



November 2025

<https://boomerbestu.com>

Issue 75

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

75th and Final Issue

Paula Marie Usrey

Writing and producing this newsletter over the past 6 ½ years has been a joy and a privilege. I learned that everyone has a story, many of which are hidden treasures we must first seek.



In this final issue, you'll get a thematic summary of the advice 77 people offered for living our best lives. I'll also share the story behind this newsletter and how it has been part of my journey. Finally, you will receive links to all the newsletters with a short introduction for each featured person and a list of articles (most are research-based) included in each issue. These 74 links are like chapters from an eBook about positive aging that you can reread and share.

Thematic Summary: Learning from the Collective Wisdom of 77 Featured People

Seventy-seven individuals, including three couples, were interviewed throughout the years. Fifty-five percent of those interviewed were women. Two of the interviewees live in other countries. Several are authors of books related to aging and/or retirement.

experts in their fields.

I asked those I featured to share some advice about living our best lives now and in the future. Several offered more than one suggestion.

- **58%** suggested we maintain a positive attitude (“Be joyful,” “Have an appreciation for each day,” “Verbalize gratitude daily,” etc.).
- **46%** advised taking good care of yourself—body, mind, and spirit (“Stay active,” “Take on new challenges,” “Get outside every day,” etc.).
- **39%** suggested living with purpose and meaning (“Make the world a better place,” “Find your purpose,” “Pass on your wisdom,” etc.).
- **23%** encouraged us to cultivate and maintain positive relationships (“Take an interest in people,” “Cultivate friendships with positive people,” “Get to know some young people and listen,” etc.).



- **18%** emphasized the need to plan what comes next (Think about your future rather than responding to the present,” Give yourself time to plan,” Think carefully about what your next 25 years will look like,” etc.).

The many suggestions offered in different newsletters are uplifting and worth reviewing periodically. Thank you all for these priceless gems of wisdom.

A Story about a Woman Who Learned Along the Way

In my early sixties, while still teaching communication studies (including speech communication) at Umpqua Community College, I became increasingly aware of ageism and its prevalence. The media often refers to people over sixty as “the elderly,” as if we were a homogenous demographic. As soon as we reach our sixties (or earlier), it is often suggested that we are collectively frail, feeble, and failing.



I read numerous books on aging and ageism to better understand whose interests were being served by all these anti-aging messages and how they could affect each of us as we internalized them. I did learn that continually absorbing these messages could negatively impact our well-being and overall health.

As I considered retirement, I reflected on how I could continue living my best life in the next chapter. I read several books on retirement preparation and became a certified retirement coach. However, I soon realized that coaching wasn't the right fit for me.

A Role Model for Positive Aging

Shortly before I retired, I spent time with a 96-year-old neighbor named Doris Mabee. She surfed the Internet daily to learn something new, exercised regularly, and could debate about any topic. When I

asked what her secret was for aging well, she explained it was essential to have a positive attitude about aging and life, to keep learning, to give back, and to take care of yourself.

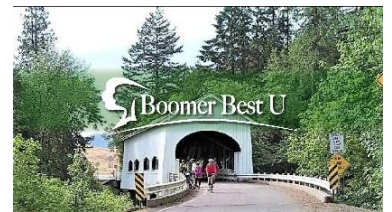
She helped change my view about aging and the value we can offer as we continue to grow and add new years of experience. It occurred to me that we all needed positive role models for our next chapters in life and needed to challenge stereotypes about aging. Even though she passed before I retired, her influence continues. Thank you, Doris!

A New Chapter: Boomer Best U

I retired from teaching at the end of 2018 and began my post-career chapter in January 2019. I'd done some writing and had a background in research. I realized I could provide useful research for readers while continuing to learn. I could also profile interesting, inspirational people who could encourage others, like Doris Mabee had done for me.

Because some baby boomers were still in their fifties in 2019, I focused on readers aged 50+. I published the first issue in April of that year.

The first few people I featured were friends or ones I already knew. Still, I learned much more than I could have imagined as these delightful individuals shared some of their journeys and/or offered expertise and insights. I felt deeply honored to hear these stories and then pass them on for others to appreciate.



I have frequently received feedback about some insights others shared and how they inspired readers. I felt the same way.

A little over three years after the first newsletter was published, I lost my husband after a long battle with multiple health issues. During my husband's illness,

passing, and then widowhood, I personally found much-needed encouragement and strength from inspiring stories about resilience, courage, purpose, and hope that so many shared in the Boomer Best U Newsletter.

I took to heart the importance of gratitude and have continued to practice it every day. I work on staying healthy and getting outside, rain or shine (my 100+ lb. Labrador makes sure we keep moving for about 6-8 miles each day, including hill climbing). Maintaining a positive attitude, regardless of the circumstances, has strengthened my resilience. Understanding my purpose and maintaining positive relationships continues to give me joy. And yes, I have planned and will continue to plan for the future.

Empowerment through Writing

Producing a monthly newsletter forced me to be disciplined as a writer. In the process, I realized there were other topics I wanted to address beyond Boomer Best U. A few months after my husband passed, I published my first book, *Refusing to Be Invisible: Life Planning Empowerment Strategies for Women 50+*.

While co-facilitating an online widow's group, I wrote a memoir about widowhood, *Soulmates: Love, Loss, Legacy & Resilience*. I completed the manuscript draft, but the widows who agreed to read it didn't finish it; nonetheless, writing about my experience was helpful to me. Maybe someday I'll publish it after some more revisions. Still, I wrote a few pieces for *Next Avenue* about widowhood and one about caregiving. I wrote a chapter on gendered ageism in the workplace, published in *The Routledge Handbook of Contemporary Ageing Issues* this year. I also wrote a story for a Chicken Soup for the Soul book, *What I Learned from My Dog*, published in April of this year. Writing has been both empowering and healing for me.

Older, Not Elderly

When people refer to older people like me as "elderly," what does that mean? In a little over a month, I will be 74. "Elderly" is not how I would describe myself. I don't even think of myself as being an "old" person, but technically, I suppose I am. I still work out, write, research aging issues and other areas of interest, and stay engaged in my community. About three months ago, I redesigned my yard (with

AI for initial guidance) to make it easier to manage. I built the water feature, including locating, carrying, and placing every rock myself. I



also used molds to make my own stepping stones (Tree of Life, tortoises, hearts, etc.) It took some research and effort, but I am still learning and growing as an older person. What does it mean to be a nearly 74-year-old woman? It depends on the person.

Plans for the Near Future

I plan to write more about gendered ageism and voting rights issues. I am also concerned about the deep divisions stoked by the media, including social media. At this point, I need to listen more, then write and, perhaps, give some presentations again. (I used to give speeches about voting rights and responsibilities while dressed as Susan B. Anthony; I may consider doing this again.)

Each day is a gift and an opportunity to learn, grow, and hopefully make a difference in the lives of others. Thank you all for being part of my life over the years. I would love to read updates about your life if you want to drop a short email now and then.

Newsletter Links from 2019 to 2025 (74 Issues)

Issue 1: [April 2019 News](#) Featured: Inspiring artist and educator **Susan Rochester** is using her art to help others see the U.S.-Mexican border and the world in new ways. Articles: The power of sleep; Health tune-up.

Issue 2: [May 2019 News](#) Featured: **Charles Young** has pioneer roots and values. He passionately teaches history, loves hiking, and actively engages in community service. Articles: E-bikes; Uplifting film for older adults.

Issue 3: [June 2019 News](#) Featured: **Jasmine Sitt** keeps physically active, owns a catering business and event center, and is a part-time college instructor. Articles: Estate planning; Spice recipe.

Issue 4: [July 2019 News](#) Featured: **NiAodagain** courageously retired early to follow her dream to become a professional writer. Articles: Refusing to let others define us; Stretching for better health.

Issue 5: [August 2019 News](#) Featured: **David Reeck** has been in 45 countries and spent 10 years in China applying his electrical engineering background. Articles: Gender, retirement, and aging; Preparing for the nonfinancial aspects of retirement; Value of older employees in the workplace.

Issue 6: [September 2019 News](#) Featured: **Betty Tamm**, community supporter and owner of Triple Oak Vineyard, shares her love of adventure and how she is fulfilling some of her dreams. Articles: Historic Oakland (Susan B. Anthony spoke and slept there); Financial considerations for living your best years later in life.

Issue 7: [October 2019 News](#) Featured: **Kemberly Todd** is a multitasking program manager for a Small Business Development Center, a former TEDx speaker, a Toastmaster, and a community volunteer. Articles: Owning a business after fifty; Job search after fifty; A nursing home resident's moving poem about aging.

Issue 8: [November 2019 News](#) Featured: Veteran **James Hill** completed his graduate work in gerontology and applied his passion and knowledge as a field examiner for the U.S. Department of Veterans Affairs. Article: A book recommendation about the history of older women in America.

Issue 9: [December 2019 News](#) Featured: Former high school English teacher, **Cindy Eastman**, discovered her true path as a self-employed health insurance professional. Article: Tapping into the 50+ market.

Issue 10: [January 2020 News](#) Featured: **Joe Stamm** left the corporate world to open his business, Jobsearch50.com – a service that connects older workers with employers who recognize the added value experienced workers can offer. Articles: How elderspeak may affect health; Successful aging.

Issue 11: [February 2020 News](#) Featured: **Gregg Smith, Ph.D.**, is an avid fly fisherman, a hiker, a gardener, author of *A Cast Away*, and a full-time English professor. Article: Holding employers accountable for ageism in the workplace.

Issue 12: [March 2020 News](#) Featured: Renaissance woman and healer, **Tess Marino**, is a lifelong learner, a retired hospice nurse, a poet, and a writer. Articles: Health of Social Security; Challenges of being a caregiver

Issue 13: [April 2020 News](#) Featured: **Donna Beegle, Ed.D.**, grew up in extreme poverty. Today, she is an internationally recognized authority on poverty-related topics and author of *See Poverty...Be the Difference*. Articles: Organizing finances; Importance of supporting local news.

Issue 14: [May 2020 News](#) Featured: **Melinda Benton** followed her path and purpose by becoming a journalist and educator. Articles: Importance of staying hydrated; Cost of healthcare after retirement; Identifying fake news.

Issue 15: [June 2020 News](#) Featured: **Reed Dewey** is a transitions coach who lives his life with meaning and purpose. Articles: The relationship between volunteering and longevity; Net worth statements.

Issue 16: [July 2020 News](#) Featured: **Ben James** is a financial expert, founder and president of Elevate Wealth Advisors, and author of *The Playbook: 7 Fundamentals of Financial Planning, Organized and Addressed*. He shares advice on living your best life. Articles: Decluttering your house; Information on becoming a professional organizer.

Issue 17: [August 2020 News](#) **Featured:** **Jenny Carloni** is a former educator and served as the president of the League of Women Voters of Umpqua Valley. She is also a social justice advocate. Articles: Speaking with purpose and power; Life transition strategies.

Issue 18: [September 2020 News](#) **Featured:** **Ken Carloni, Ph.D.**, recalls how he was fascinated with the living world as a child. He followed his path, becoming a biologist and educator. Articles: How to reduce stress; A 105-year-old doctor's advice for living well.

Issue 19: [October 2020 News](#) **Featured:** Retirement consultant and coach **Marianne Oehser** authored *Your Happiness Portfolio for Retirement: It's Not about the Money*. Articles: Dealing with a job loss; Tips for living your best life.

Issue 20: [November 2020 News](#) **Featured:** Author and retirement coach, **Mike Drak**, believes "each of us has been given unique skills, abilities, and a special mission that needs to be fulfilled." He is the co-author of *Victory Lap Retirement*. Articles: Mindsets; Life planning, Bridging generational divides.

Issue 21: [December 2020 News](#) **Featured:** Marsh Anne Landing Winery founder, **Greg Cramer, Ph.D.**, believes in the power of a positive attitude. Articles: Resetting our mental attitude; Benefits of poetry; Living a quality life.

Issue 22: [January 2021 News](#) **Featured:** Shakespeare, drama, teaching, and travel are all part of what **Jillanne Michelle, Ph.D.**, loves. Articles: Studying Shakespeare and brain benefits; Questions about a well-advertised supplement.

Issue 23: [February 2021 News](#) **Featured:** **Janon Rogers** is a 4th-degree black belt in Taekwondo and a business owner. She explains the benefits of martial arts training for individuals of all ages. Article: Additional information on the benefits of martial arts training.

Issue 24: [March 2021 News](#) **Featured:** Personal branding expert and author of *Thriving at 50+: The 7 Principles to Reinvent and Rebrand Yourself*, **Wendy Marx** shares her reinvention journey and offers insights we can use for our own reinvention. Articles: How to call out ageism; Advocating for respectful care in health settings.

Issue 25: [April 2021 News](#) **Featured:** A certified nurse practitioner, **Bruce Eastman**, discovered his love of medicine and Native American culture after reading the biography of Charles Eastman, a Native American physician and activist. Articles: Exercise and a healthier heart; Health insurance; The Mediterranean Diet.

Issue 26: [May 2021 News](#) **Featured:** **Marisa Fink**, a regional director for the YMCA, a world traveler, a biking enthusiast, and a Blue Zones advocate. Articles: Blue Zones principles; The benefits of learning a foreign language.

Issue 27: [June 2021 News](#) **Featured:** **Connie "Pepper" Winn** is an army veteran and was a regional vice president for career services. Currently, she works with the Oregon Racing Commission. She is a world traveler, a volunteer, and a biking enthusiast. Articles: Surviving prostate cancer; Shifting to a plant-based diet.

Issue 28: [July 2021 News](#) **Featured:** **Danny Santos, J.D.**, has advocated for social justice and human dignity. He served in four Oregon Governors' Offices and was an associate dean at Willamette School of Law. Articles: Two updates from previously featured individuals; Free midlife planner.

Issue 29: [August 2021 News](#) **Featured:** At 83, **Gordon Hill** continues to be a lifelong learner and lives each day to the fullest. Articles: Organizing essential financial documents; Honoring Women's Equality Day.

Issue 30: [September 2021 News](#) **Featured:** **Connie Zweig, Ph.D.**, a former psychotherapist and author of *Meeting the Shadow* and *The Inner Work of Age: Shifting from Role to Soul*. Articles: Updates from previously featured individuals; The importance of stretching before exercising.

Issue 31: [October 2021 News](#) **Featured:** **Jim and Beth Houseman** drew community members together and provided the leadership needed to establish an accessible, intergenerational community park and recreational area. Articles: Protecting ourselves from phone scams; Learning opportunities; Health and well-being; Resilience and aging.

Issue 32: [November 2021 News](#) **Featured:** **Jeanette Leardi**, a social gerontologist, shares insights about aging, the brain, and why ageist language must be addressed. Articles: Benefits of cultivating a positive

attitude towards aging; How men and women have different experiences transitioning into retirement.

Issue 33: [December 2021 News](#) Featured: **Helen Laurence** said she didn't choose to become a poet. Poetry chose her. Read about her journey and how she found her sense of purpose, and enjoy samples of her engaging poetry. Articles: Keep moving; Resilience and aging.

Issue 34: [January 2022 News](#); Featured: **Bruce Frankel** was a national reporter for USA Today. Later, he discovered that the work he wanted to do involved making a difference in communities and the lives of people in those communities. Articles: Retirement readiness; Perceptions about aging; Lifelong learning.

Issue 35: [February 2022 News](#); Featured: **Mike Waters**, a health and fitness expert, shares insights on functional fitness and health and offers advice on how to live your best life. Articles: Staying healthy and fit; Living longer, healthier lives with lifestyle changes.

Issue 36: [March 2022 News](#); Featured: Neuroscientist **Shaun Morrison, Ph.D.**, recalls his experiences at Woodstock and shares his journey to becoming a scientist. He also discusses the importance of 'brown fat' for our metabolism. Articles: Educational videos on finance; Thinking about your 100th birthday.

Issue 37: [April 2022 News](#); Featured: Poet **Nancy Nowak** shares her insights on how and why we might want to embrace this expressive art form. Articles: World Health Day; How older adults are getting involved in addressing the climate crisis.

Issue 38: [May 2022 News](#); Featured: After spending years in a high-stress position, **Aaron Tall Chief Usrey** made a change and chose to live half-time on a small farm in Ireland. Article: Make extra money renting out an Airbnb room in your home.

Issue 39: [June 2022 News](#); Featured: **Susan Williams**, founder of Booming Encore and a leader for empowered aging, shares her insights and expertise. Articles: Fitness over 50; Stages of life transitions; Widowhood.

Issue 40: [July 2022 News](#) Featured: **Tony Rosa** served as a K-9 officer in the U.S. Army, volunteered for a tour in Vietnam, served in the LAPD for 32 years, became an international police advisor, and currently volunteers

about 1000 hours a year. Articles: Benefits of dogs in the community; Empowerment as we age.

Issue 41: [August 2022 News](#) Featured: **Jeri Frank** is an energetic former educator, a dancer, jogger, and exercise enthusiast who loves reading and the outdoors. Articles: Benefits of dancing; Medicare information; Importance of net worth statements.

Issue 42: [September 2022 News](#) Featured: **Pamela Woods** is a retired insurance executive who is now living her best life in retirement. Articles: Benefits of decluttering; MIND Diet.

Issue 43: [October 2022 News](#) Featured: **Robbin Close** grew up passionate about music. Her passion later became her mission as she helped change children's lives through a violin program. Articles: Benefits of music at every age; Social Security myths.

Issue 44: [November 2022 News](#) Featured: **Don Akchin** is a podcaster and publishes EndGame, a weekly newsletter about growing older with grace and joy. Articles: Investment climate; A condition driving up the cost of Medicare.

Issue 45: [December 2022 News](#) Featured: Retired sociologist **Emery Smith, Ph.D.**, offers insights on racism, grandparenting, and more. Articles: Benefits of Tai Chi; Assessment of health habits.

Issue 46: [January 2023 News](#) Featured: **Carol Tuckey** is an accomplished athlete, a yoga instructor, and a master gardener. She has some rich insights about living our best lives. Articles: Benefits of different types of exercise; A soul-felt poem by Helen Laurence.

Issue 47: [February 2023 News](#) Featured: Environmental Gerontologist **Monica Eastway** is the creator and founder of Eco-Generation Park, a model that brings people together in caring, farming communities that are "elder-centered, intergenerational, and resident-sustained." Articles: Heart month; Value of being in nature; What happened to real food?

Issue 48: [March 2023 News](#) Featured: **John Blackwood** is an engaging educator, cybersecurity expert, and a TEDx speaker. Articles: Importance of an MVP list; Insights on Chat GPT; Value of travel insurance.

Issue 49: [April 2023 News](#) **Featured:** **Jeff Nesler** has gained valuable insights into positive aging and shares some wisdom in this issue about living our best lives. He manages Coming of Age NYC and is an editorial consultant. He offers suggestions for getting started on your own consulting journey. **Articles:** Resources for retirement; Financial well-being; Longer health span.

Issue 50: [May 2023 News](#) **Featured:** **Laurette Foggini** is a volunteer with a visiting grandparents' program and is a Certified Care Manager. She is also the author of two children's books, *The Song on Lola's Heart* and *The Tale of a Hero I Know*, which are about connecting grandparents and older adults. **Article:** Long-term care options.

Issue 51: [June 2023 News](#) **Featured:** **Al Tuckey** is a veteran, a retired public works manager, and a volunteer. He also enjoys a variety of physical fitness activities at the YMCA. **Articles:** Health benefits of yoga; Challenges of retirement.

Issue 52: [July 2023 News](#) **Featured:** **Debi Wakeling** is redefining how we view life after sixty. She enjoys active living, likes adventures (including skydiving and ziplining), and loves to travel. **Articles:** Spirituality; Research on healthy aging.

Issue 53: [August 2023 News](#) **Featured:** **Mark Rochester** is a retired educator, a rock band member, a bicyclist, and enjoys hiking. **Articles:** Biking benefits and options; Aging in place; Creating a heart-healthy lifestyle

Issue 54: [September 2023 News](#) **Featured:** **Marki James, DPT**, whose expertise is in balance issues, shares insights and advice on preventing falls. **Articles:** CDC facts about falls; Benefits of walking, Importance of stretching before exercising.

Issue 55: [October 2023 News](#) **Featured:** **Kate Durket, J.D.**, was raised in Alaska, practiced law as a disabilities attorney, ran the Iditarod, raised a wolf from a pup, and later moved to Oregon and became a dog trainer. She continues to advocate for justice. **Articles:** Therapy dog training; The value of learning sign language; Potential for remote, part-time work in retirement.

Issue 56: [November News 2023](#) **Featured:** **Bob and Julia Kellejian**, an inspirational couple who have shared 61 years. Each of them continues to make a difference in

the lives of people they have touched. **Articles:** Health benefits of expressing gratitude; Thanksgiving traditions and history.

Issue 57: [December 2023 News](#) **Featured:** **Diane Jacobawitz** lived her dream as a professional dancer. She also created a dance school and now teaches older adults. **Article:** How dancing can help keep us flexible.

Issue 58: [January 2024 News](#) **Featured:** **'Sami' Reeck** (her English name) has faced numerous challenges and has taken many risks, including marrying a foreigner and moving to a new country. **Articles:** Free educational classes online; The value of stretching as we age.

Issue 59: [February 2024 News](#) **Featured:** **Curt Krafft** is a career DJ who now envisions starting a radio station for older adults—our music and news that is relevant to us. **Articles:** Free tax webinar; Medicare open enrollment; Adventures of a winemaker.

Issue 60: [March 2024 News](#) **Featured:** **Angela and Scott Spence** gave up the life they knew for a less stressful one in another state. Scott is a city manager. Angela is a dental hygienist. **Articles:** Health benefits of hill climbing; Interesting historic cities; Stake your claim on a historic site.

Issue 61: [April 2024 News](#) **Featured:** **Greg Henderson** is an Air Force veteran, a former bank executive, a writer, a volunteer, the founder of the Southern Oregon Business Journal, and a lifelong runner. **Articles:** Addressing loneliness; Research on happiness; The Oregon Trail.

Issue 62: [May 2024 News](#) **Featured:** **Wendy Mayhew** is a Canadian entrepreneur, speaker, consultant, and author of *Wiser: The Definitive Guide to Starting a Business after age 50*. **Articles:** Free online financial course (one hour per week for four weeks) presented by financial expert Ben James, CFA, CFP, ChFC.

Issue 63: [June 24 News](#) **Featured:** Once a professional baseball player, **Gordon Avery** built a successful business and continues to work as a real estate developer, and values supporting his community. **Articles:** The American diet; mindfulness and meditation; Finances for older adults; History of Father's Day.

Issue 64: [July 24 News](#) **Featured:** High school math teacher **Kathleen Turner** challenges her audiences to

live fully and courageously wherever she travels on her Harley. Articles: Value of gratitude; Live courageously when faced with challenges; Mentoring, including in your own community.

Issue 65: August 2024 News Featured: **Sharon Rolph** is a retirement coach and author of *Fresh Courage In Retirement: Finding Purpose, Essence, and Fulfillment*. Articles: Health risks of loneliness; Building resilience; A culture of unhealthy food.

Issue 66: September 2024 News Featured: **Jem Golden** is a leader and former international consultant on issues related to aging. He lives in Dublin and continues to provide insights and expertise on aging and brain health issues. Articles: Reducing the risk for dementia; Singing and brain health; Pets and dementia; Featured in the April 2022 newsletter, Nancy Nowak announces the publication of her poetry book, *Where We Went Through*.

Issue 67: October 2024 News Featured: **Bonnie Tryon** is a Certified Health Education Specialist who has worked part-time in her community. After becoming a widow, she was diagnosed with bone marrow cancer. She credits her spiritual practices for helping her through some very challenging periods. Articles: Power of forgiveness; Insights on grief.

Issue 68: November 2024 News **Michael David Avery** is a poet, an author of several books, including *The Secret Language of Waking Dreams*, a lyrics writer, and a spiritual seeker. Articles: Being in the moment; Staying hydrated; Gratitude for people present and past.

Issue 69: December 2024 News Featured: **Tanya Russell** shares her story about following her dream and becoming a nurse later in life. Articles: Joy of community service; Health benefits of dark chocolate.

Issue 70: Jan 2025 News Features **Joycee Reynolds**, a transitional life coach, an ordained minister, and author of three books, including *My Blind Date with God*. Articles: Healthy Living; Learn handwriting analysis.

Issue 71: March 2025 News Featured: **Georgia Tuttle** became a competitive golfer with a one handicap, played at St. Andrews, became a nurse to help others, and currently serves at a community kitchen. Articles: Benefits of playing golf; Artificial intelligence and changes we will experience as a result.

Issue 72: May 2025 News Featured: **Chad Dull, Ed.D.**, has been an educator, college administrator, basketball coach, and speaker. He is the author of the award-winning book *Poverty Informed Practice in Education* and established Poverty Informed Practice, LLC in La Crosse, Wisconsin. Articles: Red meat research; Gait speed and dementia risk; Practical and free artificial intelligence applications.

Issue 73: July 2025 News Featured: **Captain Wayne Medley** served in Vietnam as a pilot and later settled in Paradise, California. He barely escaped the Paradise fire in 2018. He has resettled in Southern Oregon and offers excellent advice on being prepared. Articles: The difference between planned retirement communities and naturally occurring ones; Estate planning; Pet ownership and “For the Love of Dude.”

Issue 74: September 2025 News Featured: **Cindy McSperitt** is an inspirational life-long learner who returned to school at 55 and graduated from the University of Oregon with a degree in Journalism. Articles: How the media contributes to a cultural divide; How to spot advertising fraud.

*Choose to live your
best life each day,
every day.*

Warmly,

Paula Marie

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