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JUNE 2022



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6 Secrets of Older Women Who Maintain a Healthy Weight

BY PEG DOYLE



Even though diet books continue to reign as best sellers in the publishing industry, they really have nothing to do with staying slim. They are quick fix remedies that work if you strictly adhere to them, but doing so means you will be following someone else's regimen, not your own. Who knows your body better than you? To stay slim, it's all a matter of tuning in and following six very basic principles. Give yourself two points for every habit you practice.

Do Not Diet to Maintain a Healthy Weight

Dieting creates an artificial environment that is temporary and restrictive in nature. As humans, it's natural to want what we think we cannot have. Dieting leads you down the path of sneaking food and feeling guilty. Women who are slim know their body, their appetite and how much to eat.

Eat Regular Meals

To have steady energy and stable blood sugar, it's important to eat at regular intervals. Slim women know this. One petite woman told me she eats a bowl of oatmeal with nuts, two eggs and sautéed vegetables for breakfast most mornings. She's a therapist and cultivates a large organic garden and keeps goats for milk. That requires real fuel, not a muffin and coffee in the morning.

Hang Out with Like-Minded People

It's natural that you spend time with people who have habits like yours. It's true for hobbies, interests and eating. Look around at your circle of friends. What are their habits? If you want to improve yours, it's easiest when you spend time with people who have similar goals.

Value Your Health

Health doesn't happen by accident. It's an ongoing process that is either supported or sabotaged. Slim women live and eat like their habits matter, and they do. They don't stick to rigid diets, but they do put quality foods with occasional treats on their plates.

Eat Vegetables

It's a well-established fact that vegetables provide essential nutrients that support health. You will always see these on a slim women's plate. If you've fallen out of the habit of eating vegetables, make it a priority to have two or three servings every day, with a goal of getting up to five.

Cook Your Food

Cooking your own food (or having someone who cooks for you) is the best way to ensure that the food is fresh and not bolstered with additives and preservatives. Slim women tend to avoid takeout and make their own food.

How did you do? If you scored 12 points, congratulations! If your score is under six, draw your attention to the last item. It is where you need to start. Cooking at home is the only place where you are sure of what you are eating, where it came from and how it is prepared. It's a habit that was an intrinsic part of past generations, but in today's hectic life and with the presence of restaurants on nearly every corner, eating at home is a habit that needs to be resurrected if you want to support long term health.

In Conclusion

To best manage or prevent dementia, make sure you are under the care of a physician, take your prescribed medication, do the lab and other tests that are ordered, and follow diet restrictions as instructed by your physician and/or dietician. Once you are doing all of this, consider the value of the above-mentioned foods in helping manage or prevent dementia.

What to Do in Retirement: 20 Serious (And Fun!) Things to Keep You Busy!

BY RITA CALL



My best friend was recently forced into an early retirement. While she was within a year of wanting to retire anyway, it came as a bit of a shock when her job position was eliminated, and she was faced with trying to occupy the hours in the day.

Fortunately, she and her husband had planned for their retirement financially, so she did not need to find another job to supplement their income. However, not much thought had previously been given to what she would do to keep herself occupied during retirement. With retirement thrust upon her so unexpectedly, she felt unprepared, lost, useless and a little depressed.

Each individual faces a unique set of circumstances that dictates how and when they will retire. Some people plan for early retirement, while others feel they will never be able to retire due to financial constraints or health issues.

What's Next?

In reality, getting the most from retirement is hard work. It requires us to take a long, hard look at ourselves and decide proactively what's next. Have a look at these three important questions to help you on your retirement journey.

If you are one of the lucky few who are reasonably well set financially, have good health and little-to-no guardian responsibilities, then you need to embrace retirement as a new phase of life with unlimited possibilities. Develop the attitude that you are indeed lucky!

So much of our lives is spent doing the things we have to do – going to school, learning a trade or skill, earning a living, raising children and caring for the elderly or infirm. We should be shouting from the rooftops when and if we reach retirement with a little money in the bank, healthy and free to choose the rest of our life. Numerous lists can be found on the Internet for things to do when you are retired. I've listed a few of the most popular choices below for your consideration if you are about to retire, new to retirement, depressed that you have nothing to do or are bored with what you are doing.

#1 Travel in Retirement: Visit the World's Most Sacred Places

If you've always wanted to visit some of the earth's most sacred, mysterious and wonderful spaces, Machu Picchu is a great place to start. Adios Adventure Travel offers trips to this sacred site that is an iconic location of the Inca civilization, and is willing to customize the trip to meet your needs. Also, you can go on day trips, cruises, travel to new countries, or visit each of the contiguous United states.

#2 Step Out of Your Comfort Zone

Get out and do something that you have never done before. It doesn't have to be something big, nor does it have to be expensive. Go to that new trendy coffee shop, drive to the next town and stroll in a new park, read a racy novel, anything that makes you feel alive and brings you the experience of new things. Master a foreign language online with a website like Duolingo, for example. Or why not up your computer skills or other skills you have always wanted to learn.

#3 Learn New Hobbies in Retirement

Too numerous to mention all, but some choices are: drawing, painting, ceramics, sculpture, playing the piano or other musical instrument, singing, knitting, crocheting, needlepoint, quilting, scrapbooking, photography, gardening, cooking, woodworking, genealogy, crafting. Read this article about the variety of hobbies that women over 50 are participating in.

#4 Clean / Declutter

Instead of spring cleaning, do a 'retirement' cleaning and organize, simplify, and declutter your house.

#5 Volunteer for as Long as Possible

There are diverse groups of organizations that need volunteers to help with their cause and program activities. You could select a cause that is important to you or go to one of many sites on the internet that will match your skills to organizations needing volunteers, like Volunteer Vacations for example.

Trips range from one to three weeks, and you choose where you want to go and how you want to volunteer. This is a rewarding experience that you can do anywhere in the world, so let's get out there and make a difference!

#6 Write! Even if You're the Only One Who Reads Your Work

Finally, there is time to write that book you always wanted to, or to set up and manage a blog, write articles to be published in magazines or elsewhere, poems or your memoirs.

If writing a book sounds a step too far, why not start a gratitude journal! It is a great way to stay mindful and in the moment. It is the place where you can write down your reflections about what's positive in your life and what you are grateful for every day.

#7 Social Organizations

Join meet-up groups that are geared to certain interests or populations. Clubs centered around books, chess, astronomy, or gem and mineral exploration are great opportunities, and so are dating sites.

One of the hardest things about making the transition to retirement is coming to terms with our changing social circumstances. For many of us, our family members were the most important people in our lives for decades. Even if we still live close to our kids and have a good relationship with our grandkids, there is no denying that our social world shifts significantly in our 50s and 60s.

Many women in the community have shared that they had to relearn how to talk to strangers after reaching their 60s. They discovered that they could no longer rely on people coming to them. If they wanted to have a rich social life, they needed to get out into the world and meet people on their own terms.

This could be as simple as having the courage to talk to people in public places – on the bus, while standing in the line at the supermarket, etc. Or it could involve something more formal, such as getting involved in a club or sport.

As kids, we are taught that talking to strangers is dangerous. As older adults, it's time to reset our expectations and give other people a chance. The risk of social isolation and depression is far greater than the risk of being taken advantage of.

#8 Remember Your Family in Retirement

Spend more time with family, grandchildren or great-grandchildren. For the older grandchildren, you could attend school and sporting activities, take them to special events, zoos, museums, and sports games. You can offer to babysit the younger grandchildren. Help with their education by reading to them, drilling them on upcoming quizzes, help with special projects and tutor where needed.

#9 Find a Sport

Participate in whatever sport interests you, such as fishing, hiking, running, swimming, canoeing, kayaking, surfing or scuba diving. If you are looking for something more gentle, try online yoga classes.

#10 Celebrate Yourself

Create a list of your past accomplishments and contributions. This is an easy way to remind you what has given meaning and joy to your life and how purposeful you truly are. Once you have this list, you are likely to realize exactly what you've loved and want to focus on!

#11 Mentor or Teach

Help schools by tutoring children in reading or math. Teach English to foreign speaking individuals. Help an adult learn to read or if you have special skills developed during your career, mentor young people starting out in the same field.

#12 Re-Engage with Spiritual Activities

Whether you take part in an organized religion or simply follow the voice in your own heart, retirement can be a fantastic time to put things into perspective.

Don't let anyone define your spirituality for you, but don't leave the questions of your heart left unanswered either. Ask yourself tough questions and listen every day for the answers. Why am I *really* here? How do I want to change the world in the time that I have left here on earth? Do I believe in a greater power and, if so, how do I want to connect with the divine?

The specific answers are not important, but the questions mean everything as we look to bring meaning into our life after 60.

#13 Stay Fit

No matter what anyone tells you, it is absolutely possible to be in amazing shape in your 60s or 70s. I would be lying if I said that fitness after 60 is easy. It isn't. But there are simply too many examples out there of people who have challenged stereotypes and gotten in the best shape of their lives to say that physical decline after 60 is inevitable.

If you don't believe me, read about Willie Murphy, a 77 year-old weightlifter who is so inspirational. For many women getting in shape was the single most important thing they did to get the most out of retirement. Here are just a few of the many benefits of fitness after 60:

- Getting in shape gives you the energy and confidence to explore the world.
- Exercise is one of the only things you can do to lower your chance of many illnesses.
- Physical exercise is associated with a lower risk of cognitive decline in later life.
- Exercise can improve your physical appearance better than any "anti-aging" pill.
- If you are interested in getting back in shape, my advice to you is to start small. Use the one-minute technique to develop good habits. Find physical activities that you can do with others. Get back into nature.

Whatever you do, do something!

#14 Take an Interest in Reading in Retirement

For some occasional quiet time, sit down with a good book. You can read for enjoyment or learn something new.

#15 Find a Part-time Job

Even if you don't need the money, sometimes having a little extra spending cash in your pocket lets you buy something you normally wouldn't. Check some of the internet job sites for companies looking for someone to work a few hours a week.

#16 Take Civic Involvement Seriously

Run for a political office in your community or become an activist for a cause you care about.

#17 Have a Second Childhood

When we are children, the world is our oyster. We think that we can do anything. We ask for forgiveness, not for permission.

Then, as adults, the reality of life hits us. We are suddenly asked to conform to other people's standards. We are surrounded by bosses, family members and other authority figures that are more than happy to tell us what we can and can't do.

Retirement, or semi-retirement, is an opportunity to become a kid again. It is an opportunity to pursue our passions without guilt or self-consciousness.

Think back to the early years of your life. Are there things that you always loved to do that you put on the back-burner as you built your career and supported your family? Maybe it's time to start them up again. For most of our lives, we carry so much weight on our shoulders. The happiest retired people I know have found ways to introduce a little silliness into their lives. They go to frivolous movies. They mentor kids. They draw, just for the fun of it. Isn't it time that each of us remembered the simple joy of being a child?

#18 Play Games in Retirement

Challenge yourself by playing games against others on the internet. This blog site, Sixty and Me, has numerous games to choose from to play for enjoyment or to keep the mind fresh.

#19 Create a Bucket List

Write down a list of things you've always wanted to do, but never could because of time, money, courage or whatever. Set a goal to do, and cross one thing off the list once a month.

#20 Start a Business Around One of Your Passions

I saved this one for last because starting a business is what I did when faced with the question of "What do I do now that I'm retired?" It was not something I thought about prior to retirement, but I had an idea of a product that I thought would help people and I now had the time to develop it.

Starting a business around one of your passions can help to keep you socially connected. It can also give you a sense of purpose. If you make a bit of extra money along the way – so much the better!

Think about what you might be able to offer to the public – a service or a product and research whether it's something that would sell. Starting a business on the internet is easier than ever and has very little start-up cost associated with it.

Speaking from personal experience, I can say that starting a business is one of the best ways to get the most from retirement. This probably sounds a bit counterintuitive. After all, isn't the whole point of "retiring" to stop working? Not necessarily!

Retirement Doesn't Have to be a Time for "Taking it Easy"

I know people, especially those who managed to save millions of dollars, who are perfectly happy sitting on the beach, sipping pina coladas. But, for the majority of us, staying active is a far better way to stay happy after 60.

Part of the problem is that "retirement," as a concept, has a lot of emotional baggage. Pretty much everyone – the media, the government, our families – encourage us to think about retirement as a time of quiet relaxation. It doesn't have to be this way.

The happiest people over 60 that I know are the ones that see retirement as a beginning, not an end. These women explore the world, even if they only have enough money to take a bus to cities near where they live. They follow their passions, even if they need to start at the very beginning. They take responsibility for their minds and bodies.

At the end of the day, the wisdom of the women in our community can be summed up in a few simple words – get active, get passionate, get social and get real. If you do these things, I am confident that you will find all of the happiness and joy in retirement that you deserve.

If there is one thing that I have learned, it's that retirement is a choice. We may not be able to choose when we have to retire, but we can choose how we spend the final decades of our lives.

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Jay H. Krall has been a licensed attorney for more than 3 decades, concentrating exclusively in the area of Estate Planning and Elder Law. He has helped thousands of families and individuals plan their affairs and prepare for life's inevitable transitions.

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Getting the Better Car Insurance Plan for Older Drivers

BY DAVID LUKIC



You would think that a long history of driving experience and a good driving record would score you the best insurance rate. However, you may be subject to higher insurance premiums because of biases against older drivers or drivers with health problems that you don't have.

Here is your guide to understanding how your insurance rates are impacted and how you can score the best rates for older drivers.

Factors that Affect Insurance Rates for Seniors

Some of the factors that affect insurance rates for seniors are based on the individual's personal history, while others are based on driving and vehicle-related factors.

Personal Factors

Car insurance rates are primarily determined based on the likelihood that you are going to get in a wreck. Insurance companies use actuary tables that predict your particular risk for an accident based on data that they collect, such as your:

- Age
- Sex
- Vision problems
- Health conditions
- Marital status
- Credit score

They compare your information to other drivers' information to determine your level of risk.

Driving and Vehicle-Related Factors

Insurance companies also consider your personal history of accidents and claims when giving you a quote for insurance. The vehicle you drive and the amount of coverage you want also affect your insurance rates.

Senior Auto Insurance by Decade

According to Nerd Wallet, the national average cost of insurance by age per year is:

Auto Insurance in Your 50s

\$1,455 full / \$539 minimum coverage for a 50-year-old female

\$1,421 full / \$528 minimum coverage for a 55-year-old female

Auto Insurance in Your 60s

\$1,414 full / \$529 minimum coverage for a 60-year-old female

\$1,452 full / \$553 minimum coverage for a 65-year-old female

Auto Insurance in Your 70s

\$1,527 full / \$587 minimum coverage for a 70-year-old female

\$1,666 full / \$651 minimum coverage for a 75-year-old female

Auto Insurance for Seniors Over 80

\$1,831 full / \$726 minimum coverage for an 80-year-old female

Here are some tips to help you obtain cheaper insurance:

Your Policy Might Have Outdated Rates

In a survey of 1,300 auto insurance customers in the U.S., 40% of them did not shop around for car insurance as often as they should. Consumers who do not often compare rates usually end up staying with the same provider year after year when they could switch providers and get a better rate.

Check if you are in this group and call around for quotes to see if you are paying an outdated rate.

Ask for a Discount

Sometimes you might qualify for a discount, but you just might not know it. Insurance companies are unlikely to charge you less money just to be nice. However, if you ask for a discount, your insurance agent can see if you qualify based on a good driving record, a recent move to a less congested area, or for being a loyal customer.

Enroll in a Driving Class

Many states have special classes specifically to help older drivers sharpen their skills. Some insurance companies offer discounts when you take these classes. If you do not have a course nearby, you can consider taking a general course such as a defensive driving course or create your own driving regimen.

Drop Extra Insurance

If you do not have a car payment and your vehicle is not worth that much money, you could be spending a lot less on auto insurance if you drop comprehensive and collision insurance and just maintain liability insurance.

Liability insurance pays for damages you cause, up to your policy limits. If you are a safe driver without a history of accidents, this may be one of the best ways to save on auto insurance.

Check Your Vehicle's Condition

Decrease the likelihood of being in a crash by ensuring that your vehicle is in top-notch condition. Mechanical failures can lead to accidents, so be sure that you regularly check your vehicle for any issues.

The National Highway Traffic Safety Administration reports that 35% of accidents involving mechanical failures involved tire problems. Brake-related problems were responsible for 22% and steering/suspension/transmission/engine-related problems were critical reasons in 3% of accidents.

You can maintain your vehicle by:

- Performing all recommended maintenance
- Taking your vehicle to a reputable mechanic as soon as you notice an issue
- Checking your vehicle for recalls on the National Highway Traffic Safety Administration website by using the VIN listed on your car title

Take Advantage of Pay-as-You-Drive Insurance

If you do not drive that much, you may be able to save big by switching to pay-as-you-drive insurance. This type of insurance charges you insurance per mile you drive. Note that this type of insurance may require you to install a device in your vehicle that tracks your miles.

Drop a Driver from the Policy

If your spouse does not drive that often or you are carrying another relative who does not have a clean driving record, you may be able to save considerable money by dropping them from your policy.

Keep a Clean Driving Record

Your insurance rates are directly impacted by your driving record. Start by getting a driving records copy and reviewing if there are any errors or anything that you can clear up.

If you are wondering about how to keep a clean driver's record, here are a few tips:

- Always obey the speed limit
- Follow all traffic laws
- Drive safely
- Take a defensive driving course or use an alternative if you are given a citation to keep the citation off your driving record

Bundle with Home or Other Insurance

If you have multiple types of insurance policies, such as homeowner's insurance, renter's insurance, or other insurance, you may be able to bundle your auto insurance together with it to save more money.

Safety Tips for Older Drivers

Stay safe and maintain your independence by following these safety tips:

- Buckle up every time
- Put your phone on "do not disturb" when driving
- Know how medications will affect your driving before taking them
- Limit all distractions
- Take regular vision and hearing tests
- Increase the distance between you and other vehicles
- Try to drive during daylight hours as much as possible
- Avoid driving during bad weather or in congested traffic
- Understand your physical and mental limitations and don't overdo it
- Consult a driving rehabilitation specialist if you need additional assistance

State Laws Specific to Senior Drivers

Some states have laws that are specific to senior drivers or more likely to impact senior drivers, such as:

- Requiring seniors to renew their licenses more often than younger drivers
- Requiring seniors to renew their licenses in person instead of online
- Allowing loved ones, doctors, or others to report an unsafe driver
- Requiring a vision test once a driver is over a certain age
- Placing driving restrictions on licenses
- Requiring written or road tests after a certain age

Having so many decades of driving experience behind you will eventually result in at least several accidents and other events that affect your insurance costs. Age-related health conditions start playing a role in increasing your costs as well. But it is still fairly easy to get better insurance with all the advice in this article. Stay safe, stay healthy, save on your costs and enjoy driving.

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4 Powerful Ways to Succeed When Aging Alone

BY ANTHONY CIRILLO

I recently had the pleasure of speaking with [Carol Marak](#) on the issue of aging alone.

Carol earned a Fundamentals of Gerontology Certificate from the USC Davis School of Gerontology and advocates on behalf of older adults and family caregivers. She simplifies elder care research into doable know-how and steps for family caregivers.



The statistics is staggering – some 15 million people in the U.S. are what Carol calls elder orphans. It struck her particularly after her parents passed and she realized she was one of those orphans, with no partner and no children to take care of her.

“Certainly, there must be others out there,” she thought. Indeed, 19 percent of women between ages 40 and 45 have no children, and 27 percent of the 65+ population live alone in the U.S. Here are some ways Carol started preparing to age alone.

Get Your Legal T’s Crossed and I’s Dotted

Before you go any further, make sure you are [legally protected as you age](#). Do you have a will, an estate plan, a trust, a medical and financial power of attorney, an advance directive? No? Then you had better get busy. Evaluate and update these documents every few years. Things change.

Evaluate Your Circumstances

Are you in the best health you can be? Evaluate your eating habits. Are you a couch potato? Look at your exercise routine. Staying healthy is the key to aging in place, in your home – a thing most people want to do and financially have to do, in many cases.

Do you have an active social network? Carol says you need to surround yourself with people. In essence, this is like forming a ‘family’ to substitute for a spouse and children. Create a lifestyle that does not isolate you as isolation leads to depression.

Consider a Move

Carol lived in a suburban area where she needed a car to get around. She deliberately thought about it and decided to move to an urban area.

She loves to walk and can walk to all nearby locations. In turn, she is keeping fit by walking. And, she avoids the conversation of “what happens when I can’t drive anymore?”

You might consider a move even if you already live in an urban area. If your home isn’t suited for aging in place, you might need to find a place that will serve you better.

For example, Carol chose a flat in a high-rise condominium. It minimizes the steps she needs to take and has the potential of growing old with her. She advocates for more universal design that accounts for the needs of an aging population.

Be Mentally Active by Being Socially Active

Aging alone can lead to mental decline unless you consciously work on it. Even people in assisted living communities can be technically living alone if they do not get out and mentally stimulate themselves.

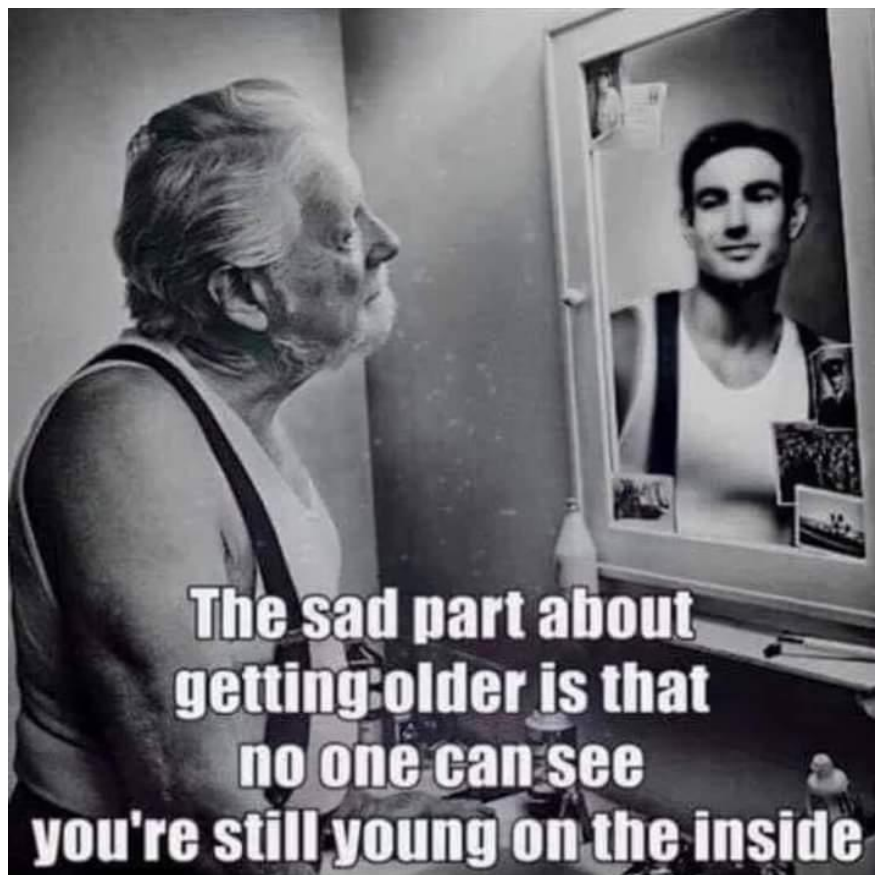
If you are engaged, that's great, but perhaps you know someone in your community, high-rise or senior living, that is isolated. Engage them even just for brief conversations. "You would be surprised how helpful that is to people," Carol says.

Join the Elder Orphan Facebook Group

Carol has created a [Facebook group](#) that people can join for mutual support. But she has taken that further and formed her own local group that physically meets in her community. Take that cue and do the same.

Her group has more than 7,000 members. Consider joining. She has some criteria by which she screens candidates so answer the few questions she poses. It will help her know you are a good fit for the group.

Being alone is not exclusive to older people. Carol believes that it really does take a community to help solve the issue.



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Use This Simple Google Maps Trick to See Your House (Or Any Other Place) Years Ago

By Albert Khoury, komando.com

Your phone's built-in GPS can do more than get you from point A to B. It can act as a tour guide in a new city or show you the best nearby restaurants, according to user reviews.

Did you know that your GPS can also help you save on gas? Both Apple Maps and Google Maps can give you traffic forecasts for a future date based on the regular activity at that time. Less traffic means less fuel burned.



For a long while, you've been able to use Google Maps in a browser to see what your house or some other location looked like in the past. And while it's cool, it's a bit of a pain. It's a lot easier now, thanks to an upgrade to Google Maps that allows you to do this in the app on your phone. We'll show you how.

Street View celebrates 15 years

Street View launched 15 years ago to map the world from a 360-degree point of view. According to a [Google blog post](#), there are now more than 220 billion Street View images from more than 100 countries and territories.

Google unveiled a new Street View camera that's lighter, smaller, more customizable (to better pick up details such as lane markings and potholes) and can be mounted to any vehicle with a roof rack. This replaces an entire Street View vehicle.

Google also makes it easier to travel back in time from your smartphone. You can use Google Maps on Android or iOS to see a location dating back to 2007 when Street View launched.

Nobody needs to know where you are at all times. You can prevent iOS and Android from tracking you through your devices' privacy settings.

Time travel on the go

Here's how to view a location from a past date. (**NOTE:** Not all locations have been updated with new images over the years, so it's possible you might not see historical views everywhere.)

- Open the **Google Maps** app and search for a place or drop a pin on the map.
- At the bottom, tap the place name or address.
- Scroll and select the photo labeled **Street View** or select the thumbnail with a **Street View icon**.
- While viewing a location in Street View, tap anywhere on the image, then tap **See more dates**.

What Seniors Should and Shouldn't Do on Facebook



Like many social media platforms, Facebook is a valuable resource for its millions of users. However, the online landscape is also a minefield of potential risks that must be conscientiously navigated.

Users of all ages are susceptible to the advantages and disadvantages of Facebook, but seniors who are less familiar with social media may find themselves disproportionately on the receiving end of mishaps and mistakes. The trick is not to be intimidated by Facebook but to learn the best ways to use it – and just as importantly, how not to use it.

Facebook Instructions for Seniors

As you increase your use of Facebook or any social media platform, it's important to familiarize yourself with best practices that can optimize your experience while simultaneously making it safer and more secure. If you keep yourself educated and aware, you can use the technology to your advantage without falling prey to its various pitfalls.

Facebook for Seniors: Things to Avoid

1. Putting Your Privacy at Risk

Facebook is, first and foremost, a social networking service and its very purpose is giving you an online presence. While that is helpful for staying in touch with your loved ones or making new friends, it also means

much of the information you post or generate when using Facebook is available to both the public and to the Facebook Corporation. While there is nothing you can do ensure total privacy of your data, you can take measures so it only reaches your intended audience.

From your account on Facebook, select the privacy icon on the homepage and click on the Privacy Checkup drop-down option to be guided through your current privacy settings and make any updates you would like. As social media privacy settings change frequently, it's good to check your privacy settings every month or so to see how your information could be affected.

2. Avoid Spam and Scams

Malicious actors use every form of technology to scam others or steal their information, and that includes Facebook. Spam is often spread by clicking on bad links or accidentally installing malicious software or downloading a bad file, which means it is important to be careful about what you click on. If you run across spam on Facebook, you can report it. Facebook also provides the following tips for reviewing your account and removing spam:

- Check your login history for suspicious logins
- Check your Activity Log and delete any unwanted actions
- Check your installed apps and games and delete anything you don't trust
- Delete any photos, posts, pages, groups or events you didn't create

Facebook scams, on the other hand, generally entail people creating fake accounts or hacking into existing accounts to trick other users into giving them personal information or money. You can usually detect scams if the person is asking you to send money to receive something in return. Poor spelling and grammatical errors are often indicators of scam messages or posts, as well.

If you receive a message from a friend's account but it seems uncharacteristic or odd, don't respond, as it's likely their account was hacked. Instead, contact them through a different medium to find out if they actually sent the message. Although you may occasionally struggle with loneliness in a retirement community, it's important to reject "friend requests" from people you don't know.

3. Don't Share Your Current Location

It's fun to post about your current activities on Facebook. However, using geolocation tags in your posts also provides information regarding your whereabouts that can be used by online contacts and strangers in a negative way. For example, posting photos while on vacation demonstrates that you're not home, information that can be used by criminals to target your residence. Wait until you are back home to post photos or statuses about an out-of-town trip and don't share your location manually.

4. Limit Interacting With Ads

Advertisements are an inevitable component of social media, because they are how companies like Facebook make a significant profit. By clicking on ads, however, you provide information that Facebook can collect and potentially sell to outside entities. You can manage your ad preferences to influence which ads you are

exposed to, although you cannot change the overall quantity of ads you see. If you don't want Facebook to use information based on your activity on websites or apps off Facebook, you can opt out from your settings.

5. Beware of Fake News

Fake news has become an increasingly troublesome problem over the past few years. Facebook users will share articles or other content from unverified and disreputable sources without first checking to see if the information is true. This behavior spreads misinformation that is detrimental to communities and society as a whole. Before clicking on or opening a piece of content shared by someone – even a friend or family member – check the source, and don't believe everything you see or read.

Facebook for Seniors: Things to Do

Despite the risks fostered in online communities, they also possess distinctly valuable possibilities. Here are a few ways you can use Facebook in a safe way that enhances your social life:

1. Connect with Friends and Family

The best part of Facebook is staying in touch with friends and family, especially if they live in different town than your retirement community. Through Facebook, you can see what they're up to, look at their photos, and leave them comments and messages. While nothing can replace in-person interaction, online communication helps abate loneliness by giving you contact to the people who matter to you. It also keeps you abreast of birthdays, anniversaries, engagements, and other life events.

2. Find Local Events

Although your retirement community may offer a plethora of activities and events, it can also be enjoyable to attend ones off campus. Companies, organizations and individuals can create and share pages about their local events. You can browse the ones in your area through the Events page on Facebook and see which ones are open to the public. Some event pages even have options for signing up or reserving a spot. If you know the event you want to go to but need details, you can look it up by typing the name into the Search box at the top of your Profile Page.

3. Research Businesses

Facebook has become an integral part of doing business for organizations in every industry, which works to your advantage. Via Facebook, you can find ample business information, including a company's contact information and operating hours. If you're unfamiliar with a business, you can use Facebook to research its history, services and products, past accomplishments, and more. Current and former customers also leave reviews on Facebook with information you can use when choosing the businesses you want to work with.

4. Find Local and National News

While you want to avoid the fake news epidemic, Facebook is a good resource for connecting to the news sources you trust and follow. Even local media companies, including newspapers and radio stations, have Facebook pages where they post breaking news, feature stories and other content. You can stay up to date with local, state, national, and international news by "Liking" and "Following" reputable news sources.

Brain Activities for Seniors for Keeping the Mind Sharp



As we age, we are inundated with messages about staying physically fit in order to extend our longevity and wellbeing—from worrying about our hearts and blood pressure to keeping our bones and joints in good condition to maintaining our vision and skin health. But it is just as important, if not more important, to stay mentally fit.

Brain health can be measured in many ways, but the most important metric is how sharp, how agile, or how nimble the mind is. How quickly can you recall information like which day it is today or which year you graduated high school? Can you remember the name of the song you just heard on the radio or the shopping list someone just recited to you? How long does it take you to produce the names of old friends or important historical dates?

Regularly engaging in some memory exercises for seniors (or anyone) can help maintain and improve mental agility so that your mind stays fit and focused as you age. Here are a few ideas to get you started on your brain-exercise regimen.

Brain Activity 1: Jigsaw Puzzles

Who knew all those humble jigsaw puzzles you did as a kid were actually excellent for your brain development and spatial reasoning? Puzzles are a great way to exercise your brain's ability to identify, remember, and match shapes as well as color, texture, and size. For an extra challenge, consider assembling a puzzle upside-down, with blank pieces, where you'll only have the pieces' shapes to guide you. Other great cognitive puzzles for seniors include Sudoku, Scrabble, word searches, Rubik's Cubes, or crossword puzzles.

Brain Activity 2: Trivial Pursuit or Other Trivia Games

Simple fact recall is one of the key ways doctors measure a person's brain agility. Whether it be facts about decades-old history, random minutiae about a famous artwork or artist, or the latest updates in a contemporary news stories, engaging in a trivia game of any kind can help keep you and your brain sharp and swift. Try a website like Sporcle or Lumosity for some novelty and variety.

Brain Activity 3: Study a New Language

You don't have to become fluent to reap the cognitive rewards of studying a new language! Simply taking the time to learn the basics of a new language and memorizing a few words and phrases can go a long way toward keeping your brain sharp and providing it with new challenges. Set a goal of being able to, say, order dinner in a restaurant, ask where the train station is, and describe your life to someone in a basic way are excellent starts. Try downloading the free Duolingo smartphone app or another web-based program to get started.

Brain Activity 4: Reciting Geography Facts

The rivers of western Europe, the capitals of all 200+ countries, all the mountain ranges in Colorado, all 61 of America's national parks—it doesn't matter which topographical features call to you the loudest, brushing up on your high school geography knowledge is another great way to exercise your memory and recall skills.

Brain Activity 5: Word-Based Games like Scattergories, Scrabble, or Words With Friends

Games that force you to come up with words or phrases on the fly or those that require you to generate a word from a jumble of letters can be terrific for brain stimulation. These kinds of word games help activate the parts of your brain responsible for language and word recall, and they also often require a second person for full play, so they're also good for staying socially active.

Brain Activity 6: Embrace a New Hobby

In the end, the most important gift you can give your mind is novelty, so pretty much anything new or different will likely help improve your cognitive functioning. This could range from starting a garden to honing your baking skills to becoming a painter to making a scrapbook (which is also great for revisiting and recollecting old memories!). This could also include physical activities like nature walks, canoeing, or low-impact sports, which help support brain health and stave off mind-deteriorating conditions.



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What Happened in 1970

Thepeoplehistory.com

Cost of Living 1970

Yearly Inflation Rate **USA** 5.84%

Year End Close Dow Jones Industrial Average 838

Average Cost of new house \$23,450.00

Average Income per year \$9,400.00

Average Monthly Rent \$140.00

Cost of a gallon of Gas 36 cents

United States postage Stamp 6 cents

Sports Illustrated 15 cents

AMC Gremlin \$1879

Apples 4Lbs 59 Cents

Dog Food 12 Cans \$1.00

Head and Shoulder Shampoo 79 Cents

Car 8 Track Stereo Tape Player \$38.99

Chair La-z-Boy Rocker Recliner \$188.00

Mens Leather Shoes \$6.99

Striped Ladies Flare Pants and Tunic \$10.00

Barbie Doll \$4.77

25" Cinema Screen Color TV \$739.95

6 Room Ranch Home Pennsylvania \$12,900



1970 Music continues to make significant impact with the largest ever rock festival held on the Isle of Wight with 600,000 people attending, including some of the biggest name in music including Jimi Hendrix and The Who. This is also the year The Concord makes it's first its first supersonic flight. Another significant change is the age of voting is now lowered to 18 in the US.

- Apollo 13 mission to moon accident.
- Paul McCartney announces that the Beatles have disbanded
- Boeing 747 makes its first commercial passenger trip to London.
- Chicago Seven defendants found guilty of intent to incite a riot in 1968 (later overturned by Court of Appeal)
- First Earth Day celebrated
- 100,000 people demonstrate in Washington DC against the Vietnam War
- The US Population reaches 205 million
- The US lowers the voting age to 18 from 21
- National Guards fire on and kill 4 protesters on [May 4th](#) at Kent State University
- First Jumbo Jet goes into service

1970 Men's and Women's Fashion Clothes



Popular Culture 1970

- The Isle of Wight Festival takes place . 600,000 people attend the largest rock festival of all time. Artists include Jimi Hendrix, The Who, The Doors, Chicago, Richie Havens, John Sebastian, Joan Baez, Ten Years After, Emerson, Lake and Palmer and Jethro Tull.
- Jimi Hendrix dies of barbiturate overdose in London
- Janis Joplin dies in a cheap motel from a heroin overdose
- The first New York marathon is run in New York
- Simon and Garfunkel release their final album together, Bridge Over Troubled Water. The Title Track won the Grammy for song of the year.

Toys From The Year 1970



Some of the toys included in the 1970 collage above Barbie Dolls, Hot Wheels Track and Cars, Cheap Children's Stereo Phono, Back To College Typewriter, Apollo Moon Rocket, Bontempi Console Organ, Chatty Cathy, Frosty Snow Cone Maker, Gigantor Robot, GI Joe Astronaut, NHL Table Hockey, Stereo 5 band Radio, Talking Viewmaster, Suzy Homemakers Super oven

Popular Films

- M*A*S*H,
- Patton
- Woodstock
- Hello, Dolly!
- Catch-22
- On Her Majesty's Secret Service

Popular Music and songs

The Beatles with -- " Let it Be " released on [May 8th](#)

The Jackson 5 with -- " ABC and I want you back "

Edwin Starr with -- " War "

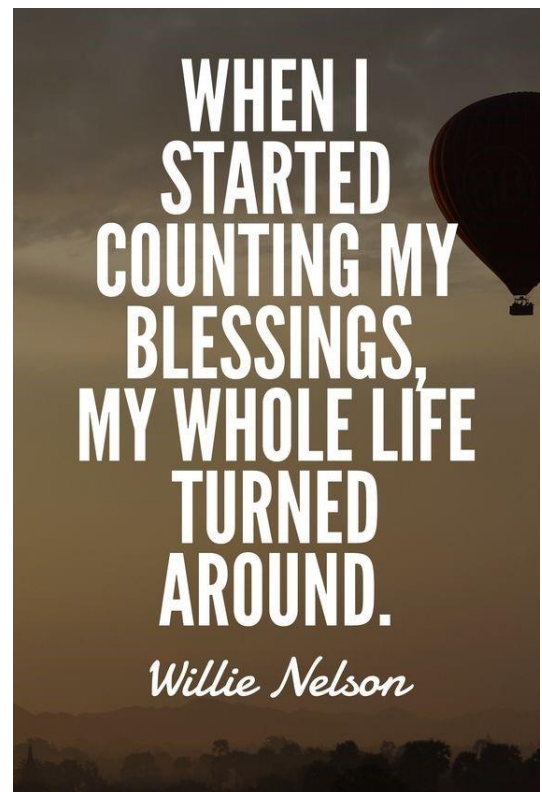
Born This Year 1970

Chavo Guerrero, Jr October 20th

Naomi Campbell [May 22nd](#)

Tina Fey May 18th

Kelly Ripa October 2nd



FISH TACOS WITH PINEAPPLE SALSA

Thefoodiephysician.com

You'll love these delicious and easy Fish Tacos with Pineapple Salsa! They're fast, fresh, and nutritious- perfect for grilling season. Your whole family will love them!

Quick and Healthy Meal

My *Fish Tacos with Pineapple Salsa* are fast, fresh, and nutritious. I tuck pieces of grilled cod into warm corn tortillas. Fish is packed with important nutrients like lean protein, omega-3 fatty acids, vitamins and minerals.

Then I top them with a refreshing, sweet pineapple salsa. It's a delicious and healthy meal that the whole family will love. And the best part is that all of that deliciousness comes together in a flash!

How to Make Fish Tacos

You can use any firm white fish in these tacos like cod, halibut or grouper (I'm using cod in these photos). I toss the fish with a mixture of dried spices including thyme, paprika and cayenne pepper. I love using spice rubs because they're a great way to add a ton of flavor to your food without adding calories.

Then I cook the fish on a grill or stovetop [grill pan](#). The fish only needs a couple of minutes on each side- it's so quick! How good does that look?

How to Make Grilled Pineapple Salsa

To top the spiced fish, I make a delicious Grilled Pineapple Salsa. The sweet fruit is the perfect counterpart to the smoky, spiced fish.

First, I cut fresh pineapple into planks and brush them with oil. Then I toss them on the grill and let the magic begin! Grilling the pineapple caramelizes the natural sugars in the fruit and brings out its sweetness.

Then I chop up the grilled pineapple and mix it together with red onion, jalapeño pepper, cilantro, and lime juice. It's an explosion of colors and flavors!



For a fun presentation, you can serve the salsa in a pineapple boat. Do this by cutting a pineapple in half and hollowing out the inside with a knife. You'll definitely impress your guests with this!

Assembling the Tacos

To serve the tacos, I like to mash up some avocado with a little lime juice. Then I spread the mashed avocado on warm corn tortillas. You can use flour tortillas if you like.

Then I place a few pieces of fish on each tortilla and top it all with a couple of spoonfuls of colorful pineapple salsa.

I like to serve the tacos with sour cream or Greek yogurt, cilantro sprigs, and lime wedges on the side and let everyone add their desired toppings.

Taco perfection! I'm ready to dig in. Are you?



What to Serve with Fish Tacos

I like to serve these tacos with simple side dishes like rice and beans or a salad. You can also try my Game Day Guacamole, Mexican Street Corn Fritters or Beyond Meat Jalapeño Poppers. Wash them down with a glass of my refreshing Watermelon Agua Fresca.

RECIPE

Ingredients

Salsa:

- * One small pineapple, peeled, cored and sliced into planks or rings
- * One tablespoon olive oil
- * One-half cup chopped red onion
- * One-half cup cilantro leaves, chopped
- * Two tablespoons chopped jalapeño
- * Two tablespoons lime juice Two tablespoons lime juice
- * Salt and pepper



Fish:

- * Four pieces (about 5 ounces each) cod, halibut or other firm, white fish
- * One teaspoon dried thyme
- * One teaspoon paprika
- * One teaspoon onion powder
- * One-half teaspoon garlic powder
- * One-fourth teaspoon cayenne pepper
- * One-half teaspoon kosher salt
- * One-fourth teaspoon black pepper

Other:

- * One avocado, peeled and pitted
- * Two teaspoons lime juice
- * Eight small soft corn or flour tortillas, warmed
- * Optional toppings: cilantro leaves, lime wedges for garnish, sour cream or Greek yogurt

**Instructions**

1. Heat a grill or grill pan over medium high heat.
2. Brush the pineapple with oil and place on the grill. Cook until grill marks form, 3-4 minutes. Flip and cook another 3-4 minutes on the second side. Remove from grill. Chop the pineapple and place it in a bowl along with the red onion, cilantro, jalapeño and lime juice. Mix to combine. Season the salsa with salt and pepper to taste.
3. Cut the fish into 1-inch wide strips and place them in a bowl along with the thyme, paprika, onion powder, garlic powder, cayenne pepper, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon black pepper. Toss to coat all of the pieces of fish evenly.
4. Brush the grill with oil and add the fish. Cook 3 minutes then turn the fish over and cook another 2-3 minutes until opaque. Remove the fish from the grill.
5. Mash the avocado and lime juice together in a bowl.
6. To assemble the tacos, spread some mashed avocado on the warmed tortilla. Top with a few pieces of fish and grilled pineapple salsa. Serve with additional toppings such as cilantro leaves, lime wedges and sour cream or Greek yogurt.

Dr. Sonali Ruder DO is a board-certified Emergency Medicine physician, trained chef, mom, and cookbook author. She is a graduate of Brown University, Northwestern University- Chicago College of Osteopathic Medicine, and the Institute of Culinary Education. Dr. Ruder is a contributing writer, recipe developer, spokesperson, and health and wellness expert for several national magazines, cookbooks, websites, and companies.

A Profile of Actor Alan Alda

Quick Facts

Birthday: January 28, 1936

Age: 85 Years, 85 Year Old Males

Sun Sign: Aquarius

Also Known As: Alphonso Joseph D'Abruzzo

Born Country: United States

Born In: New York, New York, United States

Famous As: Actor

Height: 6'2" (188 cm), 6'2" Males

Family:

Spouse/Ex-: Arlene Alda (M. 1957)

Father: Robert Alda

Mother: Joan Browne

Siblings: Antony Alda

Children: Beatrice Alda, Elizabeth Alda

U.S. State: New Yorkers



Who is Alan Alda?

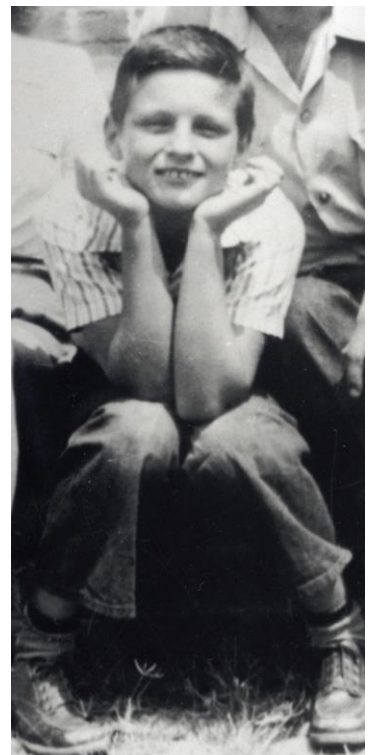
Alphonso Joseph D'Abruzzo, better known as Alan Alda, is an award-winning American actor, director, comedian, screenwriter, and author. In his long career, he has acted in numerous films, television shows, and stage productions. Apart from acting, he has also written and directed many of those projects. He has also penned a couple of autobiographical books. He is best known for playing 'Hawkeye Pierce' in the long-running television series 'M*A*S*H.' He has won six 'Emmy Awards,' seven 'People's Choice Awards,' six 'Golden Globe Awards,' and three 'Directors Guild of America' awards so far. He has also received two 'Tony Award' nominations and one 'Academy Award' nomination. He hosted the television show 'Scientific American Frontiers' for 14 years. He has appeared in a number of TV series, game shows, and feature films, including a couple of Woody Allen movies. His most notable movies include 'Paper Lion,' 'Same Time, Next Year,' 'The Four Seasons,' 'Crimes and Misdemeanors,' and 'The Aviator.' He was also part of the political drama series 'The West Wing.' He is also a political activist, and his political beliefs often show up in his works. He is a strong supporter of women's rights and is also involved in charitable works.

Childhood

Alan Alda was born on January 28, 1936, in The Bronx, New York City, New York, USA, to Robert and Joan Alda. His father was an actor, singer, and dancer, while his mother was a former beauty-pageant winner. He has a half-brother named Antony Alda, who is also an actor.

As a child, Alan traveled around the US with his father during his theatrical performances. He was affected by polio at the age of seven and had to go through months of painful treatment to fight the disease. His mother nursed him tirelessly during this time.

Unfortunately, when he was still young, his mother showed symptoms of mental illness, which was not easily understood in those days, and was something



people were ashamed of. As such, she was not treated properly, and eventually the illness became so severe that she once tried to stab his father, who later divorced her.

He attended 'Archbishop Stepinac High School' in White Plains, New York. Later, he enrolled at 'Fordham College' in The Bronx and completed his graduation in English in 1956. During this time, he participated in the ROTC officer training program and later went on a six-month tour of duty as a gunnery officer in Korea.

Career

During his junior year at college, Alan Alda went to study in Europe and acted in a play in Rome. He then performed in television in Amsterdam alongside his father. His Broadway debut came in 1959, when he appeared as 'Telephone Man' in the stage play 'Only in America.'

He made guest appearances in a few television series during his stint at Broadway. When the stage play 'Purlie Victorious,' in which he played 'Charlie Cotchpiee,' was made into a film in 1963, he reprised his role as 'Charlie,' which marked his big screen debut.

In 1964, he landed the major role of 'Felix the "Owl"' in the stage version of 'The Owl and The Pussycat.' In 1966, he appeared in the Broadway musical 'The Apple Tree' for which he received a 'Tony Award' nomination for 'Best Actor.'

From 1965 to 1968, he participated in the television game show 'The Match Game.' In 1968, he portrayed 'George Plimpton' in the film 'Paper Lion.' The next year, he appeared in 'The Extraordinary Seaman' and in 1971, he acted in 'The Mephisto Waltz.'

From 1972 to 1983, he played the protagonist 'Benjamin Franklin "Hawkeye" Pierce' in the television series 'M*A*S*H,' a situational comedy set against the backdrop of the 'Korean War.' Alda, who was initially reluctant to act in lighthearted comedies on war, went on to star in 251 episodes of the show, working as a writer in 19 and director in 32 episodes.



Next, he shifted his focus to the big screen and went on to appear in a number of movies like 'Same Time, Next Year' (1978), 'The Four Seasons' (1981), and 'Crimes and Misdemeanors' (1989). He received 'Golden Globe' nominations for the first two, while 'Crimes and Misdemeanors' earned him a couple of 'Best Supporting Actor' awards.

From 1993 to 2005, he served as the humble and humorous host of the television program 'Scientific American Frontiers.' It focused on informing the public about new technological advances in science and medicine.

He appeared in at least one movie almost every year, acting in films, such as 'Whispers in the Dark' (1992), 'Flirting with Disaster' (1996) and 'What Women Want' (2000). He also continued to make guest appearances on television, and played a recurring role in the political drama series 'The West Wing' from 2004 to 2006.

In 2004, he was cast in Martin Scorsese's 'Oscar' award-winning film 'The Aviator,' in which he acted alongside Leonardo DiCaprio. He then acted in Steven Spielberg's historical drama film 'Bridge of Spies' (2015).

In 2018, he was cast in the television crime drama series 'Ray Donovan' where he played 'Dr. Arthur Amiot.' The following year, he was cast in the drama film 'Marriage Story.'

Major Works

Alan Alda's portrayal of the sarcastic but good-hearted Army surgeon in the series 'M*A*S*H' is by far his most popular role on-screen. The series went on to become one of the highest-rated shows in the U.S. television history, with the final episode titled 'Goodbye, Farewell and Amen' being the single most-watched episode of any American broadcast network television series.

Even though he played a brief role in the movie 'The Aviator,' he displayed his acting skills while playing the Conservative Maine Senator 'Owen Brewster' in the film. He went on to receive his first 'Academy Award' nomination for the role.

Awards & Achievements

Alan Alda received a total of 21 'Emmy' nominations for his contribution to the series 'M*A*S*H' as an actor, writer, and director. He won five out of the 21 nominations. He is the first person to receive awards in three different categories for a television series. He also received six 'Golden Globe Awards' for his performance in the show.



He won another 'Emmy Award' in 2006 for his portrayal of Republican Senator and presidential candidate 'Arnold Vinick' in 'The West Wing.' He received the award under the 'Outstanding Supporting Actor in a Drama Series' category.

Personal Life & Legacy

Alan Alda met Arlene Weiss in 1956, when he was still attending 'Fordham College.' He met her at a party thrown by a mutual friend. They got married a year after his graduation and have three daughters, Eve, Elizabeth, and Beatrice.

Despite the fact that both his parents were devout Catholics, he went on to become a non-believer. Even though he is often described as an atheist or agnostic, he doesn't like those labels. He appeared in CBS's 'This Morning' in 2018, in which he announced that he was diagnosed with Parkinson's disease in 2015.



Trivia

The title of Alan Alda's first memoir, 'Never Have Your Dog Stuffed,' originated from an experience he had in his childhood. After his dog Rhapsody died, he was so inconsolable that his father offered to have the pet stuffed. However, the result was horrifying as the taxidermist got its expression wrong.

He had a near death experience while filming 'Scientific American Frontiers' in La Serena, Chile. After learning that he had intestinal obstruction, he surprised the doctor with his knowledge of the medical procedure of end-to-end anastomosis.

Alan Alda Movies

1. Marriage Story (2018) (Comedy)
2. Crimes and Misdemeanors (1989) (Comedy, Drama)
3. Same Time, Next Year (1978) (Romance, Comedy, Drama)
4. The Four Seasons (1981) (Drama, Comedy)
5. Bridge of Spies (2015) (History, Drama, Thriller)
6. Manhattan Murder Mystery (1993) (Comedy, Mystery)
7. The Aviator (2004) (History, Biography, Drama)
8. The Longest Ride (2015) (Romance, Drama)
9. Gone Are the Days! (1963) (Drama, Comedy)
10. Nothing But the Truth (2008) (Mystery, Thriller, Drama, Crime)



Awards

Golden Globe Awards

1983	Best Performance by an Actor in a Television Series - Comedy or Musical	M*A*S*H (1972)
1982	Best Performance by an Actor in a Television Series - Comedy or Musical	M*A*S*H (1972)
1981	Best Performance by an Actor in a Television Series - Comedy or Musical	M*A*S*H (1972)
1980	Best Actor in a Television Series - Comedy or Musical	M*A*S*H (1972)

1976	Best Actor in a Television Series - Comedy or Musical	M*A*S*H (1972)
1975	Best TV Actor - Comedy or Musical	M*A*S*H (1972)
Primetime Emmy Awards		
2006	Outstanding Supporting Actor in a Drama Series	The West Wing (1999)
1982	Outstanding Lead Actor in a Comedy Series	M*A*S*H (1972)
1979	Outstanding Writing in a Comedy or Comedy-Variety or Music Series	M*A*S*H (1972)
1977	Outstanding Directing in a Comedy Series	M*A*S*H (1972)
1974	Best Lead Actor in a Comedy Series	M*A*S*H (1972)
1974	Actor of the Year – Series	M*A*S*H (1972)

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Fiction Reads 2022

Remarkably Bright Creatures by Shelby Van Pelt

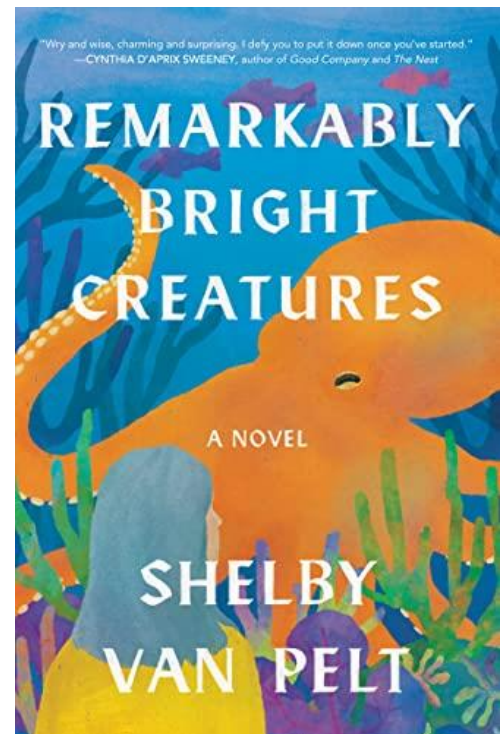
I haven't read a novel with as much heart as this one in quite some time.

Elderly, recently widowed Tova loves her job cleaning the aquarium in town in the quiet of the night, especially because of her fondness for Marcellus, the octopus. She finds solace in the aquarium as it makes her feel closer to her son, Erik – a marine life lover – who disappeared on a boat when he was 18.

But when she hurts herself and is unable to return to work at full capacity, she grows close with her replacement, Cameron, a young man newly arrived in town looking for his birth mother.

Meanwhile, Marcellus knows what really happened to Erik and he wants to help Tova find the closure she needs. His narration is interspersed with Tova and Cameron's for a story that is compelling, heartwarming, and utterly unique.

I will be shoving this book into the hands of everyone who asks for a book recommendation. I'm not exaggerating when I say it's my favorite book of the year so far.

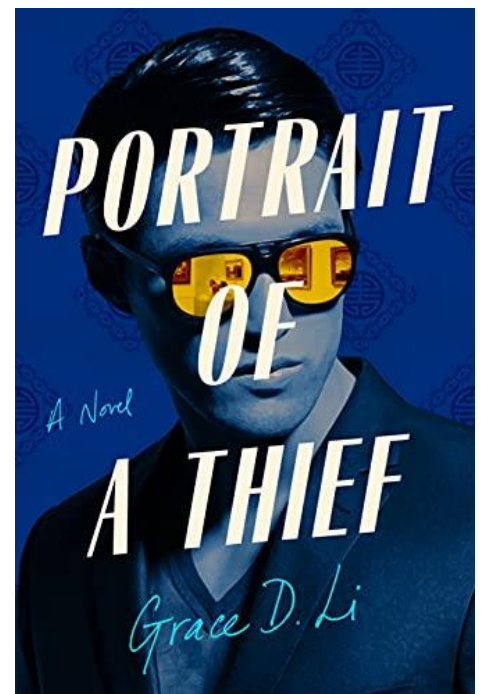


Portrait of a Thief by Grace D. Li

Billed as Ocean's 11 meets The Farewell, I found myself most closely comparing it to The Italian Job and I LOVED IT.

5 college students are hired by a Beijing art company to steal back relics stolen from the Old Summer Palace by colonists and now on display in famous museums the world over.

Each person brings their own talents (getaway driver, hacker, art historian, etc.) and their own dreams of what the life-changing sum



they've been offered can mean for themselves and their immigrant families.

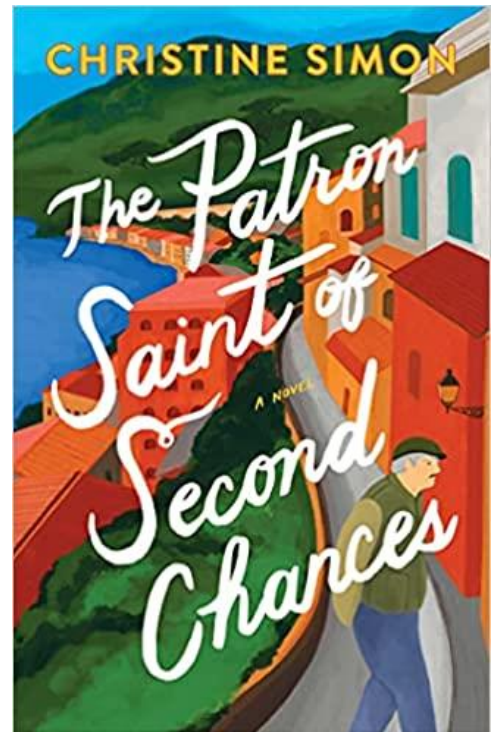
While it might sound frivolous, it's actually a novel with a more emotional vein running beneath. One of longing to fit in, the struggle of straddling two worlds, and the quest for individual and collective identity as Chinese-Americans.

Patron Saint of Second Chances by Christine Simon

The mayor of the Italian town needs money to repair the town's pipes, so he hatches a plot to drum up business in town by saying a famous movie star is coming to make a movie.

The next thing he knows, he's having to make an actual movie starring the locals with no experience and the craziest script while keeping up the ruse that the celebrity is coming.

I laughed so hard at scenes in this comedic feel-good read that I woke up my sleeping husband. It was a charming tale and the perfect vacation read.

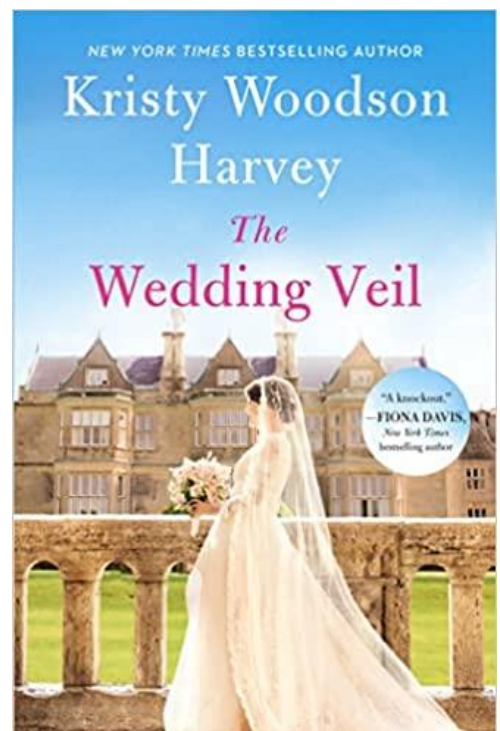


The Wedding Veil by Kirsty Woodson Harvey

Kirsty Woodson Harvey has done it again with this novel about 4 women and the wedding veil that has shaped their lives. I loved this book, the witty characters and their growth, as well as the mystery behind the wedding veil.

In Present day, Julia Baxter is engaged and feeling the pressure of wearing the wedding veil gifted by a stranger on a train in the 1930's that has brought good luck to her family for three generations. She panics and with the help of her grandmother, she runs away from her wedding.

in 1914 Edith Vanderbilt is at a loss after her beloved husband died and is struggling to manage the massive Biltmore estate. She is torn between honoring the life and dreams of her husband and the huge financial burden of running the estate.



022 Historical Fiction Reads

Bloomsbury **Girls** by Natalie Jenner

I loved this book set in a bookstore! Taking place just after WWII, the women of Bloomsbury Books are struggling to make their own way in the changing world.

We get to see alternating narrators, one of which was in Jenner's first book, *The Jane Austen Society*. Each of the 3 females in the story are striving for their dreams and interacting with some of the most famous literary figures of their day!

I squealed with delight when Daphne Du Maurier appeared on the page, but you'll see Peggy Guggenheim, Ellen Doubleday, and more scattered throughout this charming tale.

The Magnolia Palace by Fiona Davis

I've been big on Gilded Age era books recently, so I knew I would love reading about the Frick family and their gorgeous mansion built in that time frame. The bonus was that this dual-timeline story also featured a missing pink diamond!

The story of Helen Frick and her assistant at a formative time in Helen's life that coincides with Magnolia Diamond's disappearance is riveting. As is the later timeline, told 50 years later, when a model and a Frick Museum intern are locked in the mansion overnight and on the hunt for the missing diamond.

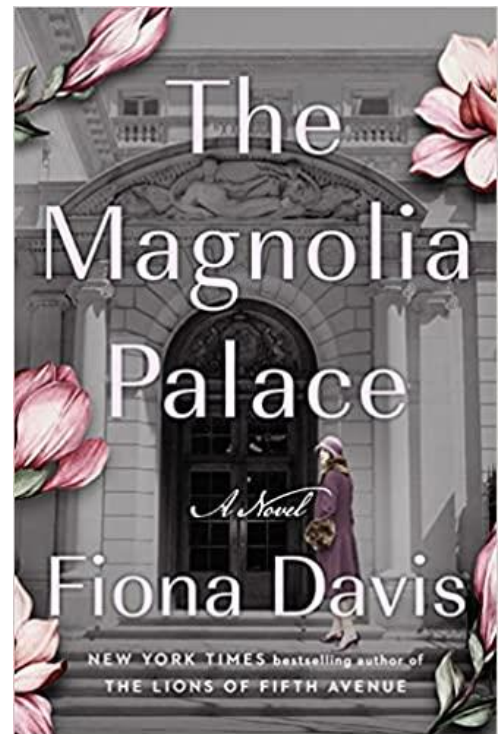
I couldn't put this story down. It might be my first Fiona Davis, but it won't be my last!

The Last Grand Duchess by Bryn Turnbull

I love stories about the Romanov Dynasty. Ever since I saw a collection of Faberge eggs when I was a child, the story of the last members of the Russian Imperial family have always fascinated me.

This historical fiction story revolves around eldest daughter, Olga. It's dual timeline switches between the family's life after the revolution and Olga's childhood and the events that lead to the revolution in the first place.

We all know how this tragic story ends, so this book is all about the journey. I love that Turnbull focused on a sister other than Anastasia. It was quite well done and a great one for historical fiction fans!



Women's Fiction Reads 2022

The Summer Place by Jennifer Weiner

What can I say about this book other than the fact that it is non-stop fun. It is a book equivalent of a soap opera. Every character has secrets that will be exposed.

When Ruby decides that she is going to marry her boyfriend Gabe after living together in her parents house throughout the pandemic, secrets from the past will emerge and every single relationship is threatened. This book is perfect for the beach and is the perfect summer read.

Lessons in Chemistry by Bonnie Garmus

April 2022 GMA Book Club Pick

I don't even know where to begin with this unique story. Elizabeth Zott is a chemist in the 50s when women were expected to know their place in society — their place being the kitchen and the home.

Elizabeth struggles to be taken seriously in her field and as a single mother, that just won't due. So when an offer to host a cooking show for women is put in her path she reluctantly takes it.

She uses her no-nonsense attitude and chemistry principles to teach the women in America to not only cook but to follow their dreams outside of the home.

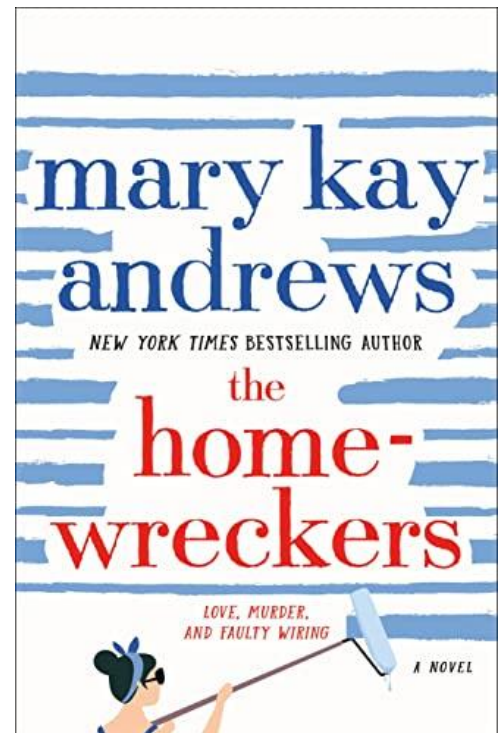
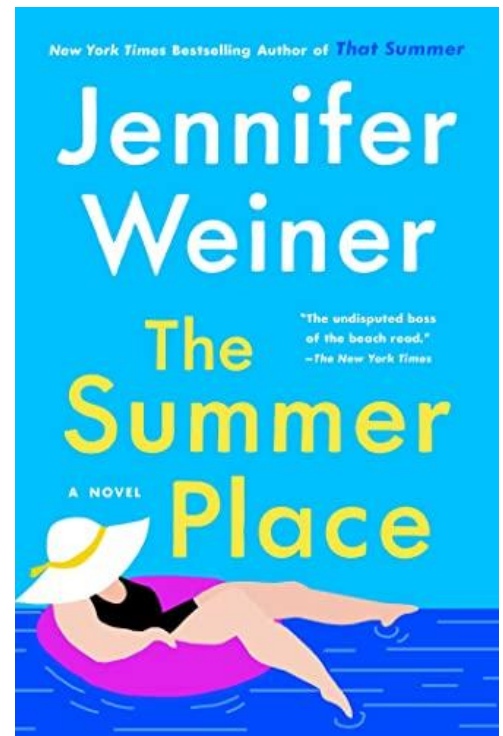
Zott is a quirky character like Eleanor Oliphant with a charming daughter and a dog whose inner monologue is as quirky as hers. An absolutely wonderful read!

The Homewreckers by Mary Kay Andrews

The Homewreckers is basically HGTV with a dash of murder and I AM HERE FOR IT!!!

I adored this story about a fixer-upper reality TV series and its female lead contractor. From the dead body and subsequent murder mystery to the detailed home renovation discussions – this book has it all.

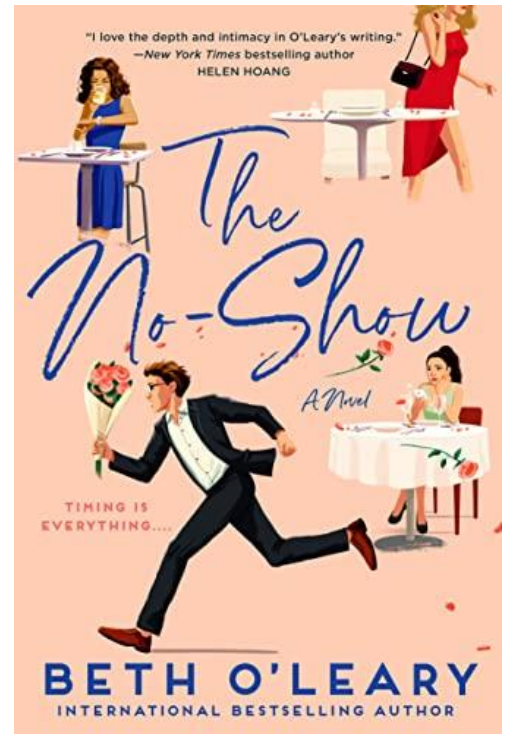
Throw in a beach setting and a romance or two and it's basically beach read heaven. All hail Mary Kay Andrews and her amazing summer reads.



The No-Show by Beth O'Leary

Beth O'Leary has done it again with the No-show. The premise is simple. Three women are stood up on Valentine's Day. As they try to overcome the embarrassment and stay in the relationship with their respective dates, secrets are told, love is tested, and not all is what it seems.

This may seem like a typical romance, but it's really about each of the women finding themselves and what they need in a relationship. There is also a tragedy woven into the story that had me in tears at the end. The ways their lives interconnect is special and wrapped up beautifully at the end.



2022 Romance Reads

The Wedding Season by Katy Birchall

When Freya is left at the altar by her fiancé, she's not sure how she's going to get through the wedding season ahead of her. Soon her friends have a plan – Freya must perform a series of challenges at each of the 7 weddings she's going to attend.

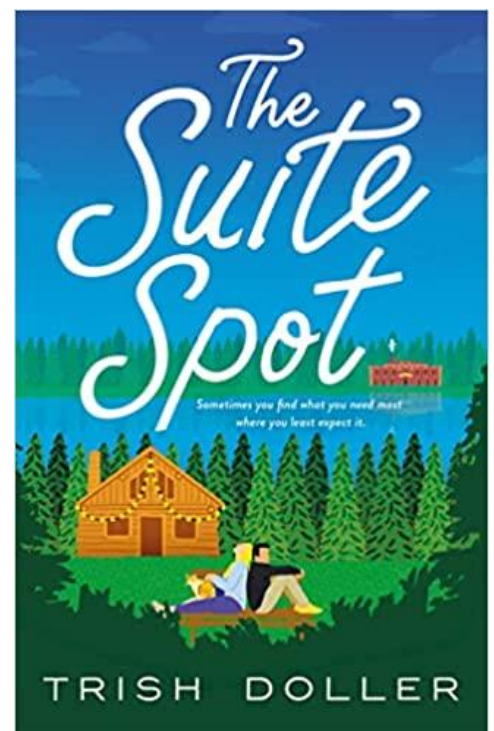
In the process, she tries to put her relationship behind her and get over the heartbreak while celebrating her friends and loved ones. This charming tale had me smiling and cheering for Freya and her heart.

The Suite Spot by Trish Dollar

This charming story was an absolute delight. I fell in love with Rachel and Mason and their friends-to-lovers story.

Rachel's little girl is a delight too and I like that the conflict in the romance wasn't about Mason and Rachel's relationship so much as something that had to do with Rachel as a single mom.

This sweet story is perfect for a quiet moment of reading; preferably rocking on a swing in the backyard at dusk with twinkle lights overhead.



Hook, Line and Sinker by Tessa Bailey

This is such a cute romance. Fox Thorton is a player who has never had a relationship. The last thing he needs is to fall for his best friend, Hannah, while trying to help her get her crush. And to make matters worse, she has moved into his spare room for the next few weeks while she is filming a movie.

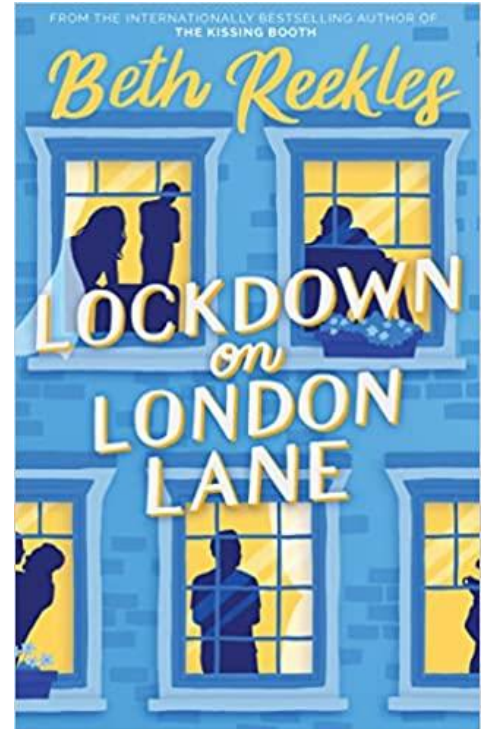
I wish there was a soundtrack to go with this book. It was such a cute and quick read.

Lockdown on London Lane by Beth Reekles

This story is so adorable! It's Love Actually, Quarantine edition. It's not a scary pandemic read AT ALL. Instead it's an interwoven tale of various couples stuck together for a week long lock down.

There is a group of bachelorettes, a new couple who have only shown their good sides to each other, an established couple struggling, a man separated from his girlfriend, and my personal favorite – a one-night stand turned week long visit.

Charming and hysterical, this book lifted my spirits and had me laughing out loud.



Thriller Reads 2022

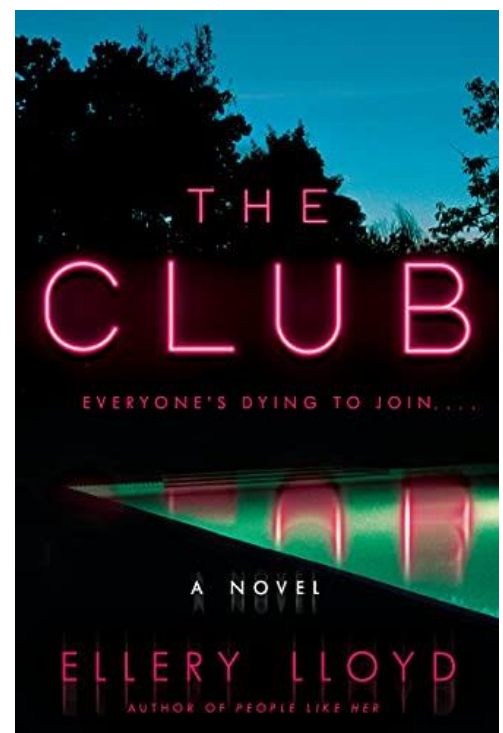
The Club by Ellery Lloyd

March 2022 Reese Witherspoon Book Club Pick

This book was a WILD ride and I loved every exhilarating twist and turn! The Home Club is clearly based on members-only celebrity clubs like SoHo House but the newest Home Club is opening on a private island and features an opening weekend to die for.

Literally, because it's a murder mystery. Except we the readers don't know who is murdered, how, or why at the beginning...but instead we are treated to various narrators telling the points of view of the weekend as it unfolds.

The layered approach to telling the story of the celebrity shenanigans and the murder of a key figure in the Home Group family had me flipping through the pages of this book. A truly enjoyable beach read!



Reckless Girls by Rachel Hawkins

This is the Ultimate Beach Read Thriller! It's all about 2 girls who hire a couple to charter them a boat to a deserted island.

But the island isn't so deserted after all. As their relaxing trip turns deadly, we learn about the back story that brought each person to their destination.

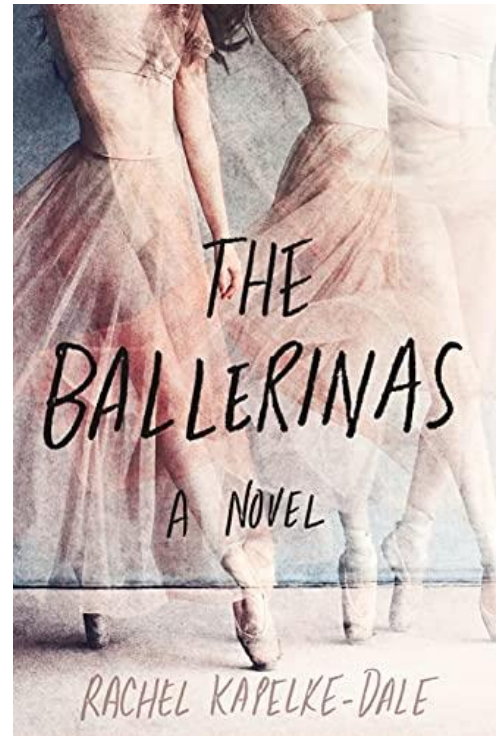
It's a wonderfully addicting read that is great in audiobook format and a perfect read for beach reads 2022 .

The Ballerinas by Rachel Kapelke-Dale

This incredible story about a trio of ballerinas in Paris is a thriller and a feminist commentary all in one. I could not put it down!!!

It's all about the tolls dancing takes on the physical and mental well-being of Paris's premiere ballerinas. With some #metoo moments in here as well, this is a great one for book clubs!

I loved it so much when I listened to it that I tried to steal Jackie's cy in this funny instagram reel.



The Golden Couple by Greer Hendricks and Sarah Pekkanen

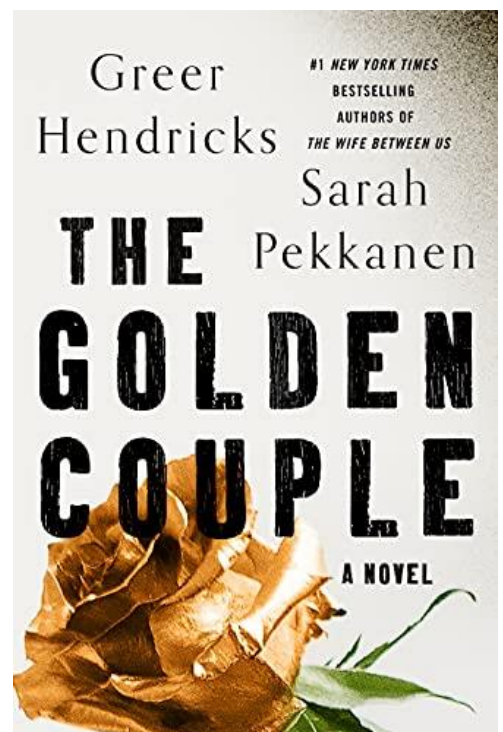
My favorite thriller writing duo did it AGAIN. LOVED this book about a couple in therapy for infidelity. But their therapist isn't any therapist, she's got an extreme method guaranteed to fix issues in 10 sessions.

The twists and turns of this story kept me on my toes, but the writing kept me HOOKED. I think I finished it in sitting.

2022 Mystery Reads

The Appeal by Janice Hallett

I was utterly charmed by this unique murder mystery! The premise is great – a detective duo has been given a stack of correspondence



(text and emails) and asked to read through and determine who was murdered, why, and who was was wrongly accused.

Of course we readers get to come along for the ride – reading their post-it notes or texts to each other as they try to solve the mystery. I was desperately trying to solve it along with them but I was stumped!

The ending was truly shocking and the many twists and turns had me flying through the story. I read part of it and listened to part. Both formats make for a wonderful experience! This is one I'll be recommending for years to come!

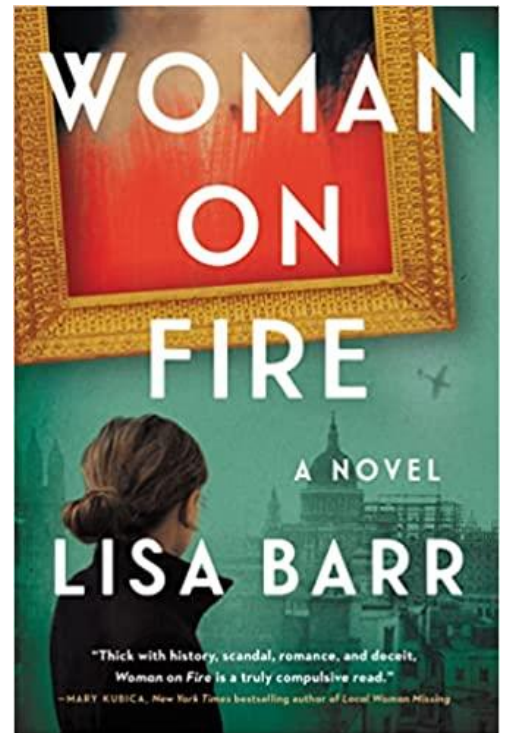
Woman on Fire by Lisa Barr

Buckle up for a stunning story in Lisa Barr's newest book, *Woman on Fire*. Jules, an ambitious investigative journalist, is working on a story about a piece of art that was stolen by the Nazi's during WWII.

But she's not the only one looking to track down *Woman on Fire*. Margaux, a gallerist and art thief, also wants to get her hands on the painting.

As we learn the origins of the painting and the many hands it switched to over the years, we also discover the dark underbelly of the art world.

I was ENTHRALLED. I'll be putting this on every must-read list we do this year. It was thrilling and informative. Buy it now, thank my later.

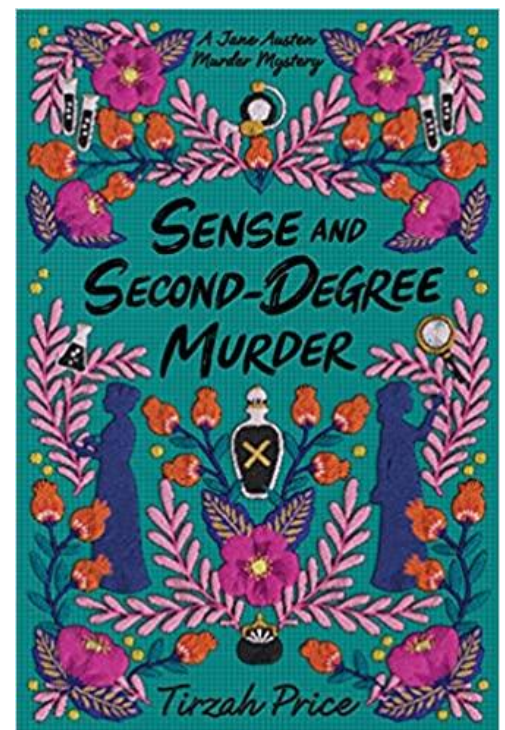


Sense and Second-Degree Murder by Tirzah Price

I read the first book in Price's mystery retelling of the Austen classics last month for our Austen retellings post.

As you can tell from the title, this particular book is a retelling of *Sense and Sensibility* – with the Dashwood sisters out to figure out who murdered their father!

I loved seeing how the well known characters would play a role in this clever retelling. I can't wait to read the rest of the books in the



series. While a mystery is not always great for the beach, this retelling was a perfect pick for our list of beach reads for 2022.

Fantasy Reads 2022

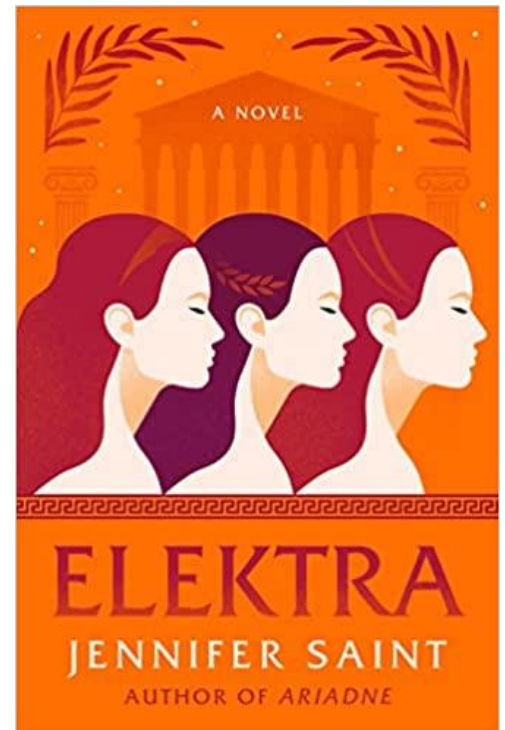
Elektra by Jennifer Saint

It's official. I will read anything that Jennifer Saint writes because she nails it every time!

Elektra is told from the perspective of three women linked to famed ruler Agamemnon. His wife, Clytemnestra, his daughter, Elektra, and the Troy princess, Cassandra.

Starting with the Agamemnon sacrificing one of his daughters to the gods of war, we see how these three women's lives are impacted by his involvement in the Trojan War and how trauma can have a profound impact on those that experience it.

In Elektra, Saint once again weaves a masterful tale of Greek mythology. She's the modern-day Homer and I can't wait to read whatever she writes next!

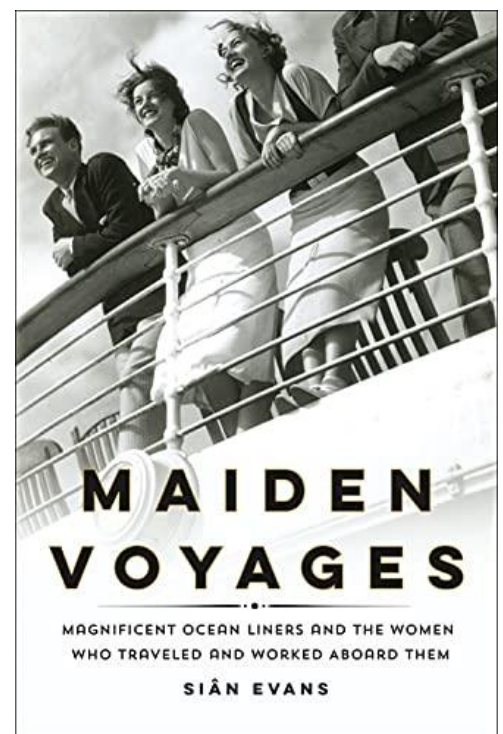


Kaikeyi by Vaishnavi Patel

I love a good mythology retelling, but usually, I read Greek mythology. Kaikeyi is a retelling of a story well-known in the Hindu religion.

While I can't attest to the accuracy of the tale, I can say that I was utterly captivated by the story of Kaikeyi's life. I learned that she is a villain in Hindu but I found Patel's narrative so compelling that I felt for Kaikeyi and supported all of her decisions.

If you are a fan of Ariadne, Circe, or other mythological retellings, you must pick up this book. It's wonderful.



2022 Non-Fiction Reads

Maiden Voyages by Sian Evans

Maiden Voyages looks at the ladies who worked Ocean Liners like the Titanic and the unbelievable challenges they faced. I was in awe as I listened to this story of ships being sunk by icebergs and wartime submarines.

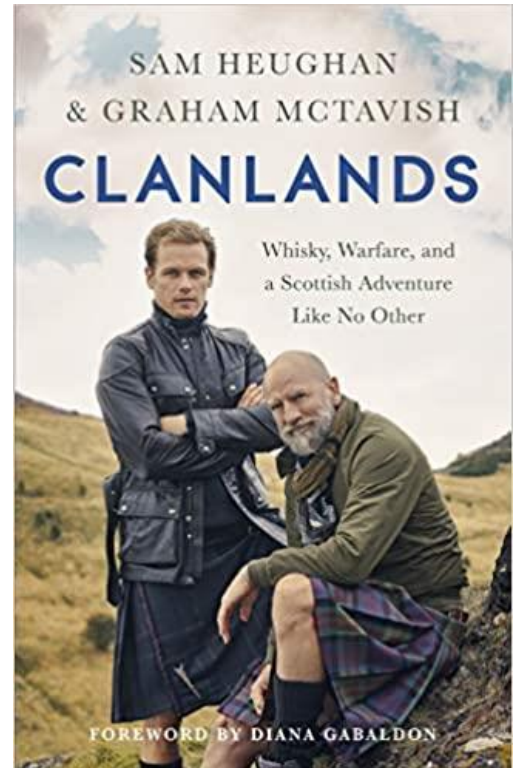
The stories of unruly passengers, hurricanes, and the sacrifices of leaving their families to help others were unbelievable. I was so engrossed that I kept forgetting the book was non-fiction.

If you love women's history, the history of travel, or stories about the Titanic, this is the book for you!

Clanlands by Sam Heughan and Graham McTavish (forward by Diana Gabaldon)

This hysterical book is part history and part comedy. Stars of the Outlander TV series, Sam Heughan (who plays Jamie Fraser) and Graham McTavish (AKA Dougal MacKenzie) go on a road trip with each other.

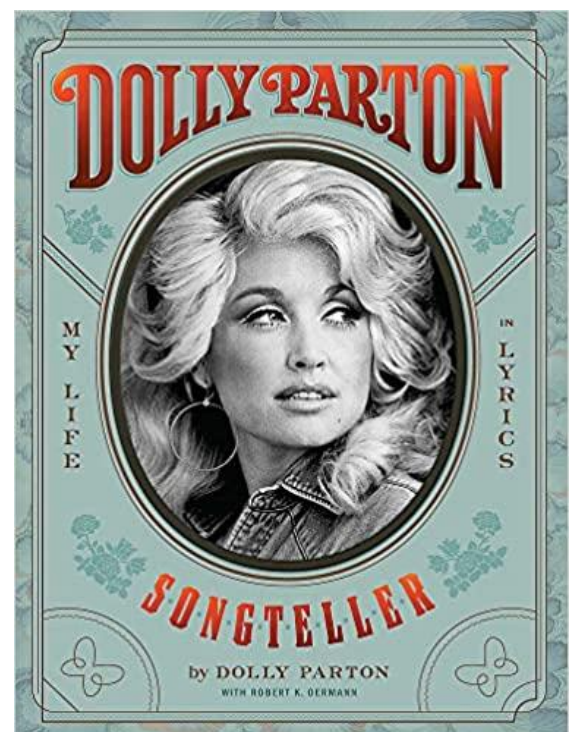
Along the way, they tell funny stories and experience Scotland's rich heritage. I laughed out loud multiple times at their antics, and then promptly watched their show *Men in Kilts* on Starz. This is a hilarious choice for a beach read for summer 2022 and be sure to check out our other books for Outlander fans.



Dolly Parton, Songteller: My Life in Lyrics by Dolly Parton

This audiobook is performed by Dolly Parton as she weaves the story of her life with her music. She tells the stories behind her most famous songs and also gives insight into her history.

<https://amzn.to/3NJGtAS> Dolly Parton is an amazing woman who is a huge advocate for literacy. She talks a little bit about her Imagination Library which is a book gifting program that mails free books to children from birth through age 5. To date, this library, which started in 1995, has mailed more than one million books!



The Dakota Studios



FLORIDA KEYS IN 2 DAYS

sometimehome.com

It's tempting to get away to a great destination, like the Florida Keys in 2 days, in South Florida after a long work week. We wondered if we could make it there and back on a Saturday to Sunday from Fort Lauderdale, passing Miami on the way.

Was it worth the drive? It most definitely was – and we visited Key Largo and drove to some other fun spots further along the Keys. We're sharing all we were able to do and see (while still relaxing) in our two-day itinerary.



Florida Keys in 2 Days: Key Largo Itinerary

We chose to go to Key Largo because it's the closest Key to US-1, just past Miami, and we only had Saturday and Sunday to explore. It took us about an hour and a half to get there from Fort Lauderdale, where we were living at the time.

There's not a direct way to drive from the Gulf Coast side of Florida to the Keys. If you were in Naples, Florida, you'd have to cross over the state through Everglades National Park via "Alligator Alley" as I-75 is playfully known, to get to I-95, to connect to US-1. (Maybe it's worth a stop for an Everglades airboat ride if you want to extend your trip!)

It's also fun to note that US-1 begins in Key West. So a big thing in the Keys is that places proudly boast the mile marker they are located.

For instance, Robbie's of Islamorada mentioned below on the second day of our two days in the Florida keys, is at mile marker 77.5, which is noted on the fish mural we included in this post.

How Do You Get to the Florida Keys? (and Where Are They?)

The Florida Keys comprise the southern-most part of the United States. You can get there either by plane or car.

The airport is small and flights are sometimes very expensive and are rarely direct (unless you're coming from Miami or Fort Lauderdale). But flying to the Keys is a good option if you're tight on time. Key West International Airport's code is EYW. If you fly there, however, you'll be at the Florida Key furthest south. And in that case, then, Key Largo would be a two-hour drive north from Key West on US-1.

Or, you can drive to the Keys from points north of there. Simply take I-95 south along the east coast of Florida, past Fort Lauderdale, then past Miami.

After Miami, you continue along US-1, on a bridge over water connecting you to the islands, to your destination. For us, it was Key Largo.

(Tip: if you need to use the restroom or get gas before you leave mainland Florida do so before the bridge. The trip from the end of Miami to the first island isn't too long but you could hit traffic and be in a one-lane highway for longer than you bargained for. Better safe than sorry!)

There is *one main road* leading in and out of the Florida Keys if you drive from mainland Florida. (It's US-1.) Thus, be patient if you're going during peak travel times (like a holiday weekend) because it's not unlikely you'll sit in traffic for a little while.

Florida Packing List

The Florida sun is HOT and STRONG! Don't forget to pack outdoor essentials like [reef-safe sunscreen](#) and a [reusable water bottle](#) to protect yourself from the Florida sun! It's also a good idea to pack an umbrella or poncho (you never know when it's going to rain) and also a cooling towel – because even if it rains it can still be well over 90 degrees!

- The Bug Bite Thing
- Sun Bum Travel Pack
- Sweatblock Wipes
- Collapsible BPA-free Water bottle
- Washable Cooling Towels
- Travel Rain Poncho
- Travel Umbrella
- Sunglasses
- SPF Sunscreen Up Balm
- Rechargeable Portable Hand Held Fan
- Reusable Flat Water Bottle
- Reef Safe Round Water Bottle

Where to Stay in Key Largo for Two Days

We used some of our Marriott Bonvoy points to stay at a [Key Largo Marriott resort](#). It was in a great location, had access to the beach, we had a beautiful room with a king-size bed overlooking the pool, and we loved that we had the option of the pool, the hot tub, or the shore with sand beneath of feet there.

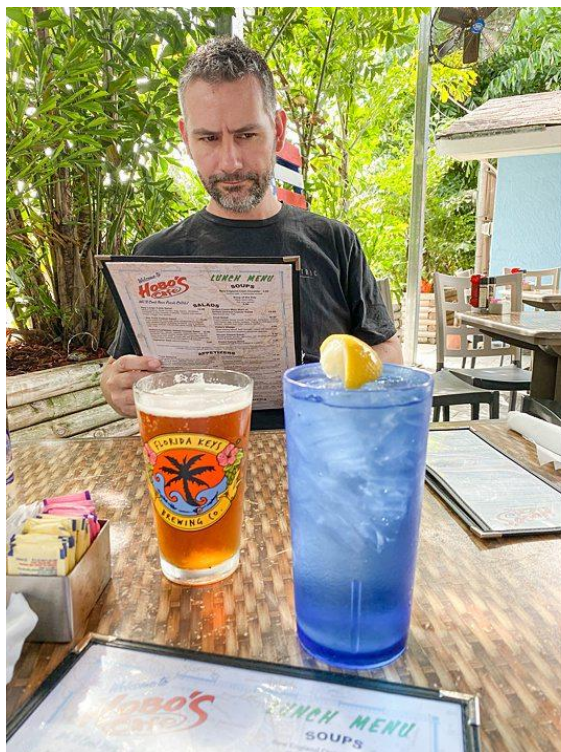
Florida Keys Two Day Itinerary in Key Largo

Lunch at Hobo Cafe

We drove to Key Largo from Fort Lauderdale around 10:00am to arrive in time for lunch. It was ahead of our hotel check-in time but we wanted to maximize our two days in Key Largo.

We arrived at [Hobo Cafe](#) for a casual meal. It wasn't necessary to make a reservation for the third Saturday in December we visited. We were immediately seated at a table on the outdoor patio. Lunch was delicious and of course, Dan got a local Florida beer to go with his sandwich.

Afterward, we headed to the hotel. Key Largo is a small part of the Florida Keys so nothing's too far away and US-1 is always your main artery to get from Point A to Point B in the car.



Check-in at your Key Largo Marriott Hotel

We checked into our [Key Largo Marriott Hotel](#) about two hours before the usual check-in time.

Two things to note:

- Marriott Bonvoy members get perks! Sometimes, those perks include early checkin. In fact, if you have the Marriott Bonvoy app you'll get notified of your upcoming stay in advance of your reservation and you can opt to checkin on the app. Then the app will notify you when your room's ready. You can even use your phone to unlock the door at many Marriott hotels now via Bluetooth. What's more, is that we get free hotel stays with our [Marriott Bonvoy American Express](#) credit card (which we use for *everything!*).
- Even if you can't check into your Air BnB or hotel early you can enjoy Key West! There's plenty of [things to do in Key Largo](#), from [boating excursions](#), to exploring state parks. If you're staying at a hotel you can always arrive early and ask if they can store your luggage while you enjoy the amenities like the pool or beachfront lounge chairs. Or, if you're staying at an Air BnB, simply message your host and ask if you can checkin early. The worst they can say is no.

Book an Excursion in the Florida Keys

Top sellers

Key Largo Snorkeling Tour - rental mask, fins and vest INCLUDED

From USD\$68.00



- **Duration:** 2 hours 30 minutes
- **Departs:** Key Largo, United States
- Snorkeling is fun, safe, and easy aboard the Sundiver III. Join us for ... [More info ›](#)

Half Day Snorkel Trip on Reefs in the Florida Keys

From USD\$65.00



- **Duration:** 3 hours 30 minutes
- **Departs:** Key Largo, United States
- Come join us snorkeling some of the most beautiful reefs within the Florida ... [More info ›](#)

Mangroves and Manatees - Guided Kayak Eco Tour

From USD\$65.00



- **Duration:** 2 hours
- **Departs:** Tavernier, United States
- Our tours are geared towards first time and new paddlers. We go at your ... [More info ›](#)

Sunset Eco Cruise on the Florida Bay

From USD\$60.00



- **Duration:** 1 hour 30 minutes
- **Departs:** Key Largo, United States
- Tour the Florida Bay looking for dolphins and manatees while listening ... [More info ›](#)

Happy Hour Sunset Drinks and Appetizers at Snooks Bayside Restaurant and Grand Tiki

A great way to enjoy your time in the Florida Keys in 2 days to its fullest extent was to have happy hour drinks and appetizers at one location in Key Largo, then dinner at another restaurant.

This allowed us to get a better feel for Key Largo, during our weekend itinerary.

We headed to [Snooks](#) before sunset to get a great seat overlooking the bay. Their daily happy hour from 4:00pm to 6:00pm has appetizer specials and drink specials too; we took advantage of both. (We had Pork Dumplings and Buffalo Cauliflower apps for \$10 each during happy hour and some beers.)



They also have live music every night. Note happy hour is only available at their bars and waterfront ledge.

Having dinner there was an option but we decided to proceed with our reservation at The Lazy Lobster for a change of scenery.

Dinner at The Lazy Lobster

After we enjoyed the hotel pool for an hour we headed to our room to shower and change for dinner.

The dress code in the Keys is *very casual*. Shorts and a t-shirt or jeans are absolutely fine for dinner. That's part of the joy of the Florida Keys!

We were very happy we made a reservation in advance because it was pretty busy on a Saturday evening. It's a popular spot!

We were pleased to learn that there was live music on the patio that evening (something we love). We knew we definitely wanted to try Moscow Oysters we had heard about. They seem to be a Florida Keys special (or perhaps unique to Key Largo – we're not sure as we've only been to the Keys this one time).

They're amazing! They're a twist on raw oysters on the half-shell. They're made with two types of fish eggs (or caviar) and a horseradish cream that gives it a great flavor.

We shared an entree for dinner (we had had two appetizers at Snooks, after all) and then a piece of Key Lime Pie for dessert. Because if you go to the Florida Keys and don't have Key Lime Pie, were you even there?

We went back to the hotel after to take a walk around the property and get a drink at the bar there, and to enjoy the beautiful evening that December night. We went to bed shortly after to rest up for the next day.

Rise and Shine in Key Largo: Breakfast on Day 2

We decided to go out for breakfast to [Keys Bites](#), about a 5-minute drive from our hotel. (Though nothing in Key Largo is too far, anyway.)

There was a very cute outdoor patio with a thatched roof that we opted to eat under. We



had eggs and a breakfast burrito with great service and a fun atmosphere.

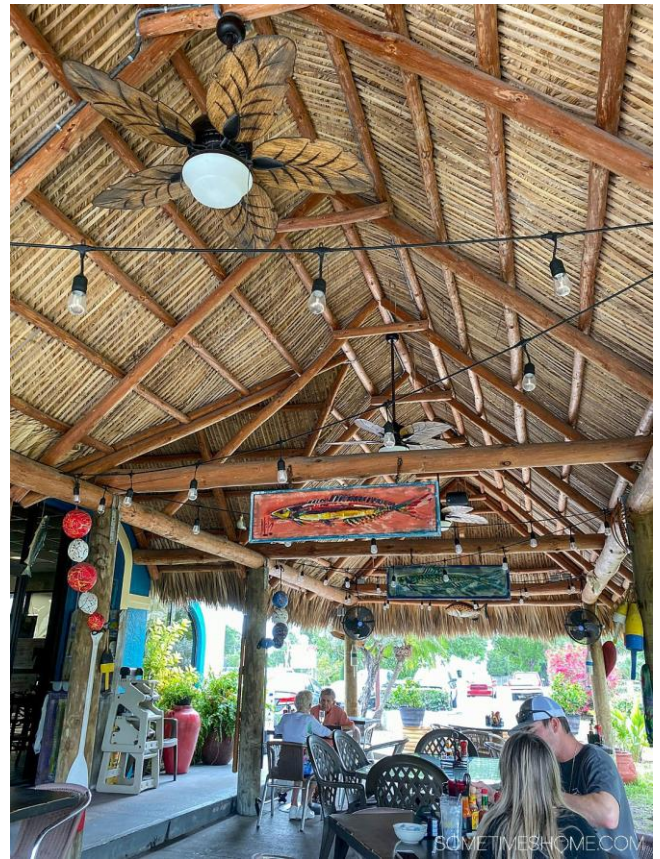
If we stayed for more nights, which would have meant more breakfasts, we would have loved to try:

- [Mrs. Mac's Kitchen](#)
- [Made 2 Order](#)

Enjoy your Hotel until Checkout

We went back to the hotel afterward to change into swimsuits and promptly headed to the beach to relax. We hopped over to the hot tub and pool before going to our room to prepare for check out. The good thing about an overnight in Key Largo is we only packed enough for a night so there wasn't much to repack before checkout.

Our Florida Keys in 2 Days itinerary had plenty more in store.



Drive to Islamorada and Get Oysters on the Way

We decided to drive a bit of US-1 to see more of the Keys islands before we went back home to Fort Lauderdale.

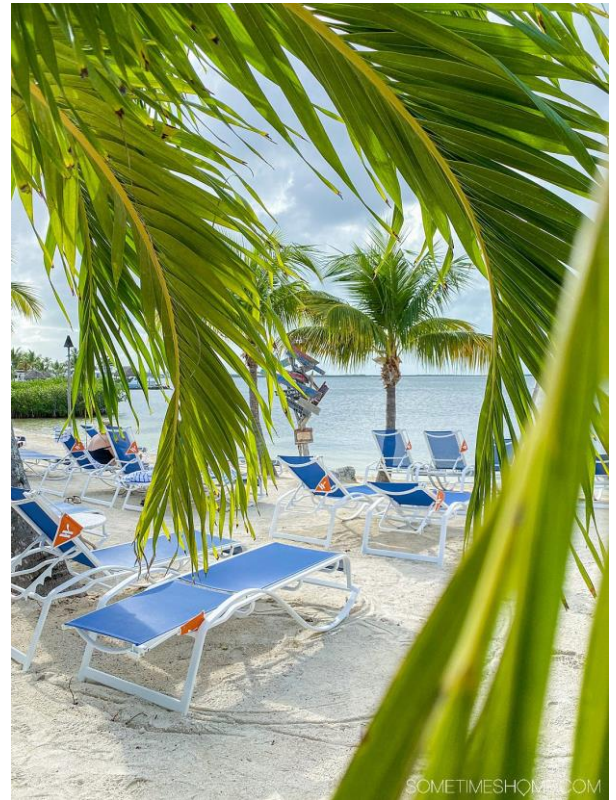
But we didn't want to go too far because sunset wasn't on our site in December. (It's early during winter. If you go during summer sunset will surely be on your side!)

We decided to make our destination a spot in Islamorada, the next major island over but stop on the way there. Though our *destination* Robbie's we detoured halfway between Key Largo and Islamorada for oysters.

We believe the place we stopped at has since closed, however, we recommend looking a place up along the way or simply waiting for the next destination: Robbie's.

Stop at Robbie's at Islamorada for a Snack (or Lunch) and Entertainment

It was great to drive US-1 and spot the different shops and restaurants along the way. Our destination was a unique place in Islamorada, further south towards Key West. We arrived after about 35 minutes total driving from our hotel to Islamorada (if we had driven, straight).



[Robbie's of Islamorada](#) did not disappoint. There's nowhere like it to compare it to and it's a must for a Florida Keys in 2 Days trip if you want to diversity your activities.

(Maybe the best way to describe Robbie's novelty is if you've ever stopped at South of the Border in South Carolina off I-95.)



It's a restaurant, an artist hub, a place to feed fish, see Pelicans and just walk around and people watch. Their restaurant had plenty of outdoor open seating and covered seating as well. (We're not sure if they had true indoor seating and also want to note their restrooms were not the greatest!)

I had a monster Bloody Mary and Dan enjoyed Florida beer. We shared chips that honestly weren't the greatest so we passed on having a full lunch there. However, you don't go to Robbie's for the food. You go for the experience and spectacle of it all. We definitely recommend stopping there.

Robbie's of Islamorada is open daily from 9:00am to 8:00pm.



Fish House to Go

If you have time to have dinner before you leave your Florida Keys in 2 days getaway, we recommend an afternoon excursion after Robbie's, another excursion or activity, and dinner.

But if you were like us, and wanted to get back home at a "normal" hour to relax before work the next day you'll want to hit the road around 5:00pm.

Since we lived just an hour and a half away at the time, however, (in Fort Lauderdale) we had a genius idea! We stopped at The Fish House on our drive north to get some seafood to go. They were nice enough to provide a bag of ice to put our local Florida scallops on ice for our drive. It took everything in me not to also buy some shrimp.

Shrimp from the Florida Keys is *yummmmy*. (But Dan cooks scallops wonderfully so it won the internal mental struggle between the two options.)

[The Fish House](#) has two sections inside: an area to get raw seafood to go, like a market, and a dining area for meals.

What Islands are in the Florida Keys?

The Florida Keys are an archipelago, or chain of islands, surrounded by the sea. They extend southwest from Miami, or the tip of Florida, towards the Gulf of Mexico.

There are technically *thousands* of islands that are part of the Florida keys but you can't get to most of them unless you have a boat. And many of them are simply filled with foliage and wildlife so there isn't much to see.

Here are the most popular inhabited keys, however, from north to south:

- Key Largo
- Plantation Key
- Islamorada
- Duck Key
- Marathon
- The Lower Keys
- Key West (arguably the most popular, especially as a United States cruise ship port)

Sometimes you have to do it yourself if you want it done



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888-670-2228

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