



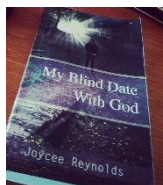
50+ Living our best lives now and in the future!

A Journey of Healing and Helping Others Move Forward after Traumatic Life Experiences

As a woman who has been on a courageous journey of growth and healing, Joycee Reynolds is an author of three books, an ordained minister, a certified life transition coach, a speaker and podcaster, a mother and grandparent, and a survivor of the worst kind of childhood abuse anyone could imagine. As she moves forward in her journey, her true passion is now helping free others whose lives have been shackled by various abuses.



Authorship, Healing, and Encouraging Others



Reynolds published her first book, *My Blind Date with God*, in 2017. This first book is a “raw, honest journey” as she learned to overcome the “extreme mental setbacks from childhood traumas and turn those stumbling blocks into

steppingstones.” In her 2022 book *Trust the Process*, she acknowledges that she still has much to learn but believes it “will be a stepping stone for some.” Her most recent book, *The Fight is Over*, was released on January 12th of this month; this “final installment chronicles the process of a journey of healing from childhood sexual and psychological abuse.” Joycee’s authentic story has already reached countless others who need healing.



Helping Others as a Certified Transitional Life Coach

After her first book was published, Reynolds formed a nonprofit ministry (which was later dissolved) to help other women who had experienced domestic violence, addictions, codependence, and more. In 2020, Joycee realized she needed more healing in her own life. In 2021, she obtained a Life Coaching Certification. “In doing so, I could reach more women without the constraints of a religious affiliation.”

Reynolds recognizes life as a journey. “My work with others inspires and empowers them on their healing journey and continues the progress of healing in my

own life. We never reach perfection, but a life full of transition, growth, evolving, and healing leads to joy...”

Finding Keeper and ‘Unconditional Love’

Six months after losing both her mother and her sister, Reynolds knew she needed “life” in [her] life.

“It was such a dark time, with thoughts of suicide at the tip of my tongue. Out of nowhere, I wanted to get a dog but did not expect to find one.” She went to a couple of shelters until she found a dog that



was right for her. “I asked if I could meet him alone. When they brought him into the room with me, he nestled right next to me, and I heard in my heart, ‘he’s a keeper.’ I have no doubt we saved each other’s lives... We may not look like the norm, but we are family— [we share] unconditional love at its finest.” She named her new, beautiful black Labrador Retriever “Keeper.”

Finding Joy

“Helping others tap into their own sacred voice, discover truth for themselves, and follow the dreams of their hearts gives me the most joy. Writing, podcasting, speaking, teaching, and educating others also brings me much joy.” Reynolds also finds pleasure in the moments when she is with Keeper. “I love going to the lake and tossing a frisbee for Keeper to jump in and retrieve; he brings me joy by watching his joy... My name, ‘JOYcee,’ suits me because it is truly who I am today.”

Reasons to Be Thankful

“I am thankful I never gave up, for forgiving those who harmed me, and for being the one left behind to tell our tragic story. As painful as it was, I am

thankful it was me... I see life differently today and am most thankful for finding my voice and leaving my guilt and shame behind. I am thankful for who I have become.”

Hopes and Dreams for the Future

In addition to continuing her work helping others, Reynolds would like to travel more. She also looks forward to the day when she can find a home without wheels. “Being a full-time RVer for the last four years taught me much about myself, strengthened my abilities, and taught me to trust what my heart told me, healing me in other areas. But I am ready to find a place where I can have a vegetable garden, a chicken or two, and a place for Keeper to run.” Also, she “would love to meet someone; I’ve been single for the last 14 years by choice and am content.” But she confesses she does hope to meet someone with whom she can share her “happily ever after with.”

For Relaxation

Reynolds practices meditation and yoga and likes to take walks with Keeper. She also enjoys watching Hallmark movies. “No matter how far-fetched the storyline is, I know in the end there is a ‘happily ever after.’”

Advice for Others



“Learn what it means to make peace with the past and try to stay in the present moment. [Focus on] what you think about and believe

about yourself. If it is negative, learn to rewire your brain, which will change your belief system and your entire life. Learn to forgive—not for the other person but out of love for yourself; it is one of the greatest gifts one can give oneself. Learn to let go of the past.”

Adverse Childhood Experiences (ACE)

“The Centers for Disease Control and Prevention (CDC) [reports](#) that approximately **63.9%** of U.S. adults have experienced at least one ACE, which includes various forms of abuse and household challenges. While this statistic encompasses all adults, it indicates a high prevalence of adverse experiences during childhood.”

Long-term Effects and Healing of Childhood Trauma

[Research](#) suggests long-term effects of childhood trauma may increase the likelihood of experiencing depression or post-traumatic stress disorder ([PTSD](#)). Some adults with histories of childhood trauma may experience health issues such as ongoing headaches or stomachaches. Numerous other potential long-term effects are outlined on the [Integrative Life Center](#) website.

Various Approaches

Trauma experts have identified various approaches that may help address the long-term effects of childhood trauma, including cognitive behavioral therapy, support groups, community resources, and learning self-care and valuable coping strategies.



Addressing the long-term effects of childhood trauma requires a comprehensive and individualized approach, often involving a combination of therapeutic interventions, support systems, and personal coping strategies. In general, research suggests an individualized, comprehensive approach when dealing with complex childhood trauma.

For more information on the effects or approaches to begin healing from Trauma, [The Body Keeps The Score](#) (2014) by Bessel Van Der Kolk, M.D. is a good resource. Dr. Van Der Kolk is the founder and medical director of the Trauma Center in Brookline, Massachusetts. He is also a professor of psychiatry at Boston University School of Medicine and is [widely considered](#) the leading expert on Trauma today.

New Publication Schedule for Boomer Best U Newsletter

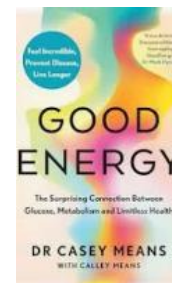
This is the 70th issue of the Boomer Best U Newsletter. This publication's mission has been to encourage and inspire others who are 50+ to live their best lives now and in the future. The feature stories and short articles are intended to support this mission.



Because this newsletter's production is labor-intensive, future issues will be generated bi-monthly. **The next issue will be published on March 15, 2025.**

Jump-Start a Healthier You in the New Year

Dr. Casey Means' new book, [Good Energy: The Surprising Connection Between Glucose, Metabolism and Limitless Health](#) (2024), could be a game-changer for a healthier new you in 2025.



Means argues that many of the health conditions that shorten our lives have “the same root cause” and are under our control. This empowering book offers clear explanations, “cutting-edge research,” and an easy-to-follow map for taking control of our health and our lives.

Means, a doctor and surgeon at Oregon Health Sciences University, recognized that our current health system isn't doing the best job of serving patients' needs. She reveals how our medical system may undermine healthy living.

Encouraging us to live our best lives, Dr Means argues that many of the health conditions that shorten our lives have “the same root cause” and are under our control. This empowering book offers clear explanations, “cutting-edge research,” and an easy-to-follow map for improving our health and lives.

Sugary Drinks and Health Risks

Citing research published in [Nature Medicine](#) [Prevention Magazine](#) reported that “global data on sugar-sweetened beverages (SSBs) consumed worldwide from observational and randomized studies, as well as the prevalence of diabetes and cardiovascular disease. On a global level, researchers found that 2.2 million new cases of type 2 diabetes and 1.2 million new cases of heart disease in 2020 were attributable to SSBs—representing about 1 in 10 new type 2 diabetes cases and 1 in 30 new heart disease cases. They also estimated that about 340,000 people died in 2020 from SSB-related type 2 diabetes and heart disease.”

Moderate Aerobic Exercise for Better Cognitive Functioning

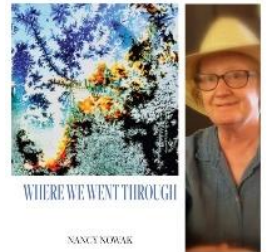
Featured in the [September 2024](#) Boomer Best U Newsletter, Jem Golden continues his research, teaching, and writing work from Dublin, Ireland. One of his recent evidence-based papers, [“Move to Remember: How Moderate Aerobic Workouts Elevate Our Long-Term Memory”](#) provides both encouragement and inspiration.



Based on his research, Golden asserts that consistent aerobic exercise such as brisk walking, jogging, swimming, dancing, or biking can have “profound benefits for our long-term memory capacity.” He points to studies revealing that regular moderate exercise is associated with larger brain volumes including “gray matter, white matter, hippocampus, and lobar structures.”

Congratulations, Nancy Nowak

Featured in the [April 2022](#) Boomer Best U Newsletter, Nancy Nowak’s new poetry chapbook,



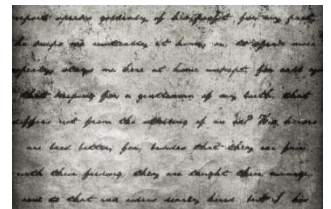
[Where We Went Through](#) has been described as a “stunning” collection of work. Praise for her new book on the [Finishing](#)

[Line Press](#) website includes this review: “An intimate memoir constructed out of concise, finely detailed poems—like snapshots of the world experienced by two people seeing the world together: some as delicate as watercolors, others as deep as X-rays. When one person passes, it’s devastating. This is a *stunning* book—in all meanings of the word.”

—Christopher Bram, author of *Gods and Monsters*

Handwriting Analysis May Reveal More than Meets the Eye

Various sources suggest there are numerous applications for handwriting analysis. In health-related areas, changes in handwriting could indicate the development of neurological conditions such as Parkinson’s or Alzheimer’s. Handwriting may also be helpful when assessing recovery progress after a stroke or a trauma. Handwriting may also reflect psychological states such as depression, anxiety, and PTSD; analysis could help support therapists as they seek to



understand a patient's mental state better. Sometimes, handwriting is also used in criminal investigations to identify forgeries.

Some researchers have suggested that assessing personality traits through handwriting analysis is controversial. However, it has been used in areas such as organizational psychology to understand team dynamics and recruitment decisions. Larger-scale studies may indeed conclude that this fascinating work reveals more than once believed. This field has much to offer and is worth further exploration.

Handwriting Analysis: An Expert's Perspective and an Opportunity to Learn More

By Cindy Eastman

Have you ever looked at someone's writing and were struck by how unusual it was, possibly giving you a little jolt? Handwriting analysts are people trained in graphoanalysis, and can create a personality profile by analyzing the writer's handwriting.



My journey began in 1994 when I took an introduction to handwriting analysis at a community college. I was so intrigued about what my instructors taught me that I followed them out the door and to the car. If they had allowed it, I would have gone home with them and had dinner that night.

I was hooked. Shortly thereafter, I began my own studies, earned my International Graphoanalysis Society (IGAS) certificate in 1995, and became a certified handwriting analyst. Many times since, small insights have come in handy by looking at someone's handwriting.

In graphoanalysis, we never describe a single trait or person as "good" or "bad" but rather use evaluation to create a complete portrait of someone.

Today, I teach the same class at our local community college (UCC) in Roseburg, Oregon. The next class will be in February. Individuals who want to register may call 541-440-4668 or register [online](#).

The International Graphoanalysis Society recently recognized Eastman as the graphoanalyst of the year.

Eastman is an independent agent with HealthMarkets. She handles health, small group, life, Medicare, and supplemental insurance coverage.

Website: HealthMarkets.com/ceastman

Phone: 541-733-8383.

Address: 1614 SE Stephens St., Suite 4, Roseburg, OR 97470

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