

**Embracing This Golden Time**  
Strategic ways to live with purpose

**Find My Purpose? In This Mess?**  
I know I left it here somewhere ...

**Giving Till It Hurts**  
Avoid these four big senior scams

# PURPOSE

“When you dance, your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way.” — Dr. Wayne Dyer



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### FEATURES

- 5 Letter From the Chairman & CEO**  
What motivates me is you
- 12 What We Leave Behind**  
The profoundly beautiful process of creating a Legacy Letter
- 22 Embracing This Golden Time**  
Tangible ways to find and express your life's purpose
- 36 Find My Purpose? In This Mess?**  
Find my life's calling? I can barely find my pants.

### DEPARTMENTS

#### CREATIVE LOAFING

- 8 Entertain Your Brain!**  
Book, movie and music reviews
- 10 Out and About: I Broke Angkor Wat**  
The truth about sustainable travel and greenwashing of tourism
- 18 Brain Games**  
Crossword and Sudoku

#### USEFUL NOW

- 6 Style Wise: The Persistence of Colanders**  
Fashion fades and leaves, as the fabulous Ms. Chanel once put it, only style
- 19 Healthy U: The Empty Chair**  
What to say when there's someone missing
- 20 Money Matters: Scammed!**  
Know and avoid these common senior financial scams
- 28 Advice for the Journey: I'm Not Helpless!**  
How to (gracefully) embrace the help you need

#### PERSPECTIVE SHIFTING

- 30 Your Life Well Lived: A Meaningful Life**  
Do you suffer from legacy envy?
- 32 Retire Like You Mean It: Aging Without Growing Old**  
The purposeful work of Bernie Otis
- 34 The Three-Thirds Lifestyle: Honor Flights**  
Saluting the heroes who saved the world
- 38 Ethics & Spirituality: The Journey Is Enough**  
Perhaps it's enough to seek; we don't always need to find



8

38

22

Cover Photo © Spotmatik

A Publication of  
**LEISURECARE**  
A ONE EIGHTY COMPANY

www.leisurecare.com  
 1601 5th Ave #1900  
 Seattle, WA 98101

**Leisure Care**  
 Traci Kuster  
 Marketing Director

Published four times per year  
 for distribution to our residents  
 and their families.

**Created by Wise Publishing Group**  
 www.wisepublishinggroup.com

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**Production:** MLI Design / www.mlidesign.co • **Printing:** Journal Graphics / www.journalgraphics.com

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Dan Madsen  
 Chairman & CEO, Leisure Care

## Letter From the Chairman & CEO

**What Motivates Me? It's You.**  
 by Dan Madsen

It seems like just yesterday I was saying "Happy New Year" and penning the letter for the spring issue of LIV FUN. Yet here we are, approaching summer with more than a quarter of the year already behind us. Whoever said time flies when you're having fun was right. It also flies when you're living with a sense of purpose, something that motivates you to get up and moving each day. For me, that sense of purpose and motivation is my obligation to this company and, more specifically, to each of you who have put your trust in us. Whether you live with us, work for us or do business with us, it is you who motivates me to do and be my best each and every day.

Something else that motivates us is our commitment to helping those in need. This past February our entire organization came together for that very purpose with the 2<sup>nd</sup> Annual February Fitness Frenzy. And what a success it was! Collectively, we raised an impressive \$38,000 for the One Eighty Foundation and our local communities. I am overwhelmed with gratitude for everyone who participated, helping to support the One Eighty Foundation's mission of improving the lives of children and families. Because of you and your commitment, lives will be touched not only here in Seattle but in all of the communities in which Leisure Care serves.

Fitness Frenzy was more than a philanthropic success; our goal of encouraging healthy and active living was also achieved. Collectively, we were active for a whopping 1,570,383 minutes, more than double our active minutes from last year! The stories I heard throughout the month were nothing short of amazing. From the Olympic-style opening ceremonies and the plank challenges to the obstacle courses and golf tournaments, it was a month of fitness and tons of fun as well. (By the way, I think Brett is still trying to recover from the push-up challenge!) I can't wait to see what next year brings. Thanks to every one of you who participated in any way.

As the Fitness Frenzy comes to a close and summer approaches, the talk among many of you will turn to travel. Spring breaks, summer vacations, family reunions ... these next few months are a great time to get out there and explore the world. Looking for an adventure? I invite you to join me on the Travel by Leisure Care cruise to Alaska this August. It's not too late to sign up (the deadline is June 1); take this amazing opportunity to see a majestic part of our country while making some new friends. Your community travel coordinator can tell you all about it, as well as other exciting travel opportunities through Travel by Leisure Care.

As always, I am honored that you've put your trust in me and in Leisure Care. We take our responsibility to serve you seriously, and we thank you for being part of our family.

**Dan Madsen**  
 Chairman & CEO, Leisure Care



## Style Wise

Expressing Your Unique Self

# The Persistence of Colanders

by Skye Moody

Novelist, essayist, photographer and world traveler

At age three, my brother, D, possessed the body of a well-fed toddler and the countenance of a young Philip Seymour Hoffman. Strawberry blond hair, green eyes, freckles across his nose. D's most controversial issue at age three was his absolute antipathy toward clothing. Excepting hats of various types. He would often appear in the living room to greet guests wearing nothing but his birthday suit and a colander on his head.

One afternoon we received a phone call from Mrs. Quigley, matron of a forested estate nearby. "Come fetch your brother," shrieked Mrs. Quigley, mother of seven herself and strict as starch. It was summer, hot. We trudged up through the Quigley forest to the house and knocked at the kitchen door, which was whipped open to reveal a scarlet-faced Mrs. Quigley. Behind her on a low footstool sat three-year-old D, wrapped in a bath towel and glancing around the Quigley's kitchen as if looking for something.

"My Kara was in the bathtub," cried Mrs. Quigley, "when this ... this ... your brother walked in stark naked. Kara is only 14 and a very private girl."

D's chubby legs swung idly, his face the essence of innocence. He had not yet discovered shame, not sure he ever did, to the world's benefit.

"The boy just wandered in," gargled Mrs. Quigley, choking on her personal scruples. "Greeted Kara, both stark naked. Then he stood beside the tub

and watched her. My daughter. In the bath. She screamed, poor darling, terrified. My Kara will never recover from this outrage."

D came home wrapped in the Quigley's loaned bath towel. He was neither admonished nor punished. His older siblings, though, were reprimanded for not keeping a closer eye on him. It was vacation time. Our purpose in life was to play. We were spread throughout the neighborhood. In a family of our size, everyone tends to think the others are watching out for the youngest.

After the Quigley incident, we watched D vigilantly, and as far as I recall, he never again escaped naked from home. D was allowed to romp clothing-free in the house until his fourth birthday, when he received a comfortably thin bathrobe, which he wore ragged. At some point nearing his fifth year, D glanced in a mirror and discovered the rewards of a sartorially splendid appearance. He was a handsome lad indeed in his short pants, knee-high socks and navy blue blazer. Handsomest kid on the block, although Kara Quigley avoided him like the plague.

The day he left behind his high school uniforms, D abandoned all convention. Well, almost. He wore clothing. Mariner's canvas pants, ankles visible beneath the bell-bottom hems to fool the tides. Suspenders. Flannel shirts. For some years, he lived on a tiny island where he served as care-

taker to a private wilderness preserve. He lived alone, an intentional hermit, his red hair and redder beard grown out like tangled ragweed.

Years passed before he came out of his hermitage — dressed and no colander on his head — to marry, build an architecturally awesome house near the tideline, to work as a power line tree climber, shimmying hundreds of feet up Douglas firs to remove live electric cables after storms. A life of danger, indeed. I don't know if a colander on his head would've improved his chances of avoiding death by electrical shock or surviving a fall 200 feet to the ground.

Eventually, he shaved off his beard and, going bald, the residue hair. He divorced, remarried, moved to a larger island in the archipelago, adopted two Jack Russells, and served the entire archipelago both in power emergencies and as a deputy sheriff. Retiring early, he took up the ancestral genealogical search, which brings him to today.

D has passed his 60<sup>th</sup> birthday and recently was packing for a trip to England and Scotland to visit cousins and ancestral sites — (he'd rarely stepped off the archipelago since the age of 18) — when he consulted me about his travel wardrobe. Boots or shoes? Both. Ball cap or cowboy hat? I suggested he wear the colander, but he replied that it might set off the airport sensors. And, besides, he could just as easily pick one up in England. ♦

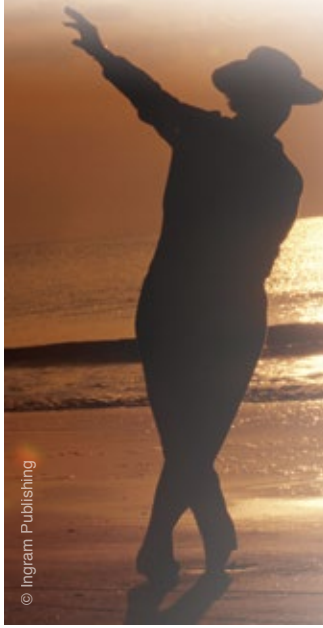
*"After the Quigley incident, we watched D vigilantly, and as far as I recall, he never again escaped naked from home."*



**Fashion, or the lack thereof, fades and leaves, as the fabulous Ms. Chanel once put it, only style.**

# Entertain Your Brain

Books | Movies | Music



*At the end of the day, it was well spent  
if you've learned something new ...  
about yourself or about your world.  
— Enjoy*

## BOOK REVIEWS

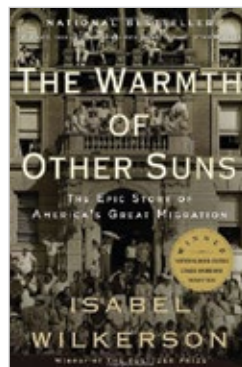
by Misha Stone / Readers' advisory librarian & Booklist Magazine blogger

*"The purpose of art is washing the dust of daily life off our souls."  
— Pablo Picasso*



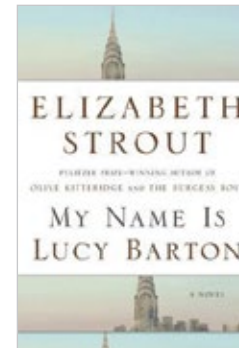
**Everyone Brave Is Forgiven** by Chris Cleave (Simon & Schuster, \$26.99)

For three young Londoners, the crucible that was World War II shaped them in immeasurable ways as it defined their lives and the future of their island nation. Cleave (*Little Bee*) tells the story of a young man drafted into the war while woefully unprepared for the tedium and despair; a rich debutante determined to teach the children left behind in London, even as most of them are evacuated to the countryside; and a black American facing not only fear of the war, but blatant racism. Cleave weaves a story of hope and connection amidst the rabble and rubble of war as his characters continue to live and grow in the midst of fear and uncertainty.



**The Warmth of Other Suns: The Epic Story of America's Great Migration** by Isabel Wilkerson (Vintage, \$17.00)

As Langston Hughes' famous poem "*Let America Be America Again*" points out, the American Dream has not always been open to black Americans. Wilkerson's nonfiction debut looks at the struggles that African Americans endured at a time when Jim Crow laws barred equal access to work, education and housing. Through the stories of three individuals who migrated from the South between the 1940s to the 1970s in search of better lives up north or out west, we learn of the larger forces at work in this country post-Emancipation. Wilkerson illustrates the ripple effect these prevailing dictates had on families and communities and speaks to the fortitude and hope of a proud people beset by interminable obstacles. This book offers a gripping account that does what the best nonfiction does: It makes you invested in the people at the heart of the story.



**My Name Is Lucy Barton** by Elizabeth Strout (Random House, \$26.00)

Pulitzer Prize winner Elizabeth Strout returns with a slim yet weighty meditation on family, poverty, grief and reconciliation. A mother herself when an unexpected hospital stay reconnects her with her estranged mother, Lucy has moved beyond the impoverished world of her youth. But the ghosts of the isolating extremity she experienced and the silences at the heart of her relationship with her mother have never left. At her bedside, Lucy and her mother discuss any number of subjects, sharing stories of their small-town dramas and disputes while dancing around what goes left unsaid. Reminiscent of Mary Lawson's *Crow Lake*, this novel explores the love and hate that binds us to the people and places that made us who we are.

## MOVIE REVIEWS

by Robert Horton / Film critic for *Seattle Weekly*

*"You know what your problem is, it's that you haven't seen enough movies — all of life's riddles are answered in the movies."  
— Steve Martin*



**On the Waterfront (1954)**

Terry Malloy (Marlon Brando) missed his shot as a prizefighter. "I coulda been a contender," he says in this movie's most famous scene, instead of just another longshoreman down at the docks. But in exposing corruption on the waterfront, the inarticulate Terry finds a definition for his random existence, something he can actually live up to. That's one reason audiences have been moved by this film classic since its Oscar-sweeping 1954 release. That, and the terrific bunch of method actors under Elia Kazan's direction, led by Brando's marvelously sensitive performance (Lee J. Cobb, Karl Malden and Rod Steiger were all nominated for the Supporting Actor Oscar, and Eva Marie Saint won in the Supporting Actress category). The film is very much of its era — everything feels like post-WWII USA, including Leonard Bernstein's music — but the force of its morality play has aged well. (Available on Netflix DVD, Amazon Video, YouTube, iTunes, Vudu and Google Play.)



**The Razor's Edge (1946)**

World War I changes a frivolous aristocrat (Tyrone Power) into a searching soul. His bewildered friends and ex-fiancée (Gene Tierney) can only wonder what he seeks in renouncing earthly pleasures and venturing to the Himalayas for enlightenment. It's hard to believe, but this 1946 adaptation of Somerset Maugham's classic novel was a box-office hit; perhaps audiences responded to its story in the wake of the Second World War. The film doesn't fire on all cylinders but takes Power's questing hero quite seriously (the actor himself had returned from military service a changed man), and the cast — which includes Clifton Webb and an Oscar-winning turn from Anne Baxter — is top-notch. Aside from the melodrama, the film presents a rare subject for a big-budget production: the spectacle of a person searching for meaning. (The film was remade, bafflingly, as a Bill Murray vehicle in 1984.) (Available on Amazon Video, YouTube and iTunes.)

**Entertain Your Brain:** *Continued on page 40*

# Out and About

Journeys Completed or Contemplated

The truth about sustainable travel?  
Tread lightly and try not to break anything.

## I BROKE ANGKOR WAT

by Pam Mandel

Freelance travel writer and photographer

*“In bracing myself between the footing and the window sill,  
I pulled away a chunk of rock about the size of a loaf of bread.  
I stared at it before turning to my friends, mortified.”*

The crowd faced east, awaiting the rising sun. Seeking a little space from which to observe what was billed as a transcendental moment, our little group of friends wandered across the open grass to a freestanding pavilion of delicately carved 12<sup>th</sup> century stone. In bracing myself between the footing and the window sill, I pulled away a chunk of rock about the size of a loaf of bread. I stared at it before turning to my friends, mortified.

“You guys, I broke Angkor Wat.”

Angkor Wat is a splendid, ornate, iconic temple complex, and for many travelers, it is the primary reason they go to Cambodia. More than 2 million visitors go to Angkor Wat annually. I was one of those visitors. A college art history class ages ago alerted me to the temple’s existence, and I swore to make the trip one day.

A few days before reaching Siem Reap, the town where hotels, restau-

rants and shops are overrun with travelers on their way to this monumental site, I’d spoken with a couple who’d been at the complex a few days before.

“It’s intense,” the young Australians told me, “but look up. If you look above the crowds, you’ll appreciate it more.”

And then, there we were, in a veritable traffic jam coming from the town of Siem Reap; scooters and buses and bicycles and elephants — yes, elephants, even! — entering Angkor Wat, all on the same narrow road, through the same elegant archway. “Look up,” they’d said, and there were the serene faces of the Buddha, presiding over clouds of visitors. Magnificent; literally a travel dream come true. An experience darkened with a very real example of the impact of my presence; this chunk of stone in my regretful hand.

I had not actually broken Angkor Wat. Closer examination showed that this place had been broken before —

newer concrete stuck to the place the stone had been, evidence of the last shoddy repair. It was dry as dust; my feet had merely kicked the stone free from the last visitor who’d done the exact same thing in this exact same place. The pavilion’s lower steps were a patchwork of original stone and bandages, worn smooth in places from the tread of hundreds of thousands of feet, the grip of hundreds of thousands of hands. And the ground around us was littered with bits of rock similar to the piece in my hand.

Yosemite Valley, California. Cinque Terre, Italy. All these glorious treasures worn down by our feet, and in some cases — like the prehistoric paintings found in the caves near Sarlat in France and Altamira in Spain — worn away by our very breath. These great temples at Angkor Wat, and Bagan, and Borobudur. But who can say you should not go and see these wonders?

Sustainable travel, green travel, ecotourism — these are all buzzwords to salve our feelings about traveling to delicate places. Green-washing, it’s called, and it often has nothing to do with legitimately reducing or managing the human impact of travel; it’s about marketing. The operator who booked my trip to Antarctica spelled it out with no apologies, a rare exception in a market flooded with businesses capitalizing on the branding power of sustainability.

“Eco? We don’t use the word. We burn thousands of gallons of diesel to get to the Antarctic Peninsula, and that doesn’t account for the flights to get people down to the dock, and the supplies ... to call it ecotourism would be a lie.”

So what’s a traveler to do?

If you want to lower the impact of your travel on the world, start at the very beginning of the process. If your “sustainable” tour operator offers you a

plastic bottle of water, they’re not in the business of sustainable travel. There are dozens of little details you can notice to sleuth out if your travel provider is genuinely in the business of green travel, from how much paper is used in the booking process to what’s in the parking lot. You can buy carbon offsets to mitigate the impact of your flights on the environment, and there are lots of other leads you can chase to make sure your trip is green. Organizations like Sustainable Travel International publish guidelines to help you evaluate the true green-ness of your adventures.

All this is important, but it can be exhausting and turn your desire to experience something natural or rare into a chore, sucking the fun out of the process. There’s an easier way. Focus on your own small actions, every day, not just when you’re traveling.

Travel can be a great catalyst for those actions — while traveling Viet-

nam, I was genuinely dismayed by the plastic bags littering the countryside. Since then, I’ve rarely been in a supermarket — or on a vacation — without a reusable bag. I carry a water bottle and, if I’m going to places where the tap water is suspect, a water purification kit. Unless it’s utterly impractical — and there are cases where this is true — public transportation gets my money, not the rental car companies.

It takes thoughtful research, but I try to spend my money at local businesses, avoiding multinational chains that may create jobs but actually benefit those out of the region more than they benefit local people. I strive to be a thoughtful traveler, polite, careful and observant of local rules and customs.

And I try not to break anything.

It’s that simple. Other people want to see the places we want to see, so let’s not stop them. And let’s do our best to leave them the way we found them. ♦



# SHARING YOUR LIFE'S LEGACY THROUGH WORDS

*This ancient tradition  
is a beautiful way to define and celebrate  
those things that truly matter.*

by Leah Dobkin

Freelance writer, author and founder of [LegacyLetter.org](http://LegacyLetter.org)



*“I’d like to think we are witnessing a demographic revolution of increased wisdom, not just aging.”*



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Humans have, for millennia, sought to know that they made a difference in this world, that they were understood and would be remembered. In ancient times, this quest was often honored by creating letters — not the final will and testament we are all familiar with today, but something far more personal and profound.

Evidence of these sacred letters are found in the 3,500-year-old biblical tradition started by Jacob when he gathered his 12 sons (but not his daughter, Dinah) to his deathbed to offer them his blessing, provide moral directives, and request that they bury him not in Egypt but in Canaan with his ancestors. This patriarchal tradition continued in medieval times when the father would write a letter to his sons, who opened the letter after the father’s death.

Examples exist from as early as 1050, originating from Spain, Germany, China, Babylonia

and Assyria. Today, both men and women are welcome to sit at this ancient table and create a legacy letter. The process is a profound personal exercise for you, the writer, and can be equally profound and helpful to those fortunate enough to be on the receiving end.

A legacy letter is a poignant way to translate your personal and family stories and values into life lessons and wisdom that can inform and transform the younger and future generations. Your letter can express your hopes, blessings, explanations, forgiveness and gratitude. It can provide a powerful healing and comforting effect on the people you care about through the simple act of sharing your stories through words. And the process may have profound effects on both you, the writer, and your letter’s recipients.

#### **For You**

Preparing a legacy letter is a great opportunity for self-examination, a process that often leads to psychological and spiritual growth. By examining the important events of your life, the choices you made, and your struggles and triumphs, you may discover clarity and a deeper understanding of your life and your family.

The process can be cathartic, helping you better understand your feelings and uncovering submerged memories. Often people who engage in this process find they can let go of pain, anger and resentment and discover a peace within themselves and toward others. If done intentionally and thoughtfully, a legacy letter may be just the tool to resolve a long-standing family or personal conflict.

Legacy writers experience a release from anxiety, an acceptance of who they are, and a deeper understanding of their life passions, often discovering a new purpose or renewing an existing one. As an example, one doctor who was writing his legacy letter to his daughter renewed his interest in gun safety advocacy as a result of reflecting on the aftermath of injured patients he served. He used the remaining years of his life to continue this work that was so important to him, thus strengthening the legacy he left behind. Writing and sharing a legacy letter ensures that we can complete our lives in the same purposeful way we lived them.

Through honest reflection, sometimes referred to by gerontologists as a “life review,” legacy writers ask themselves two important questions: “*Am I living the life I want to live?*” and “*How can I authentically live my legacy today and tomorrow with the important people in my life?*”

#### **For Them**

We are living in a unique time in history. People today are living longer than any other generation before us, and we have more years of experience to share. Half of all people who have ever reached the age of 65 are currently living on the planet. I’d like to think we are witnessing a demographic revolution of increased wisdom, not just aging.

Zalman Schachter-Shalomi, in his book *From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older* (Schachter-Shalomi and Miller, 2014), proposes a positive new model of late-life devel-

opment (“sageing”) that enables older people to become spiritually radiant, physically vital, and socially responsible elders of the tribe. This image of the elder sage eschews the stereotype of a person in decline. Legacy letters can play an important role in this process, helping any of us to develop unparalleled inner growth, to become that sage we already are on the inside.

The younger generation needs our insights and wisdom now perhaps more than at any time in history. It sometimes seems there is an entire cohort obsessed with technology and multi-tasking, increasingly disconnected from those closest to them. Families are scattered and busy; there doesn’t seem to be enough time to share family stories. And when families *do* get together, young people (perhaps all of us to a certain extent) tend to be distracted by technology, more interested in *posting* photos of our gathering than truly engaging with those present.

“Who will be the angels who will speak the words of hope and vision to the children who inherit the future?” asked Rabbi Simeon Glaser in a sermon to mark the end of the High Holy Days a few years ago. “I believe that you and I are these angels” (Freed, 2011). Rabbi Glaser exhorted the audience “to reevaluate our deepest values, set aside cynicism and fear, have the courage to reclaim our voices, to define the kind of world we want to leave future generations.”

A legacy letter can be a path to doing just that, helping the next generation avoid some of the bumps and bruises we have experienced and continuing our generation’s positive impact.

Interesting research conducted by Dr. Duke and Dr. Fivush offers proof that this kind of connection between generations can have important, positive results. The researchers asked questions about family heritage of some 50 families and taped their dinnertable conversations. They then compared the children’s results to a battery of psychological tests the children had taken and reached an overwhelming conclusion: The more children knew about their family’s history, the stronger their sense of control over their lives, the higher their self-esteem, and the more successfully they believed their families functioned (Feiler, 2013).

In essence, a legacy letter becomes a touchstone of the past and an anchor for the future for them and you. Share your voice for you, for them, and for the generations to follow.



# Tips to Write Your Own Legacy Letter

The toughest part you'll face is the blank page ... so start small. Ask yourself why you are writing this letter and to whom. What do you hope to accomplish? Your answer will help you write your first sentence. For example, "I am writing this legacy letter to all of you to let you know more about our family, tell you what is important to me, and express my wishes for your future."

Get over the urge to procrastinate. Make an appointment with yourself. Put this project on your "to-do" list. Give yourself a deadline, and honor it.

Find a quiet place and surround yourself with special things. Items that trigger memories, like photos, keepsakes, music, and smells from old family recipes, help you reminisce, making it easier to extract important stories and insights.

Take on an "eternity perspective." What would the world be like without you in it? This vantage point helps you be more objective about your life and past experiences with others. (Think of Jimmy Stewart's experience in *It's a Wonderful Life*.)

Choose how you'll organize your writing. Some people prefer creating an outline. Others prefer process writing, where you just sit down and write, see what appears on the page, and then edit. If you feel more comfortable with a structured approach, create lists and then flesh the lists out. For example, "Three things I want you to remember" or "Five things I learned the hard way" can give you a starting point around which to write. Or consider creating a timeline of significant events and people in your life.

Ask loved ones if there is a time, event, relative or subject they would like included in your letter.

Start or join a legacy letter writing circle or class to gain mutual support as you all go through the process.

Expect this process to stimulate strong emotions, tears, and new insights, clarity, connections, patterns and perspectives. Keep a box of tissues handy, and don't be afraid of the emotions. It's all part of the experience.

Keep it positive. After you draft your letter, read it through to make sure what you've written is instructive and constructive. Ask a trusted friend to review it and provide feedback to weed out any negative or destructive material that may have sneaked in.

Don't expect that everyone will be interested in your letter right away. In particular, younger people may not recognize the letter's value until some later time in their lives. I can assure you that someday, if not now, your letter will be cherished.

You do not need to be a great writer, thinker or adventurer to craft an amazing legacy letter. Everyone has something important to share. Even expressions of gratitude or statements of admiration about your loved ones will be treasured forever.

Above all, let who you are and what matters most to you shine through with every word you select, every sentence you craft, and every letter you complete. (You are not limited to just one letter, you know.) If it comes from the heart, it will enter the hearts of those you love.

Writing a legacy letter is a spiritual and satisfying experience of self-study and renewal. As you become the conduit between your ancestors and your descendants, your loved ones can all gain a deeper appreciation of life and their own place and purpose in it. ♦

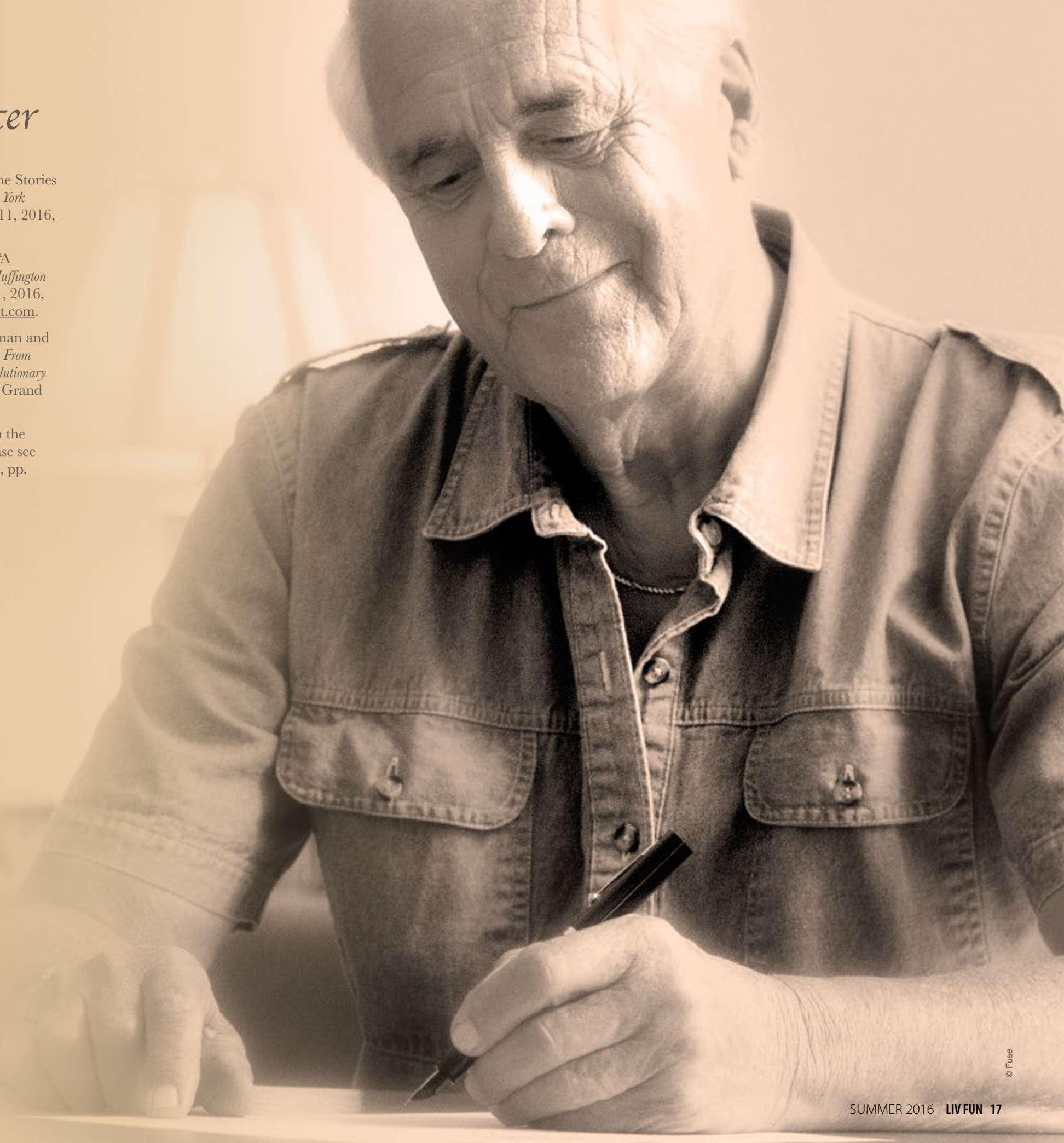
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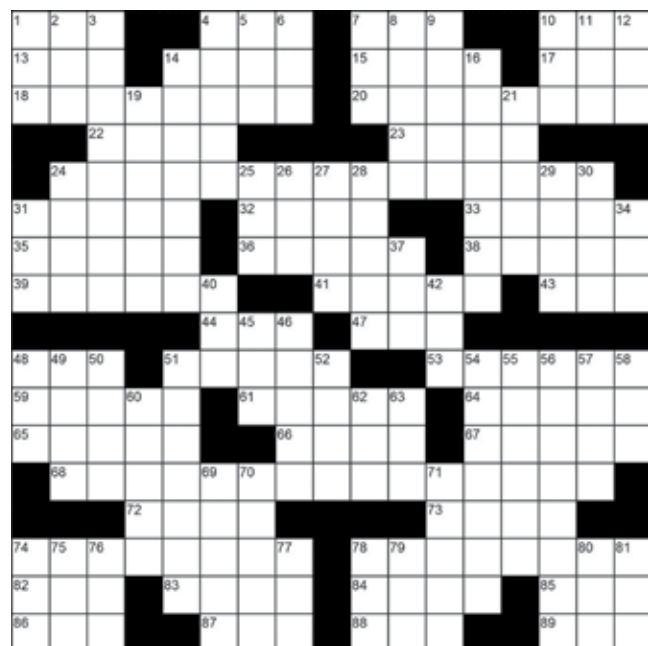
# LivFun Brain Games

## Crossword & Sudoku

John Pearson, Puzzle Editor

### Crossword Puzzle

It Wasn't on Porpoise



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#### ACROSS

- 1 Mai \_\_\_\_
- 4 Apr. figurer
- 7 First part of a Montaigne quote
- 10 Ripen
- 13 Early nuclear agency, abbr.
- 14 Second part of quote
- 15 Stick to
- 17 Cell stuff
- 18 Orangutan, e.g.
- 20 Poker player's lament
- 22 Partner of span
- 23 Met star
- 24 Third part of quote
- 31 Audacity
- 32 Off-Broadway award
- 33 Performed a tuck or pike
- 35 A relative
- 36 Organic compound
- 38 Improve text
- 39 Aquatic mammals
- 41 Rewrites
- 43 Procedure, abbr.
- 44 Canadian dash unit
- 47 \_\_\_\_ Locks
- 48 Liable

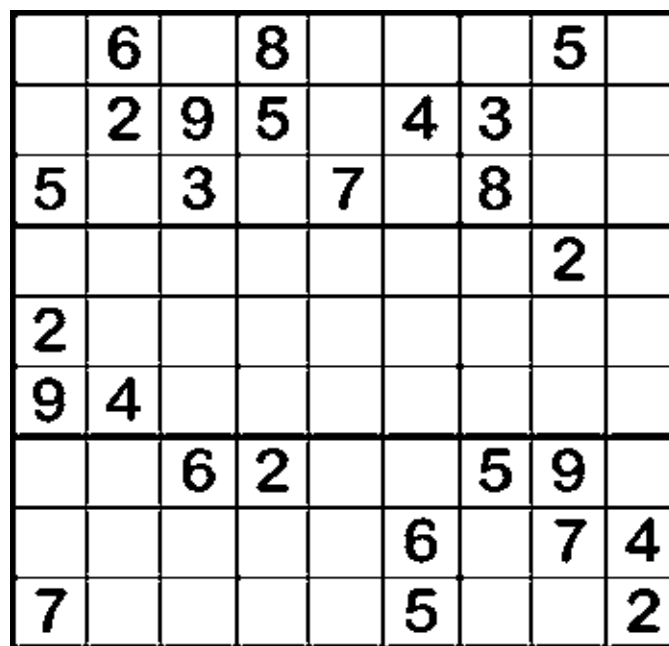
- 51 Greet the day
- 53 Word in a Bowie song title
- 59 Peach, plum or cherry, e.g.
- 61 Gem State
- 64 Strange
- 65 Acted like a grandparent
- 66 Appreciated
- 67 Lower 40, maybe
- 68 Fourth part of quote
- 72 Center
- 73 Body panel mishap
- 74 Hydrocarbon solvent
- 78 Without teeth
- 82 Self-esteem
- 83 Last part of quote
- 84 Pod contents
- 85 Yank
- 86 Scriptural your
- 87 One of seven
- 88 1956 candidate for pres.
- 89 Med. test

#### DOWN

- 1 Make someone "it"
- 2 \_\_\_\_ Lingus
- 3 Greenland formation

### Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★☆☆☆☆

- 4 Trainer
- 5 Kind of tent
- 6 Pub choice
- 7 Schedule abbreviation
- 8 1953 Wayne film
- 9 Programmer's statement
- 10 Hoopla
- 11 African antelope
- 12 Nosh
- 14 Decal
- 16 Splits
- 19 For each
- 21 Magazine or principle
- 24 Bit
- 25 Garden tool
- 26 Sit-up target
- 27 Building lot
- 28 Requires
- 29 Holiday times
- 30 One way to respond
- 31 Adm. Nimitz position, once
- 34 ADA member
- 37 Brazilian city, for short
- 40 After brew or before jump
- 42 Also
- 45 Tire stat.
- 46 Equivocate
- 48 Use an abacus
- 49 Support
- 50 Swan skirt?
- 51 Feeder visitor
- 52 Asian garment
- 54 Aurically overwhelms
- 55 Proper
- 56 Annoy
- 57 Binds
- 58 Sure!
- 60 Poet Shelley's first name
- 62 After pea or before peck
- 63 Wise guy?
- 69 Familiar crossword snacks
- 70 One of a quintet
- 71 Notions
- 74 Stake
- 75 Possible response to a taste test
- 76 Present, often
- 77 Terminal announcement, abbr.
- 78 Gov. agency concerned with toxicity
- 79 Low mark
- 80 Day named after god Tir, abbr.
- 81 Potential chick

# Healthy U

Good Health 101 and Beyond



by Stephan J. Smith  
Doctor of Chiropractic

## The Empty Chair

*"I will not say, do not weep, for not all tears are an evil."*

—J.R.R. Tolkien

How do we handle the passing of a friend or loved one? We know that death is inevitable, but it still surprises us when it happens because none of us really know how much time we have left. When we have friends we've known for years and they pass suddenly, we're left with unfinished business.

The sudden loss of someone we care deeply about leaves an emotional empty space that we have a difficult time filling. We are faced with an empty chair, a physical hole in our routines, and left alone with an emotional loss.

When we live in a senior community or an assisted living facility, it's an often unspoken but understood fact that we're most likely living in the last place we'll ever live. This means that the friends we make here, the ones we grow to know and love, will likely pass away while living in a community setting. When

this happens, it's important that this passing is handled with respect, delicacy and honor. It's healthier for all of us if we talk about it, question it, and try to understand both the life of the deceased and their impact on our lives, as penned so eloquently by Shakespeare in Macbeth:

"Give sorrow words; the grief that does not speak knits up the o'er wrought heart and bids it break."

Understandably, details on a resident's passing are generally not shared with the whole community out of respect for the resident's privacy. And while we may be missing our friend, our loss may be pale in comparison to the pain of the family left behind. A thoughtful card or phone call to family, or making an effort to attend services if you are able, can be a wonderful way to show your support and share their importance in your life.

A lovely and healing way to mark the passing of one of our community members could be to have a celebration of life, where those who knew the deceased could relate stories and good times shared to others in our community family. The goal is to acknowledge and celebrate the passing of a resident and community friend in a dignified and respectful way, and to not ignore that empty chair in the dining room.

It's hard to know what to say at these sad times. Maybe it's as simple as "I already miss him" as a way to acknowledge the loss. We would want no less for ourselves.

Grieving is a natural part of our human condition, and no two people experience grief in the same way. ♦

For more information on healthy grieving, visit [tinyurl.com/wise-grief](http://tinyurl.com/wise-grief).

# Money Matters

## Common Sense and Professional Advice



Don't let yourself fall victim to these common senior fraud schemes.

by Dave Jackson

Financial planner and Managing Director at Cornerstone Advisors, Bellevue, WA

They've been called the "crimes of the 21<sup>st</sup> century," and they target the senior population ruthlessly. Financial scams — online, via telephone and by direct mail — are relentlessly aimed at parting elders from significant chunks of their money.

According to the FBI, seniors are often easy prey for a few reasons: 1) they have a nest egg of accessible funds; 2) today's seniors, born in the 1930s-'50s, were generally raised to be polite with and trusting of strangers; 3) they may be less likely to notice and/or report the crime. (See end note.)

With ever-evolving technology, scammers have found new and almost untraceable ways to take advantage of a population that is, for the most part, not as technically savvy as the criminals. Make no mistake about it: You are at risk from these increasingly sophisticated fraud schemes. Protecting yourself and your family from falling victim begins with awareness, as well as taking some critical preventive measures.

Among the most prevalent schemes, according to several sources we checked, are these four common tactics to separate you from your money:

### HEALTHCARE FRAUD

Many scam artists pose as healthcare professionals or Medicare representatives, and they will tell you they need to update their contact records to ensure you receive your proper benefits. This ploy tricks seniors into divulging their Social Security Numbers and other personal information, leaving them at great risk for identity theft.

Other fraud schemes include offering lower costs on prescription drugs that never arrive or are placebos; medical equipment ordered under the promise that it will be covered by insurance (and isn't, leaving you to foot the bill); and offering and billing for unneeded medical tests and services. These can lead to serious financial losses, as well as potential health consequences.

**How to stay safe:** If you are contacted by medical or insurance vendors you don't recognize, do not divulge any personal information. Instead, contact your own healthcare professional or Medicare office to verify that it's a legitimate claim or offer.

### THE "FAMILY MEMBER IN TROUBLE" FRAUD

A close friend of mine was targeted by con artists pretending to be the Palo Alto Sheriff's Department. They claimed they had her grandson in custody. They required the grandmother to post bail of \$5,000 via a money-gram (similar to a bank wire but much harder to trace and easier to redeem) in order to let her grandson go.

Because her grandson was actually in California at the time, the woman was convinced it was real. The thieves

*"There's a sucker born every minute."*

— David Hannum

used the young man's real name, his address, phone number, birthdate, and all other identifying information — all easily found on the Internet. Being the loving grandmother that she is, and not knowing any better, she went down to the local supermarket and sent the entire amount without question. She later learned that her grandson was never arrested and the money was gone forever.

**How to avoid falling for this one:** Law enforcement will not contact you this way and insist you send money anonymously. If someone calls and asks you to do this, hang up immediately. Look up the actual phone number of the organization the perpetrator claims to represent and call them directly. Finally, have your family member alert the credit agencies to report the breach and be on guard for suspicious account activity.

### INVESTMENT FRAUD

From pyramid schemes to fake timeshares, scammers are targeting the elderly pitching extremely high-risk and even fraudulent investments. These crooks often look and sound very professional and will try their best to gain your trust. We have heard and seen horror stories of wildly elaborate schemes, including the infamous Bernie Madoff scandal that took advantage of millions of individuals' retirement nest eggs.

**Be smart:** If it seems too good to be true, it most likely is. Be wary of anyone promising "guaranteed returns" or those who shy away from

evade your questions. We recommend getting a second opinion by running these deals by your financial advisor or an accountant who has professional expertise in this area prior to making any decision. Never sign anything you don't fully understand.

### TELEMARKETING FRAUD

You probably get them all the time; those phone calls selling you everything from freezer beef to Disney vacations. While some telemarketing companies are no doubt legitimate, there is no good way to tell that over the phone. The safest way to deal with these, if you are interested in what they are selling, is to ask for information to be mailed to you. If the offer is legitimate, that shouldn't be a problem. If they refuse, hang up and block the number on your phone.

**Be warned:** Whether you are interested in the product or not, never give your credit card number or other personal information to someone who calls out of the blue. Legitimate businesses do not work this way.

It is imperative to keep your financial and other personal information secure, and it's increasingly difficult to do so if you aren't vigilant. If you suspect that you have been a victim of a scam, or even an attempted scam, contact your state's Adult Protective Services or your local law enforcement or FBI office and file a report. ♦

### Read more:

For more information on senior fraud, view the FBI's article on senior fraud schemes at [tinyurl.com/wise-FBI](http://tinyurl.com/wise-FBI).

# EMBRACING THIS GOLDEN TIME

The years after  
retirement and empty nest  
can be filled with exciting  
new opportunities to find  
and express your  
purpose.

by Beth Cone Kramer  
Los Angeles-based freelance journalist

**K**athleen Ryan flew for TWA during the early 1950s, back when flight attendants were called air hostesses. The California author and former travel agency owner is now in her mid-80s, still racking those air miles around the world.

“The great thing about senior travel is getting out of your comfort zone, stimulating your brain,” she says. “Group senior travel gives security and helps with the isolation and moral support.”

Maria P. Aranda, Ph.D., associate professor at USC School of Social Work, couldn't agree more. “Everybody tells you the benefits of keeping active and staying in touch with others, making sure you have a meaningful life,” she says. “For older and retired adults, active participation has a different level of meaning.”

As we age, Aranda notes, the legacy issue reaches new prominence. “Traveling to the other side of the world to help establish a school or developing a service project closer to home can provide great chances to leave an impact,” she suggests. “Altruism and giving back really give a sense of meaning in life.”

A growing body of literature shows seniors who remain socially engaged and connected fare better, whether in recovery from surgery, needing less medication to manage diabetes, or delaying the onset of Alzheimer's, notes gerontologist Freddi Segal-Gidan, PA, Ph.D., and assistant professor at the Keck School of Medicine. Interactive classroom experiences provide not only the opportunity to learn, but also to remain socially connected. Contrary to the adage, “You CAN teach an old dog new tricks; it just takes longer to learn new things,” adds Segal-Gidan.

Whether you wish to participate in volunteer tourism or pick up a new language, explore our suggestions for opportunities to help you find and express your new purpose during your golden years.

### Back to School

More than 20 states offer tuition waivers and/or small fees for older adults at public colleges and universities. The Senior Scholars Programs at UCLA Longevity Center offers adults over age 50 the opportunity to audit regular-session undergraduate classes, selecting from hundreds of classes each quarter. A bonus: Class participation doesn't require papers or exams!

### Senior Summer School

If you're interested in a college campus experience during the summer, try an Education Vacation through Senior Summer School, founded in 1985. The experience lasts between six and 12 nights and includes accommodations, twice daily meals, daily current event discussions, lectures, nightly entertainment and optional excursions.

### Travel With a Difference

Your grandchildren aren't the only ones who can spend a semester overseas. Projects Abroad welcomes retirees and working professionals to join their programs throughout Africa, Latin America, the Caribbean, Romania and Asia. Retired physicians, nurses, dentists and physical therapists can partner with organizations to relieve the workload in clinics or hospitals. Some seniors choose to teach English or work with children.

Projects Abroad also offers two-week “Grown-Up Specials” that allow participants to travel together while following a set schedule, living and working in the community.

Program Advisor Elizabeth Cauchois shares that older program participants can mentor younger volunteers during their overseas experiences and typically bring back the spirit of service to their hometown communities.

### Study Abroad

If you're interested in learning a language and exploring a different culture, Study Abroad International offers special programs for adults 50-plus, including German Language in Tyrol, Austria; Italian Language in Rome; *Pane, Vino and Lingua* in Florence, which combines culinary and cultural activities with language; and Spanish Language programs in Cusco, Peru, and in Tenerife, Spain.

### Culture Via the Dinner Plate

Learning a new language isn't the only way to explore culture and expand your horizons. Why not take a cooking tour in a foreign country? The International Kitchen has been the leading provider of cooking vacations in Italy, France and Spain since 1994.

Learn how to cook from an Italian chef, or spend a few days at a B&B in Provence, visiting local produce markets and bakeries. Enjoy the sunny culture



*“What is it that you want to do? Different people have different motivations. Whatever it is, find something rewarding to you.”*

— Freddi Segal-Gidan,  
Ph.D., assistant professor,  
Medicine and Gerontology, USC



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© Katarzyna Blasiewicz

## Learn More About These Opportunities

### Educational Opportunities:

[www.semel.ucla.edu/longevity/srscholars](http://www.semel.ucla.edu/longevity/srscholars)  
[www.seniorsummerschool.com](http://www.seniorsummerschool.com) • [www.stonybrook.edu](http://www.stonybrook.edu)

### Arts and Aging:

[www.creativeaging.org/programs --- people/cad](http://www.creativeaging.org/programs---people/cad)  
[hwww.mopa.org/experience/adults](http://hwww.mopa.org/experience/adults)

### Study Abroad Opportunities:

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

### Volunteering and Foster Grandparents:

[www.nationalservice.gov/programs/senior --- corps](http://www.nationalservice.gov/programs/senior---corps)

### Culinary Tours:

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

### Score Mentoring BUSINESS:

[www.score.org/mentors](http://www.score.org/mentors)

of Spain and Portugal. Additional destinations include Turkey, Greece, Africa, Southeast Asia, India, Mexico, Central and South America. The tours, which include cooking classes in English, as well as excursions to explore culture and cuisine, last from two to seven days.

### Explore Your Creative Side

Take a painting or digital photography class. Clinical researchers and health practitioners have noted that participation in the arts may have health and cognitive benefits. The National Center for Creative Aging directory features art programs, including intergenerational activities and other experiences held in community centers, senior centers, arts institutions and libraries.

Museums throughout the country offer volunteer docent and other opportunities for seniors. The SEPIA program at San Diego's Museum of Photographic Arts features digital photography courses, outreach programs and museum tours.

### Finally Finish Your Novel

A change of scenery may inspire your inner writer to complete your novel or screenplay. Spend 12 days at the 2016 Southampton Writers Conference and Writers Residency in the summer playground of The Hamptons. Find and connect with a local writer's group for ongoing inspiration and encouragement.

### Get Matched With a Volunteer Organization

Since its inception during President Kennedy's administration, Senior Corps has been connecting Americans over the age of 55 with the people and organizations that need them the most. If you choose to volunteer with Senior Corps, you'll receive training and guidance to provide service to individuals, nonprofits, faith-based, and other community organizations in the U.S.

Become a foster grandparent in a school, hospital, juvenile correctional facility, daycare facility, or a Head Start center. Through RSVP, one of the largest volunteer networks for people over

55, you can organize a neighborhood watch program, tutor disadvantaged youth, renovate a home, teach English to nonnative speakers, or assist natural disaster victims. As a Senior Companion, you can help seniors with challenges age in their own homes, giving caretakers a much-needed break or providing friendship to the homebound.

### Share Your Professional Expertise

Just because you've retired, doesn't mean you can't stay active in your field. SCORE connects mentors with entrepreneurs and small business owners. Provide confidential mentoring in person or online.

How can you figure out your path toward meaning? Freddi Segal-Gidan says, "What you do in retirement may be a continuation of how you lived your life or may be an addendum to life you may have missed out. There are different trajectories. What is it that *you* want to do? Different people have different motivations. Whatever it is, find something rewarding to you." ♦

## Be Good To Yourself. Volunteer.

Research shows that people 55+ who volunteer lead stronger, healthier lives.

[GetInvolved.gov](http://GetInvolved.gov)

[Facebook.com/SeniorCorps](https://www.facebook.com/SeniorCorps)

Corporation for  
NATIONAL &  
COMMUNITY  
SERVICE

Making A Difference  
For Generations



The three Senior Corps programs - RSVP, Senior Companions, Foster Grandparents are administered by the Corporation for National and Community Service, the federal agency that improves lives, strengthens communities and fosters civic engagement through service and volunteering.



# Advice for the Journey

Personal Advice and Expert Opinions



by Arica VanGelderren, LLMSW

Clinical social worker and therapist

**Q: I have always been an independent person, almost to a fault. I wait until the absolute last minute to ask my husband for help opening a jar, carrying the groceries inside, or even fixing the flat tire on my bike! I hate being seen as someone who needs help doing anything. The problem is, after my hip replacement surgery a couple of months ago, I haven't been able to take care of myself like I used to. I still avoid asking anyone for help, which means struggling or neglecting most physical tasks. My husband and daughter have realized that I need more help than I am letting on, and they are starting to hover around me to make sure I have everything I need. I hate being seen as a victim, and it's starting to affect**

**my relationships with them. I know I need to find some sort of balance, but I have no idea how to do that.**

**A:** It makes sense that you are finding it hard to balance your sense of independence with this new set of physical needs. It sounds like you associate the idea of asking for help with weakness, especially since you've always taken pride in the fact that you are strong and capable. You probably feel that asking for help means admitting — to yourself and your family — that you are weak, which is why you are avoiding it.

There is much more to you and your identity than your physical body. The key to finding the right balance lies in accepting *every* version of yourself, regardless of whatever present limitations you may have in

any one area. Instead of neglecting your own needs to avoid being seen as weak, challenge yourself to accept this new version of yourself. When we allow our internal negative associations to have priority over our own needs and self-care, the result will be negativity and stagnancy, as you're experiencing now.

We all have limitations, difficulties and challenges at every stage of life. Finding inner balance is a fluid process. Pay close attention to the words and phrases you say to yourself when facing a new challenge or limitation. If you can focus on breaking down the negative correlations you've built, and soften your self-talk, you'll help cultivate a more meaningful life experience during your present challenges. Asking for help is not a weakness; it's a display of inner strength and acceptance. ♦

*Note to our readers: Evan Kimble's "Advice for the Journey" column has been a reader favorite since we launched this magazine. Sadly, Evan passed away earlier this year after a brief illness. He will be missed and remembered with love by us all.*



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# Your Life Well Lived

Wellness Advice for Mind, Body and Spirit



The Pablo Picasso painting *Guernica* is viewed at the Centro de Arte Reina Sofia in Madrid, Spain.

## THE ART AND SCIENCE OF THE MEANINGFUL LIFE

*Some know their true calling from childhood;  
then there are the rest of us, left with legacy-envy.*

by Nancy Gertz

Health and well-being coach in Boston

*“The meaning of life is to find your gift.  
The purpose of life is to give it away.”*

— Pablo Picasso

**A**s part of my professional training, I studied in a class called “It Matters: The Science and Practice of a Meaningful Life.” As a coach, I felt compelled to know all about the latest research exploring the relationships linking happiness, well-being, life-satisfaction, and the answers to our Ws:

What am I here to do?

Why am I here?

What’s my life really about?

What’s the meaning of all this?

What makes me happy?

Having recently been through cancer treatment and divorce after a long-term marriage, and just closing the door as my youngest child left for college, I worried quietly about these questions because I didn’t have all the answers. And what am I here for anyway now that my purpose of being the best mother and wife possible was abruptly forced into retirement?

I went on a meaning and purpose mission. Seizing opportunities to poll friends, family, clients, colleagues, and even strangers in odd moments of true connection, I asked, “Hey, do you feel like you know what the purpose of your life is? Deep down? Ever feel like you were meant to do something in particular?” In the literature, this last question refers to a “calling.” I was grappling with an annoying thought-worm about my never having been called.

We’ve all heard stories of the lucky ones who are blessed in this biblical way — they feel compelled, driven to dedicate themselves to a cause, profession, area of study, and they pursue it doggedly. A friend told me she knew she wanted to be an architect when she was eight years old; she still loves her work today, designing green buildings and passionately teaching others to do the same.

A senior in high school was profiled on the local news because she raised \$100,000 for ALS research, inspired by her mother’s diag-

nosis. I read about the police officer who heard voices telling him to become a priest. There are so many examples of people in history and alive today who were indeed “called.”

And then there are the rest of us.

How come we never got called? Maybe we got the call but didn’t hear it? Were we in the shower? Can we flourish anyway?

Nothing brings on a renewed concern about not having the answers to soul-searching questions like the death of someone close. A friend died last week from breast cancer, a disease that could well have ended my own life. Even at just 53 years old, Gina inspired so many people through her teaching, writing, and honest, loving living that I am left with a serious case of legacy-envy. Her life mattered. And not just to those who knew her well. She made a lasting contribution to the world by her dedication to inspiring others to learn, grow, take risks, and boldly go forth in their futures. I’m inspired to seek answers again.

“How do you want to be remembered?” I asked my mother a few days later. The answer came quickly, without her taking a breath. “Laughter,” she said. “I want people to say I made them laugh. I do this, you know. I try to make people laugh and smile. Every day. Whenever I can. I’m funny.”

As if I don’t already know. Indeed, it was her profession for a while, being a comedian. After a recent surgery, while gingerly stepping out of the shower, she looks up at me with her I’m-about-to-tell-a-joke glint.

“Do you know how to dance the old-age disco?” And slowly, trying hard to keep her balance, she slides one foot forward. “Dis go here,” and then the other foot. “Dis go there.” Even naked, with her broken elbow propped against her side, or perhaps especially because the chips were down, she wanted to make me laugh. It worked, Mom. You did it. Again.

**Meaningful Life** *Continued on page 41*



# Retire Like You Mean It

Your Life, Your Rules



## How to Age Without Growing Old

### The Purposeful Work of Bernie Otis

by Elvis Gutierrez

General Manager at Fairwinds – West Hills

**“I believe no person should die and not leave their experiences and knowledge behind.”**

Those words are the mantra – and the life’s work – of Bernie Otis, resident of Fairwinds – West Hills in Canoga Park, CA, who thrives on sharing knowledge and advice with others.

Bernie had a storied career in marketing, sales consulting and facilities planning before launching an encore career as a writer, author and public speaker. During his 65-year career he has worked with firms including IT Corp, Hewlett-Packard, Barclays Bank and Tiffany’s of New York and was involved in the design and construction of food services facilities for Disneyland, major hospitals, hotels, universities and restaurants.

Now, his work is based around writing, most recently on a book and speaking tour with Rotary Clubs throughout Southern California, promoting his book *How to Prepare for Old Age (Without Taking the Fun Out of It)* (available on Amazon). In it, he shares his 86 years of life, love, loss and laughter as an inspira-

tional guide to what it means to age without growing old. As he states, “Your body may get older every day, but you don’t.”

Beyond his public appearances, Bernie has a large following online: His blog, [www.seniormomentswithbernardotis.com](http://www.seniormomentswithbernardotis.com), has around 10,000 followers who follow his posts about life, poetry, and whatever comes to mind.

Bernie also makes sure he finds time to give back; he volunteers in the community through the Jewish synagogue in its hospice program and also at a boys’ shelter where he helps the boys learn how to cook. “I spend my life devoted to others and becoming each day a more responsible person,” he says. Bernie is also a respected resident advocate and friend at Fairwinds.

Originally from Detroit, Michigan, Bernie has three children, five grandchildren and four great grandchildren taking up lots of space in his heart. Bernie was living in Las Vegas before moving to California about 30 years ago; it was in the Golden State that he met and married his second wife, whom he lost to cancer in 2012. Bernie holds her

responsible for many of his greatest accomplishments and says that without her he would not have had the chance to enjoy this later part of his life as much as he has.

Bernie came to live at Fairwinds – West Hills by a stroke of pure luck. Visiting family across the street from the community one day, his cousin mentioned that he knew someone who lived here and heard great things. Bernie was familiar with the area and has many friends in the San Fernando Valley, so moving to the area just felt right. He was impressed with the warmth and friendliness of both the staff and residents when he toured and felt this would be the perfect next home.

“No two people should worry about the same thing. Let God worry about my death, and I will worry about my life,” Bernie states. Each day he asks himself what he would do if it were the last. His answers? He would help others in need, spend time with his family and loved ones, enjoy a good sleep, and he might just spend a few hours a day giving the chef a few pointers on cooking. ♦

*Originally from Detroit, Michigan,  
Bernie has three children, five grandchildren and four great  
grandchildren taking up lots of space in his heart.*

# HONOR FLIGHT

A Tribute to the Heroes Who Saved the World

by Terry Runkel

Health & Wellness Director, Heritage Estates in Livmore, CA

Barbara Richards, former World War II Navy nurse, took a trip of a lifetime last fall when she participated in an Honor Flight to Washington, D.C. What she experienced during and after that journey was profound and life changing.

Honor Flight Bay Area, part of the Honor Flight Network, is a foundation created solely to honor America's Veterans for all their sacrifices during war time. The primary mission is to transport America's Veterans to Washington to visit the memorials dedicated to honor their military service.

Top priority is given to America's most senior heroes, the survivors of World War II. The program will naturally transition, over time, to veterans of the Korean War, Vietnam War, and veterans of more recent conflicts. These trips are free to all eligible men and women who served stateside or overseas.

Barbara, a resident at Heritage Estates in Livermore, CA, recently spoke about the experience at an Honor Flight Bay Area event. She shared that she participated in the flight because she wanted to honor her late husband who was a veteran and survivor of the attack on Pearl Harbor. She lost a brother, a Navy pilot, and both of her brothers-in-law who were Navy officers.

"I felt like I was taking this trip for them as well. It was very, very touching," she said. "I'm so grateful I had this wonderful experience in the 90<sup>th</sup> year of my life." She feels blessed to have been able to go alongside 25 other Bay Area Veterans and their companions.

During an Honor Flight, each veteran is accompanied by a volunteer guardian who pays their own way and provides personal assistance throughout the trip. Barbara formed a special

bond with her guardian, creating a lasting friendship. "I met people I felt instantly close to," she said. "The trip was one of the most thrilling and exciting trips I have ever taken, and we were able to see all the wonderful memorials they have."

Outside of my work as health and wellness director at Heritage Estates, I made the same trip volunteering as a guardian and eventually becoming the flight medic. I volunteered initially to help make one veteran's dream possible but found myself helping 25 veterans experience a truly peak moment in Washington, D.C.

It was such a satisfying experience for me to see the veterans so emotionally moved by all the wonderful things they experienced during the adventure. The Honor Flight program is amazingly well organized, and the trip itself was full of fun surprises. The veterans appreciated every minute of this life-changing experience.

The Honor Flight program started in 2005 and now has hubs in 41 states across the country. We saw groups from Oregon and Texas at the National WWII Memorial. Other stops on the tour included the United States Navy Memorial, Air Force Memorial, Marine Corps War Memorial, Vietnam Veterans Memorial, Korean War Veterans Memorial, Women in Military Service for America Memorial, Lincoln Memorial, the Smithsonian National Air and Space Museum, and Arlington Cemetery to witness the profoundly solemn Changing of the Guard at the Tomb of the Unknown Soldier.

Barbara and I have since come together a few times to reminisce and share pictures and stories of the stress-free trip.

"It was really neat on the chartered bus with the police escort going

through red lights with flashing lights and sirens. We felt like VIPs," Barbara notes with a smile. Once back home, we met up one evening with a veteran and his son who served as his Dad's guardian on their Honor Flight. The connection and camaraderie between the veterans was strong from the start, as it was on the trip itself. Every encounter we witnessed was so heart-warming.

Funding for Honor Flights comes from individuals, corporations and veteran organizations like the American Legion, Veterans of Foreign Wars, AMVETS, Disabled Americans Charity, and Military Order of the Purple Heart.

Participants take away lasting memories, treasured friendships, shared experiences and strengthened family bonds, and the veterans are grateful for the opportunity to be remembered for the myriad roles they played during the war. Time is of the essence for many of our vets; in five to seven years almost all of our World War II veterans will be gone. This tour is a beautiful "last hurrah" and a fitting way to be recognized as the conquering victors who collectively and literally saved the world. ♦

**More information about the Honor Flight program and applications for veterans and guardians can be found by contacting:**

Honor Flight, Inc.  
300 E. Auburn Ave.  
Springfield, OH 45505-4703  
937-521-2400

[www.honorflight.org](http://www.honorflight.org)  
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Barbara Richards on her recent Honor Flight tour.



Terry Runkel accompanies the Honor Flight participants to Washington, D.C.



California Bay Area Honor Flight Veterans gather for a photo at the WWII Memorial in Washington D.C.

# Find My Purpose? In This Mess?

Experts suggest getting rid of the clutter to get down to what's real. Boy, am I in trouble.

by Jeff Wozer

Humorist and stand-up comedian

Without my consent, I own 57 T-shirts. How or when this happened, I don't know. I thought maybe 20, 25 at the most. But not 57. It's an embarrassing number, bordering on fetish.

Even more embarrassing is that I weighed the T-shirts, the cause behind this triggered more by guilt than curiosity. For they say it's not what you eat that creates guilt-inducing motivation, but rather how much you weigh.

I felt like a king-fool weighing the tees, one stack at a time, on the bathroom scale. But this foolishness paled compared to the brain-bending shock of discovering I'm T-shirt obese. I own 26 pounds of them. I don't know what my ideal T-shirt weight should be, but I'm guessing I'm at least 20 pounds over.

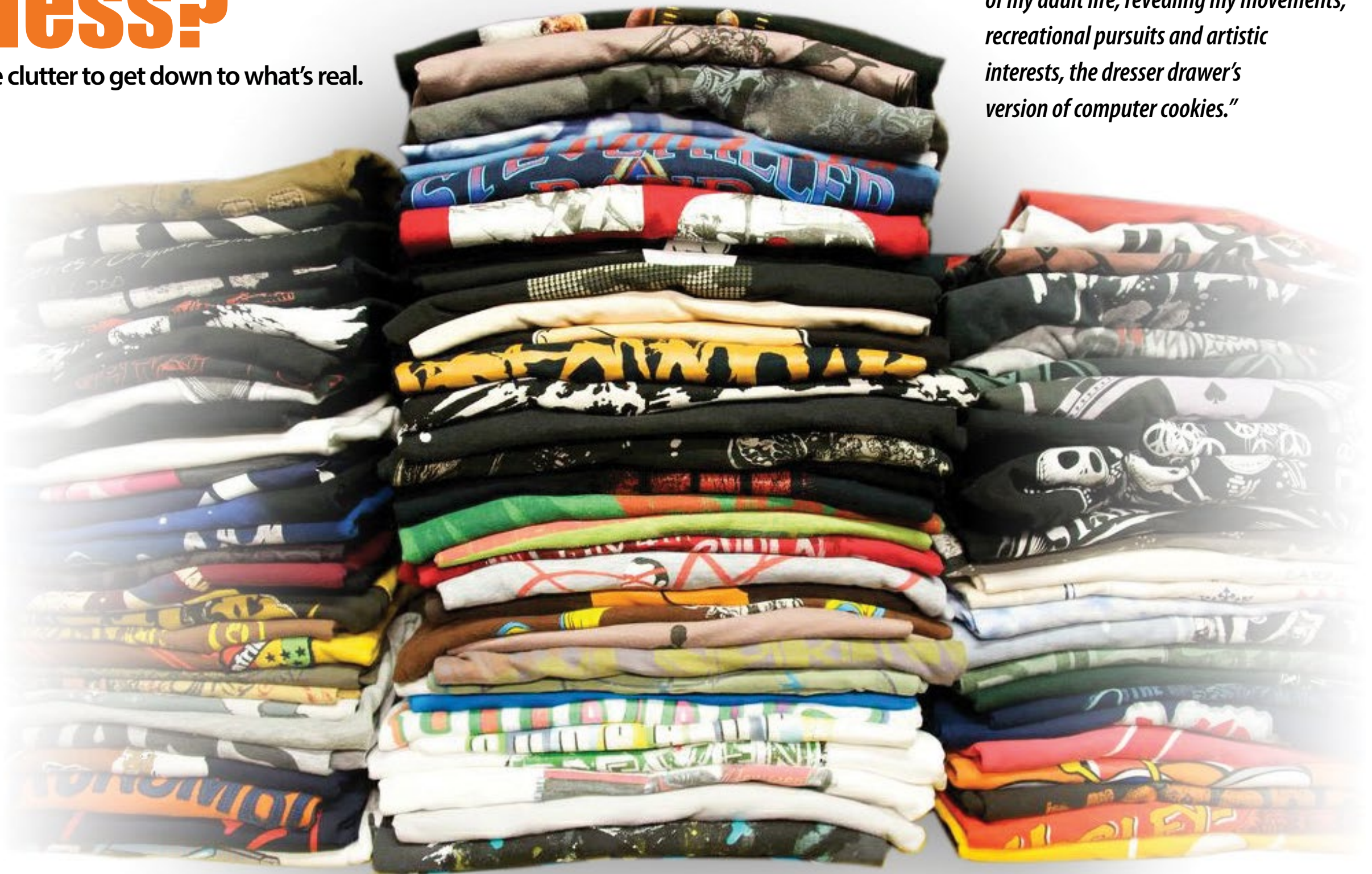
I'd been experiencing difficulty closing my dresser drawers as of late but blamed it on careless folding rather than extra pounds. A classic case of living in denial.

The genesis of this unwanted discovery stemmed from a *Huffington Post* article I stumbled across online titled "Life After 50: Are You Stuck? Lose the Clutter and Find Your Life." The author suggested shedding clutter — hence the clever title — as a means of freeing ourselves from feeling stuck in old ways with the ultimate intent of finding our second-half purpose in life.

Not that possessing a purpose dominated my every waking thought, but the idea of having a life-lubricant, something that would make me bound out of bed drunk with ambition, hit me as a sound idea.

This T-shirt thing was like uncovering a deep secret about myself. How did this happen? Was I buy-polar? And, ultimately, how will shedding a few pounds of T-shirts contribute to finding life's purpose?

As I mulled this, I haphazardly spread the T-shirts across the living room floor, hoping they



*"My clothing collection resembled a journal of sorts, a cotton shirt timeline of my adult life, revealing my movements, recreational pursuits and artistic interests, the dresser drawer's version of computer cookies."*

**Purpose?:** Continued on page 42



# The Journey Continues

by Elana Zaiman  
Rabbi, chaplain and writer in Seattle

## Ethics and Spirituality

Reflections and Contemplations on Life and Living

### What if our purpose is ultimately in the seeking itself?

Still single and in my early 30s, I served as rabbi to a 1,500-family congregation in Manhattan for five years. It was a job I loved and a job to which I gave my heart, but by my mid-30s, I realized that if I didn't give my heart to a life partner, I'd end up being married to the synagogue.

Not having much luck locally, I began to cast the date-net farther out and ask friends living in different cities if they knew any nice, single Jewish men. The day came when a friend of a friend introduced me to a man who lived in Seattle. We began a long-distance relationship. Sixteen months later we married, and I left my congregation and moved to Seattle.

It was a hard landing. I was unmoored and bereft. As a congregational rabbi, I had known my purpose. I was a community leader and teacher. I delivered sermons. I counseled people of all ages. I officiated at baby namings, *b'nai mitzvah*, marriages and funerals. I visited people in hospitals. I lead services. I created programs. But in Seattle, without a congregation, I felt lost. Who was I if I was not ministering to a community?

So I asked myself this question: Was my purpose in life to be a congregational rabbi, or could I live out my purpose in other ways?

To answer this question, I wrote down the elements of this role that were part of my purpose. Here's what came up: working with people, being there for them during times of pain and joy, helping them contemplate meaning in their lives, adding meaning to their lives, teaching, writing and speaking. Perhaps there were other elements I wanted to add to the mixture, for example: figuring out how to be in a marriage and beginning to think about creating a family. So the new question became: Could I bring all of these elements into this new chapter of my life?

It took me years, but I did. I began to figure out how to live my life in consort with someone else. I taught classes for children and adults, served as a visiting rabbi to smaller communities and as chaplain for elders. I took writing classes to hone my craft, became a mom, tutored children and adults, went out on the lecture circuit, began to publish articles and essays, and wrote a book.

Why do I write about this experience of trying to articulate my purpose in my mid-30s? Because I find myself now, a couple decades later, returning to this question with a new sense of urgency. Today, my question is not solely: What is my purpose? Today my question is: How do I manifest my purpose

**“Your purpose in life is to find your purpose and give your whole heart to it.”**

— Buddha

**Journey:** Continued on page 41



**Wadjda (2013)**

It's just a bicycle. But it changes everything. In this simple but compelling story, a 10-year-old Saudi girl named Wadjda (wonderful performance by Waad Mohammed) sets her mind on owning a bike. The prize money for a school academic contest will cover the cost, so Wadjda studies like crazy and excels like never before. But it's not that easy — this is Saudi Arabia, and not everybody approves of a girl riding a bicycle. This 2013 film would be an inspirational gem even if you didn't know the backstory, but the backstory is pretty incredible too: Haifaa Al-Mansour, the first female Saudi director (in a country that has no movie theaters), shot some of her exterior scenes from inside a van because of the problematic nature of women working in public alongside men. It doesn't seem too far-fetched to guess that Wadjda's struggle is a metaphor for the film's own production. But aside from that specific story, *Wadjda* succeeds as a universal fable, as well as a superb example of how a simple object — it's just a bicycle — can become charged with a lifetime's worth of passion and purpose. (Available on Amazon Video, YouTube, iTunes, Vudu and Google Play.)

**MUSIC REVIEWS**

by Joe Rodriguez / Freelance music writer

*"If music be the food of love, play on."* — William Shakespeare



**The Middle (Single)** — Jimmy Eat World, Bleed American, 2001

In early 2000, the members of pop-punk band Jimmy Eat World were at a low point when they wrote "The Middle." Capitol Records had dropped them for poor sales of their previous album, and they had no idea what was next. Yet they still had music in them and decided to record their next album on their own dime. In July 2001, *Bleed American* was released. Soon afterward, the world witnessed the horrific events of September 11, and, coincidentally or not, "The Middle" became a purposeful anthem for encouragement to many young fans. The song consists of 2 minutes and 48 seconds of guitar-driven, foot-stomping rock music with a message of reassurance that everything is going to get better, as long you stay focused on your purpose with passionate conviction. Its strong message is to not give up and to realize there is purpose to your life and what you are pursuing. We are all together in this ride, and "The Middle" inspires us to keep going and to know that it will be just fine.



**Ho Hey (Single)** — The Lumineers, The Lumineers, 2012

The hit single from this Colorado folk rock band begins with shouts of "Ho! Hey!" that lead to a simple acoustic guitar riff. Lead singer Wesley Schultz's first two verses are full of downtrodden frustration because he can't understand how to gain his desired one's love and affection. His frustrated lyric transforms into a happily infectious chorus, while an upbeat mandolin accentuates his assertion that "I belong with you, you belong with me, you're my sweetheart." There is great life-changing power in declaring one's love and believing in it with all your heart and soul. Catchy and contagious, after one listen you will want to play it over and over again.



**We Shall Overcome: The Seeger Sessions (Album)** — Bruce Springsteen, 2006

During three, single-day recording sessions, Bruce Springsteen and a diverse gang of musicians recorded these songs made popular in the '60s by folk great Pete Seeger. Two songs in particular resonated as much today as they did during the Civil Rights movement of last century. "Keep Your Eyes On the Prize," an adaptation of a traditional gospel hymn, encourages perseverance with purpose during trying times. The simple banjo intro and Springsteen's somber raspy vocals start slowly and then take the listener on a musical adventure that culminates with a full gospel choir worthy of a funeral procession down Bourbon Street, then just as swiftly drops you back into the quiet confines of church. Springsteen goes on to channel his best Bob Dylan in "We Shall Overcome." Accompanied by subtle instrumentations, this song of peace, hope and purpose is reimagined for our times without straying from the overarching message of determination. Springsteen made these songs his own, paying all due respect to the original artists. ♦



*"Hey, do you feel like you know what the purpose of your life is? Deep down? Ever feel like you were meant to do something in particular?"*

© RustanGuzov

"Make sure you remember to say this about me, when I'm gone," Mom reminds me, as if I need the tip. And I realize, then, that while she never said anything about a calling, my mother knows what gives her life meaning. "I hope this is a good enough way to be remembered, making people feel good," she wonders out loud.

Research tells us that being deeply engaged in an activity that's consistent with how we see ourselves at our best — even if it is the pursuit of making others laugh — generates high levels of life satisfaction. It may not be the epiphany-type calling that leads to press releases, nominations, publications and awards. But living generously,

putting our best vision of ourselves forward, seems to be a powerful path toward fulfillment.

In a world of givers and takers, those who give of themselves are the ones who cultivate more meaningful relationships, report greater well-being, and may well live longer. I think my mom is in good shape. ♦

**Journey:** Continued from page 39

in the world while I still can? In other words, what must I do in this world before I die in order to feel I have lived the fullness of my life?

At the moment, I don't have an answer. I'm content just to ask the question. Here's what's coming up: I'm seeking new challenges, craving the company of young children, and yearning for more time with my parents. I'm seeking to cultivate friendships and reinvigorate my relationship with my husband, as in two years our son will be off to college and we need to begin to find our rhythm as a couple again. I'm committed to revisiting my early years as a child and adolescent to understand even more deeply how I

came to be the person I am and how to move forward with grace. I'm craving time alone to think, to be and to write.

I phoned my mother on my way home from work recently. We spoke for a while before I said, "Mom, I'm in a bit of a mid-life crisis. I'm trying to figure out my purpose."

My mom didn't miss a beat. "What's it called when you're in your 70s and going through the same thing?"

"I guess it's called a crisis of the 70s," I said. "What's going on, Mom?"

My mom, a visual artist, talked about her recent art exhibit. She talked about wanting to jump into her next project but not yet knowing what that project is. She talked about being

in a rut and having trouble moving forward. How much energy can she muster? Does she have it in her? And if she doesn't, who is she? What is her purpose? She did not voice these specific questions, but I heard them loud and clear. You would have too. Because we all know what it's like to be in this place trying to listen to our hearts.

Buddha is often quoted as saying that the purpose of lives is to find our true purpose and to give our whole heart to it. Circular logic, perhaps. But maybe what this means is it's OK if we don't know. Maybe it's enough that we just keep our hearts open and continue the journey. ♦

**Purpose?:** Continued from page 36

would provide clues to my purpose in life. All but one displayed a person, place or thing, making me wonder if I enjoy wearing T-shirts or nouns. Instead of a clothing collection, it resembled a journal of sorts, a cotton shirt timeline of my adult life, revealing my movements, recreational pursuits and artistic interests; the dresser drawer's version of computer cookies.

Among the notables were 11 shirts from places I skied, including two each from Park City, Alta and Vail.

My Vermont years were depicted in Bread Loaf, Middlebury and Green Mountain Club T-shirts.

Nods to Hunter Thompson, Monty Python and painter Russell Chatham revealed creative interests.

Two Salmon Nation T-shirts and a Protect Our Winters shirt showed environmental leanings.

Nine Mountain Khaki tees confirmed my role as a company ambassador.

Endorsements for favorite escape towns — Taos, New Mexico, and Moab, Utah — appeared on six shirts.

And a Grateful Dead concert T-shirt from the Saratoga Performing Arts Center (SPAC) in upstate New York, dated June 27, 1985, took honors as the oldest of my collection.

Thinking perhaps the nouns contained my answer, I looked for a pattern and immediately noticed that many of the T-shirts touted the following places: Moab, Taos, Vail, Alta, Park City and SPAC. Ye gads, I thought. I'm attracted to four-letter, mainly mono-syllabic words with an affinity toward the letter "A."

Perhaps my purpose lies in Ames, Iowa. Maybe this is my Field-of-Dreams-build-it-and-they-will-come moment. Instead of a baseball diamond (too many syllables), I move to Ames, Iowa, and dig a bass pond. I quickly soured on this idea at the thought of dead fishermen emerging from cornfields, filling my backyard, and talking 24/7 about Larry the Lunker and ones that got away.

And, besides, I could never live in Iowa. I'm too spooked by tornados. Two of my three closest tornado scares came while there — the last coming while on a comedy tour in Iowa City and me cursing myself for taking shelter from an approaching funnel cloud in a store called Target.

Believing I was on to something, I scanned the shirts again and noticed a rarely worn one, from Patagonia,

that did not fit into any category. Instead of a noun it featured advice: "Live Simply."

Eureka, I thought, I have my purpose!

Living simply might not be the most enlightening purpose, but it's a start, and, at the very least, a worthy code to follow. Besides, so what if I lack a true life-defining purpose at my age. As the T-shirts before me prove, it's possible to enjoy a rich and interesting life without a defined role or direction; cluttered dresser drawers and all. ♦



**BRAIN GAMES ANSWERS / From Page 18**

**Answers to Crossword Puzzle**

T	A	I	C	P	A	T	H	E	A	G	E				
A	E	C	S	O	U	L	B	O	N	D	D	N	A		
G	R	E	A	T	A	P	E	A	N	D	I	M	O	U	T
S	P	I	C	H	A	S	N	O	F	I	X	E	D		
W	H	I	C	H	H	A	S	N	O	F	I	X	E	D	
C	H	E	E	K	O	B	I	E	D	I	V	E	D		
N	I	E	C	E	E	S	T	E	R	E	M	E	N	D	
O	T	T	E	R	S	E	D	I	T	S	S	Y	S		
A	P	T	R	I	S	E	S	O	D	D	I	T	Y		
D	R	U	P	E	I	D	A	H	O	E	E	R	I	E	
D	O	T	E	D	G	R	E	W	A	C	R	E	S		
P	U	R	P	O	S	E	I	N	L	I	F	E	I	S	
C	O	R	E	D	E	N	T								
B	U	T	Y	L	E	N	E	E	D	E	N	T	A	T	E
E	G	O	L	O	S	T	P	E	A	S	T	U	G		
T	H	Y	S	E	A	A	E	S	E	E	G				

**Answers to Sudoku**

4	6	7	8	9	3	2	5	1
8	2	9	5	1	4	3	6	7
5	1	3	6	7	2	8	4	9
6	3	1	7	5	9	4	2	8
2	7	8	4	6	1	9	3	5
9	4	5	3	2	8	7	1	6
1	8	6	2	4	7	5	9	3
3	5	2	9	8	6	1	7	4
7	9	4	1	3	5	6	8	2



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