

December, 2014

Put Old on Hold

e-Magazine

Advocating Balanced Lifelong Growth and Productivity

Paul Buri

An Old Guy Starts A
Business In His
Garage

Barbara Morris

Andi-Aging Is Out –
Looking Old Is In

Joyce L. Shafer

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Barbara Morris

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An Old Guy Starts a Business in His Garage

By Paul Buri, RSA



I have been a woodworker since I was about twelve years old working on the kitchen table in an apartment in the Bronx. Most woodworkers that I know make furniture. Except for a few smaller pieces, I do not make furniture. Most of what I make is my own design and includes such things as domino sets, woodturnings of various kinds, games, clocks, unique bookends ... stuff like that. I use expensive, exotic woods exclusively because I feel that if I spend a lot of time on a piece, the material should match the value of the time and love spent on it.

When I was in my twenties I decided that I wanted to start "signing" my work. I designed a unique logo and fabricated a small branding iron by bending and welding some heavy wire. I use that branding iron to this day.

Then, some time in the 1990's I began to produce some fairly small woodturnings and felt that the existing branding iron was too big for such small pieces. I began to think about how to reduce my existing logo and to make a much smaller branding iron. It took several years



before I figured out a way to modify an existing process used in the printing industry to produce an exact copy of my design in any size that I wanted. And that gave me the idea for a business. Surely there were other woodworkers who wanted to brand their name or their logo into their work.



I formed a company called **BrandNew** and began making and selling my branding irons from my home and garage while I was still working for a major aerospace company as an engineer. For those first few years, the business was much closer to being a hobby than a real business. Our original customers were home hobby woodworkers who

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wanted to sign their work for posterity. Then in December 1994, I was 65 and I retired. But within a month I could see that emotionally I wasn't ready to really retire to the porch and the morning newspaper. At that point I decided to devote some "serious" effort to BrandNew for one year to see if it had any potential. I invested about \$1500 and began operating it part time out of my garage and spare bedroom.

At the end of the year, I had generated about \$35,000 in sales working at it just a few hours a week. At that point I decided to get serious about it.

About 1-1/2 years later, we moved out of the garage and bedroom into a small 600 square foot facility in a neighboring industrial complex. Six months after that we expanded into the unit next door to us, doubling our space. Another two years after that we moved into much larger quarters with separate office space and a lot of room to grow.

In 1999, we began to get calls from former customers of a competing branding iron company that had been around for 40+ years. The company was closing its doors and the owner was retiring. He had no interest in selling the company or in being concerned with his former customers. But BrandNew was interested and we began servicing them by repairing their old equipment and by selling them new equipment that we designed. It was also at this time that



we discovered that a huge commercial market for branding irons existed. Branding irons are used for applications that will perhaps surprise you such as - beekeepers (to brand their hives), trucking companies (to brand their tires), restaurants (to brand their steaks), pallet manufacturers (to brand their pallets) - **and one day we even sold two branding irons to the White House to brand their hamburgers at the White House mess.**

In 2007 I sold the company, now called BrandNew Industries, Inc. and retired (this time, at 78) for the second time. BrandNew is still in operation today.

At the time of the sale, BrandNew was the largest branding iron manufacturer in the world. Not bad for a company that was started in his garage by an over-the-hill entrepreneur.

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A SECRET TO TRAVELING THE WORLD ON A SLIM BUDGET

By Linda J. Brown



Linda J. Brown—Fearless Solo World Traveler and House and Pet Sitter extraordinaire

Though my usual lifestyle is to stay on the road, traveling throughout the world, I have taken up temporary residence back in the U.S. for the next several months. A five-week visit to my daughter's family in Colorado has given

us our annual reconnection and now a plan to rent an apartment in Santa Fe, New Mexico, will allow me to catch up on my writing, publishing, and learning new skills concerning photography and website design. Somehow, living out of a suitcase, while relying upon iffy wi-fi and a lack of secure working space found along the way, was just too much of a deterrent to getting my To-Do List accomplished.

Theoretically, once I have the know-how to conquer the Photostock World and sell my

skillfully-massaged, excellent, international photographs (of which I now have thousands); and when I have figured out how to maximize my two long-standing websites and blogs by linking them to others in the same category and filling them with pertinent and paying ads through Google AdSense....then, I will have created a permanent, silent income stream to supplement my social security. This will give me even more latitude to sashay permanently around the world again, as is my fashion. Thus, I aspire to elevating above the hostel budget and into the spa and resort, daily massage, sort of lifestyle.

Hence, the lovely brain exercise now being undertaken with books such as: "How To Start A Blog That People Will Read" by Mike Omar, who promises to teach me how to use Word Press to make even more websites for myself; "How I Replaced My Day Job With My Blog" by Bob Lotich, and "How To Blog For Profit Without Selling Your Soul" by Ruth Soukup. As well as "Photoshop Elements 12" by Nick Vandome.

Indeed, I do have an eighth-decade brain, so I've spent my visit picking the brains of my son-in-law and 16-year-old grandson. In the artsy, casual, interesting little town of Santa Fe, I'll seek out groups of fellow learners; or perhaps start a club of my own. Wouldn't you respond to an ad about a meeting of "*Bloggers & Photographers*"?

However, I do have a tip to pass along now about a free way to live in some wonderful places all over the world absolutely without rent! All you have to do is transport yourself to the location and take on a few simple responsibilities to live very comfortably like a local, usually only needing to pay for your food and entertainment.

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HOUSESITTING/PETSITTING is a win-win situation for everyone and there are websites which match sitters with homeowners all over the world. Even though I'm not in the market at the moment, I read my daily emails announcing places that I *could* be heading for, otherwise. Just saw one today for Vanuatu Island in the South Pacific! Actually, I am a very experienced Pet sitter, having enjoyed animals and lovely houses in Brazil, South Africa, and Albuquerque, New Mexico. Always, I wind up being permanent friends with the people I sit for. Also, today, I'm seeing life from the eyes of my little family here who are urgently seeking help minding their three animals while we're away over the 4-day, Thanksgiving holidays, though we're trying neighbors and dog pounds rather than a more formal house sitter arrangement.

The homeowner always has much more at stake than the many applicants they might have for the job but they usually have plenty of people to choose from if they post their advertisement well in advance. As a potential sitter, it's good to keep a long range vision and work several months ahead in planning your journey to match their schedule. The most successful results happen when everyone gets their act together in time. That said, I was able to snag a three week stay in New Mexico on my way here to Colorado with very little advance planning. Of course, the chocolate lab for whom I sat was not too happy with the arrangement and wound up biting me on the hand, two weeks into my stay. I'm still recovering from that experience, but it hasn't dampened my enthusiasm. Might be a little cautious of big dogs in the future, though.

There's a whole lot of flexibility in planning a trip because, with a little vigilance, you'll find dates to suit your own travel needs, from a

few days to many months, to even a year. Do it right and you could wind up hopping from one house sitting post to another. I plan, sometime, to headquarter in London and then move about all over the UK because those requests show up so frequently. This allows you to become a part of a local community, living in beautiful homes and not paying rent while you dote on other people's pets. The more experience you gain, the more likely you are to get chosen for the job. Don't forget to mention the experience that you might have had as a pet owner yourself.

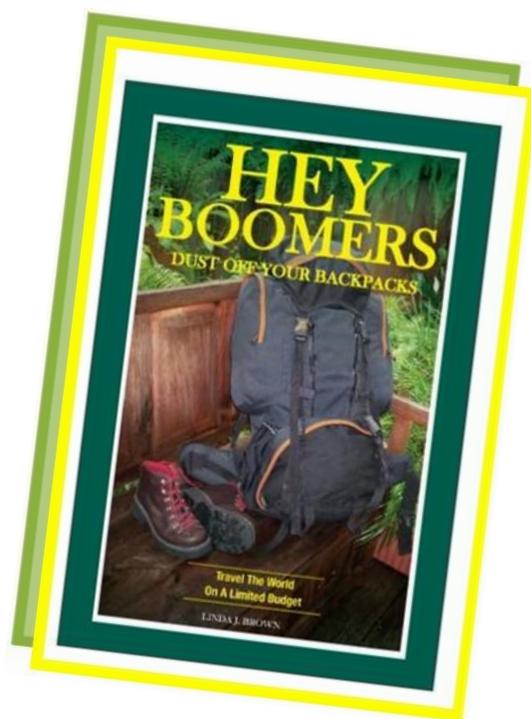
Just Google the subjects of house sitting and pet sitting and read away.

There's so much information and so many articles to get

you started. Here are a few websites to familiarize yourself with this excellent and trustworthy way to see the world:

- www.trustedhousesitters.com
- www.mindmyhouse.com
- www.housecarers.com

Visit Linda's website and be inspired:
www.heyboomers.com



Do You Ever Feel Restricted or Limited?

By Joyce L. Shafer



How easy is it, really, for you to manage your thoughts when negativity sneaks up on you and bites you on the bum? Maybe this will help.

You're going along just fine then wham!

Something or someone throws you off kilter, and you feel re-

stricted in some way. This feeling of restriction causes some level of fear to pop up—even anger is fear-based—and suddenly you feel as though you're treading water, perhaps in a storm, *especially* emotion-wise. Not a good feeling. And if you usually do any inner work at all, you then tend to go into self-judgment: "I know better; so why don't I do better?" That restricted feeling that surfaced as a result of the event seems to double, because you're now dealing with two issues, not just one.

Ernest Holmes wrote this in his book, *The Science of Mind*: A sense of separation from good causes us to feel restricted; while a sense of our Unity with GOOD changes the currents of Causation and brings a happier condition into the experience. Everything in the physical universe is an effect, and exists only by virtue of some invisible cause. Man's individuality enables him to make such use of the Law as he desires. He is bound, not by limitation but by limited thought. The same power which binds him will free him when he understands the Law to be one of liberty and not of bondage. The power within man can free him from all distasteful conditions if the Law governing this power is properly understood and utilized.

What we attract, whether it's welcomed, not welcomed, or a period of what seems like stagnation, is a result of limited or restricted thinking—our mental attitudes, which can either connect or disconnect us from feeling and trusting our unity with Good and therefore Source, as well as what we are actually capable of. Since these thoughts and attitudes are a result of a mental process, we're the only ones who can shift them in our favor.

Holmes stated that **"The conscious thought controls the subconscious and, in its turn, the subconscious controls conditions."** Law of Attraction always works according to our subconscious thoughts, and our subconscious thoughts can be shifted with our conscious thoughts. "We plant the seed and the Law produces the plant." Our thoughts are always at work for us, showing us our personal cause-and-effect power. Easy to know; easy to for-

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get; easy to feel “Say it isn’t so.”

Why do we bind ourselves and our lives with limited thought? We know we do this, we know what to do about it; so why is it such a challenge to shift this in our favor? This is a challenge because we learned, by example and or statements during childhood, things like “We don’t have enough money because someone or something outside (or even inside) the family unit prevents this.” This limited thought process is not restricted to money; it can include education, health, common sense, endurance, success, confidence, and so on, which tends to always reflect *effects* via money in the long run, because society has promoted the belief that money is the way we and our worth or worthiness are to be graded. We practice this, without realizing what we’re doing. And, we make it worse by comparing ourselves and our lives to others and letting others tell us what makes us and our lives a success and or worthy. Bah! Humbug!

Holmes wrote, “There is One Infinite Law; and every time man thinks, he sets this Law in motion. . . . There is One Limitless Life, which returns to the

thinker exactly what he thinks into It.” We are always thinking something into motion and possibly into our experience of it. The only way to use this in our favor is to seek and reveal and remind ourselves about the Truth of how Source set up the Universe, the Law of Attraction, to work and then put it into practice, *especially* when we feel challenged. Easy to say, isn’t it; not so easy to remember to practice.

I ride the same roller-coaster many of you do. I feel good, in the flow, and then something makes my ego-aspect quake a little or a lot, and I’m into that treading-water feeling. And, yes, reminding myself of the Truth does get me back into balance and flow, but only after I do something specific: Calm myself down, request then trust that my highest good is always and in all ways provided, and then LET IT GO. What I let go of is the frantic, panicky energy my ego-aspect unleashes and the backward thinking process that goes with that.

There are times when you just have to push *pause* and catch your breath, when you just must stop all the thinking that takes you nowhere but in circles that wear a rut into the ground beneath you. Letting go feels completely

counterintuitive, yet it’s the only thing that has ever truly shifted the energy, experiences, and results for me at such times, and or led me to right action. Initially, it freaks me out somewhat, but I just remind myself of all the times I did this and the positive shift this dynamic created—and fast, not to mention how good it felt to let go and be serene instead of stressed. This method is not for the timid. Most of us were taught to emulate Chicken Little. However, you might not recognize how strong you really are and the Truth of your unity with Source, until you take this route.

The fact of the matter, of life, is this: Stuff is going to happen, shift is going to happen. We’re not here to experience a life with no challenges or changes. There isn’t one animate or inanimate thing on Earth that does not experience challenges and change. Ultimately, it’s not about the challenges, it’s about how we manage ourselves in relation to them. That saying, “Don’t sweat the small stuff,” is a good one to keep in mind. Big stuff shows up at times for all of us, but how we react to stuff can cause us to act as though even the small stuff is big stuff. We wear ourselves out. We practice

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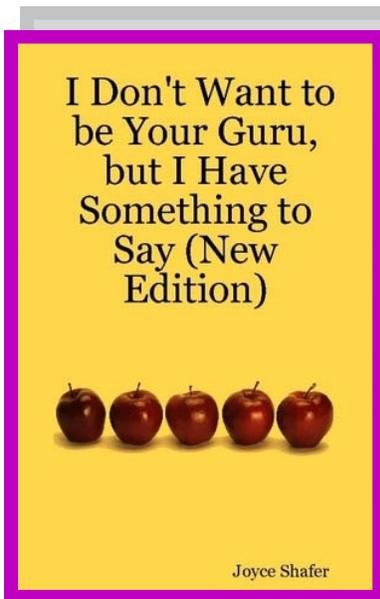
the wrong things; and when stuff happens, we go into default behaviors, because that's what we practice more often.

In Elizabeth Gilbert's book, *The Signature of All Things*, the main character reaches a point in her life and her mental attitude where certain truths about mosses become apparent to her, and she sees how these truths relate to people as well. The character writes that mosses endure challenging times through a process of adaptive change. What's the first thing most of us do when faced with a challenge or change? We resist, rather than adapt; though, if we're to survive challenges, we eventually have to adapt in some way. You wouldn't be where you are today, if you hadn't done this with a measure of success throughout your life. Please take a moment to appreciate this fact.

The character also writes the following, and you can see how it relates to us: That moss was almost certainly a different entity before it was moss; that moss—as the world continues to transform—may itself eventually become a different entity; that whatever is true for mosses must be true for all living things. The strong find a way to survive and the weak retreat and give up. I'll bet you're a lot stronger than you ever imagined or allowed yourself to imagine.

Train yourself to shift restrictive thoughts to ones based in Truth, truth about how the Universe and the Law of

Attraction, the Law of the Universe, works. Do this so you allow the Truth of your personal power to inspire you into strength and right-for-you actions and solutions. Celebrate your strength and ability to adapt. The Truth truly does set you free. It's a good practice, one you'll appreciate.



Practice makes progress.

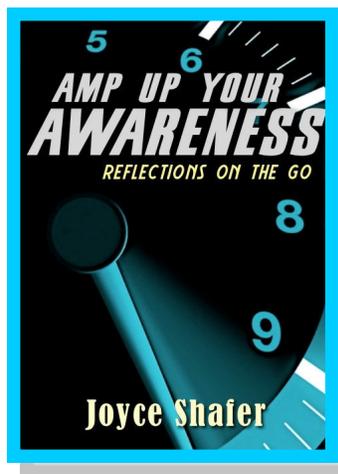
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Joyce L. Shafer is a Life Empowerment Coach dedicated to helping people feel, be, and live their true inner power. She's author of "I Don't Want to be Your Guru, But I Have Something to Say" and other

books/e-books, and publishes a free weekly online newsletter that offers empowering articles. See all that's offered by Joyce and on her site at

<http://stateofappreciation.weebly.com>



Good Stuff to Know December 2014

Highlights

Elderly Face No Added Risk From Cosmetic Surgery, Study Finds
***** Could Depression Actually Be A Form Of Infectious Disease?**
***** Secondhand Marijuana Smoke May Damage Blood Vessels As**
Much As Tobacco Smoke * Trans Fat Consumption Linked To Di-**
minished Memory In Working-Aged Adults * Early Detectable**
Vascular Disease Linked To Erectile Dysfunction * Cocaine Users**
Experience Abnormal Blood Flow, Risk Heart Disease * High**
Heels May Enhance A Man's Instinct To Be Helpful * Hand Dry-**
ers Can Spread Bacteria In Public Toilets, Research Finds * How**
Old Is Too Old To Change Careers?

[Growing A Blood Vessel In A Week](#)

Technology for creating new tissues from stem cells has taken a giant leap forward. Three tablespoons of blood are all that is needed to grow a brand new blood vessel in just seven days. This is shown in a new study from Sahlgrenska Academy and Sahlgrenska University Hospital published in EBioMedicine.

[To Reap The Brain Benefits Of Physical Activity, Just Get Moving](#)

Everyone knows that exercise makes you feel more mentally alert at any age. But do you need to follow a specific training program to improve your cognitive function? Science has shown that the important thing is to just get moving. It's that simple.

[Decreased Ability To Identify Odors Can Predict Death](#)

For older adults, being unable to identify scents is a strong predictor of death within five years, according to a study published October 1, 2014, in the journal PLOS ONE. Thirty-nine percent of study subjects who failed a simple smelling test died during that period, compared to 19 percent of those with moder-

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ate smell loss and just 10 percent of those with a healthy sense of smell.

[Elderly Face No Added Risk From Cosmetic Surgery, Study Finds](#)

Senior citizens are at no higher risk for complications from cosmetic surgery than younger patients, according to a recent study by plastic surgeons. The doctors analyzed data from more than 129,000 patients during a five-year period and found no significant difference in the rate of complications for individuals older or younger than 65.

[Direct Brain Interface Between Humans](#)

Researchers have successfully replicated a direct brain-to-brain connection between pairs of people as part of a scientific study following the team's initial demonstration a year ago. In the newly published study, which involved six people, researchers were able to transmit the signals from one person's brain over the Internet and use these signals to control the hand motions of another person within a split second of sending that signal.

[Unethical Cash Payments for Diagnosing Dementia](#)

Leading doctors and health campaigners are urging the government to withdraw its Dementia Identification Scheme, whereby English GPs are to be paid £55 for every dementia diagnosis they make from now until next April.

[Moderate Drinking Is Healthy Only For Some People, Study Finds](#)

A new study confirms that moderate alcohol consumption can protect against coronary heart disease. But only for the 15% of the population that have a particular genotype.

[Disgust Leads People To Lie And Cheat; Cleanliness Promotes Ethical Behavior](#)

While feelings of disgust can increase behaviors like lying and cheating, cleanliness can help people return to ethical behavior, according to a recent study. The study highlights the powerful impact emotions have on individual decision-making.

[Could Depression Actually Be a Form of Infectious Disease?](#)

Major depressive disorder (MDD) should be re-conceptualized as an infectious disease, according to a professor. A new article suggests that major depression may result from parasitic, bacterial, or viral infection. The article presents examples that illustrate possible pathways by which these microorganisms could contribute to the etiology of MDD.

[Cannabis Extract Can Have Dramatic Effect On Brain Cancer, Says New Research](#)

Experts have shown that when certain parts of cannabis are used to treat cancer tumors alongside ra-

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dio therapy treatment the growths can virtually disappear.

[Secondhand Marijuana Smoke May Damage Blood Vessels As Much As Tobacco Smoke](#)

Secondhand marijuana smoke may have similar cardiovascular effects as tobacco smoke. Lab rats exposed to secondhand marijuana smoke had a 70 percent drop in blood vessel function.

[Spice Up Your Memory: Just One Gram Of Turmeric A Day Could Boost Memory](#)

Adding just one gram of turmeric to breakfast could help improve the memory of people who are in the very early stages of diabetes and at risk of cognitive impairment.

[Trans Fat Consumption Linked To Diminished Memory In Working-Aged Adults](#)

Trans fat consumption is adversely linked to memory sharpness in young to middle-aged men. Men under 45 years old who ate higher amounts of trans fats, which are found in processed foods, had significantly reduced ability to recall words. Further studies need to determine whether these effects extend to women under 45 years old.

[Early Detectable Vascular Disease Linked To Erectile Dysfunction](#)

Men who have multiple detectable subclinical vascular abnormalities are more likely to develop erectile dysfunction. The presence of coronary artery calcification may predict the future onset of erectile dysfunction.

[Cocaine Users Experience Abnormal Blood Flow, Risk Heart Disease](#)

Cocaine users have subtle abnormalities in blood flow through the heart's smallest blood vessels. The abnormalities can occur while the heart appears normal on imaging test, putting cocaine users at risk for heart disease or death.

[Testosterone Replacement Therapy Does Not Increase Cardiovascular Risks In Men With Low Testosterone Levels](#)

An important new study of men who have undergone testosterone replacement therapy has found that taking supplemental testosterone does not increase their risk of experiencing a major adverse cardiac event, such as a heart attack or stroke.

[New school meal requirements: more harm than good?](#)

New federal regulations requiring school meals to contain more whole grains, less saturated fat and more fruits and vegetables, while perhaps improving some aspects of the food being served at schools across the United States, may also be perpetuating eating habits linked to obesity, diabetes and other diet-related diseases, an analysis has found.

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[High Heels May Enhance A Man's Instinct To Be Helpful](#)

A French study is the first to investigate the effect of a woman's shoe heels on men's behavior. If it's help a woman needs, maybe she should wear high heels. That's the message from researchers after they observed how helpful men are towards women in high heels versus those wearing flat, sensible shoes.

[New Article Shows Daily Use Of Certain Supplements Can Decrease Health-Care Expenditures](#)

Use of specific dietary supplements can have a positive effect on health care costs through avoided hospitalizations related to Coronary Heart Disease (CHD), according to a new article published in the Journal of Dietary Supplements(1). The article, "From Science to Finance—A Tool for Deriving Economic Implications from the Results of Dietary Supplement Clinical Studies," published by Christopher Shanahan and Robert de Lorimier, Ph.D., explores a potential cost-benefit analysis tool that, when applied to a high-risk population (U.S. adults over 55 with CHD) who take dietary supplements, specifically omega-3 fatty acid or B vitamin dietary supplements, can result in the reduction of the individuals' odds of experiencing a costly medical event.

[Hand Dryers Can Spread Bacteria In Public Toilets, Research Finds](#)

Modern hand dryers are much worse than paper towels when it comes to spreading germs, according to new research. Airborne germ counts were 27 times higher around jet air dryers in comparison with the air around paper towel dispensers.

[From Architect To Social Worker: Complex Jobs May Protect Memory And Thinking Later In Life](#)

People whose jobs require more complex work with other people, such as social workers and lawyers, or with data, like architects or graphic designers, may end up having longer-lasting memory and thinking abilities compared to people who do less complex work, according to new research.

[The Pro-Ageing Movement: The Beauty Of Being Old](#)

Forget all about anti-ageing products and the search for the 'source of eternal youth,' now the trend is showing off your real age. Datamonitor reports that this is the new revolution in the personal care market; the pro-ageing idea.

[How Old Is Too Old To Change Careers?](#)

<http://www.forbes.com/sites/lizryan/2014/11/23/how-old-is-too-old-to-change-careers/>

Care for Caregivers

By John Paul Ouvrier



Many of you may be in the position of being a caregiver. Perhaps you are taking care of a spouse, or a friend, and you are now doing more and more for them and less and less for you. This article will offer some ideas to help you take care of you, which is probably the last thing on your list.

In addition to assisting older adults I work with on a daily basis, my father is bedridden, I know that as a caregiver, you have aches and pains that few understand. Fortunately, my spouse specializes in care for terminal patients. (She just released a book on the subject). The following are some quick tips on taking care of yourself and should be shared with others in your situation. (Please email me if you have questions.)

First, let me encourage you to get help and assistance on a regular basis. And yes, before you give me your reasons for saying you can't get help or accept help, my mother has already given me a thousand reasons why she won't accept help either, and her son is the Wizard of Youth. So I understand why you may not be able to have assistance. Yet, please don't try to do this job alone.

Here are some exercises based on average physical needs. Please use these ideas to recharge yourself, not as an excuse to work harder.

BREATHE

Sounds simple, but when we're exhausted and under immense stress, we manipulate the breathing to control our emotions. Once this becomes a habit, we're always tired because we don't breathe properly! So breathe deeply during the day: My favorite- Yawn in, Sigh out! Yawn in and stretch up, and exhale like you're letting go of the stress- and let some go!

Three times a day: Five yawn in/sigh outs at a time, while sitting.

ROLL THE SHOULDERS AROUND

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Caregivers have the tightest shoulders in the world. Perhaps because they carry the weight of the world around on their shoulders, and this causes all kinds of physical issues. Tight shoulders put the body into the wrong position, makes us feel old, cuts off our breathing, throws us off balance, and is very tiring. So relax your neck, then loosen up, and lift back up.

Three times a day: Roll the shoulders forward 10 times, and backward 10 times.

BEND THE LEGS AT THE KNEES to GET RE-GROUNDED

Another simple idea, yet important. Stress un-grounds us, and we end up locking our legs. This is not harmful unto itself, yet is a terrible thing for those of you with low back issues. And what this means is that every time you lean over to move a person in bed, change a diaper, cook a meal, slide someone up or down in a chair, get them out of the car, etc, you are putting your back at risk because your legs are not doing the work, you low back is. Bend those knees, and do so daily as a practiced exercise so that your muscles know what to do.

Three times a day: Standing tall, weight on the balls of the foot, sink up and down ten times by bending the knees 3 to 6 inches feeling the legs do the work and not your lower back.

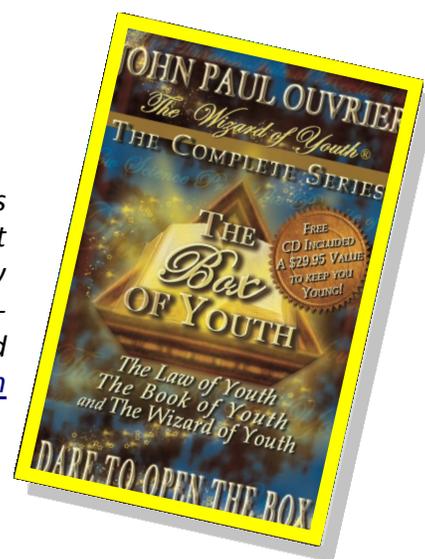
One of the hardest parts of being a caregiver is to breathe, relax the shoulders, and get grounded again when dealing with another human being.

Years ago I worked with an older woman who would go walking with her dying husband. She would walk with him, bent over like him, and it hurt her. I suggested she take a walk by herself, so she could walk like herself, or she would lose the ability to help him. She did, and it worked out well. Please remember you are not a frog in hot water. Caregiving isn't about mastering your ability to not care about you, it's about giving care from a place of care. A few minutes to take care of you can save a life, and make life that is left, worth living.

Happy Holidays!

~Because you're stronger than you think, you can do more than you know!~

John Paul Ouvrier, known as *The Wizard of Youth*, is a fitness trainer who specializes in working with older adults. Please consult with your doctor or medical professional before beginning this or any exercise program or advice. The contents of this article do not constitute medical advice. Contact him at John@wizardofyouth.com and bring him in to entertain your audiences! <http://wizardofyouth.com> and <http://fitness4charity.org>



Book Shelf

Living Our Later Years

By Lura Zerick



No matter your age, you can live a more fulfilling, interesting and exciting life. Maybe all that's needed is a little encouragement, and that's exactly what Lura Zerick offers in her new book, *Living Our Later Years*. It is filled with life lessons and encouragement and should be a "must read" in all retirement communities, especially where "doing nothing" is the standard lifestyle.

Lura provides great advice: If you have given up on a better life just because you've reached a certain age, it's time to take control again.

Don't stop moving, and don't stop dreaming of a new chapter in your life. There are still many wonderful and productive years ahead if you are willing to grab the bull by the horns. Be bold and see what you can accomplish. You will never know unless you try.

Lura used to dread each day, and she knew that was no way to live her life. Now she shares her enthusiasm for her new life with tips, quips and lots of humor. She lives a life filled with challenge and a sense of achievement. Thanks to her new attitude and outlook, she's enjoying the best years of her life. She greets each morning with the thought that something wonderful is about to happen. She believes we all need goals to inspire us to our best lives.

When I last corresponded with Lura she had a book signing at Barnes and Noble and TV appearance lined up to promote her book -- on the same day. She says, "I'm not good at twiddling my thumbs."

Now 83, Lura still hasn't learned the meaning of the words -"quit" or "can't". When not baking for her 12 grandchildren or eight great grandchildren, she is studying online to complete her BA in Biblical studies. She lives on six acres in the Alabama woods.



ANTI-AGING IS OUT AND LOOKING OLD IS IN LET'S HEAR IT FOR WRINKLES!

By Barbara Morris



Ladies over 50, get ready. Anti-aging is out; pro-aging is in. After all, that's what you want, isn't it? You are not interested in looking younger, you just want to look healthy and be honest about your age. You are fine with your wrinkles and other signs of aging. That's what "they" are saying. It's just another positive step forward in women's liberation, you understand. ([The pro-ageing movement the beauty of being old](#))

Let's get real here. A woman who says she is fine with her wrinkles has come to terms with the wrinkles. That doesn't mean she's happy about them. She realizes there isn't a lotion, potion or cream she can buy that will eliminate wrinkles so she finally says, "To hell with it -- I'll just accept the way I am". That's not liberation, it's resignation.

I suspect that if a group of wrinkled women were approached by a genie who offered to remove their wrinkles, probably all of them would say yes in a heartbeat and fight about who goes first. Maybe someday our cultural perception of what constitutes "beauty" will be different but until then, old is not beautiful. Insist old is beautiful all you like, it's just not happening.

I will agree that every woman wants to look healthy. But be honest about her age? What does it mean to be honest about your age? You know how old you are; but who else do you have to



"I don't care what that know-it-all Barbara Morris says. Here's to wrinkles, girlfriend!"

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be honest with about your age? Your age is nobody's business.

Women's lib advocates who want older women to be happy with their signs of aging are clueless. They are so busy advocating their notion of liberation that they are out of touch with reality.

When a woman projects an image of being "old" -- she is perceived and treated differently. And the older she appears to be, the more pronounced is the different treatment. When it comes to equal treatment of all women, our liberated society is still mired in cultural and traditional stereotypes about aging that have existed for eons.

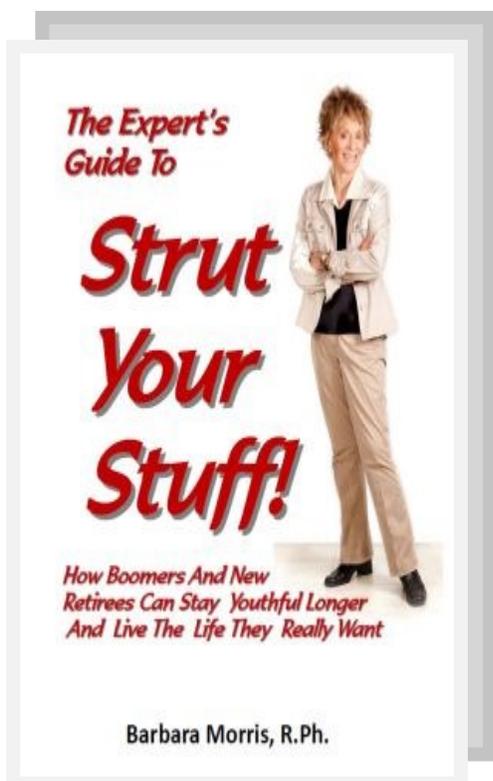
For example, if you appear old, or your age is known, it's assumed you are no longer as competent as you once were. You are seen as doddering, deaf, physically incompetent, at least to some extent, and that you need someone to do for you, or take care of you in some way. Face it: that's how advanced age in our culture is perceived. It's well meant of course, but irritating as hell. If you take exception to the mistreatment you are a cranky, senile old hag.

An illustration: I had an appointment at the hearing aid department at Costco. I was there with my daughter -- she was shopping for her paleo stuff and I was shopping for my usual stuff. For my next appointment I went by myself. The very nice hearing aid lady commented, "Is your daughter here? Did you drive yourself?" Yes, I drove myself. Get the picture? Because she

knew my age she made an assumption about my competence. There are many subtle and not so subtle ways the appearance of "old" or awareness of chronological age results in negative stereotypical treatment and it's not pleasant.

So, the women's lib types can do their thing. They can revel in their wrinkles and blab their age to anyone willing to listen. I wish them well. But I don't want to be included in their "pro-aging" movement. I will fight tooth and nail to ward off wrinkles and keep my age to myself as much as possible. I don't like having my age or appearance signal that it's okay to treat me as if I am dumb as dirt or need a seeing eye dog to get around. That day may come but I'm not there yet.

Of course, I could be wrong about all of this, but probably not. As my family will attest, not only do I know everything, I am always right about everything and my age has nothing to do with it. Imagine having to live with that.



My 15 Minutes of Fame Revisited

By Barbara Morris

At age 60 I was a contestant in a Ms. Senior America competition. I knew my chances of winning were slim because among other deficits, I do not sing, dance, twirl a baton or recite poetry. When I shared my shortcomings with the pageant director, she suggested I take acting lessons to acquire some stage presence. She said we would think of something that would qualify as talent.



So I signed up for acting lessons. Once a week for two hours I emoted with teen-agers, body builders, back-up singers, a variety of wannabe models, comedians and actors. All of them were helpful and supportive of each other's goals.

I shared with the class that I was a contestant in a beauty pageant but I didn't think I could pull it off because I have no discernible talent. A perky, overwhelmingly self-confident classmate, a backup singer for a Andy Williams suggested I lip sync to Cher's rendition of "If I Could Turn Back Time" which I had never heard. "You'll be totally fabulous, Hon," she assured me with an engaging Hollywood affectation. "Just get yourself a garter belt and some fishnet hose and you'll have it made."

I had no idea what she was talking about until I saw Cher's video in which she sings and cavorts just about totally naked before a shipload of happy sailors. There was no way I was going to prance around in next to nothing, but the song was catchy. I thought I could figure out something that would work. It took about 3 months to learn the words and the raucous, discordant (to my ears) "melody."

The next step was to choreograph it, which I tried to do with the help of a dance teacher. She knew just the right moves to make, but I couldn't get them. I finally had to create my own routine with my two left feet.

Next challenge: What does one wear besides skin? I fashioned an outfit I felt would capture the essence of Cher but would not land me in the pokey for indecent exposure. I made a pilgrimage to a thrift shop and found most everything I needed: black leather shorts, a lace body suit and, junk jewelry.

A trip to the mall produced fishnet hose and black boots. It was a challenge to find chains to

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sling around my hips; but an old dog chain worked out perfectly. A wig was easy to find. Wow, did I look great! I thought when Cher is my age she should look so good.

The big day arrived and I was ready. Incredibly untalented and tacky, but ready. I couldn't wait until singer Tony Martin, the featured attraction, finished his gig and the talent segment got under way.

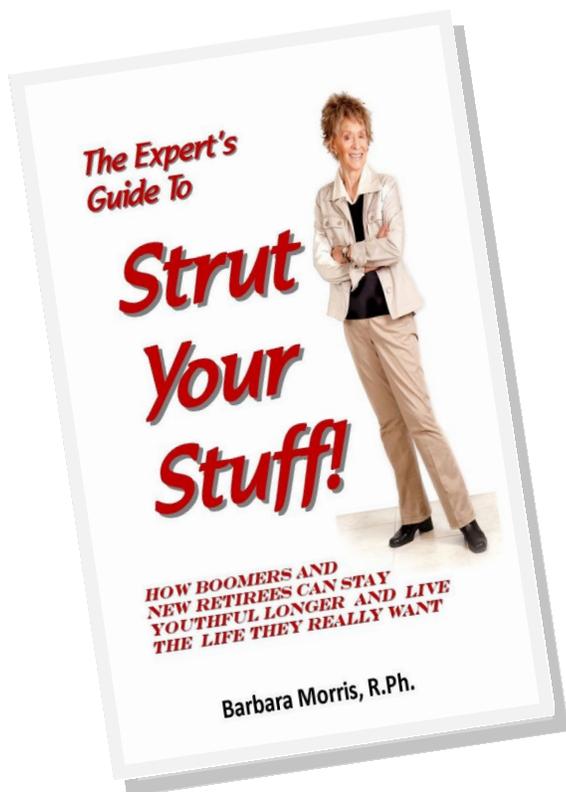
Lights! Camera! Action! As the music swelled, I heard my name announced and I fearlessly skipped out onto the stage and flung myself into my act. I lip-synced the words, danced, pranced, peeled off some of the junk jewelry, and tossed it to an appreciative audience. Whistles! Applause! You could touch the energy! I knew immediately I had missed my life's work.

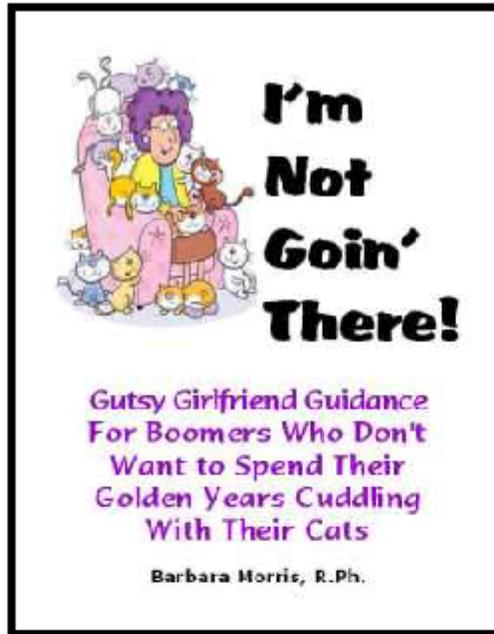


No, I wasn't destined to be a stripper, just a wailing diva - if only I could sing. But lack of vocal talent doesn't seem to be a deterrent anymore. Some very successful super stars make their living screaming and writhing in apparent agony. If they can do it I could do it too.

How did it turn out? I was first runner up and convinced it was my talent that catapulted me to that lofty position. Or was it? Alas, no talent scouts hounded (or even approached) me. But so what. It was great fun. My husband was thrilled. He ran up on the stage, in tears, hugged me and told me how proud he was.

The purpose of this silly but true story is to encourage you to go for your 15 minutes of fame. Who knows, yours may last longer than 15 minutes -- much longer. You will never know what you are capable of accomplishing until you try. It doesn't have to be entertainment. Perhaps your goals are more lofty. You may be worthy of recognition for a physical or intellectual achievement. Whatever your unfulfilled dream, do not allow it to be dormant any longer. Do what you have to do to bring it to life. I promise, you will be glad you did.





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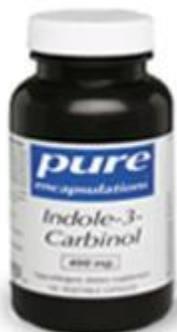
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