

**LOOK
FEEL
LIVE
THE..**



Western
Massachusetts
& Connecticut
Circulation

**April/May 2021
Issue No. 2**

FABULOUS LIFE AFTER 50!

Stay Connected



Things Momma Said

Spring Inspiration

**Stylin' with
Plants**



Vintage Shopping

**Dress for Success
Western MA**

Your Health



Mother's Day Menu

thejoymagazine.com

Hi Ladies,

Now that spring has returned, it's exhilarating to feel the beautiful sunshine during windy days, bringing high and low temperatures, amidst the marvelous blue sky.



This time of year is a natural mood boost, and this issue of Joy wants to bring even more natural inspiration to your spring season.

Every one of us feel that our mothers are special to us, and we have many reasons to! We are thinking about the many sentiments our mothers have told us at page 10.

Have you thought about an indoor garden, or adding some greenery to your décor? On page 17, you will find it is not hard at all to transform your indoor space into a green oasis. There we have listed a variety of plants that bring health benefits as well.

Does your closet need some umph? Well, I always like to revive my favorite styles with a new fresh pop of color. See some suggestions to get you started on page 15.

It's exciting to share our new Joy Magazine programming! Beginning this month, a tv segment titled, "Joy for Midlife Women" is airing on the Connecticut Community Voice Channel, hosted by me. Through this, I will be showcasing women owned businesses from the Connecticut Valley, as well as other news for you! For viewing outside of the local area, go to www.cvcct.org/on-demand.

"Stay Joy-ful!"

Cheryl Jones,

Publisher and Owner

thejoymagazine.com

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Dress for Success
Western Massachusetts
Is Hosting

2021 Virtual
Common Threads
An Evening of Inspiration

Thursday April 22nd from 6:30-7:30 PM
Purchase your tickets now at www.dfswm.org

Living

The COVID-19 pandemic has had a profound impact on everyone and there is not enough discussion about the psychological toll the quarantine is having on society and women especially.



Staying connected is more important than ever- a close second to oxygen, food and water.

Have you ever heard “stay connected to the vine”? Perhaps you’ve heard this phrase in a message of faith. Or can you associate this phrase with growing vegetation? Both scenarios relate to the strength, power, purpose, happiness and joy one receives by staying connected to another.

Stay Connected

Socially distance does not equal disconnect. To navigate daily living in uncertain times takes creativity.

Here are some ways to stay socially connected while social distancing.

Participate in a Lip Sync Battle on video chat.

Establish a craft workshop and create together.

Arrange a doodling game and assign a daily drawing to share with each other.

Exercise by competing in a Step Competition and track progress on your phones.

Read together and discuss.

Write letters or postcards and surprise your friends and family.

Establish a “quaranteam” of friends and family for walks, hikes and more.

Share your ideas with the Joy Community email - joyeditor19@gmail.com



Do You Have A Friendly Voice?

Join your **AARP** program and volunteer to be a friendly voice, giving hope to the socially isolated. Share Your joy with someone on the other end of the phone. Contact: aarp.org/friendlyvoice

Living

The First Act of Spring– Rebuilding Your Nest

By Marylou St. John



We can take a lesson from birds. Every year as spring arrives, I see a pair of mourning birds return to their nest near my house and start working diligently to spruce up their nest. It's amazing to watch these birds remove old twigs and replace with new ones.

In our homes, we can do the same. The pandemic has caused our nests to experience more use than normal. Now it's time to busy ourselves with our nests– going room to room to renew, rebuild and reorganize which can be so rewarding and so satisfying.

Happy Spring my friends



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Connecticut has the perfect location for every family-
with it's local rivers, beaches, flowers and fields.
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Igniting Potential

Joy Publisher Interviews Jeanette Mendez

Nutmeg Big Brothers Big Sisters Foster Grandparent Program provides the highest quality mentoring relationship between children with special needs and professionally screened senior mentors.

My conversation with Jeanette Mendez, Program Director, Foster Grandparent program in the Greater Hartford area, we learn how senior mentors pass along their love, knowledge and life experiences to help children reach their highest potential.

Question: How does this program support children and youth?

Our Foster Grandparent Program is composed of seniors aged 55 and over, and they receive mentoring training to assist children and youth in childhood centers, and schools. The mentor participates with arts, crafts, games, reading and writing skills.



Question: How has the program been affected during the pandemic?
With everything being shut down the littles and the grandparents have greatly missed spending time together. We started making contact calls weekly and the grandparents have been training to use Zoom to make contact with their Littles.

Question: What are the requirements to be a Foster Grandparent mentor?

We have an extensive interview process, background check and an orientation.

You can see this live interview at
<https://www.cvcct.org/on-demand-episode-2>

For more information on Nutmeg Big Brothers Big Sisters or volunteering as a Foster Grandparent contact Jeannette Mendez via email jeannettem@nbbbs.org.

Health

The Power of Plant-Based Health

apothacure™
WELLNESS



As Spring returns, it's easier to find an abundance of organic fruits, vegetables, herbs, and ingestible plants like dandelion leaf. Plant-Based foods are packed with vitamins, powerful phytochemicals and compounds which are essential to your cells. The traditional way of practicing preventative measures focuses on your entire body.



Going back to traditional, natural ways of using plants as medicine is now the approach for most people due to Covid-19. Plant-Based health not only involves eating organic fresh fruits, vegetables, drinking water, keeping physically active by alkalizing your body. The added benefits of ingesting plant-based supplements will deliver a tandem, powerful punch to your cells and restore a stronger immune system.

Apothacure, a plant-based line of supplements, superfoods (coming soon) and skincare is one answer to plant-based health.

Apothacure, is black-owned, created by Katherine Fox, an Herbalist and Esthetician with the American Herbalist Guild. Katherine has adopted a plant-based diet since being diagnosed with Multiple Sclerosis in 2009.

Feel free to call for a consultation
with Katherine at 413-209-9471
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MOTHER'S DAY MENU

From Sunrise to Sunset

BREAKFAST

Veggie, Parmesan and Egg Puff Pastry (serves 6)



- 1 sheet of puff pastry, thawed
- 6 eggs
- 3/4 cup chopped mushrooms
- 3/4 cup diced onions
- 3/4 cup diced red sweet peppers
- Black pepper and sea salt sprinkled to taste
- Chopped fresh thyme or cilantro, optional

Preheat the oven to 375° and line a baking sheet with parchment paper. Unroll the puff pastry, cut into 6 equal squares and place on the baking sheet. Run the knife around each square about ½ inch from the edge. Bake for 15 minutes and remove from the oven.

Press down the center of each pastry and place the veggies inside the squared area. Crack an egg into the center of the pastry, sprinkle salt, pepper and parmesan cheese. Top with thyme or cilantro and bake until eggs are firm, 15-20 minutes.

LUNCH

Crab Salad with Avocado and Tomato (Serves 4)

- 1/4 cup finely chopped bell pepper
- 1/2 cup mayonnaise
- 1 tsp worcestershire sauce
- 1/2 lemon juiced
- 2 tbsp chopped fresh parsley
- 2 cups lump crab meat
- 1 ripe avocado, sliced into wedges
- 1 tomato, sliced thinly
- English muffins, toasted



Prepare crab salad mixing the mayonnaise, worcestershire sauce, lemon juice, parsley. Gently fold in the crab meat and peppers.

Plate the sandwich- top an English muffin with 2 or 3 slices of avocado and a slice of tomato. Place a scoop of crab salad on top of the tomato. Drizzle a little lemon juice (optional)



DINNER & DESSERT

Salmon is rich in Omega-3 fatty acids, and high in Vitamin B. It's so easy to prepare, just select your flavorings and enjoy!

Brown Sugar Glaze Salmon

1/4 cup light brown sugar
2 tbsp Dijon mustard

Season the salmon lightly with salt and pepper.
Mix the sauce and pour over the salmon. Broil for 10-15 minutes.



Honey Glazed Salmon

1/4 cup honey
2 Tbsp soy sauce

Line the pan with lemon slices and broil in the oven or pan sauté.
Squeeze fresh lime juice and sprinkle chives to finish and serve.



White Chocolate Raspberry Prosecco Truffles

4 cups white chocolate chips
1 cup raspberries
1/2 cup Prosecco wine

1. Simmer raspberries for 3-4 minutes.
2. Reduce heat, add Prosecco and simmer 2 mins. Add 1 drop red food coloring.
3. Strain and pour 1/2 cup raspberry sauce over the white chocolates. Let sit 2 mins and stir to combine. Freeze for 1-2 hours.
4. Use a small scoop and make balls. Place on parchment paper lined pan and freeze for 1 hour.
5. Melt 2 cups white chocolate, and using a toothpick dip truffles into the melted chocolate and refrigerate 30 mins.
6. Use left over chocolate to melt and drizzle and add sprinkles for a festive design.



"Momma Said...."

Sometimes funny,
but always Memorable.

"Focus on what's in front of you!"

"Tomorrow is another
day to get it right."

"Just Be You!"

"The Lord will never give you
more than you can handle."

"Knowledge is Power. No one can
take it away from you."

"Remember to count your
Blessings."

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Travel

Explore the Connecticut Valley By Ann Marie Dooley

Looking for day trips?

- **Connecticut River Quest cruises start this April. ctriverquest.com**
- **Connecticut wineries and vineyards are a must see! Ctwine.com/wineries**
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HAVE FUN!!





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Marcy's House of Beauty



**Mommy &
Me
2 for 1**

Easter, Mother's Day,
Father's Day

April, May, June
2021

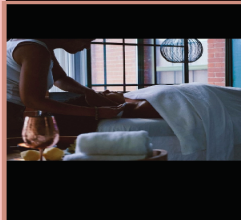
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Fashion

Beloved Treasures



Fashionista,
New Haven CT



Fashionista,
New Haven CT

Shopping second hand has been around for decades and today there is increased popularity for shopping the thrift market. The shops are said to be a “treasure hunt” and a “vintage shopping party”.

The shops also called Re/Make shops, Second-Life shops, have a positive impact on society, the planet and on our wallets!

You Can Shop and Save the Planet

Landfill issues are on the rise as the average American disposes of 70-80 pounds of clothing waste every year.

You can recycle your gently used clothing and home décor by consigning with these shops, or donate your items to charities supporting families in need. Websites that allow users to list and purchase “used clothing” have popped up all over the internet. A few popular sites are ThredUp, PoshMark, and Depop!

Our Joy Shopper, Eliza Elmy
had a fun Vintage shopping trip!

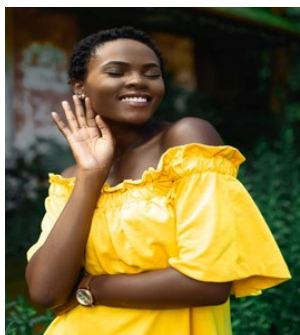


Vintanthro, New Haven CT

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Spring 2021 Trending colors



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Ask Jill



Dear Jill:

I need some fashion advice. I fell in love with comfortable leggings covered in beautiful colors and prints. I have worn them day and night. As life starts to open up and I am going out more, my spouse says it's not "lady-like" to wear everywhere and I don't feel like changing from this comfortable style. -Help! Stuck in leggings!!

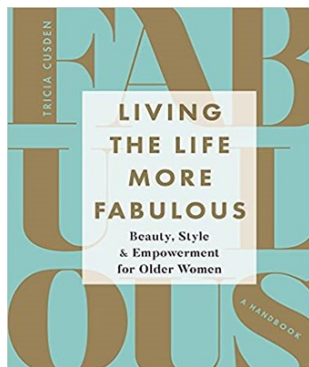
Dear Leggings,

Yes, during the Pandemic our wardrobe sense has bottomed out and some have forgone style for comfort. But think about how exciting it is that now as we venture out more, we can get back to wearing the clothes that define us with style and good taste. You do know that unless you are younger than 20 or in the best of shape, not everyone is suited to wear leggings. So in this case do listen to your spouse, choose something nice to wear and go out on a date and enjoy yourselves. Save the leggings for a stay-in-the-house day!

Yours truly, Jill

www.thejoymagazine.com

THE JOY BOOK CORNER



Author: Tricia Cusden

There has never been a better time to be an older woman.. My intention is to show you how to live your extra bonus of time as fabulously as possible. -Tricia Cusden



**NEW YORK TIMES
BESTSELLER**

Author Terry McMillan

"This delightful novel balances inspiration for renewal with the hard facts of aging." -Publishers Weekly

Green Thumb Inspiration

Stylin your home with Indoor Plants

Some plants that add style to your décor, available in various sizes and best of all they provide “clean air”.

Here are our picks:

Monstera Deliciosa (large leaf philodendron) is very eye catching, easy to grow. Requires medium Indirect light. Reduces air pollutants -benzene, formaldehyde. Pet Friendly-No



Dracaena (corn plant) a low maintenance plant, adapts to different light environments and is a very good air cleaner. Pet Friendly-No

Rubber Tree, if you are new to “plant parenting” this is a good one. Requires bright light, survives underwatering. Removes carbon dioxide from your home. Pet Friendly-No

Peace Lily, likes to be moist in a bright but shady spot. Requires a lot of attention. Flowering stems have pollen be careful for allergies. This plant produces oxygen and removes benzene, ammonia and formaldehyde. Pet Friendly-No



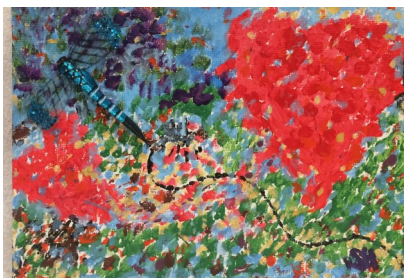
Spider Plant (if you like a jungle vibe). This plant is super easy to care for, needs bright light but not direct sun. Very easy to propagate. It's a strong air purifier, removing formaldehyde, xylene. Pet Friendly- Yes

Succulents, super easy to care for and are available in lots of colors, shapes and sizes and they look amazing in pots, bowls sitting amongst larger plants.

JOY LADIES FACEBOOK GROUP CREATIVE ART CONTEST WINNERS



Stained Glass Cardinal, Jennifer Maynard Hoffer has always believed that cardinals carry messages of love from those who have passed. This piece gives her an extra sprinkling of joy because the light brings memories of her Nana through the stained glass.



Dragonfly art, Susan Marie Husa of, loves the dragonfly because it reminds her of special times with her sister while on her back deck and dragonflies buzzed around them. The piece brings her joy because the two hearts remind her of the relationship with her sister and how thankful she is for her.



Crocheted Creations, Diane Jacobs creates clothing for fashion shows, friends, and her grandsons. Her most joyful crochet moment was when she saw her grandsons' faces light up when they tried on the handmade items created just for them. Diane's creations are available at dianeskatiad@yahoo.com



Creative Cakes by Linda Nicholas-Gonia, loves to bake. Inspiration and joy are one in the same when it comes to baking. What gives Linda joy and inspiration is watching someone sample and enjoy her creations. Linda makes a different cake every week for friends, family, and co-workers to sample and provide their honest opinion as she builds her repertoire of recipes.

Thank you ladies for sharing your JOY!

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NEXT ISSUE SUMMER

July 2021—August 2021

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Publication Dates 2021

Winter– January/February

Spring– March/April

Summer– July/August

Fall– September/October

Holiday– November/December

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