

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

For the Greater Good: Serving, Learning, and Engaging

A twenty-two-year Navy Veteran in the Seabees, Al Tuckey has continued to find ways to serve and engage in life through volunteer efforts and personal growth opportunities. He has served communities through public works, is a skilled craftsman, and actively shares the benefits of yoga, especially for guys.

Serving and Learning

After graduating from high school, Tuckey was seriously considering tentative offers to play soccer for a couple of universities. Instead, he delayed his education and followed a different path—the working world. He worked as a construction laborer and a few more years as a machine operator, finding himself occasionally in the unemployment line. Then, he chose to join the U.S. as a Seabee. While in boot camp, Tuckey volunteered "as a member of the Recruit Honor Guard, marching in local parades and tossing around rifles."

As a result of his 22 years of military service, Tuckey had an



Navy
camp,

including Japan, Sapin, Bahrain, and Midway Island. Using his "opportunities wisely while in the Navy," he "earned a couple of college degrees and completed various levels of construction and management training.

Since retiring, Tuckey has used his construction skills in several homes he and his wife Carol have owned. Some of his projects have included "kitchen 'rehab,' bathroom remodeling, building a greenhouse, and various concrete and wood framing work.

A Brief Retirement



Retiring from the Navy, Tuckey "set his sights on Florida," where he and his wife enjoyed "the beach, sun, boogie boarding, and beach volleyball." After a little R&R, he decided it was time to apply the knowledge and skills he'd learned in the military. "I was involved with constructing a wastewater treatment facility, ground up;" public works was a natural fit for him.

"Relocating to the West Coast," Tuckey "accepted a position as the water master for a small "beach town

in Oregon. Public works is a behind-the-scenes business." Those working in this arena "perform required daily functions without interruption. These functions "keep the local population safe from pollutants and diseases." However, serving in public works does come with hazards. As employees monitor water safety, they can be exposed to COVID and other diseases.

Tuckey explained "that in wastewater facilities, good bacteria eat waste. The plant operator ensures that this bacterium is healthy and thriving." But when residents dump bleach, engine oil, paint products, and other contaminants down the sink drain or the toilet, it can kill good bacteria "and destroy the whole process."

Using His Skills as a Volunteer



Tuckey continues to use his skills as a volunteer for various community and neighborhood projects, including helping other neighbors as needed. If Habitat for Humanity projects were available in his community, he would be interested in helping. Still, he says, "I am more than willing to help build 'little' houses for the homeless in the area."

Volunteering is a pleasure. To me, it's that you share; it is part of a sense of spirituality that becomes more important as we age. To be able to perform a needed task for the good of society—wow, I am lucky!"

Encouraging Other Guys to Practice Yoga

Tuckey's wife first introduced him to yoga 30 years ago. During the past two years, his appreciation for the practice has grown. He recognizes that yoga helps with posture, flexibility, and breathing. He is determined not to end up "bent over" like he is "looking for loose change" for the rest of his life.

"Some guys get stuck in the past when they played football or whatever." When they "look at yoga" and fear "they might get laughed at, ego gets in the way. Guys should do it for flexibility."

When he first joined yoga classes at a local YMCA, Tuckey was the only man in the class. Then he started "gently" recruiting other guys when sitting in the sauna. "Now, a couple of other guys are joining in."

Since fully embracing yoga, Tuckey believes "yoga is a practice of recreating yourself and transforming your body into a more relaxed state where the natural maladies of aging can be tended to."



For Relaxation

When he awakens in the morning, "relaxing begins with 30 minutes of stretching and pondering the meaning of my dreams. Then it's time to feed the birds that patiently await me." If he doesn't have something pressing on his schedule, he will watch a little tennis on television; afterward, "It's time to get out of the house and interact with all those other human beings" in our lives. Tuckey also enjoys riding his bike and going to the gym for a good workout.

Advice for Others

"Pass on your wisdom if you can and enjoy that you have reached some level of self-actualization. For those who have called it quits, it's time to pleasantly teach or assist those willing to listen. It is also time to start evaluating the power of your ego by asking yourself, 'Do I listen to others in a meaningful and constructive way, or do I demand to have things go a certain way due to MY experience?' This is a transition period in life. Enjoy the process and learn; let the world be your teacher."

Studies Suggest Yoga Can Protect Against Frailty in Older Adults

From the [Harvard Gazette](#), "...researchers at Harvard-affiliated [Brigham and Women's Hospital](#) and other collaborators reviewed 33 studies, which included 2,384 participants over 65. Their [findings](#), published in *Annals of Internal Medicine*, suggest that yoga increases walking speed and the ability to rise from a chair, both associated with less frailty and increased longevity."

Breathing, Cognition, Emotional Well-Being & Yoga

Inhaling through our nose and mindful, rhythmic breathing exercises have been shown to provide surprising benefits. Studies suggest that controlled breathing can help with memory recall and emotional well-being.

Memory Recall

As reported in [Neuroscience News](#), how we breathe "can influence neural activity, impacting cognitive functions such as emotional processing and memory recall." Summarizing various study findings, inhaling through our nose may improve memory function. Our breathing rhythm "creates electrical activity in the brain, enhancing emotional judgment and memory recall," especially during nasal inhalation.

Emotional Well-Being

A Medical News Today [article](#) notes, "Breathing is a core element of yoga practice." Yoga breathing "refers to conscious and controlled breathing that matches the rhythm of yoga postures." The article reports studies that reveal yoga breath training can significantly reduce anxiety and can decrease symptoms of stress and depression.

Celebrating The Role of Fathers

Sunday, June 18th, is Father's Day. Throughout the country, children of all ages will honor those who served in a parenting role—maybe as a biological or stepfather, a mentor, or a grandparent who filled in for an absent parent. To all who have served in this parenting role, your influence matters and will become part of your legacy. For those of us who no longer have fathers with us, their legacies continue to live through us.



If you are interested in learning about the history of Father's Day, here is a fun [article](#) from the History Channel you can read and share!

Are You Graduating into Retirement in 2023?

We often honor family members for earning their high school diplomas or college degrees in June. Congratulations, 2023 graduates! And for some, June may represent a different type of graduation.

For those of you who have graduated into retirement this summer or are planning to do so within the coming year, congratulations. You made it!

A Significant Transition

Retirement represents a considerable change in our lives. While ensuring you are financially secure in retirement is essential, it is also critical that retirees recognize the changes they will experience after retirement and create the life they want.

Initially, retirement may be accompanied by a loss of identity – a role identity. We also may experience a loss of daily structure –some of which may have been imposed on us. In addition, we may lose the sense of community or belonging that our workplace or business had provided.

The Importance of Planning Your New Life

Enjoying that initial sense of freedom many retirees experience during the first year or two of retirement sounds great. But then what? It is not unusual for retirees to report being bored around two years into their post-career life. When retirees become bored, television viewing or mindless computer activities tend to increase. In addition, bored retirees are more likely to spend additional time sitting – and that is not good for our health.

Invest in Your Future by Planning the Life You Really Want

The summer before I retired from teaching, I studied to become a retirement coach. I realized I didn't want to coach after completing the program, but the time and money were more than worth it for me. I learned why the nonfinancial aspects of retirement planning cannot be ignored. I was able to craft a flexible plan that has given my life new meaning, structure, and focus—despite all the unexpected changes that I've experienced in the past couple of years.



As I shared in the April 2023 newsletter, many good resources are available to help with the nonfinancial aspects of retirement planning. I am also pleased to share a free downloadable [guide](#) that I created for you and others based on what I learned from my training.

It is possible that your post-career life could last as long as your work life. You have many options for this new phase, including part-time employment or a new venture. Whatever you do, make the most of your time and live your life to the fullest!

July Newsletter Focus: Spirituality

Regardless of what it means to each person, several featured individuals or contributors stressed the importance of spirituality in their lives.

If you are willing to share a short sentence about what spirituality means to you, I would like to include some of those responses in the July newsletter to reflect the diverse beliefs of our readership. If used, I will include your name unless you ask me to make your comment anonymous. Send to: Paula@boomerbestu.com

Dr. Connie Zweig, featured in [September 2021](#) and author of several books, will share thoughts about her newest book, *Meeting the Shadow on the Spiritual Path*. I just ordered this book and am looking forward to reading it and learning more about the author's thoughts behind this latest work.



Help a Writer Out

I published my first book, *Refusing to Be Invisible: Life Planning Empowerment Strategies for Women 50+*, at the end of last year. Despite several people telling me they found the book helpful or useful as a resource, I don't have many reviews on Amazon. I am now learning how important those reviews are as an author.

If you purchased my book (print or electronic), read it, and thought it might be useful for women 50+, could you take a couple of minutes and post a sentence or two on Amazon about what you thought other readers might appreciate? Thank you to those who were able to leave a review or who would do this for me.

To leave a review (per Amazon), you can either go to the book detail page or to the "Your Orders" page. Click on the option for writing a customer review. Then select a star rating. You will then see a green check mark that shows your review was successfully submitted.

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