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

Raised with a Vision for Making the World a Better Place

In Jenny Carloni’s childhood home, there was a designated phone to help support the League of Women Voters. “We kids were taught to answer the phone by chirping, ‘Hello. [League of Women Voters](#),’ followed by, ‘Just a moment and I’ll get my mom.’”

“I was raised to believe in reason, science, and the power of people working together to create a safer, better world for everyone. One of the ways we do that in our country is by voting for government, people, and policies that move us toward that better world. In our democracy, our vote is our voice. The League’s work is to make sure that every eligible voter has the information and the access needed to cast their vote and make their voice heard.”



“It is not uncommon for League membership to be a family tradition.” Jenny is currently serving her third two-year term as president of the League of Women Voters of Umpqua Valley. She had previously served on the Board and had also served in other leadership roles for the League.

Following in the Footsteps of the Women Who Came Before Her

Jenny’s work with the League is part of a 100-year effort to bring about voter education and fairness. Suffragists established the League of Women Voters a few months before the 19th Amendment was ratified on August 18th, 1920, and women won the right to vote.

“With the passage of the 19th Amendment and the granting of woman suffrage on a national level, the League shifted its focus to educating women, a huge group of first-time voters, encouraging them to study the issues and candidates to cast an informed vote. Empowering voters is still the mission of the League today. The League believes in fairness. This means that every eligible voter should be able to cast their vote and that all votes should count equally.” What some people may not know is that “men have been welcomed as members of the League for many years now.”



Empowering Others through Education

Jenny knows that education can empower others—whether through voter education or more formal

learning environments. She spent 30 years as an elementary school teacher. “I loved helping kids gain the power and pleasure that reading can bring and loved encouraging their curiosity about the natural world.”

Before her husband Ken retired as a professor of biology at Umpqua Community College, the two of them led field classes through northern California and southwest Oregon, and some to Baja, California. These classes focused on the botany and natural history of these areas. Students who participated in these trips claimed they were life-changing. “Part of making the world a better place is inspiring others to carry on the work, so teaching will inevitably be part of what we do.”

Cultivating Relationships through the Open World Program

Through a program called Open World, Jenny and her husband, Ken, hosted five young professionals over the years from Ukraine. “Despite language and cultural differences, what really came through was how we are so alike in our hopes and dreams for our families and the world.” In 2018 Jenny and Ken traveled to Ukraine to visit their new friends.

“When we were in Ukraine, it was very evident that the people were fearful of Russian aggression and cynical about their government. They truly felt that their votes did not matter. We hope that that is changing and that democracy can work better for them, too!”

Standing for Social Justice

Earlier this year, Jenny and Ken stood with several others in their community to support The Black Lives Matter movement as it “is about fair treatment for everyone.” Jenny believes that all of us need to “speak up when injustice is done.” Jenny also believes that in our culture, “whiteness confers privilege, but there is no reason why it should. Creating a better world for all of us is work we must do together.”

Living Her Best Life

Research is clear on the importance of engagement with others as we leave our formal careers. Jenny’s work with the League and other causes has given her opportunities to know her local community better. She enjoys the outdoors and tries to eat well and exercise. She took dance lessons for many years and spends time “reading, hiking, paddling on the river, gardening, and dancing just for fun.”



It should be no surprise that Jenny and Ken live in a ‘green home’—one that they designed. “I wish everyone could live in a safe and beautiful home in a caring community.”



Living Our Best Lives: Jenny’s Advice

1. Cultivate friendships with “positive people who are making the world a better place.”
2. “Nurture your curiosity.”
3. Vote! “Voting is your voice in this collective enterprise we call community. It is part of your power to enact positive change.”

Our Ballot, Our Power

In 2016, the [Pew Research Center](#) reported that 56% of voters were fifty or older.

A recent [AARP](#) article states that “voters 50+ likely to maintain position as “powerful decision-makers.”

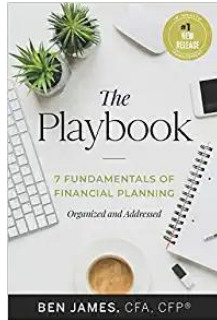
Some of the issues of concern for 50+ voters include the future of Social Security, safety, healthcare costs, COVID-19, and the economy.

Winner of the August 14th Drawing

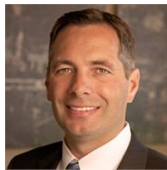
Congratulations, **Virginia Berger** of San Diego, California! Virginia will be receiving a copy of [The Playbook: 7 Fundamentals of Financial Planning](#) by Ben James, CFA, CFP.

The Playbook is now a best-selling new book in its category. Ben's book offers a clear blueprint for getting your household finances in order.

Ben and his new book were featured in our [July 2020 newsletter](#).



Register for a Playbook Webinar



Ben James, founder of Elevate Wealth Management is offering free, quarterly webinars on the Playbook process. The next webinar will be in October 2020.

Topic 1: Do you need an estate plan – what do you really need and where do you keep it?

Topic 2: Everything else my family needs to know—100 things you need to keep but never thought of.

To register for the October webinar, click [here](#).

Speaking with Purpose and Power

Kem Todd, featured in our [October 2019 newsletter](#), has been elected as the president of the Roseburg Toastmasters.

[Toastmasters](#) is an international organization that offers opportunities to develop speaking, communication, and leadership skills in a supportive environment. Involvement in Toastmasters can help you learn to speak with purpose and power.

Roseburg Toastmasters meets each week for “a concise hour presentations, table topics, and evaluations. Guests are always welcome!”



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When: Thursday's 6:45–7:45 am

Where: Live online via ZOOM (call for the meeting I.D. number)

Contact: Kemberly Todd 541.680.4166
Kem.todd@gmail.com

Strategies for Life Transitions

Featured in our [June 2020 newsletter](#), Reed Dewey is a life coach and transitions expert. Reed offers a variety of free resources for transitions and life planning on his website, [What's Next Coaching LLC](#).



Here are five suggestions Reed offers to help you with transition periods in your life:

1. **Be easy on yourself** during times of change. Our brains need time to move through the stages of transition.
2. **Take proactive steps** to stay in good mental and physical health during the "healing" time.
3. **Listen to your heart and body**, and when it feels like the right time, take steps to explore what's next.
4. **Re-frame your brain.** What's another way to see the situation?
5. **Seek out opportunities and find what excites you** as you gain confidence with the transition.

Living with Purpose: For Over Five Decades, she Advocated for the Right of Women to Vote



Susan B. Anthony, who was raised as a Quaker, felt compelled to speak out against all kinds of injustices—including slavery, but she also had a significant fear of public speaking. To make matters worse, it was considered inappropriate for women to do any public speaking when she first started her advocacy work.

By the time she was in her early thirties, Miss Anthony knew she had to take a stand on woman’s suffrage and soon became one of the prominent voices for the cause. Her position meant she risked being heckled, pelted with rotten eggs, and even thrown in jail.

Despite Criticism, She Persisted

As Miss Anthony’s reputation grew, public criticism of her unpopular suffragist efforts also increased. Newspapers frequently printed unflattering depictions of her. As an example, in 1870, the Utica Herald wrote, “She is sweet in the eyes of her own mirror, but her advanced age and maiden name deny that she has been so in the eyes of others...”

At the time, Miss Anthony was fifty-years-old. (As the average life expectancy was under forty-years-old, Anthony would have been considered well past her productive or ‘reproductive’ years.) Contrary to popular belief, her friend, Elizabeth Cady Stanton, had once [advised](#) Susan in a letter, “We shall not be in our prime before fifty, and after that, we shall be good for twenty years at least.”

Driven by a Purpose Greater than Herself

Even though her ability as a speaker had grown, Anthony was still full of self-doubts. Writing a letter from Portland, Oregon, in November 1871, she said, “The mortal agony of speaking again in Portland is over, the hurt stings yet. Never was I dragged before an audience so utterly without word or thought.” Nonetheless, Anthony was a woman driven by a purpose bigger than herself. A growing number of women throughout the country provided her with support and encouragement. Elizabeth Cady Stanton also helped coach her as a speaker.

In spite of her years of self-doubt, newspapers started writing about Susan Anthony’s powerful ability to persuade audiences. Anthony continued her work until her last breath when she passed in 1906 at the age of 86. She had spoken all over the country, had organized and led a national movement, had frequently lobbied Congress, had met with three sitting presidents, and was eventually lauded both home and abroad for her work. She had become one of the early voices and faces for woman suffrage. And, as Lynn Sherr [wrote](#), “She did much of her best and most lasting work after she turned fifty years old.”

Note: A portion of this article was drawn from a piece Paula Usrey had written earlier this year for [HoneyGood](#).

The Power of Purpose

Having a sense of life purpose may decrease your risk of dying early, according to a [study published in 2019](#). Purpose is defined as “a self-organizing life aim that stimulates goals.”

Centenarians living in “[Blue Zones](#)” areas—places where people were living longer lives with more vitality—have a strong sense of purpose throughout their lives.

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