavor- plus it requires no cooking!

Course: Entree, Main Course, Salad

Cuisine: Asian

Keyword: low carb, tuna, zoodles

Servings: 4

Calories: 371 kcal

Ingredients

Salad:

- 4 cups (12 ounces) zucchini noodles ("zoodles")
- 1½ cups shredded purple cabbage
- 1 cup julienned or grated carrots
- ½ red bell pepper, cut into thin strips
- ¼ cup cilantro, roughly chopped
- 4 packages StarKist Selects E.V.O.O.® Yellowfin Tuna

Dressing:

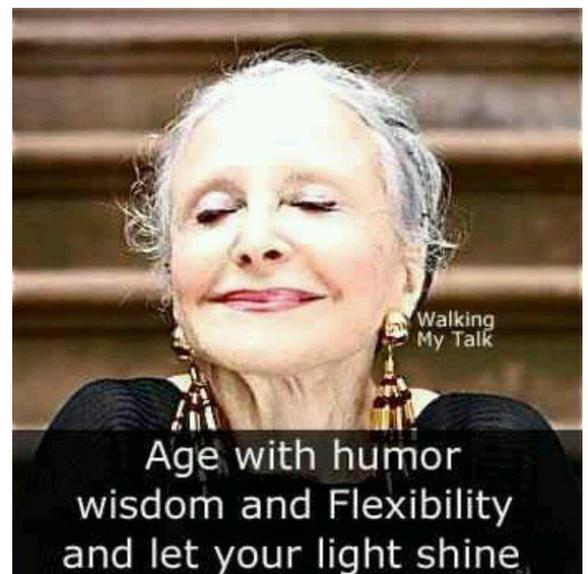
- 1 ½ teaspoons low sodium soy sauce or tamari
- 1 teaspoon grated ginger
- 3 tablespoons rice vinegar
- 3 tablespoons neutral-flavored oil like safflower or grapeseed oil
- 1 ½ teaspoons toasted sesame oil
- 1 ½ teaspoons honey or maple syrup

Optional garnish: sesame seeds

Instructions

1. Combine the zucchini noodles, cabbage, carrots, bell pepper, and cilantro in a large bowl.
2. To make the dressing, whisk the soy sauce, ginger, rice vinegar, oil, sesame oil, and honey together in a small bowl. Pour the dressing over the vegetables and toss to combine.
3. Divide the salad between four bowls and top each with a packet of StarKist Selects E.V.O.O.® Yellowfin Tuna. Garnish with sesame seeds, if desired.

Dr. Sonali Ruder DO is a board-certified Emergency Medicine physician, trained chef, mom, and cookbook author



What Happened in 1951

1951 Unemployment dipped to 3.3% in the US and new roads were built to take the ever increasing numbers of cars including the New Jersey Turnpike. Children were given more than any other time in previous history with guitar lessons and sets of Encyclopedias to improve their minds . The average family income was \$3,700 per year and people had money to spend so cars became more luxurious and had more powerful engines with options for two tone paint, during this time things like turn signals were still an extra and most drivers still used hand signals to tell other drivers which way they were turning. Television continued to grow with popular program like "I Love Lucy" and the first tests for Color Television Pictures were broadcast from Empire State Building on [June 25th](#) . Europe continued to export many cars to the US including Volkswagen's and Austin's.



Cost of Living 1951

Yearly Inflation Rate **USA 7.88%**

Average Cost of new house \$9,000.00

Average wages per year - \$3,510.00

Cost of a gallon of Gas 19 cents

Average Cost of a new car - \$1,500.00

Loaf of Bread - 16 cents

LB of Hamburger Meat - 50 cents

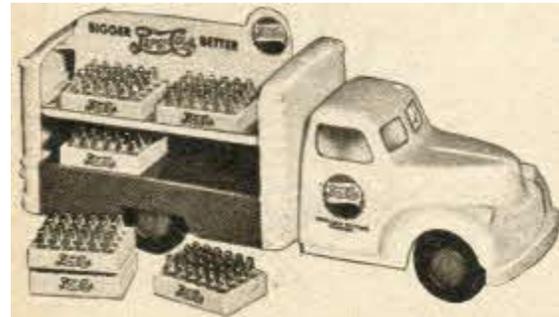
Bacon per LB - 52 cents

Eggs per dozen - 24 cents

Baby Diapers (Cotton) - From \$2.79

Children's Tricycle - From \$14.00

Vintage 1950s Pepsi Cola Truck Price \$1.59



Nevada Nuclear Test

During January the United States government began nuclear bomb testing at a test site in Nevada. After the initial development of the atomic bomb during the mid-[1940's](#) the U.S. had moved its test sites off of the country's mainland and began using islands in the Pacific. Due to logistical and safety concerns the U.S. Government decided to move the testing back to the mainland and chose a large portion of mountainous and desert land in Nevada, located about 65 miles away from Las Vegas, as their site. The first series of tests to be held at this new site was named Operation Ranger. Initially, many tests were atmospheric tests but because of the adverse health effects that were observed all of the tests were moved underground by 1962. A total of 928 nuclear tests were conducted at the Nevada Test Site between 1951 and 1992.

Direct Dial Coastal Call

The first direct-dial coast to coast telephone call was made during November . The call took place between the Mayor of Englewood, New Jersey, M. Leslie Denning, and the Mayor of Alameda, California, Frank Osborne. It took about 18 seconds to connect the call and it was placed using AT&T's direct distance dialing system which did not use an operator to connect the call. This new method utilized a ten digit phone number which included the three-digit area code system that had been implemented in the late 1940s.

"I Love Lucy"

The popular television show "I Love Lucy" premieres on CBS. The classic television show "I Love Lucy" debuted on the CBS network on October 15th . The show starred comedienne Lucille Ball as the titular Lucy Ricardo, Cuban entertainer Desi Arnaz as Lucy's husband Ricky, with Vivian Vance and William Frawley as their goofy landlords Fred and Ethel Mertz, and it revolved around Lucy's comical antics. Arnaz and Ball were a real-life husband and wife and the show was based off a popular radio series that Ball had previously starred in. "I Love Lucy" was one of the first scripted television shows to be filmed using three different cameras and it was unusual that it was filmed in Hollywood using a live audience rather than in New York using a laugh track. The show was a huge success and was nominated for and won many Emmy awards while it aired. It ended in May of [1957](#) but remained popular in reruns and it is still regularly aired on cable TV.

Popular Culture

The term Rock N Roll is coined by Cleveland Disc Jockey Alan Freed
The Dennis the Menace comic strip appears in newspapers across the U.S. for the first time.

Popular Films

An American in Paris
The African Queen
A Streetcar Named Desire
The Day the Earth Stood Still

Popular Music

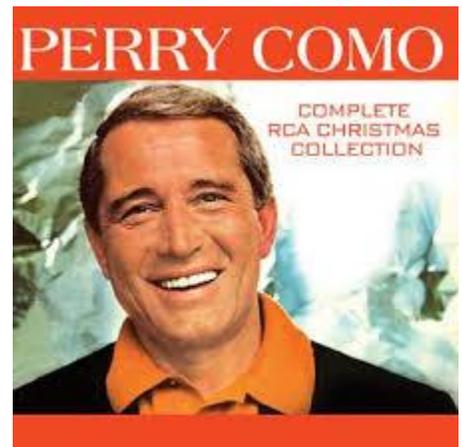
Perry Como
Mario Lanza
Nat King Cole
Tony Bennett

Popular TV

I Love Lucy
What's My Line? debuts on BBC Television.

American in Paris Film

The popular film "An American in Paris" debuts this year. The classic film "An American in Paris" premiered in London during August . The musical film featured music from George and Ira Gershwin and the dance numbers were choreographed by the film's star Gene Kelly. "An American in Paris" also starred Leslie Caron, Nina Foch, Oscar Lavant, and Georges Guetary and was directed by famed film maker Vincente Minnelli. The story focused on a complicated love triangle and was written by Alan Jay Lerner. The film won a total of six Academy Awards including "Best Picture."



First Pan American Games

The very first Pan American Games begin during [February](#). The games were held in Buenos Aires, Argentina and took place over the span of about two weeks. The idea for the games was originally conceived during the X Olympiad in [1932](#) but were put off due to the outbreak of World War II. The purpose of the Pan American games was to create an Olympic-style regional competition for the Americas. They are held every four years, the year before the next Olympics during the summer. In the first games 21 National Olympic Committees (NOCs) selected 2,513 athletes to participate in events from 18 different sports. At the end of the games Argentina, the United States, and Chile had the most medals.

Elastic Waist Dress Price: \$2.79

Elastic midriff for good fit, an unusually gay novelty stripe print. Navy blue neckline ruffle and wide band around skirt. Elastic at puff sleeves. Color combinations include navy and red or navy and lime green.

Disney's Alice in Wonderland

The Disney film adaptation of Alice in Wonderland debuts in theaters. Walt Disney's 13th animated feature film "Alice in Wonderland" is released during July . Disney had been trying to create the film adaptation of the classic Lewis Carroll novel since the 1930s but was unhappy with it until after the end of World War II. When the film was finally finished and released in 1951 it was considered a flop and received negative reviews from film critics. "Alice in Wonderland" soon became a cult favorite film and was re-released in the 1970s to a more favorable critical response.

UNIVAC Commercial Computer

The first commercial computer, UNIVAC, is put into use at the U.S. Census Bureau. The first commercial computer to be created in the U.S., the UNIVAC (Universal Automatic Computer), was dedicated for use at the U.S. Census Bureau during June . The computer was designed by Presper Eckert and John Mauchly and was created by the Remington Rand company. Eckert and Mauchly had also created the first general-purpose computer (ENIAC) in 1946. The data-processing machine had 5,000 vacuum tubes, weighed about 16,000 pounds, and measured 14.5 by 7.5 by 9 feet in size. UNIVAC was an improved version of ENIAC and the first successful commercial computer created for civilian use. It could do about 1,000 calculations in a second, improving the efficiency of the Census Bureau.

U.S.A. -- 22nd Amendment

22nd Amendment Ratified February 27, 1951 -- Two-Term Limit on Presidency. No person shall be elected to the office of the President more than twice, and no person who has held the office of President, or acted as President, for more than two years of a term to which some other person was elected President shall be elected to the office of President more than once. But this Article shall not apply to any person holding the office of President when this Article was proposed by Congress, and shall not prevent any person who may be holding the office of President, or acting as President, during the term within which this Article becomes operative from holding the office of President or acting as President during the remainder of such term.



Born This Year in 1951

Robin Williams - Born: May 1st, - Chicago, Illinois Died: August 11th, 2014, Paradise Cay, CA

Sting - Born: October 2nd - Wallsend, United Kingdom

Mark Hamill - Born: September 25th - Oakland, CA

Bob Geldof - Born: October 5th - Dún Laoghaire, Ireland

Phil Collins- Born: [January 30th](#) - Chiswick, London, United Kingdom

Jane Seymour - Born: [February 15th](#) - Hayes, United Kingdom

Tommy Hilfiger -Born: March 24th - Elmira, NY

Kurt Russell - Born: March 17th - Springfield, MA

Jill Biden - Born: June 3rd - Hammonton, NJ

Jordan - Assassination

King Abdullah of Jordan assassinated on [July20th](#) in Jerusalem

General Douglas MacArthur

President Harry S Truman fires General Douglas MacArthur as commander of United Nations Forces

Korean War

United Nations forces recapture Seoul during the Korean War

Great Flood

The Great Flood of 1951 in Midwest United States

Technology

- First oral contraceptive (the Pill) invented by Luis E. Miramontes
- Direct dial coast-to-coast telephone service begins in the United States.
- First Color Television Pictures broadcast from Empire State Building



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“Life, if well lived, is long enough”

Faboverfifty.com

At 5 am on a Friday in mid-January a New York man in his 80s tragically took his own life.

I remember reading about this but learned a few days ago that the man was the husband of Barbara Tober, who I met many years ago when we were both editors. Editor in chief at the time of phenomenally successful Brides Magazine, Barbara’s poise and elegance stood out in the heady and hectic world of magazine publishing.

I met Donald Tober only briefly when I dropped something off with Barbara at their stately Park Avenue co-op apartment. The handsome couple was getting ready to leave for one of the many events it attended throughout the year.

A Harvard law school graduate and successful businessman, Donald had taken over his father’s food distribution company, which helped make the Sweet ‘N Lo brand a household name.



Both previously married, Donald and Barbara, now 86 years old, had no children. Besides enjoying their active social and professional lives, the Tobers loved skiing, horses (they owned a horse farm), dancing, music, and entertaining. And, they were very philanthropic.

Married 48 years when her husband took his own life, Barbara talks about her shock in a moving tribute on a website she created to honor the love of her life.

A victim of mentally and physically debilitating Parkinson’s Disease, Donald had grown increasingly depressed being confined at home when Covid upturned our lives.

Without the constant stimulation of work and play, he began to talk often about ending his life, Barbara said in her online tribute. But she never dreamed Donald would do it, she added, choking back tears.

My heart goes out to Barbara for her grief. It is profoundly sad when someone says goodbye to a long-time love and best friend.

But, despite losing her intense physical, emotional and intellectual connections with Donald, Barbara’s independent spirit, world of friends and admirers, and deep interests will undoubtedly help sustain her.

Barbara is not a woman who is going to wallow in her sadness. She will bear it with her trademark poise and elegance.

While many may disdain Donald’s decision to end his life, I do not. A man who successfully maintained control over his life for nine decades (he died two months shy of his 90th birthday), he couldn’t let his disease take the reins.

“Life, if well lived, is long enough,” reportedly said the Roman statesman Seneca, who died in 65 AD. Donald Tober knew he led a life well lived. Barbara knows it, too.

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