



50+Living our best lives now and in the future!

A Passion That Became a Family Affair and a Best Life

Janon Rogers has some advice for anyone 50+ who wants to live their best life: “LIVE IT!” Think about what you want to do or accomplish—and ask why can’t you do that at your current age, whatever that is? If there are legitimate reasons, what can you do to overcome those issues? We all have one and only one life. Spend it mindfully, not drifting along.”

Owner and chief instructor of Rogers Family ATA Martial Arts, Janon knows a thing or two about living her best life and living it to the fullest. She holds a 4th-degree black belt in Taekwondo and is a level 3 internationally certified Songahm Taekwondo instructor. She is a business owner and active in her community. She also shares strong bonds with her family.



An Open Door and a Life-Changing Opportunity

Janon was homeschooling her two sons in 2004 when she happened to drive by a Taekwondo school. Recognizing that such training might be right for her sons, she signed them up.

Then the owner told her she could also train along with her boys for almost nothing. “I figured that I was going to be there anyway. Why not get some exercise?”

Three years later, and after getting her 1st-degree black belt, she started teaching. Initially, she worked with children from four to seven-years-old. The next year, she started a pilot program working with two elementary schools. Soon after that, the Rogers family opened their own club.

Classes and Training for All Ages at Two Locations



Janon Rogers, Audrey Millard, and Thompson Rogers

[Rogers Family ATA Martial Arts](#) now has two locations—one in Cottage Grove, Oregon, and the other in Roseburg, Oregon. Both schools are listed as members of the American Taekwondo Association.

The schools offer martial arts training for adults and children. “We offer self-defense training in all of our classes, even for our youngest ‘Tiger’ students.”

The schools also offer self-defense seminars for community members who are not their regular students. One of these seminars is for women. “We mature women have been trained since birth to be quiet, not make scenes, be lady-like. Having specific classes to help us overcome some of that encultured training, to be assertive when needed, to know that we can defend ourselves, in my opinion, is invaluable.”

“Anyone Can Do Taekwondo”

“As an instructor, I really love when students who are feeling very unsure about themselves or insecure see what they can do—the first time they break a board or get their first belt. The vision of the American Taekwondo Association is that anyone can do Taekwondo. We’ve had students with serious physical and neurological challenges who have enjoyed that feeling of victory—pushing through and accomplishing something hard.”

“The biggest challenge is when someone gives up when training becomes harder. This happens with both adults and children, unfortunately. We can often see the untapped potential in a student, and it’s just heartbreaking when they aren’t willing to try to reach that potential.”

Martial Arts Benefits for Adults 50+

Martial arts training offers several potential benefits for older adults. In addition to a good workout, it can improve blood pressure, flexibility, and cardiovascular health. “Learning and working on new things brings mental benefits as well. We see improved concentration and focus; learning new material helps to keep mental acuity. Plus, punching and kicking things helps relieve stress!”



The Rewards and Challenges of Owning a Business

“The biggest reward—and probably the biggest challenge is that I am the one who makes the decisions for my business. I really value the input of my staff, but at the end of the day, I’m where the buck stops!”

Because of the pandemic, “We have had to be agile and come up with solutions that will help all of our students continue training. I’ve been learning a lot this year about creating videos, online meeting platforms, etc., that I had not really expected. Lifelong learning is vital!”

In addition to running a business, Janon also networks with other business owners. Currently, she is the president of BNI Umpqua Valley. “[BNI](#) is a business networking organization. It’s designed so that our members can pass qualified referrals on to other members.”

Advice for Anyone Interested in Starting a Business

“The biggest advice I would give for a new business startup is to make sure that you are financially stable. Treat your business as a business. Get the advice of professionals like an accountant, a lawyer, a banker, etc., before starting. Continue to consult with them. Honestly, when I started teaching, I thought of it as more of a mission—to give kids something healthy to do in our town. And, I’ve made some mistakes that a professional would have helped me avoid.”

Living Her Best Life

The Rogers family owns property in Drain, Oregon, where children, in-laws, and other family members live. Janon and her husband, Steve, moved from the Drain property six years ago and are now settled in Sutherlin, Oregon—a location in-between the two schools they own. Janon continues to follow her passion by living it to the fullest.

More Than Physical Training

Taekwondo and other martial arts not only involve physical training and skill development, they also emphasize character development (or life skills.) For example, life skills emphasized at Rogers Family ATA Martial Arts include:

Discipline - *To obey what is right*

Belief - *Yes, I can*

Communication - *The link between the world and me*

Self Esteem - *The joy of being myself*

Honesty - *The first Step in an abundant life*

Respect - *It's not what you know; it's what you do*

Regardless of how they are expressed, Taekwondo students are expected to demonstrate character as part of their training.

Taekwondo for the Ages

World War II veteran and retired professor Dr. Harlan Van Over didn't start Taekwondo training until he was fifty-nine-years-old. In 2016, **at the age of 94, he passed** his test for a sixth-degree black belt.

Keeping Our Hearts Health after Fifty



The older we get, the greater our risk is of developing cardiovascular disease. Related to menopause, the **risk for women** surges at about fifty-five. The **American Heart Association** reports that for both women and men 65+, cardiovascular disease is a leading cause of death.

The **American Heart Association** (AHA) advises that we can reduce our risk for heart disease by controlling cholesterol levels, keeping our blood sugar under control, getting regular exercise, losing unnecessary weight, avoiding smoking, and eating a healthy diet. AHA recommends a diet that includes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils.

The **CDC** states, “physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. For adults, the Surgeon General recommends two hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week.”

The **Mayo Clinic** warns that “periods of excessive stress have been linked to problems that increase heart disease risks such as high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating.” Stress management is essential when it comes to our overall health.

Adults 50+ and Benefits of Practicing Tai Chi

The **Mayo Clinic** suggests Tai Chi as a gentle way to relax and reduce stress. This

ancient Chinese form “involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.” For those of us who are older, Tai Chi does not overly burden our joints or muscles. In addition to reducing stress, Tai Chi can help lift our spirits, improve flexibility and balance, and improve muscle strength. “Some evidence indicates that Tai Chi may also help” improve sleep, support the immune system, help lower blood pressure, reduce joint pain, and overall well-being.”



Congratulations, Black Belt Dynamic Duo

In November, **Ben James**, CFA, CFP, and one of his eleven-year-old sons, Collin James, earned black belts in Taekwondo after training with the World Champion Taekwondo in West Linn, Oregon. Collin is now training towards his 2nd-degree black belt. Ben says, “I’m already too dangerous.” and is holding off on more training for now.

A Heart-Healthy Food Transformed into a Sweet Treat

Especially after fifty, it is increasingly more important to pay attention to the benefits of the foods we eat. Black beans offer numerous health and nutritional benefits.

According to [WebMD](#), these beans are “nutritionally powerful.” In addition, they may help reduce your risk of various medical conditions, including heart disease.

A Rich Chocolate Treat

One way my husband and I enjoy black beans is to use them when making sugar-free brownies. The



first time I baked black bean brownies, I didn't tell anyone that I'd slipped a secret ingredient into the treat until I got positive reviews. The brownies were rich, moist, and satisfying.

I tend to prefer “quick and easy” food

preparation. I use a sugar-free boxed brownie mix. Then, I blend one egg, 1/3 cup of olive oil, and 2 cups of rinsed black beans until smooth. I stir the blended beans into the brownie mix and add some chopped walnuts.

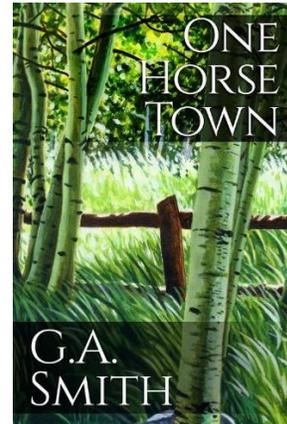
Simply follow mix directions for baking but add a couple of minutes because the beans add density.

If you enjoy cooking and following recipes, there are a variety of five-star options available online. One of those recipes is for [flourless](#) black bean brownies.

Winter Escape

Are you ready to escape the pandemic—even if for just a couple of hours at a time? One of the easiest (and safest) ways to enjoy a little escape is to pick up a good book.

Author of [A Cast Away](#), master storyteller [Gregg Smith](#) delighted his readers when announcing his newest book, [One Horse Town](#).



If you had the opportunity to read *A Cast Away*, you'll recognize some familiar characters, including Al and Chuck, in this newest release.

“Emotional, honest, and of course with Smith's dry humor, *One Horse Town* is a touching ride through a tiny town, its inhabitants and the effects of real-life events that touch us all.”

One Horse Town is available in paperback or on Kindle through [Amazon](#).

Potential Benefits of Writing Your Own Story

Some research has found that older adults who write their [life stories](#) may experience improved cognitive function and decreased symptoms of depression.

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