

LOOK  
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THE..



FALL  
2021

Massachusetts  
& Connecticut  
Circulation

FABULOUS LIFE AFTER 50!

# Celebrating Our Second Anniversary!

**Guard your  
Emotional Health**



**Fall Fashions**

**Get Fit with  
Belly Dancing**

**Brighten up  
Breakfast**



**Glamour Up!**



**Reinventing Life After 50—Part 2**

# Celebrating our 2nd Anniversary!



*Hí Ladies,*

*I want to take this time to thank you for being a part of the Joy Community. To all of the Joy Team and contributors, encouragers, you are so very much appreciated and loved.*

*I am so happy to deliver ideas and inspiration to women of a mature age. Joy is a community where women are encouraged to share midlife happenings and to support one another to live our best life.*

*This issue brings inspiration for our physical and mental health, which is the foundation for living well. As you peruse the stories, prepare a smart smoothie from page 11 and “inhale calmness and exhale stress”; get physical with Belly dancing on page 6. Stay mind-ful of your emotional health, there is a good read on page 7 and now we move into a new season- glamour up and as you ready your fashions for fall, let your style express you!*

*You can experience more joy, where I am host of “Joy for Midlife Women” airing on Channel 1070 CT, or Youtube or [cvcct.org](http://cvcct.org). If you have a story to share, contact me at [joyeditor19@gmail.com](mailto:joyeditor19@gmail.com).*

*“Stay Joy-ful!”*

*Cheryl Jones, Editor*

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every day offers us a  
new opportunity to  
live our lives in joy"**  
**Tracey Smith**

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# Living

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## Reinventing Life After 50 – Part 2

**Reinvention isn't about just staying alive; it's about making the extra years count. It's about re-launching our life in a way that makes us smile.**

Midlife is a time where we've reached a turning point in our life, when outside forces and inner yearnings combine to convince us to find a new path to remain vital and relevant. Enlightenment is what happens, hopefully, along the way.



The process of reinvention often isn't easy. "Change is hard," says Lynn Berger, a New York City career coach. "You have to take the time to understand what is happening, not just feel threatened and react." But when you come out the other side, the rewards are incalculable.

"We now have a mature outlook on life," says Dr. Hema Murty PhD. "We must give ourselves permission to take a step back from the grand canvas that we are painting to appreciate life's accomplishments and how we got to this point." Dr. Murty explains, "this refreshing outlook will invigorate the mind and help to keep ourselves fresh as we move to engage with new interactions."

Laura Carstensen, director of the Stanford Center on Longevity, says "studies consistently show the happiest people on earth are older than 55. At this age, people are the most positive and enjoy the greatest day-to-day satisfaction."

By the Joy Interns

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

# Living

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**“The first half of our life is about being interesting.  
The second half is about being interested.”**

**Chip Conley Founder, Modern Elder Academy**

It has been said, your youth and middle years are a sort of training ground for what you'll do with the last third of life. UCLA psychologist Alan D. Castel in his new book *Better with Age: The Psychology of Successful Aging*, writes that at midlife, you have enough life experience to take stock of what is important, dismiss what isn't, and become what you want to be. The goal is to be happy the next two or three decades of life. The key is to find your purpose; that thing that makes you welcome each day.

**Sources: considerable.com**

*Love it  
Think it  
Bring it  
Follow your path*

*Reinvent by doing what makes you  
most happiest.  
You are worthy!  
The Time is Now!*

# Fitness

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## **Ready for a new fitness routine? Try the ancient art of Belly Dancing.**



**It's Probably Not What You Think.** The ancient Middle East has the history of the belly dance, which occurred for many reasons, such as, a birthing aid, a blessing and healing, and for wedding ceremonies.

Today, in the U.S. belly dance is being incorporated into exercise routines. Women comment “Belly dancing is a joy, so much more fun than counting rep’s in the gym.”

**You can gain a much needed benefit,** —“improves your pelvic floor muscles”, which is needed at this stage in life. Belly dancing, in particular, is a low impact dance with movements that follow the natural alignment of the body, rather than going against it.

Here are some resources that you might find useful about learning and dancing at a mature age.

- Elisheva Belly Dancer, Farmington, CT, [elishevabellydancer.com](http://elishevabellydancer.com)
- Belly Dancing for Older Women by Zaïda – the author started belly dancing at the age of 60 and, in this book, she gives tips and plenty of inspiration to anybody who would like to start at any age.



So try Belly Dancing to Stay Fit!





### **THERE ARE BENEFITS OF EMOTIONAL SELF-REGULATION**

Clinicians define emotional self-regulation as the ability to monitor, assess, and modify your own emotions.

Have you ever noticed your heart racing before a big decision, or event?

What about accidentally starting a fight by snapping at your partner when they ask an innocent question unrelated to your stress?

Do you ever find yourself struggling to express an idea in a tough conversation at work?

Emotions are simply tools that we use to process and understand information. Thus, when we allow ourselves that time to process, we can mindfully respond in a manner that provides mutual value through ***self-regulation***.

Emotional self-regulation seems to take practice and time.

**Mindfulness**, being aware that you are feeling stressed and unable to concentrate. You might get up, take a break; take a quick walk around the block, and then come back with renewed focus.

(Continued on Page 8.)

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*Continued from page 7—Focus on Your Emotional Health:*

## There are many strategies to use to help with emotional self-regulation, here are a few we found in research:

- **Take a Deep Breath**—Studies show a host of benefits associated with the simple act of *breathing*. Most importantly, it *calms our mind and body*, which creates space for logical thought and compassionate response.
- **Awareness**—realizing you are in an emotionally charged situation. This includes noticing your own physiology (e.g., realizing you are nervous because your hands feel clammy).
- **Selection**—choosing what you pay attention to within the situation.
- **Interpretation**—choosing how you interpret the situation.
- **Response**—choosing your response to the situation.

Emotional self-regulation reaps huge rewards such as **enhanced long-term wellbeing, improved performance at work, enriched personal relationships, and even lead to better overall health.**

For more reading on this topic: [brm.institute.com/-own-emotions](http://brm.institute.com/-own-emotions)

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# Brighten Up Breakfast

*Start your day with energy,  
Toast to Wellness—Grab some whole grain toast, with at least 3  
grams of fiber and pile good stuff on top for magnesium, fiber  
and potassium.*

## **Peanut butter toast with berries and honey**



*Who doesn't love  
peanut butter  
melting into a  
warm piece of  
crispy toast?*

### Ingredients

Bread-Seeded Grain, Sprouted Grain,  
and Ancient Grain breads all have a  
nice soft texture, but they also have a  
nice crunch from the addition of  
seeds

2 Tbsp. Peanut butter (almond or  
cashew butter options)

2-3 large strawberries

5-6 blueberries

Drizzle with organic honey

*Reneeskitchenadventures.com*



## **Avocado Toast with Egg**

### Ingredients

2 slices bread

2 fried eggs

1 ripe avocado, peeled, sliced and  
mixed with 1 teaspoon lemon juice.

*allrecipes.com*

**Scrambles**—eggs provide protein and a nutrient choline, which helps brain functions, so eat the whole egg, according to the American Egg Board.

## Grains and Greens Scramble

### Ingredients

2 large eggs  
2/3 cup cooked farro or whole grain rice  
1 cup sliced kale

Prepare rice and kale, and mix with scrambled eggs.



## Chicken and Egg Taco Scramble

### Ingredients (6-8 tacos)

4 large eggs  
Pinch of turmeric  
1 cup shredded cooked chicken  
1/2 cup corn  
1 cup fresh baby spinach  
1/2 cup roasted tomato salsa  
Black pepper and sea salt

Prepare veggies and chicken. Scramble eggs, and fold in mixture. Stuff in a warmed tortillas and top with salsa.





# SMOOTHIES

Create a **smart smoothie** to kick start your breakfast, by adding protein, fiber, healthy fats, veggies and sprinkle in a superfood like 100% cocoa powder, turmeric or hemp seeds.



## Good Morning Green Smoothie

### Ingredients

- 1 cup unsweetened hemp milk or soy milk
- 1 cup fresh baby spinach
- 1 cucumber, chopped
- 1 cup granny smith apple, chopped
- 1 1/2 cups frozen pineapple chunks
- 2 Tbsp. hemp seeds
- 1 tsp. agave nectar or syrup

**Combine** all ingredients in a blender until smooth.

## Coffee –Tahini Smoothie

### Ingredients

- 1 cup oat milk
- 1/2 cup strong brewed coffee, chilled
- 2 Tbsp. tahini
- 1/2 ripe avocado
- 1 1/2 cups frozen, ripe banana
- 1 Tbsp. unsweetened cocoa powder
- 1/8 tsp. ground cinnamon
- Pinch of salt
- 1 tsp. pure maple syrup

**Combine** all ingredients in a blender starting with oat milk and coffee. Process until smooth.

*Realsimple.com*



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# BEAUTY

## A new season – new beauty

Lipcolors of fall—a warm blend of caramel ,  
beige, burnished oranges and red tones.

Glamour up with a little gloss by

**Burt's Bees**

**Harvest Time Lip-gloss**

100% natural moisturizing lip gloss.



## MaryKay's New Fall Sparkle Lipsticks

Light up your lips in  
non gritty, glimmery color that feels as good as it looks.

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# Fashion



Fall is just around the corner –  
What is your signature style?

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The season is bursting with colors of reds, oranges, golds, browns.

What is your favorite color?  
Wear colors that make you feel confident and vibrant!

Many think you need endless clothing items to have a fabulous wardrobe, but the truth is you only need a few go-to items for each season. Just mix and match to create a fabulous outfit.



Add personality and authenticity to your outfit. A trendy jacket, a favorite accessory, belts, hats, scarfs.

Just have fun with your style.





# Fall Fabulous

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Autumn is upon us and that means time to transition your wardrobe. Whether you will shop new pieces or remix your current clothing, it does not have to be a ho hum experience.

Well, along came the pandemic and with midlife changes, you may be sized right out of your most treasured outfits. It's been a slow transition of no longer fitting what's in your wardrobe - it's ok. Change is constant, and this goes for our bodies as well. To make an easy transition into those fall fashions, start by editing your wardrobe down to your favorites, and those pieces that fit you now.

## Create a wardrobe that celebrates you

Stylist and wardrobe coach, Laverne Franklin-Jones, says "adding the colors of the season to your wardrobe (in expected and unexpected ways), you will curate an amazing look that celebrates you.

Start with a few statement pieces that allow for mixing and matching. Then mix in colors, and yes you can style prints and patterns together, just select the same colors or tones.

*Lavernefranklinjones.cabionline.com*

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**Jersey Turtlenecks in flattering, bold prints and colors make a fun statement.**



**Finishing touches are another opportunity to personalize your outfit and to celebrate your unique style.**

**Think bold earrings and jewelry in mixed metals.**



**The joy of midlife dressing-**

make it your personal style, celebrate designs that match you, no rules and remember you can do more with less.

**Contact us at [joyeditor19@gmail.com](mailto:joyeditor19@gmail.com)**

# RELATIONSHIPS

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## ARE YOU READY FOR NEW LOVE?

Is 50-plus the time to find new love?

Absolutely yes!

Whether you are recently divorced, widowed or just haven't found the right person yet, entering the dating scene at the mid-life mark, you are far from alone. According to [Census](#) data, more than a quarter of adults between the ages of 45 and 59 are single. In fact, there are 19.5 million unmarried Americans over 65.

At this age, you are far more in touch with what you want from a relationship and far less likely to waste time on or fret over a poor fit. So jump in the dating pool –online or in person with a few dating tips:

- ◆ Embrace your age– you can be sexy and confident at any age
  - ◆ Expand dating age limits– consider ages 10-20 years older or younger
  - ◆ Listen attentively
  - ◆ Master some skillful compliments— everyone loves a compliment. Be Patient—dating is a process, getting to know a new person is work.
- JUST HAVE FUN!**

*[bestlifeonline.com](http://bestlifeonline.com)*



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November 2021—December 2021



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**What topics would you like to read about?....**

**We love to hear from you!**

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## What Is Alzheimer's Disease?

Alzheimer's disease is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. In most people with the disease — those with the [late-onset type](#) — symptoms first appear in their mid-60s.

The Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way. They keep raising funds and awareness for a breakthrough in the fight against Alzheimer's and all other dementia.

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