

LOOK  
FEEL  
LIVE  
THE..



FABULOUS LIFE AFTER 50!

**FREE**

Western  
Massachusetts  
& Connecticut  
Magazine

## SUMMER AT HOME!

America  
in a  
Crisis

Summer Grilling-  
Go Global Recipes

Delicious  
"Simple Sips"

Keep It Moving-  
3 Best Stretches

Shop Local

Do something fun  
this summer in  
the Pandemic!



Crochet  
Queen



July/August  
2020 Issue  
No. 2



Greetings Ladies,

After taking a pause along with millions of other businesses due to Covid-19...we are so happy to share some joy. Here is our July/August issue!

As the nation struggles to get back to work, we are in a new normal where physical distancing, disinfecting areas and wearing masks is now our daily life. We have all been moving through days, weeks and months of pandemic, a new normal and if that is not enough we have experienced sadness and sorrow for lost of dear loved ones. It has been a time like non other and so we must cling to our Faith, Friends, and Family for love and encouragement.

This issue of Joy Magazine is filled with sunshine for you! Yes, it's summertime and we can finally feel and enjoy the sunshine. The sun, glistening golden sun – no artificial light can come close to the natural light of the sun. It makes you feel warm, relaxed and rejuvenated all at the same time..

It's time to really enjoy outdoor spaces and keep safe during the pandemic. But ladies remember to take care of *You*. We have a Pantry Sugar Scrub recipe to help you with a DIY pedicure on page 5, and we just love the fashions of a local Crochet Designer, page 7. We want to inspire your summer at home with recipes from Mexico to the Caribbean, see Global Grilling on page 10 and you can kick it up a notch with a themed dinner complete with party attire. Just think about fun in the sun activities for your family and friends and by the way remember physical distancing.

Cheryl Jones, Editor in Chief and CEO

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**Like us on Facebook as Joy Magazine LLC**

# Take Time for You Pamper Your Tootsies!

Self-care during quarantine, try a DIY Pedicure. You can get salon results in the comfort of your home.

Here are some tips on how to get started:

## SOAK, SCRUB, MOISTURIZE AND POLISH!

After **Soaking**, and feet are still damp use a **Scrub**. See the sugar pantry scrub recipe below and use a pumice stone to get rid of dead skin.

**Moisturize** your feet with a rich lotion. Avoid excess polish on the skin around your nails by covering surrounding skin with petroleum jelly or lotion with a cotton swab. Apply a clear coat to help prevent staining your nails and to help polish adhere better.

Design and **Polish**, apply a dark color and let dry. Apply a little polka dot design by selecting a lighter polish color and make dots by dipping the head of a straight pin into the polish.

Finally a tip to remove polish, simply pull or unroll cotton balls and dip the cotton into a bowl of non-acetone until well soaked. Stick cotton onto the nails for 1-3 mins and **Voila**, an easier polish removing session!

### Pantry Sugar Scrub

2 cups brown sugar

½ cup olive oil or baby oil

¼ cup honey

1 teaspoon vanilla (optional)





*Treat your feet*

1 **polish**

2 **soothe**

3 **repair**

JAFRA

JAFRA sun

SOOTHE

RESIST WATER

PROTECT BODY

PROTECT FACE

NON-GREASY PROTECTION

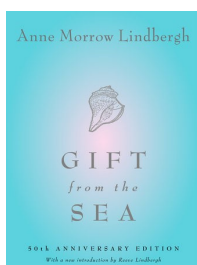
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PFC COMPLEX  
Protects, Prevents and  
Corrects sun damage  
with plant extracts  
and skin conditioners.

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E-mail: [ryhalloo7@gmail.com](mailto:ryhalloo7@gmail.com)  
Twitter: [Rhondahalloo7](https://twitter.com/Rhondahalloo7)

## *What are you reading?*

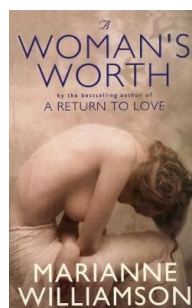
Our Joy contributor, Rebecca Rowe, recommends some summer reads.



**Gift from the Sea- Anne Morrow Lindbergh**  
Connecticut resident, writes with great wisdom, inspirations from the sea in shaping a woman's relationships and marriage.

**A Woman's Worth - Marianne Williamson**  
started Jan 2019 with a run for the democratic nomination. She has written several books, with her charismatic voice, empowering, spiritual enlightening wisdom. In this book, she explores the crucial role of women in the world today.

Marianne is also known as Oprah's spiritual advisor.





# Let's talk about Menopause

Menopause is a transition into a new phase of life, where the experience may be different for every woman. Seeking medical advice and guidance is important but so is connecting with other women who know what you are feeling and experiencing. We share with you some books and blogs that offer helpful view of Perimenopause, Menopause and Post Menopause, you might find refreshing and topics you may need more information on:

- **“The Hormone Fix” by Dr. Anna Cabeca**
- **Red Hot Mamas Blog**
- **“Menopause Mother” by Marcia Kester**
- **Menopause Monday’s and “Girlfriends Guide to Surviving and Thriving” during menopause by Ellen Dolgen**

While it is true every woman’s menopause experience is different, knowing how to successfully manage your body’s changes that accompany this stage of life has the potential to be both frustrating and isolating. Conversations on menopause divulge Self-Care as a major requirement. True self-care is mind and body, not just your body.

**Women are famous for helping everyone else in their lives, often neglecting their own needs.**

Self-care is having a positive mindset, time for meditation and spirituality, eating healthy, sleeping well, exercising, and looking after both physical and mental health to give your body a chance to deal with mid-life changes.

Some thoughts women have shared about Menopause:

- ◆ Menopause is a transition and not a life sentence.
- ◆ Menopause brings a freedom from menstrual cycles and all of the accompanying physical difficulties which is exhilarating.
- ◆ It’s possible to feel great in perimenopause, menopause and post menopause if you get the help that you need and deserve.
- ◆ A daily self-care routine can include walking, resistance training, healthy eating and mediating/spiritual reading.
- ◆ Learn to say “NO” to avoid biting off more than you can handle and to avoid unnecessary stress.
- ◆ Keep your relationship healthy with intimacy. Concerns of loss of libido is a symptom of menopause. Don’t hesitate to discuss this with your healthcare provider if something does not feel right, don’t pretend it’s not happening.
- ◆ Learn an exercise to strengthen your pelvic floor muscles.
- ◆ Drink Red Wine and eat dark chocolate!

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

## Disclaimer

Statements and Information here are for informational and awareness purposes only and are not Intended to replace the services of a physician. Readers should consult their own physicians about symptoms and seek medical attention before pursuing any course of treatment.

Fashions

We are

Loving

# Threads of Love



*Custom crochet fashion with precise body fit*

## **KaTiAD CREATIONS** *Handmade Crochet Fashions*

*"The Crochet Queen"*

Visionary stylist creates couture crocheted fashions for Women.

Local Designer, Diane Marie Jacobs began crocheting at the age of 12. Later in life, with loss of employment due to multiple health issues, Diane perfected her skill and created custom crochet designs as her new profession. Crocheted designs were not readily available for curvy women, and so KaTiAD Creations is your shop for couture-crocheted full size clothing! And fashions for children too.

Order your design at [www.facebook.com/Katiad-Creations](https://www.facebook.com/Katiad-Creations) or (413) 388-3363

# KEEP IT MOVING !

It's never too late to begin a good habit especially if it's your health. You start by changing one thing and you become better at another. For example, if you want to start eating better, don't give up sweets, bread and soda all at once. Ease into it; eliminate one bad habit after another and remember small changes lead to bigger changes.

This same mindset works for Exercise. Start with one squat, one plank and one push up. Each of these exercises can be modified if needed so no matter what, it can be done!



The squat can be done by holding onto a chair or a "Sit-to-Stand" squat, where you repeatedly sit down on the chair and stand up. The plank can also be done in a chair along with the push up!

Here are some examples:

1. Sit to stand squat
2. Plank on supportive furniture
3. Pushups on wall

Try these exercises for a complete body workout and if performed 2-4 times they become a great cardiovascular workout. Turn on your favorite music and Keep It Moving ladies!



3.







## **FARM TO TABLE NUTRIOUS AND DELICIOUS**

### **Support Local Farms**

There are many to select from, here is our pick this month!



#### **The Strong Family Farm “Big Yellow Barn”**

274 West Street, Vernon CT.

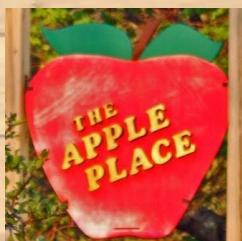
[www.strongfamilyfarm.org](http://www.strongfamilyfarm.org)

Raw honey, local maple syrup, cheeses, milk, yogurt, jams, jellies, salsa, relishes, kettle corn, bakery items, gelato, ice cream sandwiches and more.

Vernon’s nonprofit farm selling Connecticut grown items straight from farms and producers.

Hours of Operation : Wed-Fri 1-5pm,

Saturdays 10-2pm, Sundays 11-3pm



#### **The Apple Place**

540 Somers Road, MA-83

East Longmeadow, MA

[www.theappleplace.net](http://www.theappleplace.net)

A family run farm serving large variety of baked goods, delicious pies, farm fresh ice cream from Maple Valley Creamery of Hadley and high quality soft serve. The food trailer serves up burgers, dogs and hand cut fries.

The outdoor areas include relaxing gliders, tables and chairs, live music, and vintage displays along with pigs and chickens to visit. The food menu is posted daily on Facebook and you can see The Apple Place on Instagram at theappleplaceEL.



#### **Ellington Farmer’s Market**

37 Maple Street, Ellington High School, Ellington, CT

Enjoy traditional shopping outdoors with local produce, farm products, baked goods and more.

Pre-orders available by contacting

[Ellingtonfarmersmarket.com](http://Ellingtonfarmersmarket.com).

Saturdays 9am- 12pm.



#### **Johnny’s Roadside Market**

336 N. Maple Street, Enfield CT.

Plant and Produce stand to fill your table. Products direct from the Farmer and NEW – hydroponic lettuce!

Open Monday -Saturday 9am- 6pm

and Sunday 10am-5pm



# Viva La Mexico

## Grilled Fish Taco

Enjoy your summer with grilled cuisine, Global Style. Spice up your meals with sizzling recipes to grill from Mexico to the Caribbean.



### Ingredients

1 lb. firm white fish (such as cod)  
1 tbsp. olive oil  
1 tsp. ground cumin  
½ tsp. smoked paprika  
1 tsp. oregano  
½ tsp. garlic powder  
½ tsp. salt  
1 tbsp. lime juice  
8-6 inch soft corn tortillas  
Veggies for toppings – shredded cabbage, cucumber slices, cilantro, radish slices

### Avocado Crema –

1 avocado  
½ cup fat free plain Greek yogurt  
2 tbsp lime juice  
1/3 cup cilantro

### Directions

1. Marinate fish in olive oil, spices, salt and lime juice for at least 1 hour or overnight.
2. Prepare all ingredients (avocado crema) in blender.
3. Remove fish from marinade shaking off excess.
4. Grill fish about 3 minutes on each side. Fish should flake with a fork when done.
5. Warm tortillas on the grill and assemble your taco. Top with Avocado Crema!



# Jamaican Jerk Chicken Kebabs

## With Corn and Mango

This sultry, sunny Caribbean lends sweet heat to its cuisine. Jerk seasoning is flavorful; sweet, tangy, and savory all at once. For this recipe, you can purchase a Jerk seasoning or combine the seasonings as listed.

### Ingredients

1 lb. skinless, boneless chicken breast, cut into chunks  
1 tbsp. canola oil  
1 clove garlic, minced  
½ tsp fresh ginger, minced  
2 tbsp orange juice  
2 tsp cider vinegar  
2 cobs of corn, sliced into 2 inch thick rounds  
2 cups diced mango (fresh or frozen)  
12 bamboo skewers, soaked in water  
1 tbsp canola oil or olive oil for brushing corn and mango  
Jerk Seasoning Mixture  
1 tsp allspice, 1 tsp thyme,  
¼ tsp nutmeg, ¼ tsp cinnamon,  
¼ tsp cayenne, ½ tsp salt



### Directions

Combine chicken and all ingredients except oil, into large ziplock bag. ( Option is to mix ingredients with mango/corn in a separate ziplock bag) Seal and massage to blend. Set aside in the fridge for 1 hour or overnight.

Thread soaked bamboo skewers with chicken, corn and mango, and brush with the oil.

Heat grill to medium high heat.

Grill skewers until chicken is cooked thoroughly.

## : Veggie Kabobs : : with Green Ranch Dip :

An easy way to Eat Green!

### **Ingredients**

- 3 medium zucchini
- 2 green bell peppers
- 2 cups broccoli florets
- ¼ cup olive oil
- 1 avocado
- ½ cup ranch dressing
- 8 wooden skewers soaked in Water



### **Directions**

Slice the zucchini into ½ inch rounds and the bell peppers into 1 inch squares. Place all the veggies on the skewers. Set in a tray to grill.

Drizzle the skewer of veggies with olive oil, and use your favorite seasonings. Set aside.

Prepare the dip by mixing the peeled avocado and the ranch dressing together in a blender.

Place the skewers on the grill for 5-10 mins, carefully turning the skewers to sear on all sides.

Serve the skewers with drizzled dip!

Enjoying veggies has never been so delicious!

# Simple Sips

## Strawberry Lemonade

### Ingredients

- 1/2 pound fresh strawberries , stems removed
- 1 1/2 cups granulated sugar
- 4 1/2-5 cups water , divided
- 1 1/2 cups fresh-squeezed lemon juice



Use a blender or food processor to puree the strawberries. Strain them through a fine mesh sieve, if desired, to remove seeds.

In a small saucepan, over medium heat, stir together sugar and 2 cups water.

Bring to a boil, and stir until sugar is dissolved. Remove from heat and allow to cool to room temperature. Strain the lemon juice through a fine-mesh sieve into a 2-quart pitcher. Add simple syrup and pureed strawberries and stir to combine. Refrigerate until cold.

When ready to serve, add 2 1/2 cups of cold water and stir.

Taste, and add more water if it's too sweet. Serve with ice.

## Watermelon Mojito

### Ingredients

- 20 Sprigs of mint leaves torn by hand
- 3-4 slices of fresh watermelon, rind removed
- 12 ounces of light rum, Bacardi
- 1/2 cup simple syrup
- 6 tablespoons squeezed lime juice ( 3 limes)

### Preparation

Mash mint leaves

### Directions

Remove seeds from the watermelon and put fruit into a blender for puree.

Add mashed mint into a pitcher with 2 cups of pureed watermelon, the rum, simple syrup and lime juice.

Stir to combine.

Place ice cubes into 6 glasses and pour into glasses.

Serve Ice cold.





# Summer at Home

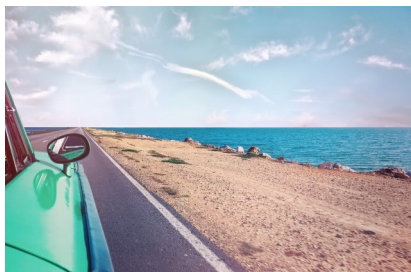
You can make your summer rock even during a pandemic.

**4th of July! Show your true Patriotism this year with party time in your own backyard.** Public health officials encourage everyone to try other options to large gatherings which are a dangerous vector for viral transmission.



- ◇ MAKE IT A STAYCATION THIS SUMMER- with fun, creative and safe activities!
- ◇ WALK- venture out to the country. Have you ever seen a field of 5 feet tall sunflowers? The big yellow flower and button center will leave you ready to enjoy more of nature's wonders.
- ◇ Missing your girls...ZOOM is not just for the office chats, schedule a Ladies Night in, and turn it up !
- ◇ Date Night. No where to go? Nothing to do? Grab your honey and take a ride in a Vintage Car and make sure you dress the part.
- ◇ Turn your outdoor space into an oasis.. host theme dinners for your family! Your gatherings maybe smaller, but the fun can be just as big as ever.





## Day Trippin in Connecticut

Summer is here and we must protect ourselves from COVID-19. Travel is limited, so where to go? What to do?

Here are some day trip options we have gathered from [ctvisit.com](http://ctvisit.com) that are fun and close to home.

- ♦ Take a trip to Manchester, CT to the beautiful **Wickham Park**. [www.Wickhampark.org](http://www.Wickhampark.org) The park contains 280 acres of gardens, open fields for play, ponds, picnic areas, sports facilities and a small area of animals to visit! This is a hidden gem!
- ♦ Brandford, CT has the **Thimble Islands**. Here you can board a ferry to catch a view of the tiny islands and enjoy the water views. Details at <http://www.thimbleislandsferry.com>
- ♦ Experience the **Arts Sculpture walk** in Hartford, CT. The Lincoln Sculpture walk is located at Riverfront Park. It has 16 sculptures representing important moments in President Lincoln's life. Go to [lsw.riverfront.org](http://lsw.riverfront.org) for more information.
- ♦ Another option is the **Art Wall Walk** in New London, CT. The walk takes 30 minutes to an hour and will bring you past murals of underwater spacemen, musicians, community portraits all located on national landmark historic buildings. Also tour the Waterfront park adjacent to the Mural tour. For more details: <https://www.hygienic.org/new-london-mural-walk>.
- ♦ **Hill Stead Museum** in Farmington, CT has beautiful grounds and gardens. 152 acres to visit, hike, sit all with gorgeous flowers around you.
- ♦ **Butler McCook House and Garden** on main street in Hartford is a deep one acre historic space.

**So pack a lunch basket, grab some sunscreen and your mask, enjoy some Day Trippin!**

Contributor, AnnMarie Doley  
email: [jim@jamtravelplanners](mailto:jim@jamtravelplanners)



# Shop Local

## **Teri-Lynn Rogers**

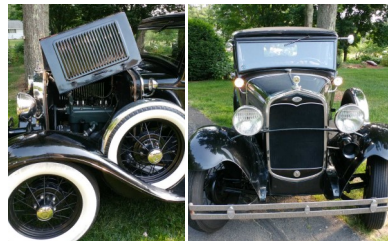
Justice of the Peace/Wedding Planner  
1161/2 Grove Street  
Rockville, CT 06066 (857) 222-8649

## **CherylJ Designs**

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Rebuilt starter  
High polished headlight reflectors  
Leather trunk  
\$15,500 or BO  
Contact: John Bieback,  
860-916-3582



# Upcoming Events

## **JOY Fabulous After 50 Women's Fair**

**SAVE THE DATE- September 19, 2020**

Tiffany Juliet House- Glastonbury, CT

Event will be determined following the Governor's newest executive orders/guidelines for public gatherings.

Seating will be limited, reservations will be required.

[www.facebook.com/joy-magazine-llc](http://www.facebook.com/joy-magazine-llc)

Stay healthy, be safe and we will celebrate together soon!

## **NEED A COVID-19 MASK?**

Joy magazine supports wearing masks to help reduce the spread of the Coronavirus!

If you are in need of a mask(s) or are a non-profit organization needing masks, you may email us at [freejoymagazine@gmail.com](mailto:freejoymagazine@gmail.com) or (860) 856-0712

## **Afri(K)que Limited- A "THANK-YOU" CELEBRATION**

The annual appreciation Cultural Cookout to acknowledge our supporters of Ari(K)que will be held

Saturday, August 8, 2020, 1pm -5 pm

Veterans Field, Monson MA

Event sponsored by Afri(k)que, Mass Cultural Council, Grace Makepeace Trust for Historical Preservation.

More information contact: 413- 386-7563

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# Inequality in America - Social Injustice

## Our Nation Needs a Healing

You have witnessed on the news all the protests over racial injustices spurred by another horrible death of an African American man, George Floyd, and with this publication more issues have occurred against black men by those sworn to “Protect and Serve”.

Black Lives Matter, is a fight against discrimination of all kinds. The Joy Magazine team are advocates for a more equitable society, to improve the lives of suppressed people. We are advocates for eliminating inequality due to a lack of social, economic and political opportunities.

Social injustice is about the “Have's and the Have's Not's”. It's about too much too late, if anything at all. Educational disparity within cities and towns across this country. Digital divide during Covid-19, creating lack of learning in disadvantaged homes.

We are all in this together!

This is a global issue but the work begins in our own homes and hearts. Words and feelings are not enough. We need an inclusive and welcoming society at all levels.

Everyone must Step In and Step Out, Take Action to to eliminate systemic racism and black oppression. The Governor of CT, Ned Lamont, in a press conference stated, “ Our bodies have two diseases, one is Covid-19 and the other is Racism” and they both must be erractaed immediately.

We are all in this together!

There is a lot of work to do because there is no room in our lives for continued discrimination and racism. I aspire for the day that black parent's don't have to talk to their children about limits and issues they will face because of the color of their skin.

What will you do to drive meaningful change, eliminate hate and make America more welcoming and inclusive for people of color?

*“Be not overcome of evil, but overcome evil with good”*  
*Romans 12:21*



# NEXT ISSUE FEATURE SEPTEMBER—OCTOBER 2020



LOOK  
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**FABULOUS LIFE AFTER 50!**

## Publication Dates

Winter– January/February

Spring– March/April

Summer– July/August

Fall– September/October

Holiday– November/December

Ad's and editorial deadline is the 15th of each preceding month.

*Reserve your Holiday Ad Space  
Now for Special Rates.*

Joy Magazine is a free publication issued 5 times a year focused on Women aged 50 and over. The content is developed to inform, inspire, and encourage women to live their best lives. Distribution locations include: towns and locations in Western Mass and Connecticut.

Direct Mail is available mailing fee may apply.

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## SHARE YOUR JOY....

We love to have your comments and submissions.  
freejoymagazine@gmail.com, or mail to  
P.O. Box 174 Ellington, CT 06029

# **Thank You to all Essential Workers!**

**You put yourselves  
last to help others in need.**

**You are true HEROES!**

