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## 'World Citizen' Finds Heart & Home in Ireland

For twenty-one years, working three-week shifts, 12-14 hours a day, seven days a week, Aaron Tall Chief Usrey worked on the Northern Slope in Alaska. He held various demanding positions involving the Arctic Circle pipeline integrity.



His last job was as a mitigation integrity data interpreter—a position he held for thirteen years.

### Globe Trotting

One of the upsides of Usrey's work was the three-week breaks that followed each of his three-week shifts. He used these breaks to experience cultures throughout the world. He recalls several memorable trips:

"I've spent weeks on the Greek island of Crete, which is heaven. While visiting, he appreciated the "beautiful beaches, slower pace of life, kind people, and a very relaxing environment."

"I love Thailand. The food was fantastic, and the people were kind and conversational.

It was another place to relax and take a moment to breathe."

"London is simply a balm to creativity and diversity of all kinds for me—it is a microcosm of the world in my mind."

"Budapest is fascinating for a history fiend. It is two cities, Buda, the hillside town beside the Danube, and Pest, which is on the other side of the river and basically on a level plain. Hungary, itself, is around 1100 years old and rich in remnants and sites."

### Ancestral and Tribal Roots

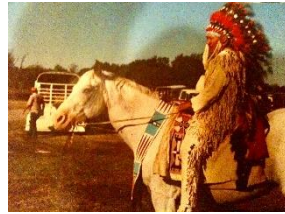
"Then there is Ireland, my spiritual home; the moment the wheels touched the ground twenty years ago, I knew." From that point forward, "this



green paradise is where I would spend as much of my life as possible." For Usrey, Ireland is also a place where he has deep ancestral roots.

In addition to his Irish roots, Usrey is also a member of the Osage Indian Tribe. Aaron's third cousin is the late prima ballerina, [Maria Tall Chief](#). He continues to enjoy a friendship with Maria Tall Chief's daughter.

His grandfather, [George Tall Chief](#), was a chief of the Osage Nation. "Grandad was a fascinating man. He and his four brothers only spoke Osage for much of their childhood."



When George Tall Chief was still a child, his father was poisoned, and he and his brothers were sent to a military school. "Much of their land and oil rights, which were many, were signed away. Grandad was never bitter. He was a self-made man, an educator, principal, and school superintendent. He had a zest for life that was contagious. Everyone loved that man."

### A Wake-Up Call

One of the downsides of Usrey's intense work on the slopes was constant stress. "My health was affected by a high degree of daily stress." Over the years, he experienced "multiple hospital stays for gastrointestinal issues and surgeries. My body was to a point where it could not tolerate the intensity and long hours anymore."

### A New Life



Now Aaron has a wonderful partner, and the two of them live on a twenty-acre farm in rural Ireland. "Kieran is a dance instructor, and he works evenings in different villages, so we have most days together, which is grand. It's so peaceful; if we have four cars a day, it's a busy day! The lambs need to be bottle-fed three times a day for the next couple of weeks; they

are hilarious and so much fun.

My health has improved dramatically since leaving work, and I am very content and relaxed." Now, his more significant worries are whether "we kept the hens in the coop, and they are all accounted for."

### Ninety Days

Usrey can only stay 90 out of every 180 days in Ireland as a U.S. citizen. When he is not in Ireland, he enjoys spending time in Athens. "Staying in an [Airbnb](#) owned by friendly and kind hosts is such a



treat. Ruins are everywhere, and excavations are continuous because there is such history. I jogged around the temple of Zeus for fun

and walked around the Acropolis. Museums are everywhere, and the people are so friendly and kind, very laid back for the most part.

"I would like to become a dual citizen, and it's the only way to stay full-time. Marriage is a process that can sometimes take years for the government to recognize," but it would also allow Usrey to call Ireland his home.

### For Relaxation

Kieran and I walk a lot through the countryside, usually around dusk when he returns from teaching. I am cooking quite a bit, which to me is relaxing." It's a joy to work with the animals, build fences, and train the alpacas to walk with a lead. Just a quiet life, and something I would never have foreseen, but now I can't imagine not living this way!



### Advice

"I believe doing what one loves is the answer to a happy and contented life." I've found the adage, "Less is more," so telling and waking up in the morning to roosters crowing and lambs bleating, savoring a cup of coffee or tea with someone you love—priceless! To have our health—that is something so simple yet beyond valuable. What are we if we don't have our health?"

## Nature and Stress Reduction

Referencing a 2019 study reported in *Frontiers in Psychology*, Harvard Health Publishing [reports](#) "Spending just 20 minutes connecting with nature can lower stress hormones."

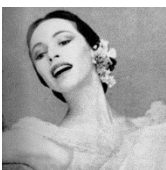
## Visiting Ireland

Aaron Tall Chief Usrey has visited Ireland numerous times over the past twenty years. If you decide to visit the country, he suggests seeing the Cliffs of Mohr on the West Coast of the Island as they are "incredibly beautiful. Cork City is on the south end of the island and is also beautiful as well as diverse and sophisticated. Galway City is a university town and very artistic. (It is about an hour from where we live.) The Rock of Cashel is an old ruin in the middle of the country. It has been inhabited for thousands of years; like many ruins, it was a Monastery for a time. The Rock overlooks a plain populated by sheep in brilliant, green fields. There is a 'green' in Ireland which I've never seen anywhere else. Emerald Isle Indeed!"



Usrey describes Ireland as a "prosperous country that benefits from a low tax rate that encourages businesses to locate there." Businesses like Google, Amazon, Microsoft, and others are located in cities like Dublin, and housing and groceries are relatively affordable. "People are very friendly and kind."

## Maria Tall Chief to be Featured on U.S. Quarter



Maria Tall Chief is one of five women who will be commemorated on a new set of quarters in 2023. The [Osage News](#) states that she "rose to

prominence in the ballet world from the 1940s through the 1960s."

The [Women's History Museum](#) notes that Tall Chief was the "first American to dance with the Paris Opera Ballet" and was known for her signature 'Firebird' role and as the Sugar Plum Fairy in *The Nutcracker*. She [founded](#) the Chicago City Ballet in 1974.

## In-Home Airbnb Hosting

By Cindy Eastman

Have you ever thought about becoming an Airbnb host and sharing part of your home with strangers for a limited time? My husband and I have been sharing our home with Airbnb guests for about seven years and have found it very rewarding.



### The Right Attitude

The host needs to feel comfortable welcoming others into their home. If not, that person probably should not be an in-home Airbnb host.

We enjoy meeting new people, and we've met many people from all walks of life. We've met people from just a few towns over who have come into our city to visit or work, and we've met people from as far away as Jordan, France, Germany, and S. Korea, to name a few. We've met people working in our community on short-term contracts to people who are vacationing in our area to hike, fish, or visit our wineries. Others might be visiting to attend a wedding or visit family, but their family has no extra space for them.

### The Right Space

In-home hosting doesn't require a lot of extra space, but it's essential to have a clean, well-maintained bedroom and bathroom. The area does not need a separate entrance, but having one could make it more convenient for guests and hosts.

## The Right Environment

Have a friendly, welcoming attitude and a clean environment to start. Nothing else is required, but we offer coffee or tea, fruit, and cereal in the morning if guests want that. (We just do that to make people feel comfortable in the morning.) And some people, like myself, really...need...their...coffee first thing in the morning!



## A Mutually Beneficial Opportunity

Of course, Airbnb hosts earn money from their Airbnb rentals. The money earned could be an enjoyable way for people to supplement their income, especially retired people who have the time to take care of the space. Or, it might just be a good way to meet new people and stay more socially engaged. If guests are equally comfortable meeting new people, then the experience of staying in an Airbnb could be ideal.

For more information on Airbnb rentals, the Airbnb mission, or how to become a host, check out the Airbnb [website](#).

*Licensed in Oregon, Washington, Nevada, and Texas, Cindy Eastman is an insurance agent specializing in Medicare, marketplace health insurance, and health insurance supplements. She can be reached at 541-733-8383 or [ceastman@healthmarkets.com](mailto:ceastman@healthmarkets.com), or [www.HealthMarkets.com/ceastman](http://www.HealthMarkets.com/ceastman).*

## Planning for Living Longer, Healthier Lives

While the [CDC](#) reported in 2018 that 22% of adults 65+ had fair or poor health, the average life expectancy after 65 was still an additional 19.6 years.

The expected life span for someone 65+ isn't necessarily the best estimate for planning. For example, an average 65-year-old male has a [25%](#)

chance of living to 92. For nonsmokers who have healthy lifestyles, the likelihood of living to at least ninety is [significantly](#) greater: Men have a 43% probability of living to at least ninety. For women, that probability increases to 54%.

Even though a typical employee may plan to stay in the workforce longer, the average retirement age in [2021](#) was 62. With potentially decades of post-career living, planning for those extra years is vital.

Planning for the financial implications of a long post-career life is crucial, and working with a [Certified Financial Planner](#) (CFP) is ideal. If you are not familiar with the basics of financial planning, read [The Playbook: 7 Fundamentals of Financial Planning](#) (2020) by Ben James, CFA, CFP.

Even if you are in good health, planning for future healthcare costs is also essential. For those counting on Medicare Part A (the free part), it will cover only part of your healthcare expenses. As Cindy Eastman suggested, finding a way to generate extra income might be part of your strategy to help finance your post-career expenses.



In addition to the financial implications of living a long life, it is essential to plan for how you want to live your post-career years. If you want to do a lot of traveling, you'll have to consider how to finance it. If you want to be a free spirit and relax, that's fine too, but be aware that boredom can set in within about two years. For some help planning the nonfinancial aspects of a long life, check out this [guide](#) (including a list of additional resources).

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