



Living our best lives now and in the future!

Radiating Energy and a Happy Spirit

Jasmine Sitt, the owner of Jasmine's Catering and Event Center in Roseburg, Oregon, shared that she has no intention of retiring in the foreseeable future. At seventy, Jasmine says,



“Unless someone wants to buy my business, I'll probably work until I'm about eight-five. What else would I do with my time? Then after that, I'll do more traveling for about fifteen years.”

Student and Teacher

Jasmine earned a bachelor's degree in English and literature from Ewha Woman's University in Korea, her native country.

She started her career at Chase Bank in Seoul, Korea. While there, she noticed that the American managers and Korean employees experienced some cross-cultural communication challenges.

Jasmine traveled to Corvallis, Oregon, and earned a master's degree in speech communication (interpersonal/intercultural communication) from Oregon State University. Later, she returned to Korea and taught speech classes through Central Texas College on a military campus in Seoul, Korea. While in Korea, she also studied international business at Yonsei University.

Discovering the Joy of Cooking

Five years after she had returned to Korea, Jasmine and her husband headed to Roseburg, Oregon. While her husband taught high school English, Jasmine began raising a family.

Because she'd always been a career woman, Jasmine hadn't done much cooking before. But when she entertained guests, Jasmine explained that she learned how to cook both American and Korean



dishes. Over time, friends began encouraging her to open a restaurant.

After her youngest of three children started college, Jasmine began her business.

Becoming a Business Owner

In 2005, Jasmine purchased her event center which was originally built in 1922 as a Methodist Church.



With its several stained-glass windows gracing the building, the event center reflects an earlier era.

Little Giant

Some of her friends from Korea have called her “the little giant” because of her small size but a high level of energy. A few weeks ago, Jasmine catered a funeral for 100 people. She worked twelve-hour days, three days in a row to make sure the people she served felt cared for during a time of loss.

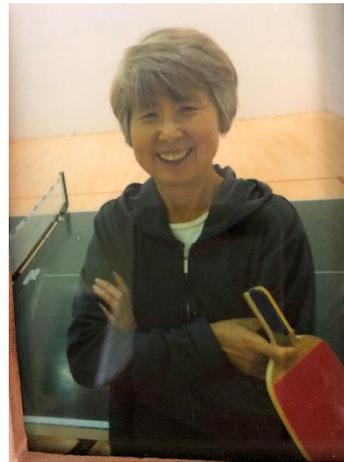
In addition to running a successful business, Jasmine is an adjunct speech communication instructor at Umpqua Community College. This spring, she taught two face-to-face public speaking classes and an online interpersonal communication class. Jasmine said that teaching is a good way to connect with young people and that her students inspire her.

When she isn't running her business or teaching, Jasmine says she loves to dance. She also likes to sing and has enjoyed learning to play the piano.

A Balanced, Healthy Life

To keep her life in balance, Jasmine starts each morning with thirty minutes of yoga instruction taught by a Korean teacher on YouTube. Then she spends an hour reading devotional material.

Jasmine says that keeping healthy is very important as we age. In addition to her morning yoga routines,



she does strength training three times a week. She also plays vigorous games of ping pong three times a week at the YMCA.

Philosophy on Aging

Her philosophy on positive aging includes finding ways to help others and to embrace a happy spirit. Jasmine said, “If you are happy, it radiates, and your energy is contagious. If you feel happy and smile, then you don't need plastic surgery.” Jasmine shared that according to traditional Korean thought, plastic surgery can interrupt a person's life energy (chi).

Freedom and Respect

As an older woman, Jasmine said she feels respected and has more freedom. She stressed that as older women, we don't have to define ourselves based on traditional gendered roles. “We don't have to impress others.”

Jasmine is a wise woman!

Congratulations Winner of June Drawing

Margaret A. won the June newsletter drawing. She has been contacted by email so arrangements can be made to send her the Tai Chi DVD she won. Congratulations, Margaret!

Our next drawing will be on June 30th. Be sure to [subscribe](#) to our newsletter to be eligible. The winner will receive a copy of *If I Live to Be 100: Lessons from the Centenarians*.

Even If You Live to 100, You Still Need to Take Care of Business

I'll admit, my husband and I dragged our feet for years before we finally got around to preparing a will. Sometimes it can be a difficult conversation to start.

When it comes to estate planning, only about 51% of Americans between 55 and 64 have a signed will in place. Who wants to think about their own demise, right? We may even try to convince ourselves that wills and estate planning are not [important](#).

Nonetheless, we are all going to exit at some point. Then those we leave behind will be in charge of managing our estate—something that can often be a messy and difficult process, especially if no will or other final documents are in place.



Fortunately, there are different options to get our final documents in order. The traditional method is to use an attorney. While it can be costly, some prefer this approach for a variety of reasons.

Another option is to use an online service such as Legal Zoom. Individuals can purchase 'package' estate planning documents that are reviewed after completed. While it can be less expensive than working with a local attorney, the forms can be challenging.

Using a legal subscription plan like Legal Shield can be a low-cost option for completing a will.

[Legal Shield Associate, Cindy Eastman](#) said, "One of the significant benefits of a Legal Shield membership is the ability to have your will completed for free as part of the membership." Cindy said plans start as low as around \$25 per month. She also said that members have the option to cancel their subscription at any point.

Spice Up Summer with Homemade Garam Masala

Here's an easy recipe for a flavorful Indian spice that can be used as a rub for meat before grilling, or can be added to soups, vegetables, or even apple butter:

- 2-inch cinnamon stick
- 2 bay leaves
- ¼ cup cumin (seeds)
- 1 T cardamom pods
- 1 T black peppercorns
- 2 tsp whole cloves
- 1 dried red chili



Heat in a sauté' pan over medium for about 2-3 minutes

- Add 1/4 tsp grated nutmeg and 1/8 tsp mace.
- Grind to a fine powder.

If you don't have a local Indian food store, you can also find these ingredients on Amazon.

Wishful Thinking is Not a Plan

The Social Security Administration is not projecting that one in three people over 65 will live to be at least 90-years-old.

How do you want to experience your next chapter – a chapter that could potentially last for decades?

If you haven't started your next chapter or want to fine-tune your plans, download this free [planning guide](#) to help make your dreams a reality.