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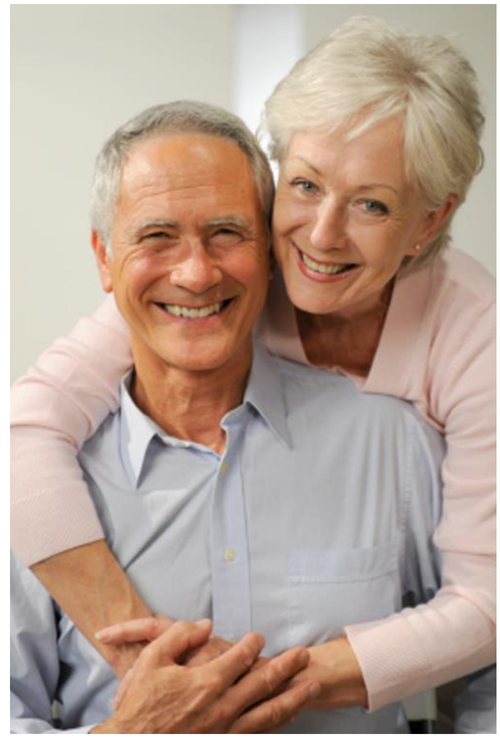
Seniors' Best Tips for Healthy Living



It's a great idea for caregivers to work with their aging loved ones to find the best healthy living practices suited to the individuals. In many cases, caregivers and older adults can all adopt routines for a healthy lifestyle and feel empowered by self-care together. Here is a closer look at some healthy living tips for seniors.

Practice Acceptance and Pro-Active Self-Care
We go through changes, big and small, throughout our lives. Our later years represent a continuation of those changes, but it's important that we develop critical and thoughtful awareness of this phase in life. In that way, we can embrace the challenges and the opportunities. We can reach out for the help and the resources to improve our quality of life.

The more an aging adult can accept the particular challenges they now face, the more they'll be able to recognize the real opportunities before them too. And the better they'll be able to say "yes" to the services and resources designed specifically to empower aging adults.

Prioritize Socialization over Isolation
One of the biggest challenges seniors face is isolation—whether they live alone or they live in a community but feel out of touch with their experiences and life changes. And isolation can influence physical, mental, and emotional complications. While the best approaches to socialization and community-building will depend on the individual, we have some diverse suggestions for how to get more involved,

Stay on Top of Healthy Lifestyle Practices
Your body evolves and transforms throughout your life and so should your routines for healthy living. Now is a great time to review an aging loved one's diet plan, exercise habits, posture and balance, and mental acuity. We suggest this review not so you can determine what's wrong—rather, so you can identify areas of life that could benefit from a refreshing approach. Here are some helpful ways to encourage healthy habits in different areas of life:

Stay Active
If you or a loved one has fallen out of practice with an active lifestyle, it can feel extra challenging to get involved again. But the good news is that there are plenty of fun ways to do so, and that makes the transition much more enjoyable. A lot of retired adults find themselves with more free time than they've known throughout their lives, and exciting physical activity is a great way to fill that time. And it helps to fulfill all of these five healthy living tips at once! Here are some active opportunities all over the map:

Do What You Love
Cliff is leading the way by committing to the personal and community activities that he loves. We all have favorite pastimes as well as those opportunities we've always hoped to get involved in at some point. It's true that we may face new and unique challenges later in life, but that doesn't mean we've reached a dead end—not by a long shot. This is a perfect time to revive old passions and kickstart new ones too. Help your aging loved one to get in touch with what they really love to do, and help them to get involved with those interests. Here are some ideas that we're excited about:

Getting Your Valuables Appraised

By Brian Collins, hippo.com

Whatever you've collected over the years — whether it's jewelry, family heirlooms, art pieces or stamps — it's important to keep track of the value of your possessions. Most people visit a local antique shop or dealer to determine how much their collectibles are worth. While there are a number of methods you can use to assess your valuables, visiting a certified and accredited appraiser is your best bet.

The key to finding an appraiser you can trust is ensuring that the individual does not have an interest in purchasing your valuables.

In fact, from an ethical standpoint, it's inappropriate for an appraiser to make an offer to purchase an object they have appraised. You should also avoid selling your items to an appraiser. This could present a conflict of interest and you could end up with a low valuation.

There are a few major appraiser associations:

- Appraisers Association of America: In addition to working with corporate and private art collections, the Appraisers Association appraisers team up with different professionals and organizations, including museums, educational institutions, insurance carriers and brokers. Members must be certified and meet the highest professional standards.
- International Society of Appraisers: According to its website, the International Society of Appraisers is the largest of the professional personal property appraisal associations for experienced independent appraisers throughout North America. ISA is a not-for-profit association. Its members include consultants, curators, appraisers, dealers and gallerists, among others.
- American Society of Appraisers: The American Society of Appraisers is a non-profit, international organization representing all appraisal disciplines, including personal and real property, appraisal review and management, business valuation, gems and jewelry and machinery and technical specialties.
- Yelp: Sometimes you need to get back to the basics. Yelp has an extensive database of local appraisers who are rated by the Yelp community for quality and reliability.

To sell your possessions, you need to know their fair-market value (or how much a buyer would pay for those items in today's market). For insurance purposes, you need to know the retail value of your possessions (or how much it would cost to replace them).

Appraisers often request that you email an image of your valuable so they can determine whether you need to pay for a professional appraisal.

If you have an item appraised, you will receive a full written report that includes a complete description and explanation of how the estimate of its current value was determined. This service will either cost a flat fee or an hourly rate from $150 up to $400 or more depending on where you live and the kind of property you're having appraised.

Key item appraisals

Below you will find some excellent resources to track down local appraisers or find specialists

Jewelry: Gemworld can help you find an appraiser to assess your new jewelry, diamonds, pearls, estate jewelry or colored gems. You can also visit the National Association of Jewelry Appraisers website and use drop-down menus to find appraisers in your state who specialize in evaluating certain types of jewelry.

Cameras: Local camera shops might be able to estimate the value of your camera. However, if you have an older camera, check out antinquecameras.net. For $5 or $12, you can find out when your camera was built and its current market value.

Musical Instruments: Besides the American Society of Appraisers, another great resource for anyone needing an appraisal for a musical instrument is A&D Music in Laguna Beach, California. An appraiser will either travel to you or connect you with a qualified technician in your area

Fine Art: Through artappraisersofamerica.com, you can search for art appraisers in your city and state.

Sporting Memorabilia and Equipment: If you have sports memorabilia, consider Nugent Appraisal Services. It has locations in multiple U.S. cities. If you have sporting equipment, check out local sporting goods shops that specialize in appraising the kind of equipment you have. Or swing by Play it Again Sports, which has locations in most major cities.

Firearms: A great way to assess the value of your own firearms is to review the Blue Book of Gun Values. You can also see how your guns compare to those listed on the Guns International website.

Furs: Besides visiting the International Society of Appraisers, you might also want to take a look at the Buy My Fur website, especially if you're interested in selling your fur coat.

Stamp Collection: The website managed by the American Stamp Dealers Association is a vast repository of information about various types of collections and offers a link to local dealers who can assist you with an appraisal.

Rare Coins: Contacting a local appraiser may not be necessary when you want to find out how much the coins in your collection are worth. Instead, you can visit the Appraise My Coins website. If you're not sure what kind of coin you have on your hands, check out the Fun Times Guide for tips on locating local coin dealers and what you need to know before you seek an appraisal.

Online resources and valuations

Most appraisers agree that the internet is generally not the best place to get an accurate assessment of the value of your treasures. But if you want a general sense of how much your valuables are worth, here a few online resources:

- Value My Stuff: This website charges $10 for one appraisal and promises to finish the job within 48 hours.
- WorthPoint: These folks charge $20 for a monthly membership that provides unlimited access to their antique and collectible valuations.
- Kovels: You can purchase a Kovels Antiques & Collectibles Price Guide that reports recent prices paid for more than 1 million items sold through Europe, Canada and the United States. There is a free basic membership package that provides access to the online price guide. Or you can purchase a premium subscription for $39 or $60 per year.

Do your due diligence

Personal and family treasures can either be worth a lot of money or not much more than their sentimental value. Doing your due diligence is necessary to determine the value of all of your collectibles when you're interested in selling or insuring your property.

Can You Afford Senior Living at $59/Day?

For those of you with aging parents, the holidays can be a bittersweet time. You enjoy returning home to spend time with your elderly loved ones yet leave with the realization they might be slowing down and could benefit from a more supportive environment, one with more people around [that offers carefree living with meals, housekeeping and transport to doctors' appointments.] If the New Year has begun by exploring the idea of moving either yourself or someone you know into senior living, the most stressful part isn't just finding the right home but also figuring out if you can pay for this safer, happier way of living. You may find the cost of senior living at Treemont is about the same or not much more than you're already paying — and maybe not anymore. Here are some things to consider.

Getting Value for Your Money

Many families new to senior living think that assisted living in Houston will be more expensive than staying in one's own home. But what if you compared everything you are currently paying for monthly expenses and how that would compare to a one-bedroom all-inclusive apartment? These "stay at home" monthly costs can include a mortgage, real estate taxes, fire and flood insurance, utilities (electricity, heat, AC, and water), lawn and other maintenance services (carpet cleaning), large home repairs (leaky roof, new boiler), car insurance and repairs, housekeeping and social activities. What are the tradeoffs? Treemont recognizes the concern that most seniors express about the affordability of senior care. Compare the Value: Senior Living vs Staying Home. Retirement communities offer a package of services with great value. Treemont's rental pricing starts at $1,750/month including rent, utilities, housekeeping, 3 meals daily and activities/entertainment, with no "buy-in" (often hundreds of thousands of dollars at other communities).

Treemont Resident, Joanne, says, "I've found it's cheaper to live here than it was to maintain my home. I had a townhouse. And by the time I paid my bills and expenses I was spending more money than I do here. And I get 3 meals a day and weekly housekeeping and I can't imagine a better way to live at this age."

Maintenance-free Lifestyle

Retirement communities can relieve seniors from the burden of daily chores, housekeeping, grocery shopping, and yard maintenance. When you look at the details of what senior living at Treemont offers, there's a great package of services that may turn out to be less than you're paying now in your current home. As Treemont Resident, Lois, says,

"After my husband passed, the house was eating me alive. It took all my time and most of my money…I began thinking about a comfortable spot, where I could maintain a busy outside life, but have the necessary things taken care of."

Many retirement communities have all-inclusive monthly rates that includes meals, weekly housekeeping, transportation to doctors and shopping, activities, entertainment and more. "You no sooner call the front desk and maintenance is there to change a light bulb or hang a painting," says Lois.

Stay Independent at Treemont

As the first Continuing Care Retirement Community (CCRC) in Houston with multiple living levels Treemont Retirement Community has long been a family-owned operation, retaining dedicated staff for decades. Featuring the beauty and quality service of a private estate, the campus provides the right balance of support to help seniors remain independent, active and supported during their later years.

At Treemont, there are many different living options – from Independent Living apartments to Independence Plus with home care, to Assisted Living to short-term rehabilitation and nursing care. There's no one-size-fits-all home, and Treemont's Resident Counselors talk through each option and the respective benefits before so seniors can make the most informed choice.

With transport to doctors, the availability of housekeeping and meals, retirement communities can reset an adult child's role from a caregiver relationship back to just spending quality time with family. Retirement communities also offer the peace of mind that seniors are safe by offering daily safety checks, emergency pull chords plus extra care services available when needed.

Additionally, amenities are first-rate and a huge range of social activities are always being offered to ensure boredom is never an issue. Like the host of *Great Day Houston* Deborah Duncan said of Treemont, "It's not a place where you go to die, it's a place where you go to live again."

VA Benefit of $1,936 May be Used for Rent in a Senior Community

The Veterans Administration is now more flexible in permitting the use of VA Aide & Attendance benefit by more independent seniors. Qualifying seniors may now use this benefit to pay for rent in a senior living community that offer a "protected living environment." Treemont qualifies as a "protected environment" because it has support services that include 24 hours staffed emergency call, on site meal planning and preparation, housekeeping for a clean and healthy living environment and transportation to medical appointments.

Located at 2501 Westerland Dr. in Houston's Memorial area, Treemont is currently available for tours of independent living and of their assisted living/nursing/rehab communities. Call 713.783.6820 or visit www.Treemont.com to learn more.

Estate Planning with a Will or Revocable Trust:
Which Is the Better Plan for You and Your Family?

By Jay H. Krall, Attorney at Law

A Will is a legal document that directs someone (an Executor, or Personal Representative) to distribute assets on one's death through a governmental process called "probate." A Revocable Trust is also a legal document that can direct how assets will be distributed on one's death, except that no governmental process is necessary. Think of a Revocable Trust as a box designed to hold your assets while you are living, and then distribute the remaining assets on your death. During your lifetime you, as Trustee, retain control over all assets in the box until you resign as Trustee, become mentally incapacitated or die. Upon the occurrence of any of those events, the person you've appointed as your Successor Trustee takes over and is legally obligated to carry out the terms of the Trust.

Both Wills and Trusts have been used by many individuals for hundreds of years. So how does one decide which is the better plan for themselves and their family? To understand the differences between Wills and Trusts, we first need to define "Estate Planning."

Proper Estate Planning should allow you to:

a) Control what you own while you are alive and not mentally incapacitated;
b) Provide for you and your loved ones if you become mentally incapacitated;
c) Give what you have *to whom you want*, *the way you want* and *when you want*; and
d) Minimize attorney's fees, court costs and protect your privacy and the privacy of your loved ones.

Here's a comparison of how Wills and Revocable Trusts stack up, taking into account each of the above elements of Estate Planning.

Control. There is no difference between a Will and Trust regarding control over your assets while you are alive and well. You can do whatever you want with the assets you own, whether those assets are in your name or in your Revocable Trust.

Mental Incapacity. This is where a Revocable Trust provides significant advantages as compared to a Will. If you have a Will-based estate plan and you become mentally incapacitated, the person you've appointed as your Agent under a separate legal document called a Power of Attorney ("POA") must submit the POA to each bank, brokerage firm or other institution holding your assets. Typically, these custodians will send the POA to their legal departments for review and may—or may not—authorize your Agent to take control of the assets. Whether or not authorization is granted often depends on the specificity of the POA, the particular policies of the custodian regarding POAs, and, in some cases, how many years have passed since you signed the POA.

By comparison, a properly drafted Revocable Trust authorizes your Successor Trustee to take nearly immediate control of the assets held in your Trust and contains very specific instructions as to how those assets are to be managed during your incapacity. There is no need to rely on a Power of Attorney to manage the assets held in your Trust. Note that a POA is necessary to manage assets *not* held in your Trust, such as IRAs—which must remain in your name for tax reasons.

Distributing Assets to Heirs. Except for the fact that assets distributed by Will require the prior approval of the Clerk of Probate Court, there are no significant differences between the distribution of assets under a Will versus the distribution of assets from a Revocable Trust. Generally, however, the distribution of assets held a Revocable Trust takes place much sooner than the distribution of assets controlled by a Will, since the Revocable Trust avoids the delay created by Probate Court oversight.

Minimizing Fees, Court Costs and Preserving Privacy. Many folks mistakenly believe that if they have a Will, the assets they own at death will *not* be subject to the probate process. Fact is, if you rely on a Will as your estate plan—or if you have no estate plan—all assets you own in your name alone without a designated beneficiary require the approval of the Probate Court before they can be distributed to the beneficiaries. Therefore, a Will (or dying with no estate plan) does not avoid probate, it *requires* probate.

Fees and costs associated with probate can vary greatly depending on the nature of the assets being transferred and the extent to which an attorney is involved in the process. In my experience, most DIY Personal Representatives quickly discover that the process is too overwhelming and engage the services of an attorney.

Finally, everything that happens in probate is open to the public. Loss of privacy begins when the Personal Representative is required to publish an ad in the local paper listing the decedent's name and the probate file number. Anyone who is interested in the decedent's estate for any reason can request copies of everything filed with the court, including lists of assets owned and the names and addresses of all beneficiaries named in the Will. Unscrupulous persons have been known to "mine" probate records in order to obtain contact information for beneficiaries who are entitled to significant assets from an estate.

By contrast, a Revocable Trust can reduce fees and court costs and preserves your privacy. No information published in the paper, and since the trust document is not filed in any court, neither the terms of the trust nor the identities of the beneficiaries become public record—thereby preserving the privacy of all involved.

The distribution of assets from a Revocable Trust still requires someone to "administer" the trust. The Successor Trustee has the duty to pay the bills, taxes and other expenses before making the distributions according to the terms of the Trust. However, since the distribution of trust assets is not subject to the probate process, the costs of settling a Trust-based estate can be significantly less than settling a Will-based estate.

Jay H. Krall has been a licensed attorney for more then 3 decades, concentrating exclusively in the area of Estate Planning and Elder Law. Based in Raleigh, NC, Attorney Krall recommends Revocable Trusts for nearly all of his clients. He can be reached at 919-414-8229 and jhkrall@earthlink.net.

Website: www.ElderLawEstatePlanning.org.

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7 Nutrition Tips for Seniors

By Jeffrey Grossman

Eating right and having balanced nutrition can be hard for anyone, no matter their age. Over time, nutrition tends to fall to the wayside. Eating at least one healthy meal a day can be a struggle, let alone three. The importance of a healthy diet is even more of a priority for seniors.

Reports from the World Health Organization (WHO) suggest a majority of diseases, primarily affecting the older population, stem from the lack of a proper diet. Let's review some of the challenges associated with nutrition for older adults and seven tips to improve their diets.

Aging Related to Poor Nutrition

As we age, our bodies go through many changes. For seniors, a variety of factors come into play resulting in poor nutritional intake, such as:

- Suddenly living alone
- Having trouble getting around and not being able to properly cook
- Losing senses (e.g. taste and smell)
- Having trouble swallowing or chewing
- Certain medications cause food to taste different or reduce appetite
- Loss of income to buy food

- Depression and anxiety
- Dental health
- Memory loss/Dementia/Alzheimer's Disease

Caregivers play a huge role in creating a well-balanced diet for seniors on a day-to-day basis to offset these negative factors. Along with the countless other tasks provided by caregivers, ensuring seniors have a healthy, balanced diet is a critical element.

A senior diet plan ensures older adults are maintaining a healthy lifestyle, as well as limiting disease and sickness. Creating a healthy senior diet plan does not need to be a difficult task. Incorporating these simple tips can help keep seniors healthy all year long.

1. Pick Foods High in Nutritional Value
As we grow older, our bodies do not need as many calories. Look for foods that provide more nutritional value without the extra calories. Examples include:

- Fruits and vegetables
- Whole grains and whole wheat (brown rice, oatmeal, etc.)
- Non-fat or low fat milk, almond or soy milk
- Nuts, beans, and seeds
- Lean meat, chicken, seafood, and eggs

2. Limit Empty Calories
Avoid foods that are high in calories and/or carbs without providing any nutritional value. Examples include:

- Chips
- Baked goods
- Soda
- Candy

Everything in moderation. A snack splurge every once in a while is completely normal and acceptable. Having said that, healthier foods should be eaten in replacement more often than not.

3. Drink 8 Glasses of Water per Day
In a previous blog post, we wrote about 7 Tips to Help the Elderly Stay Hydrated. To review, older adults do not tend to feel thirsty as often as they should. Keeping seniors hydrated throughout the day should be a priority. Avoid serving older adults sugary drinks, caffeine, and alcohol to keep them from becoming dehydrated. In general, drinking eight 8oz glasses of water per day is recommended.

4. Avoid Saturated and Trans Fats
Fried foods, vegetable oils, and margarine are all high in saturated and trans fats. Healthier alternatives include baked or grilled food, olive oil and ghee. Herbs and seasonings are also good substitutes to high-fat dressings.

5. Encourage Physical Activity
Simple arm and leg exercises can help increase appetite. If they can, have seniors walk outside to get the mail, or participate in activities at a local senior center. Anything to get the body moving is better than being idle. Increasing physical activity will also increase thirst, providing an opportunity for seniors to drink more water.

6. Add Nutritional Variety
Everyone gets tired of eating the same things over and over again. Offer variety to a senior's diet plan. When serving meals, prepare foods with different colors and textures. Additional, offering two options at each meal is a helpful tactic. Not only do meal options encourage independence, but it also prevents seniors from eating repetitive meals.

7. Nutritional Assistance for Low Income Seniors
Community resources should be available in your area to help seniors with high-quality nutrition. Numerous programs exist offering nutritional assistance to seniors who have limited to no income:

- Meals on Wheels
- Supplemental Nutrition Assistance Program (SNAP)
- Food Assistance Programs
- Nutrition Programs for Seniors

Disclaimer: Please check with your physician before making any changes to your diet, exercise or medication routine.

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A Profile of Bob Hope

Hollywoodsgoldenage.com

Bob Hope Bob Hope was an English-born American comedian who ranks amongst the screen's greatest ever star performers and is an acknowledged model for everyone from Woody Allen to Eddie Murphy. As well as a comedian he was a producer, writer, dancer, singer and the king of fast-talking wisecracks on radio, television and movies.

He partnered Bing Crosby in a series of highly successful "Road to …" movies in the 1940s and 1950s and during his long career he became the most recognized profile and talent in the world.

Hope hosted the Academy Awards ceremony ("or as its known at my house, Passover") 18 times. Famous for entertaining the troops during World War II and the Korean and Vietnam wars, in 1997 Congress made him an honorary US veteran-the only person to receive that distinction. He was given an honorary knighthood by Queen Elizabeth II in 1998, and by the end of his life had received five special Academy Awards for contributions to the industry.

Biography

He was born Leslie Townes Hope in Eltham, in South London, England on May 29, 1903, the fifth of seven sons of William Hope, an English stonemason, and Avis Townes. After a number of moves around southern England, the family emigrated to America and settled in Cleveland, Ohio in 1908.

Early Years

After graduating from Fairmount High School in Cleveland, Leslie took a variety of jobs to earn money, including selling newspapers, a pool hustler, and delivering meat for his uncle's butcher's business. For a short time he boxed as an amateur, under the name of Packy East. He also constantly entered amateur talent contests winning prizes for his impersonation of Charlie Chaplin.

Deciding on a career in show business, Hope signed up for dancing lessons, together with his current girlfriend. Encouraged by performing a three-day engagement at a club, Hope formed a partnership with Lloyd "Lefty" Durbin, a friend from the dancing school, to dance in local vaudeville houses. He and Durbin were seen by silent film comedian Fatty Arbuckle who hired them for his show at the Bandbox Theater in Cleveland in 1925. A year later Durbin died suddenly of food poisoning and Hope found another dancing partner in George Byrne. They made constant improvements to their act and were chosen for the hit Broadway show 'Sidewalks of New York' in 1927, starring Ruby Keeler.

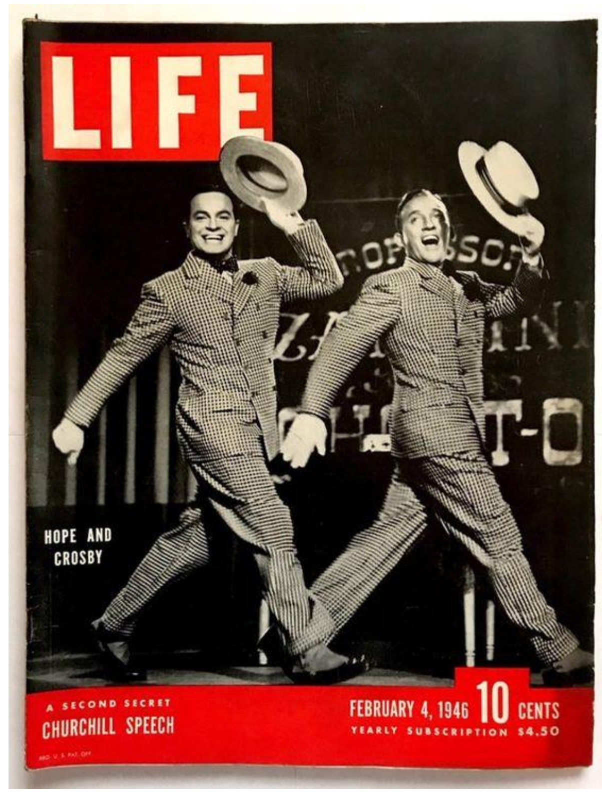
When he returned to vaudeville Bob began making announcements to each audience about the forthcoming attractions and received an encouraging response, so he gradually extended his routine and Hope the solo artist was born. He was still called Leslie or Lester at this time and in 1929 he changed his name to the more masculine sounding 'Bob', after racing car driver Bob Burman.

He spent the next 5 years in vaudeville, honing his act, including slowing down his too-rapid delivery. He appeared on Broadway again in 1932 in 'Ballyhoo' and the following year he achieved his first major hit with his portrayal of Huckleberry Haines in the Broadway musical, 'Roberta'.

Hope made the break from small time actor to major star in New York and he did it by means of the two new popular media - movies and radio.

Radio Performer

Bob continued on Broadway in 1934 in the musical 'Say When' and then in 1936 in 'Ziegfeld Follies' with Fanny Brice. In the same year he performed in 'Red, Hot, and Blue' with Ethel Merman and Jimmy Durante which led to his first major movie for Paramount Pictures, 'The Big Broadcast of 1938'. It was in this show that he introduced the song that would always be associated with him, "Thanks for the Memory". In order to promote the movie Bob was asked to make a personal appearance at New York's Capitol Theater on the 'Capitol Family Hour' which was broadcast from the theater each morning. It was the start of his radio career and with his rapid-fire wisecracking style, he proved a natural for the medium.



He soon became well-known nationally, first as a guest star on different shows such as 'The Woodbury Soap Show', and Rudy Vallee's 'The Fleischman Hour' and then he hit major stardom with his own weekly show, 'The Pepsodent Show' which was voted the nation's favorite radio show and which continued with Bob as its star until 1956. The show was of consistently high quality with regulars such as Les Brown and His Band of Renown and guest singers including Judy Garland, Frances Langford and Doris Day.

Movie Star

Bob's success in radio naturally led to interest from Hollywood, and Paramount signed him up to a long-term contract. His new movie career bedded easily with his radio career and very often his movie co-stars became his radio show guest stars.

Paramount Pictures partnered Hope happily with Bing Crosby and Dorothy Lamour in the 'Road to...' series from 1940 in 'Road to Singapore, but Hope was as funny without Crosby in 'The Cat and the Canary' in 1939, 'My Favorite Blonde' in 1942, 'The Paleface' in 1948, and others.

His screen character is a fast talking coward, braggart, and lecher who blunders blithely into tight spots: pursued by a zombie in 'The Ghost Breakers' in 1940 and swashbuckling villains in 'Casanova's Big Night' in 1954. His vehicles became more strained in the 1950's and 1960's, and a semi-serious political biopic, 'Beau James' in 1957, didn't click, but he remained a familiar presence in US entertainment throughout his life on radio, TV, and the stage, always receiving awards and plaudits.

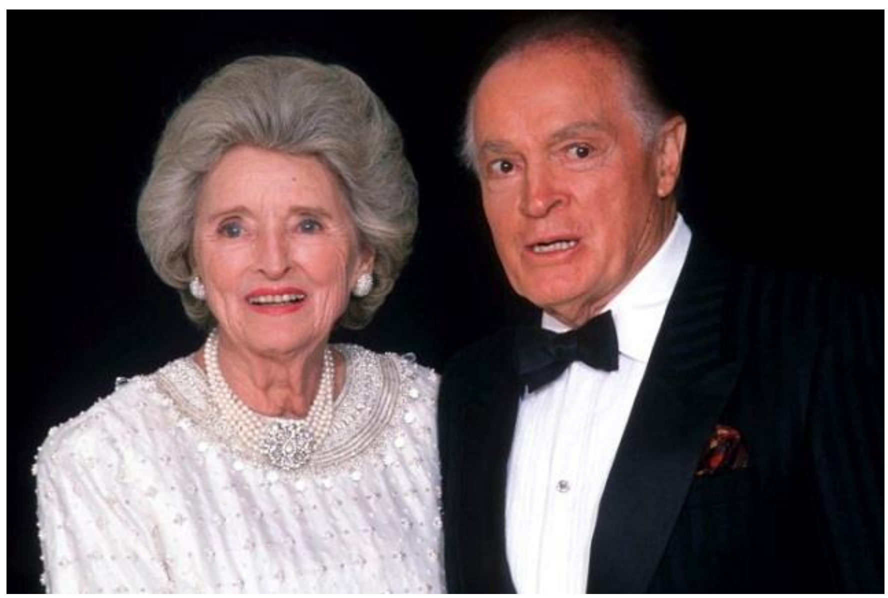
Later Career

Hope hosted the Academy Awards ceremony ("or as its known at my house, Passover") 18 times. Famous for entertaining the troops during World War II and the Korean and Vietnam wars, in 1997 Congress made him an honorary US veteran-the only person to receive that distinction. He was given an honorary knighthood by Queen Elizabeth II in 1998, and by the end of his life had received five special Academy Awards for contributions to the industry.

Hope continued to make appearances on television well into his nineties and in November, 1996, he hosted his 284th television special, 'Bob Hope Laughing with the Presidents'. The show featured appearances by ex-Presidents Clinton, George Bush Senior, and Ford.

At the age of 95, Bob appeared at the 50th anniversary of the Primetime Emmy Awards along with Milton Berle and Sid Caesar and in 2000 he was present at the opening of the Bob Hope Gallery of American Entertainment at the Library of Congress.

Personal



Hope was married twice, firstly and very briefly to his vaudeville partner, Grace Troxell from 1933 to 1934.

During 'Roberta's run in 1932, he was introduced to a beautiful singer named Dolores Reade. On Feb. 19, 1934, she became his second wife. Theirs was to be a life-long marriage. They adopted four children, Linda, Anthony, Laura and Kelley and from them they had four grandchildren.

Despite a well documented reputation for frugality, Hope is believed to have donated an estimated $1 billion to charity.

Hope celebrated his centenary on May 29, 2003, quietly at home, but still able to crack jokes: 'I'm so old, they've canceled my blood type.'

Bob Hope died on July 27, 2003, at his home in Toluca Lake. According to one of his daughters, when asked shortly before his death where he wanted to be buried, he told his wife, "Surprise me." He was buried in the Bob Hope Memorial Garden at San Fernando Mission Cemetery in Los Angeles.

Classic Bob Hope Quips

My father told me all about the birds and the bees, the liar - I went steady with a woodpecker till I was twenty-one.
I thought 'Deep Throat' was a movie about a giraffe.
I love to go to Washington – if only to be near my money.
I left England when I was four because I found out I could never be King.
A James Cagney love scene is one where he lets the other guy live.

If you think golf is relaxing, you're not playing it right.
I've been playing the game so long that my handicap is in Roman numerals.
(Arnold Palmer) told me how I could cut eight strokes off my score – skip one of the par 3s.
I do benefits for all religions – I'd hate to blow the hereafter on a technicality.
When they asked Jack Benny to do something for the Actor's Orphanage – he shot both his parents and moved in.

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9 Best Types of Exercise for Older Adults

By K. Aleisha Fetters, silversneakers.com

Stay strong, be safe, and maintain your independence by integrating these top fitness options into your training plan.

No matter your age, the best exercise for you is the one you enjoy the most. After all, if you don't like your workout, how long are you going to stick with it? Still, when sampling any of the countless forms of exercise out there, it's important to keep in mind exactly what you want and need to get out of your workout. And that's bound to change throughout the years, says Barbara Bergin, M.D., an orthopedic surgeon in Austin, Texas. She explains that, for older adults, the top priority must be maintaining your quality of life outside the gym.

To do that, focus on workouts designed to help you build strength, stay mobile, and improve balance. Also key is considering the requirements of any given fitness option. Are your bones strong enough for high-impact exercises such as running and jumping? Is your balance where it needs to be for fall-free bike rides? How much time to do you realistically have to spend at the gym?

Below, experts share the best exercises for older adults. As always, it's smart to check with your doctor before beginning a new fitness program, especially if you have a chronic condition, balance issues, or injuries. The good news: Assuming your doctor hasn't said a type of exercise is off-limits, choose whatever you like—they're all terrific.

1. Swimming

There's a reason swimming is called the world's perfect exercise. Whether you're performing the breaststroke, taking a water aerobics class, or playing Marco Polo with the grandkids, getting in the pool is a great way to increase your cardiovascular fitness while also strengthening your muscles, says Victoria Shin, M.D., a cardiologist at Torrance Memorial Medical Center in California.

It does all this while putting minimal stress on your bones and joints, which is a major plus for men and women who have arthritis or osteoporosis. As if that isn't enough reason to jump in, a 2012 study in the *Journal of Aging Research* suggests that swimming can help older adults keep their minds as sharp as their bodies. Not a swimmer? You can still benefit from water aerobics classes that stay in the shallow end of the pool.

2. Yoga

With a holistic approach to fitness, yoga helps build muscle strength, aerobic fitness, core stability, and total-body mobility—all of which are important for older adults, says David Kruse, M.D., a sports medicine specialist at the Hoag Orthopedic Institute in Orange, California.

And while yoga is low-impact and gentle on your body's joints, it's still weight-bearing, meaning that you have to support your body's weight with every posture. That's vital to strengthening not just your muscles, but also your bones. If you are new to yoga, look for an introductory class that will teach you the basics.

3. Pilates

Like yoga, Pilates is known for being a low-impact strength program, but its focus on core stability makes it especially great for older adults, Dr. Shin says. One 2014 analysis in the *European Review of Aging and Physical Activity* concluded that Pilates participation improves balance in older adults.

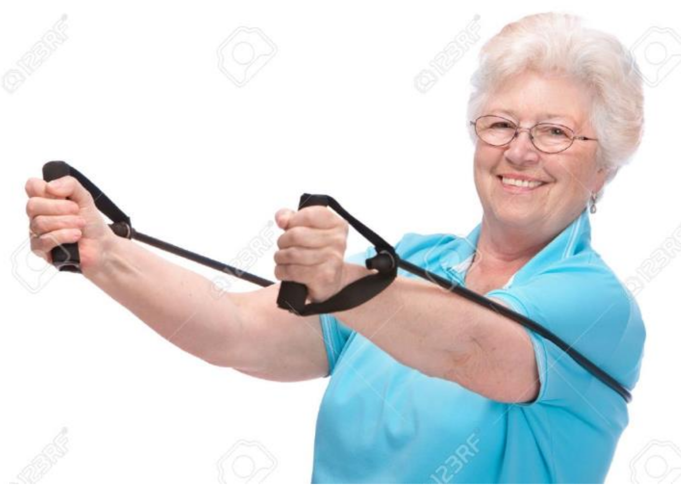
Most gyms offer Pilates classes designed for first-timers, which is especially important for those interested in classes that rely on the "reformer," an exercise machine that uses springs, bars, and straps for resistance

4. Bodyweight Training

One out of every three older adults experiences severe muscle loss, according to an analysis in *Age and Ageing*. Meanwhile, when it comes to fighting age-related abdominal fat—a marker for overall health—Harvard research shows that strength training is more time-efficient than cardiovascular exercise.

Fortunately, you don't have to bench press a ton of weight to keep your muscles healthy and prevent fat gain over the years, Dr. Shin says. In fact, she notes, for most older adults, it's far safer to start small. Simple bodyweight exercises such as chair squats, single-leg stands, wall pushups, and stair climbing will do a great job at keeping your body strong and ready to tackle everyday activities.

5. Resistance Band Workouts



Your gym undoubtedly has an array of resistance bands ready for use, but these inexpensive and beginner-friendly exercise tools are perfect for at-home workouts as well, Dr. Shin says.

In addition, bands can help you challenge your muscles in ways you might not be able to with equipment-free training. For instance, when it comes to strengthening your back and improving your posture, rows and other pulling motions are vital—but hard to do if you don't have any exercise equipment on hand.

6. Walking

Even if you can't find the time to perform a structured workout, you likely have time to put one foot in front of the other to get where you need to go, Dr. Shin says. She recommends most people take 10,000 steps per day, even on days they don't "work out." Research in *PLOS One* found that people who increased their activity levels to 10,000 steps per day were 46 percent less likely to die in the following 10 years compared to those who stayed sedentary.

For some older adults or people with a chronic condition, 10,000 may not be the right exact number. But the fact remains: Walking is a great, free workout that can have a big impact on your health.

7. Cycling

Another low-impact form of exercise, cycling is ideal for those who want to increase their leg strength, but can't run or engage in other high-impact sports due to osteoporosis or joint issues, Dr. Shin says. A 2017 analysis in the *European Review of Aging and Physical Activity* found that cycling also helps improve cardiovascular health, metabolic health, and cognitive performance in adults older than 70.

If you have cycling trails near your home, consider scheduling regular bike rides with family or friends. Indoor cycling is another great option for those without access to trails or when weather conditions aren't ideal. Plus, with a stationary bike, you don't have to worry about falls or needing to wear a helmet.

8. Strength and Aerobic Classes

If you attend Silver Sneakers classes, you already know that group exercise isn't just a fantastic way to break a sweat. You'll also have tons of fun and make new friends along the way, both of which are hugely important when it comes to making exercise a habit. In fact, 2017 research in *BMC Public Health* notes that the social aspect of group exercise increases activity levels in older adults over the long term.

9. Personal Training

If you're looking for more attention and instruction than group classes provide, working with a personal trainer is a great path to fitness and fun. Many offer one-on-one and small-group sessions, the latter in which you and one to three of your friends perform the same workout with the trainer. Make it easier on your wallet by using one-on-one sessions to help you get started with a program you can continue on your own or going the small-group route.

No matter which option you choose, the trainer will help you master proper form and build a solid base of exercise knowledge that you can carry with you for years to come. In addition, your workouts will likely blend different types of exercise.

When choosing a trainer, look for someone certified through a governing body like the American College of Sports Medicine, the American Council on Exercise, the National Academy of Sports Medicine, or the National Strength and Conditioning Association. Bonus points if they have a history of training older adults.

NOT SLEEPING WELL?
HERE ARE 11 POWERFUL SLEEP STRATEGIES FROM A GERIATRICIAN

BY KATE GREGOREVIC

As a geriatrician, I work with senior patients who suffer from a diverse range of problems, including memory worries, anxiety, pain, diabetes, falls, and more. One symptom many of them have in common is poor sleep.

Having enough sleep feels great, but sleep should not be regarded as a luxury. Sleep is an essential element which your mind and body need to work at an optimal level. Getting enough sleep, which for the vast majority of the population is between 7-9 hours each night, can help enhance your memory and ability to learn, aid decision-making, improve your blood sugar level and your mood.

Sleep doesn't just have short-term benefits, however. People who get regular, good quality sleep also enjoy better health in the long-term and are more protected against things like cardiovascular disease and obesity – compared to those who have variable sleep habits, like shift workers.

For those of you who would like to feel a little more rested, here are 10 strategies to improve your sleep.

Get the Light Right
Light helps to set our body's day-night cycle, also termed "circadian rhythm." Getting out in the morning to get some daylight exposure is a good way to let your body know that it is daytime and to suppress the sleepy hormones.

The flip side of this is that avoiding bright lights helps your brain to release melatonin, the "feel sleepy" hormone.

Blue-wave light is the kind that particularly encourages us to wake up. In that respect, some people even buy orange tinted glasses for the evening to give their brains the best chance to wind down.

Put the Screen Down
Mobile devices, such as iPhones and iPads are particularly potent when it comes to suppressing melatonin release. Reading on an iPad before bed is a sure-fire way to suppress melatonin production. If you want to get some sleep, read an old-fashioned print book instead.

Exercise
Exercise and sleep have a bidirectional relationship as they tend to enhance each other. When you have had the chance to be physically active, you are more ready for bed, but sleeping can also help you to have a harder exercise session. When you are more rested, you have the energy to throw yourself into your workout, which, in turn, will give you a more restful sleep the next night.

Cool Down
As we near the time when we get ready for bed, our bodies actually cool down a little. Even though it can feel nice to be cozy and warm, the cooler temperatures of night help us sleep. Turning the thermostat down to 60-67 degrees Fahrenheit or 18-20 degrees Celsius is one way to prepare your body for optimal sleep.

Avoid Stimulants
Although a cup of tea before bed is a nice tradition, it does contain caffeine. It takes your body around six hours to break down half the caffeine in your morning coffee. Naturally, this means that if you drink a coffee at 3 p.m., half the caffeine is still flowing around your body at 9 p.m. If you want to have refreshing sleep, keep the coffee/tea and cola for before midday.

Avoid Alcohol
As a well-known depressant, alcohol can easily make you drowsy – but it actually impedes deep sleep. When you have been drinking, the alcohol in your system works to stop you from getting into a deep sleep.
As a result, you experience multiple night awakenings which leave you feeling lethargic in the morning.

Follow a Bedtime Routine
Just like babies and small children, your body can really benefit from a winddown before bed. It is a good idea to start an hour before you want to go to sleep, perhaps with a relaxing bath and a peppermint tea, followed by reading in low light. Having a consistent bedtime will also help your circadian rhythm.

Get Up at the Same Time Each Morning
Although it can seem like a good idea to catch up with a weekend lie-in, this can throw your sleep out for the next night. One of the recommended changes for improving sleep is to get up at the same time every day so your brain knows what to expect.

Avoid Naps to Sleep Better After 60
If you are having trouble sleeping at night, the tempting afternoon nap is not a good idea. This reduces sleep pressure and means that you are not as ready for bed at night. Particularly problematic is the early evening nap in front of the TV. It is better to actually go to bed – or choose a more engaging activity.

Get Professional Help
If you are chronically exhausted, having unrefreshed sleep, snoring, or falling asleep whenever you sit down, you might have an underlying medical condition.

There are some conditions – like obstructive sleep apnea, where the airway closes when the muscles relax for sleep – that lead to extremely unrefreshing sleep. If simple sleep hygiene measures don't help, it is time to see a sleep physician. Additionally, if you have significant insomnia, described as trouble falling asleep or staying asleep, cognitive behavioral therapy with a psychologist is the most evidence-based treatment.

Invest in the Right Mattress
You shouldn't disregard your mattress either. If it's too soft or too hard for you, getting the sleep you need will be challenging. If you are unsure what works best for you, go to a store and try the offerings. There is bound to be at least one that matches your needs.

Pursue Good Sleep
Chronic sleep deprivation is a growing problem. Although some people suffer from medically diagnosed insomnia, for many it is caused by the distractions provided by modern life.

It often has to do with deciding to watch just one more episode of that compelling TV show, or having that glass of wine after dinner, or scrolling Facebook when you should be going to bed.

Changing habits is hard, but if you want to optimize your physical and mental health in the short- and long-term, sleep is an essential choice you need to make.

A Few Humorous Thoughts About Aging

Boy she sure has a sense of humor for an "older lady". Hmm, what does THAT mean? Getting older can sometimes mean finding more funny things in life. After all, "I've paid my dues!" "I've raised my kids." "I want to have fun." Aging and getting older should be fun! Aging should include a fun sense of humor!

Observations on Aging

Some people try to turn back their odometers. Not me! My theory on aging is that I want people to know 'why' I look this way. I've traveled a long way and many of the roads weren't paved.

First you forget names, then you forget faces. Then you forget to pull up your zipper.

Being young is beautiful, but being old is comfortable.

When you are dissatisfied and would like to go back to your youth, remember Algebra.

One of the many things no one tells you about aging is that it is better than being young.

You know you are getting old when everything either dries up or leaks.

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, martini in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

Elderly Man Thinks Fast

An elderly farmer in Florida had a large pond down by his fruit orchard. One evening he decided to go down to the pond and took a five-gallon bucket to pick some fruit.

As he neared the pond, he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, 'We're not coming out until you leave!'

The old man thought for a second and said, 'I didn't come down here to watch you ladies swim or to make you get out of the pond naked.'

Holding the bucket up he said, 'I'm here to feed the alligator!'

Moral: Old men can still think fast.

Getting Older Can be Fun - Age with Humor!

As you get older, your secrets are safe with your friends. They can't remember them either.

I would be unstoppable, if I could only get started......

"I am having amnesia, dementia, and deja vu, all at the same time. I think I've forgotten this before . . ."

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

You can't stay young forever. That's just a theory, because you can be immature for your entire life.

I live in my own little world. But it's okay --- they know me here.

Forget health food. I'm at the age where I need all the preservatives I can get. The older we get, the fewer things seem worth waiting in line for.

The Senility Prayer: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do, and the eyesight to tell the difference.

I planted some bird seed. A bird came up. Now I don't know what to feed it.

I had amnesia once -- or maybe twice.

All I ask is a chance to prove that money can't make me happy.

What is a "free" gift? Aren't all gifts free?

They told me I was gullible... and I believed them.

Teach a child to be polite and courteous in the home and when he grows up, he'll never be able to merge his car onto a freeway.

My theory on aging is two can live as cheaply as one, for half as long.

Experience is the thing you have left when everything else is gone.

A flashlight is a case for holding dead batteries.

My weight is perfect for my height -- which varies.

I used to be indecisive. Now I'm not sure.

The cost of living hasn't affected its popularity.

How can there be self-help "groups"?

If swimming is so good for your figure, how do you explain whales?

Is it my imagination, or do buffalo wings taste like chicken?

Aging with Humor

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" Then I'll be sure my daughters visit me twice a week."

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

I've sure gotten old! I've had two bypass surgeries, a hip replacement, new knees, fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

It's scary when you start making the same noises as your coffee maker.

These days about half the stuff in my shopping cart says, "For fast relief."

Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.

Memories

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember.

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down.' she says.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment.

'Where's my toast?'

Nothing enhances the good old days more than a poor memory.

THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus.

2. You don't believe in Santa Claus.

3. You are Santa Claus.

4. You look like Santa Claus.

What Happened in 1956

Thepeopleshistory.com

Cost of Living 1956

Yearly Inflation Rate **USA** *1.52%*
Average Cost of new house $11.700.00
Average Monthly Rent $88.00
Average Yearly Wages $4.450.00
Cost of a gallon of Gas 22 cents
Average Cost of a new car $2,050.00
Ground Coffee per LB 85 Cents
Average House Price 2,280

1956 - *the increase in living standards and the focus on education helped to fuel the increase in college education with 1 in 3 high school graduates now going off to college. TV shows included "As The World Turns" and "The Price is Right". Mothers could now buy disposable diapers and teflon non-stick Frying Pans. Elvis Presley appears on the Ed Sullivan show and enters the music charts for the first time, with "Heartbreak Hotel".*

Egypt Suez Crisis - Suez Crisis caused by the Egyptian Nationalization of the Suez Canal.

The Ten Commandments -The epic film "The Ten Commandments" premieres.

Elvis Presley First Hit "Heartbreak Hotel"- Elvis Presley releases his first hit.

"As the World Turns"- The first half-hour serial "As the World Turns" begins on CBS.

"My Fair Lady"- "My Fair Lady" opens on Broadway starring Julie Andrews as Eliza Doolittle and Rex Harrison as Professor Higgins.

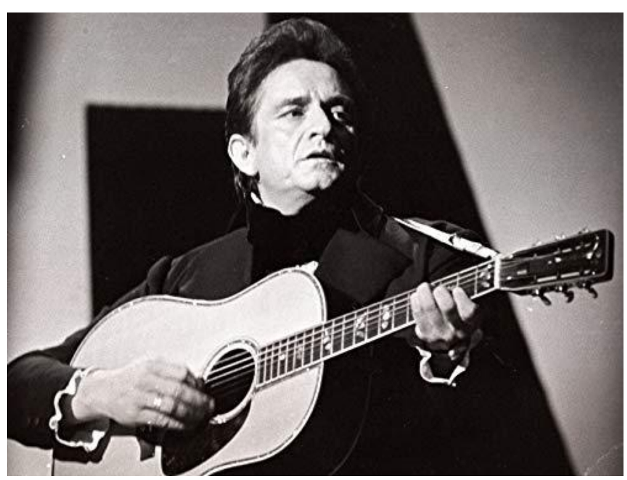
Grace Kelly marries Prince Rainier - The Movie star Grace Kelly marries Prince Rainier of Monaco and becomes Princess Grace of Monaco

1956 Men's and Women's Fashion Clothes

Popular Films

- Guys and Dolls
- The King and I
- Trapeze
- High Society
- Around the World in Eighty Days

Popular Musicians



- Elvis Presley
- Bill Haley and the Comets
- Chuck Berry
- Jerry Lee Lewis
- Johnny Cash
- Ella Fitzgerald
- Dean Martin

SATISFY YOUR PASTA CRAVINGS GUILT-FREE WITH THIS DELICIOUS SPAGHETTI SQUASH RECIPE

BY STACEY DEHMER

I have a love/hate relationship with pasta. I love that it's so easy to prepare, it's very versatile, and honestly, I crave carbs. However, I hate what carbs do to my waist and thighs.

Thankfully, there's a great alternative to pasta – spaghetti squash. This large yellow squash can satisfy your pasta cravings… guilt-free. It is a terrific low-cal/low-carb substitute for that pasta we all love, but try so hard to resist.

One cup of spaghetti squash is about 30 calories/7 grams carbohydrates, as compared to 220 calories/43 carbohydrates for a cup of spaghetti noodles. Plus, it's rich in fiber and contains small amounts of every essential vitamin, particularly vitamin C, B-6 and potassium.

Why "Spaghetti" Squash?
Once you've cooked the squash, use a fork to separate the inside fibers into strands, which look much like spaghetti. It's as versatile as spaghetti, too. Try using it instead of pasta for any of your favorite pasta recipes.

A Vegetable Never Tasted So Good
Spaghetti squash actually tastes great! The strands of 'noodles' soak in seasonings more readily than pasta, providing a deeper flavor. Always mix the sauce thoroughly into the squash to fully absorb the flavors.

How to Prepare the Squash
You can bake, boil or microwave the squash. I recommend baking it as boiling can make it mushy and microwaving too dry.

Preheat your oven at 350 degrees. Cut the squash in half, lengthwise. Scoop out the seeds and place the squash face down in a baking dish with about ½ inch water. Bake for 30 – 40 minutes or until you can easily scoop out the strands.

You can prepare the squash a day or two ahead and refrigerate it. Mix the squash with any of your favorite sauces, or simply with butter, salt and parmesan as a side dish. Following are two of my favorite recipes.

Inside Out Quiche

Ingredients

- 1 cooked spaghetti squash
- 8 slices bacon
- 1 large onion, diced
- Pinch of sugar
- ½ tsp nutmeg
- ½ tsp salt
- ½ tsp pepper
- 10 eggs
- 2 cups grated Jarlsberg cheese
- ½ cup grated Parmesan cheese
- ¼ cup bread crumbs (panko, Italian or crushed Ritz crackers)
- 2 Tbsps butter

**You can add in diced ham or crumbled sausage if you want more protein.*

Directions

Cook the spaghetti squash as instructed above. Preheat oven to 350 degrees.

In a large sauté pan, cook the bacon. Once it is very crisp, remove the bacon and oil, leaving about 2 tbsps of bacon fat in the pan. Cook the onion with a pinch of sugar, ½ tsp nutmeg and s/p in the bacon fat until soft, about 10 minutes.

Mix the cooked onion and crumbled bacon with the spaghetti squash. Stir in the eggs and cheeses until well blended. Melt the butter in a dish, stir in the bread crumbs and sprinkle over the casserole.

Bake covered with foil for 30 minutes. Remove the foil and bake another 10 minutes or until the top is golden brown and a knife comes out relatively clean.

Baked Italian Spaghetti Squash Casserole

Ingredients

- 1 cooked spaghetti squash
- 1 Tbsp olive oil
- 1 large onion, diced
- 1 tsp sugar
- 2 lbs ground beef or sausage (I often use turkey sausage)
- 4-5 cloves garlic, minced
- 1 tsp oregano
- 2 tsp dried basil
- S/P to taste
- 1 tsp red pepper flakes*
- 1 bottle of your favorite marinara or tomato sauce
- 1 can diced tomatoes
- ¼ cup red wine
- ½ cup and ¼ cup grated Parmesan cheese (grated enhances the flavor more than shredded)
- ¼ cup bread crumbs (panko, Italian or crushed Ritz crackers)
- 2 tbsp butter
- Cottage cheese*

*Optional

Directions
Cook the spaghetti squash as instructed above. Preheat oven to 350 degrees.

Heat olive oil in a large sauté pan over medium heat and add onion and sugar. Cover and reduce to low, simmer for about 20-30 minutes until the onions caramelize.

Add the ground beef or sausage, breaking it up into small pieces. Cook until browned. Add the garlic, herbs and s/p and cook for an additional minute.

Add the marinara sauce to the meat and stir to combine. Add in the diced tomatoes and red wine. Let the sauce simmer on low heat for about 15 minutes (or more depending on how much time you have).
Mix the spaghetti squash, sauce and ½ cup parmesan in batches into a casserole dish.

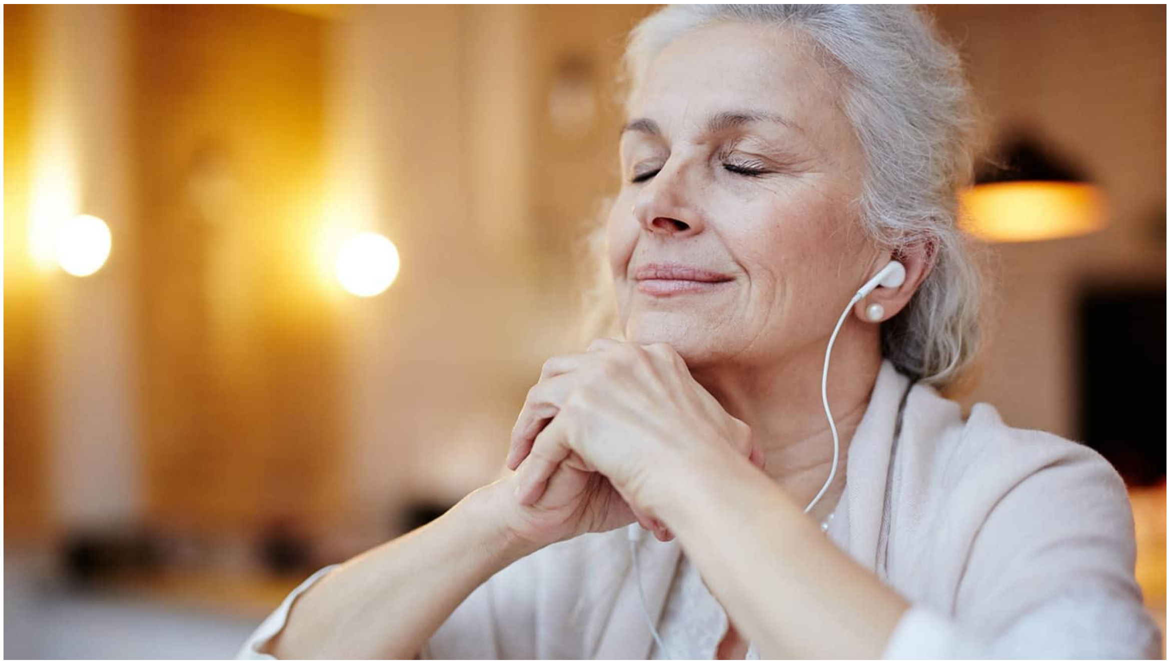
Melt the butter and mix with the breadcrumbs and ¼ cup parmesan. Sprinkle the mixture over the top of the casserole.

Cover with aluminum foil and bake for 30 minutes. Remove the foil and bake for another 10 minutes or until the top is golden brown and the sauce is simmering.

Top with cottage cheese and parmesan cheese.

Music For the Ages: The Wheel That Makes Life Transitions Bearable

BY STEPHANIE RAFFELOCK



The music of my youth was more than melody and words. It was a kind of guidance into adult life, a soundtrack for thoughts and feelings that I didn't know how to reach on my own but were given to me by the likes of Carole King, Joni Mitchell, Paul Simon, and James Taylor.

Music helped to usher my generation over the bridge, from untethered youth to the constraints of being a grown up. It's what made the transition bearable.

Music's Unexpected Gifts
Recently, my husband recorded the Hyde Park concert of Carole King performing *Tapestry*, one of the all-time great albums ever. As we watched it together, I was surprised that the concert moved me to tears.

Was it the music that made me nostalgic, conjuring up memories of a younger self, a wanna-be songwriter who never quite got her career off the ground?

Was it how the camera panned the crowd of thousands and thousands of people who knew every word to every song and sang along in a kind of ecstatic celebration of *Tapestry's* musical masterpiece?

The Teachings of Poetry and Performance
What got me going was when a large picture of a young Carole King appeared on the enormous screen behind her. A film of a 30-year-old Carole, singing *(You Make Me Feel Like) A Natural Woman* while the 74-year-old Carole harmonized with her younger self.

The old woman gazing into the face of her youth, while she sang along was a profound moment. That's what brought me to tears – that larger than life visual metaphor.

As I grow old, I realize that I long for moments that allow me to sing along and harmonize with acknowledging the past, hoping for the future, and loving the right here, right now of being alive.

The Big Changes

Mid-life is a time of working and focusing on goals and ambition. Most of us got lost in the identification of our work, only to discover that age had inched up on us anyway.

It confronted us with questions as to failure and success, usefulness and significance. It's a slippery slope to contemplate those questions, lest we give ourselves the wrong answer. But here was the right answer in the form of an old Carole King singing with her younger self.

The Circle Turns

Our lives are a series of turnings; circles that we experience as seasons and years. "Look at how long I've lived," this cycle implores. The past pulls on us to make peace with it, so that we can live life more fully. The present asks us to sing in harmony.

Seeing Carole King perform at age 74 was an amazing experience, one that underscored how far I've come – how far we've all come. Ms. King inspired me to be the old woman, gazing into the face of youth with appreciation in her heart and a song of love on her lips.

Though my musical tastes have changed and expanded over the years, some music will forever be etched on my soul, always compelling, still informing, wonderfully inspiring. Music, in my life, will forever be a bridge making the transitions more bearable.

The Dakota Studios

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