

Letter from the Publisher



Dear Readers:

As the summer progresses, we have only a few choices to stay cool: one is to drive to the mountains in North Carolina and the other is to go swimming and get your exercise. I prefer the latter and have started a swimming regimen to take off some pounds and get my body "limber."

Two special features this month highlighted our Windjammer cruise in Maine, and the exhilarating extravaganza evening at the Brazilian Gaucho Rodizio in Lighthouse Point, Broward County. If you are seeking fun and adventure, you can find it, in the most different of places. Add some of your own and let us know about them.

Authors spend a great deal of time writing about their passion and what they want to share with others. Our book of the month, *Help Lord! I'm Having A Senior Moment—Again!* is so appropriate for the hundred million Baby Boomers and Seniors and thank goodness, it's filled with wisdom and humor.

Once in a lifetime does someone come along like Mother Rytasha. As you read about her and appreciate her dedication and devotion to helping the poor and unwanted in far off places like India and Bangladesh, we take a moment to reconcile our own lives and pay homage to such a human being. If you really want to be a part of this transformation of "love" for the human race, join us at a luncheon to meet her and be inspired by this extraordinary woman's desire to serve.

—Anita Finley, Gerontologist
July 2005

Happy Jumping
July 4th!

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Boomer Times & Senior Life *Book of the Month*

Help, Lord! I'm Having A Senior Moment—Again!

Laughing Through the Realities of Growing Older

Author: Karen O'Connor — Reviewed by Anita Finley

Are you growing older—better, wiser or just more forgetful? asks author Karen O'Connor in her second book on this subject. Her first book, *HELP, LORD! I'M HAVING A SENIOR MOMENT* was so popular that she thought her readers wanted more of her encouragement.

This book comes to the rescue of readers experiencing the joys and challenges of growing older. Physical decline, memory lapses, feelings of inadequacy or uselessness, loss of a spouse, relatives and friends—such things can sidetrack us with fear and worry. There are 90 short notes to God about topics of special interest to seniors, such as buying groceries and then forgetting where you put them, especially refrigerated ones...

...coming out of a mall, forgetting where you parked your car, but attacking people who were getting in the car that you thought was yours...not remembering to put the proper temperature controls on and freezing your a__ off. There are so many more hysterical incidents, but on a serious note, it is a book to learn lessons from.

As a gerontologist and speaker, I prepared a speech on memory and found that there were many helpful tips to keep your memory from totally falling apart, whether a senior or just a busy Baby Boomer. When you read O'Connor's book, you will surely see yourself and others, but the best part of it is that you laugh at these incidents. Learn from many of the

mistakes the author writes about; and keep lists, use a pencil and paper to locate your car before you park it in a busy place, and keep smiling. You should know that even young people lock themselves out of their cars, forget where they put their glasses and lose phone numbers.

As the author writes, it's true that physical decline, memory lapses, feelings of inadequacy or uselessness, loss of a spouse, relatives and friends can certainly distract us from dealing with daily responsibilities; however, this book gives readers, comfort, sympathy, companionship and lots of laughs as they recognize the familiar situations that MAY come with growing older. I add "may" as my husband is 81 and he has very few memory laps-

es. I will add that he is highly organized, something I think is a deterrent for losing things.

O'Connor's book is a sequel to her first best-selling book about senior moments. Her mission is "to bring even more encouragement to people in their golden years, prompting them to reflect, laugh, play and take both burdens and joys to God who cares for them."

Karen O'Connor is a popular speaker and author. She has written many books, including Help, Lord! I'm Having a Senior Moment; Addicted to Shopping; and Baskets of Blessing. She and her husband, Charles, have five children and reside in California. You can purchase her book at Regal Books at www.regalbooks.com or check out Karen O'Connor's website: www.karenocconnor.com



Healthy Fats

A ready source of energy, healthy fats are one of three types of stamina-boosting foods in the diet. The most common fat-containing foods are cream, oily fish, butter, fatty meats, vegetable oils, eggs, nuts, and seeds. Try to consume 20-30 percent of your daily calories from healthy fats.

(From: 365 ways to ENERGIZE mind, body & soul)



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