



*Living our best lives now and in the future!*

## Actively Engaged and Living Her Best Life

**K**emberly (Kem) Todd is a program manager for the Small Business Development Center (SBDC) in Roseburg, Oregon. She has worked at the Center for five years and says, “it has filled my sails ever since.”



“No one understands better what a small business owner [or person starting a new business] is going through than a small business owner.”

Kem said that when she and her husband owned a business, they could have used all the resources that she is now able to provide for others.

Now Kem sees it as her mission to spread the word about services the nationwide network of Small Business Development Centers can offer. Some of these services include free business counseling and low-cost classes.

One of the programs Kem is excited about right now is the Encore Solo & Business Builder course. This ten-week course is one that can help people turn a hobby or their area of expertise into a business.

“So many people are retiring, or switching professions [and] are looking to pursue a laid-by-the-wayside dream project or business. The extra income helps too!”

### From Business Ownership to Volunteering

Kem and her husband moved to Umpqua in 2000 to operate a small business. When their business closed, she didn’t even want to leave her home. But she had a toddler by then and ended up helping at her daughter’s Montessori school. She later got involved in the SMART (Start Making A Reader Today) Program, the Downtown Roseburg Association, Toastmasters, the Umpqua Community College Debate Club, Start-up Weekend (for entrepreneurs), and the Young Entrepreneur Society, among other organizations.



### A New Risk and a Big Dream

Although she had a lot of practical experience and believed she was ‘perfect’ for some positions that she had wanted, she lacked the required educational background. By the time she was forty, Kem had

two grade-school-aged daughters. “It was a risk for me to go back to school with two children in grade school while also working full-time.”

While taking a walk with a friend around the campus at Umpqua Community College, Kem says her walking buddy “tricked her” by escorting her right to the admissions office. “I didn’t know what I would major in, I just knew I wasn’t going to do much professionally without a degree. I told myself if I was going to take this time and money from our family, I was going to do my best work.”

Kem admits that sometimes she struggled with school, but her family cheered her up when she needed it. Once, she complained out loud after failing a test, “I’m so stupid—I’m just neglecting my family. What am I even doing?”

When one of her daughters overheard Kem, she replied, “Mom, would you call me stupid if I didn’t pass a test? You know you’ll pass it when you try again. Besides, when you’re in school, we always know where you are.” Kem said that moments like that helped her understand that she was a role model for her family. She wanted to do her best and ended up earning a 4.0 and joined Phi Theta Kappa, a national honor society for community college students.

Before her fiftieth birthday this year, Kem earned her bachelor’s degree in business management. She also celebrated her 20<sup>th</sup> wedding anniversary. One of her daughters is now twenty, and the other is seventeen. Her youngest is a high school senior and cheerleader. Kem says, “We are NOT missing any games this year.”

### **Keeping Active and Keeping an Eye on Endless Opportunities**

To relax and stay active, Kem loves to dance. She says it is her favorite activity anytime and anywhere. When she used to be a “classroom mom,” one of her daughters would tell her, “Okay, just no dancing on

the field trip.” Kem would tell her daughter that she couldn’t make any promises.

In addition to dancing, Kem teaches Zumba water classes. In the summer, she teaches her classes at the Umpqua Community College pool. On Saturdays, she teaches at the YMCA pool. “I’m a water lover, and you just can’t go wrong working out in the pool. It’s also a great workout and kind to your body’s joints and muscles.”



Trudy Gilley Harris with Kem Todd

Now that Kem is a newly minted fifty-year-old, she is already planning for the second half of her life. She sees her future “opportunities as endless.” She wants to keep growing professionally and put in place processes and programs “that will have lasting effects [and will] change people’s lives.”

Public speaking is also an important part of Kem’s life. She is still involved in Toastmasters and is currently the vice president of public relations for her club. Two years ago, Kem took on the challenge of becoming a TEDx Roseburg speaker. This year she is serving on the TEDx Roseburg board of directors.



Kem’s advice to others who want to live their best lives now and in the future is to focus on doing your best.

## Encore Solo & Business Builder Course

For individuals 50+ who have been laid off, want extra income, or have dreamed about owning a business, the [Encore Solo & Business Builder Course](#) could help you.

Originally developed through the Oregon Small Business Development Center and Portland Community College, this 10-week course can



provide you with a good foundation for starting your own business. The program is now offered in more than one location.

Beginning in February, the Encore program will also be available in Roseburg. Classes will be held on Thursdays from 2:00 p.m. to 5:00 p.m. starting February 6 through April 9<sup>th</sup>, 2020. The location will be at the Small Business Development Center (training room). The address is 522 SE Washington Ave, Roseburg, OR 97470.

For more information about the Roseburg program, click [here](#).

### JobSearch50.com: A New Service for 50+ Job-Seekers

With a background as an executive-level human resources professional, Joe Stam is very aware that individuals 50 and older can have a difficult time finding work. Now Stam is the founder and CEO of JobSearch50.com.

As stated on Stam's LinkedIn Profile, "JobSearch50 is a job board and resume service that aims to assist millions of talented, capable, and hardworking individuals over 50 in their quest for employment

and fair treatment in the job market and workplace. When applying for a job on our site, you will only be competing with people over 50.

Our focus is to create full-time, part-time or contract employment opportunities for Job Seekers over 50 years old.

JobSearch50 will help you find employers that value your experience as well as give unique resources that assist you along the way."



For more information, visit:

[www.JobSearch50.com](http://www.JobSearch50.com)

### Nursing Home Resident Left a Surprising Poem about Aging

*The story and poem touched me. I believe it will you too. Please know that I had to remove some of the original punctuation (numerous ellipses) so that I could fit it into this newsletter. Thank you, David Reeck, for forwarding this poem.*

When an old man died in a North Platte, Nebraska nursing home, others assumed he had nothing left of any value.

Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. Now this anonymous poem has been widely shared on the Internet.

#### Crabby Old Man

What do you see nurses? What do you see?  
What are you thinking when you're looking at me?  
A crabby old man, not very wise,  
Uncertain of habit with faraway eyes?

Who dribbles his food and makes no reply,  
When you say in a loud voice, "I do wish you'd try!"  
Who seems not to notice the things that you do,  
And forever is losing a sock or shoe?

Who, resisting or not lets you do as you will,  
With bathing and feeding, the long day to fill?  
Is that what you're thinking?  
Is that what you see?  
Then open your eyes, nurse. You're not looking at  
me.

I'll tell  
you who  
I am as I  
sit here  
so still,



As I do  
at your  
bidding, as I eat at your will.  
I'm a small child of ten with a father and mother,  
Brothers and sisters who love one another.

A young boy of sixteen with wings on his feet  
Dreaming that soon now a lover he'll meet.  
A groom soon at twenty, my heart gives a leap.  
Remembering the vows that I promised to keep.

At twenty-five, now, I have young of my own.  
Who need me to guide a secure happy home.  
A man of thirty, my young now grown fast,  
Bound to each other with ties that should last.

At forty, my young sons have grown and are gone,  
But my woman [is] beside me to see I don't mourn.  
At fifty, once more, babies play 'round my knee,'  
Again, we know children, my loved one and me.

Dark days are upon me, my wife is now dead.  
I look at the future, shudder with dread.  
For my young are all rearing young of their own.  
And I think of the years and the love that I've  
known.  
I'm now an old man, and nature is cruel.  
Tis jest to make old age look like a fool.

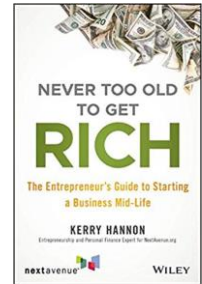
The body, it crumbles, grace and vigor, depart.  
There is now a stone where I once had a heart.

But inside this old carcass, a young guy still dwells,  
And now and again my battered heart swells.  
I remember the joys,  
I remember the pain.  
And I'm loving and living life over again.

I think of the years, all too few, gone too fast.  
And accept the stark fact that nothing can last.  
So open your eyes, people, open and see.  
Not a crabby old man. Look closer, see ME!!

## An Entrepreneur's Guide to Starting a Business Mid-Life

According to public health experts, "We've increased our life expectancy by 50% in the last 100 years." If you've always dreamed of starting your own business but thought it was too late, think again.



Kerry Hannon is the entrepreneurship and personal finance expert for NextAvenue.org. Her new book, *Never Too Old to Get Rich: The Entrepreneur's Guide to Starting a Business Mid-Life*, offers some inspiring stories and lots of practical advice for starting a business at any age.

## Staying Connected

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If you would like to share some of your own thoughts on the BoomerBestU.com website or in an upcoming newsletter, please [contact](#) me. Also, if you have any feedback you'd like to share, I'd appreciate hearing from you. *Paula Marie*