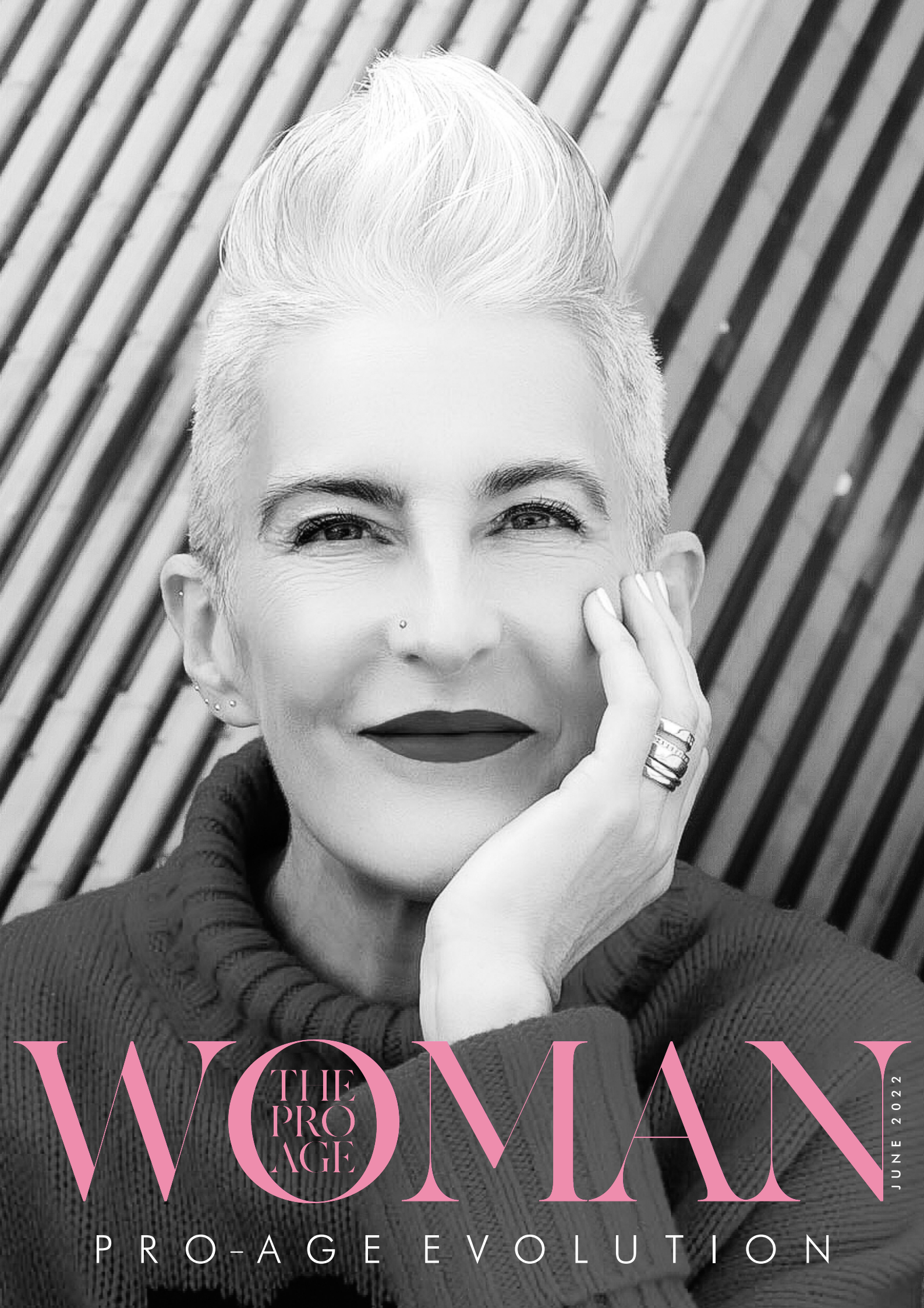

THE PRO AGE WOMAN

JUNE 2022

PRO-AGE EVOLUTION

GUCCI

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EDITOR-IN-CHIEF
Meri Frischman

ART DIRECTOR/MANAGING EDITOR
Tracey Lea Buchler

CHIEF BRAND OFFICER
Celia Rao Visconti

FEATURE ARTICLE
Alison Monteith

GUEST WRITERS
Christine Morrison
Glory Borgeson
Susan Salzman

RESIDENT POET
KaZ Akers

FOUNDING CONTRIBUTORS
Bobbi Parker-Hall
Dara Goldberg
Evelyn Hecht
Jennifer Todd
Kristen Coffield
Kym Douglas
Nicole Lachance
Pirie Jones Grossman
Ruth Yunker
Susie Lang

WRITE TO US
meri@theproagewoman.com

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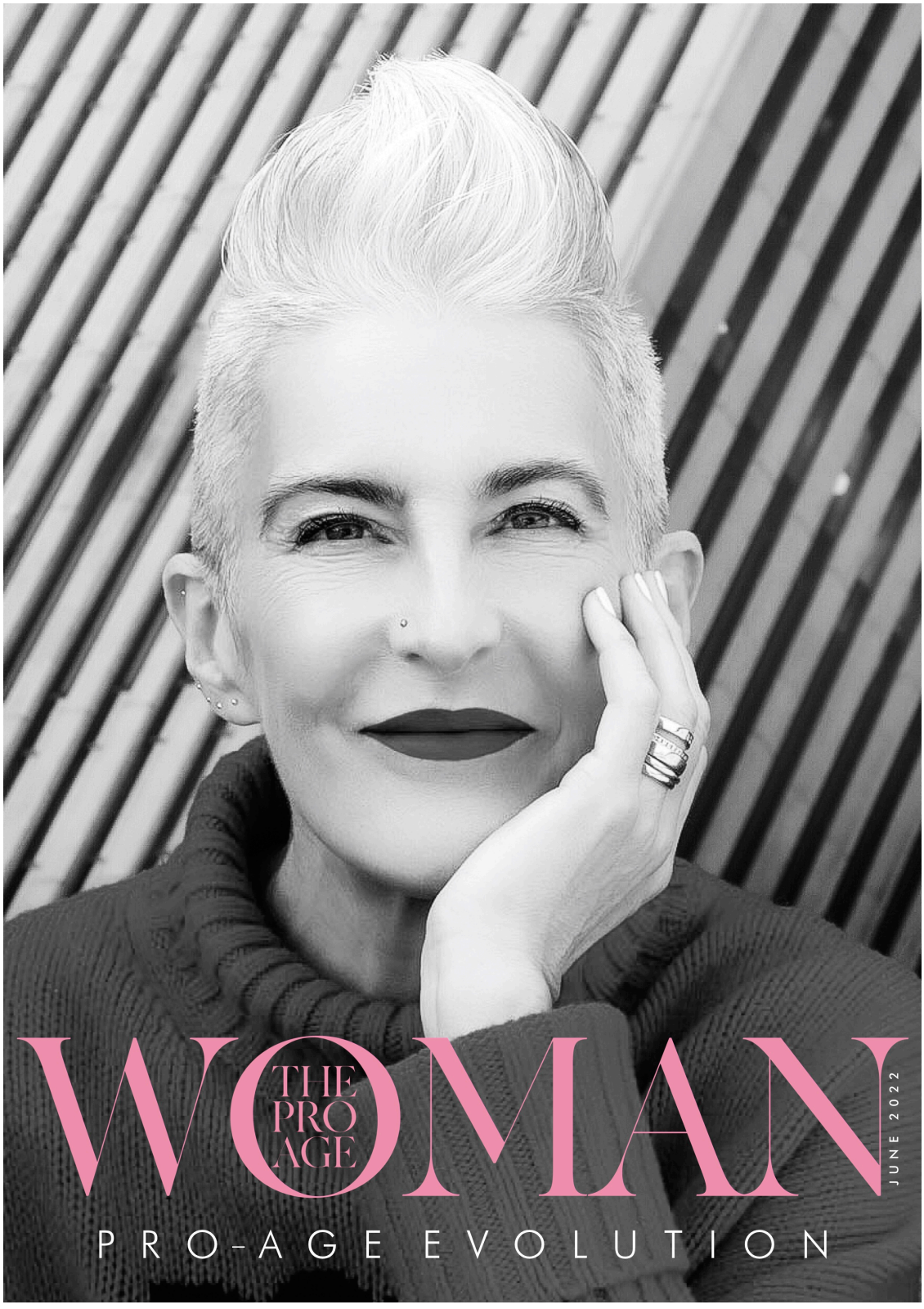


Alison Monteith

PHOTOGRAPHER *Susie Lang*

FOUNDING CONTRIBUTORS

Bobbi Parker-Hall has been in the fitness business for more than 25 years. She is passionate about shaking up old stereo-types that dictate how we "should" age. She loves helping clients overcome mental and physical hurdles to break through their own limiting beliefs of what is possible for them. "Be the best you can be" at any age is her motto. Her mission is to empower and inspire women and men regardless of their age, that it's never too late to get the body you of which you've always dreamed. At age 54, she competed in her first over - 50 National Physique Committee bikini competition. Her success inspired Bobbi to compete in three more competitions over the next five years. Bobbi is in demand with media outlets to share her fitness philosophy, tips, and favourite exercises. She shared a fitness routine on KOIN TV in March 2021, and in February 2020 she was a guest on the Tamron Hall Show in a "Fit over 50" segment. She has appeared in many online publications such as 'Oxygen magazine, d'fyne Fitness, Daily Star, and Yahoo news. Bobbi is a Portland native. Her favourite activities include lifting weights, getting outside to walk and hike, and she loves spending time with family and friends and visiting her two grown grandchildren.

Dara Goldberg is a proud-to-be-middle-aged entrepreneur, writer, speaker and Founder of the Lovin' Midlife Movement for Women. She's known for her undying passion and work to dispel the misconceptions about women's experience of midlife and beyond. After 15 happy years as a founding partner in a management consulting firm, she started feeling stuck and unfulfilled. Society told her she was having a 'midlife crisis' but she knew it was really a 'mid-life growth-spurt' telling her she was ready for a change. She has 2 young adult step-daughters and lives in Philadelphia with her husband, 2 cats, and a silly dog named Chumley.

Dr. Jennifer Todd earned a Doctor of Public from Tulane University. Her career has taken her to local, state and federal government positions, non-profit leadership, and higher education administration and teaching. She has worked in different countries and brings that experience to all she does. Her driving motivator is working to create more productive, compassionate workers and workplaces through wellness and improved communication. Dr. Todd is the founder of Jennifer Todd Wellness, which focuses on helping employers address issues of workplace wellness, employee satisfaction and retention, adopting effective communication strategies, leadership with kindness, and psychological safety. As a result of the Great Resignation, employers are putting more emphasis on providing a supportive and empathetic workplace. Dr. Todd is supporting this shift by providing tools for employers and employees to engage in thought and discussion around burn-out, leading with mindful-ness, communicating with kindness, and bullying in the workplace.

Evelyn Hecht is a Master Clinician of pelvic PT and founder of PelvicSense. Her affordable, online pelvic healing home program helps women significantly heal from chronic pelvic pain and related pelvic issues in a short three months.Evelyn is passionate about normalizing the conversation about pelvic health to decrease the physical suffering and emotional shame that so many women experience.

A published poet since the age of 14, **KaZ Akers** has written produced and published plays, and music. KaZ has also co-written two broadcast television series and three television pilots. Additionally, her writing appears in anthologies, short story compilations, books, and print and online magazines.

Kristen Coffield is the Eating Expert. She teaches purpose driven women how to turn food and habit into superpowers for health and happiness. As the founder of theculinarycure.com, she simplifies wellness into do-able daily habits that hold the key to enhanced well-ness and living younger, longer, and better. Kristen is the Author of How Healthy People Eat: An Easter's Guide To Healthy Habits. Her entry level coaching program is The 21-Day Detox & Reset. Kristen also accepts highly motivated women for her private coaching programs.

Kym Douglas is a comedienne, television host, best-selling author, and lifestyle expert most recently known for her role on Hallmark Channel's Emmy®-nominated show "Home & Family". For the past 16 years, she has been entertaining viewers with her antics on the #1 rated daytime "The Ellen DeGeneres Show". Kym will be honored this June by City of Hope with the esteemed Spirit of Life® Award, presented to individuals whose professional and humanitarian accomplishments are worthy of celebration. For information on how to contribute to this event, please follow @kymdouglas

Nicole Lachance. A former lawyer, she woke up one day and realized that her true purpose in life was to enjoy living, and to write about her experiences. She is a professional ghostwriter of self-help books, as well as children's books, mystery, and contemporary romance. Currently working on her own novel, she finds inspiration in pro-age women, who show her that any-thing is possible.

Pirie Jones Grossman is a certified Life Coach, TEDx speaker, and author of Amazon bestseller, Conversations with Pirie: 30 Stories of People Who Reinvented Themselves. She was named the #1 Life Empowerment coach by Yahoo! Finance. Pirie coaches women who want to empower themselves and create the next chapter in their lives. A frequent contributor to Thrive Global and Authority Magazine, she embraces the aging process and views it with positivity.

Ruth Yunker is an author, humorist and memorist. She's written three books, the first two about her long stays in Paris, solo and surviving in that most temperamental of cities. She's lived a well-traveled life, and currently resides in Long Beach, California. She has two grown children whom she adores, peanut butter and mandarin oranges are her daily breakfast, and she swears by the health, psychological and spiritual benefits of yoga.

Susie Lang. Passionate about portraiture, high-lighting the true essence of natural beauty, deep with-in us. Connecting with extraordinary people through my work. I believe that we all need to be reminded of our true beauty when deeply connected to another.

GUEST WRITERS

To our guest writers.. WE WELCOME YOU. WE ARE SO HAPPY YOU ARE HERE.

The intention of the Pro-Age Woman eMagazine is to showcase and celebrate today's woman 50+. Here, you have an opportunity to be seen and heard..to be visible and relevant..to share your essence and your purpose..individually and as a collective..and to be part of an amazing community of fabulous women.

Glory Borgeson — is a consultant to business owners and corporate leaders, working either 1-on-1 or with teams. She has over 25 years experience in the areas of finance, technology, change management, workplace bullying, and small business; working across numerous industries; and has written several books on topics including entrepreneurship, personal branding, and stopping workplace bullying.

Christine Morrison — is a freelance writer whose work centers around her achievements and passions, often seen through the lens of aging: the business of fashion, beauty expertise and a devotion to wellness and fitness. Her writing has appeared in a variety of print, online vehicles and advertising campaigns. She is currently writing a fashion essay collection that reflects the meaning behind, and the humor in, what she wore while forming her identity, navigating her way to true love, and discovering her authentic self.

Susan Salzman is a strategic business advisor (a.k.a. biz therapist), who helps go-getters, thought leaders + CEOs who are struggling professionally and personally in creating the life they want. Using her proprietary 5 Stage Framework™ she guides them in uncovering the skills, knowledge, and talents they already have in order to achieve their vision in a utilitarian, practical, and creative way. She offers both private and group experiences and currently works virtually, via Zoom.

EDITOR'S NOTE JUNE

meri frischman
PROAGE EVOLUTION

Photography by Susie Lang

I am so proud to have been one of the few at the forefront of what I'm calling "The Pro-Age Evolution". The time had come for the "old" aging perceptions to be re-examined and updated. The stereotypes simply did not represent today's real women 50 and beyond.

Upon approaching 65 five years ago, and after a health issue, I knew that I had to find my purpose.. my legacy. It was my wake-up call. I learned, first hand, that time was not something that was infinite..

it was certainly finite..and that scared yet motivated me.

Upon reflection over these past few years, I realize there has been a period of evolution…a shake-up of sorts on the status quo. We women are communicating and making a statement as a force; bonding by sharing stories, beliefs, thoughts, issues, questions and more.

The term anti-aging is finally becoming antiquated, and happily, pro-aging is replacing it. Thanks to all of us there's been a major shift in the culture around aging. How great is that!!

As these years have passed, many more women over 50 have made their presence known. They are visible and relevant and it is such a beautiful thing. There's power in numbers and that has taken the movement to the necessary next level. How lucky we are to be living in this moment.

So thankfully, progress has been made, and continues to be made. Progress in collaboration rather than competition, non-judgement rather than scrutiny, inclusivity rather than exclusivity, acceptance rather than rejection, community rather than isolation.

And that's where I'm landing at this moment.. reawakening the importance and value of community. We must continue to build upon this concrete foundation that we now are standing on. We are not finished yet.

Besides the Pro-Age Woman eMagazine, that we've created as a platform to showcase all who want to be, we are digging deep to find the next step toward lasting change. Community is definitely a key component.

There's two things I know..we have much to yet accomplish, and we are so much better..together.

And on that note, I want to say thank you to my team..to Tracey for all her incredibly beautiful work.. and Celia for her marketing acumen in spreading our message.

I also want to thank our Pro-Age Woman eMagazine Founding Contributors..

Bobbi
Dara
Evelyn
Jennifer
Kaz
Kristen
Nicole
Pirie
Ruth
Susie

We can't do this without you.

Editor's PICKS

THE FRANKIE SHOP, GELSO OVERSIZED BLAZER - LIGHT TAUPE MELANGE

BALENCIAGA EYEWEAR, BLOCK D-FRAME PRINTED TORTOISESHELL ACETATE SUNGLASSES

CITIZENS OF HUMANITY, OLIVIA CROP HIGH RISE SLIM

FERNANDO JORGE, FLICKER 18-KARAT GOLD DIAMOND HOOP EARRINGS

DIPTYQUE, FEU DE BOIS SCENTED CANDLE

BALMAIN, DENIM JACQUARD SHOULDER BAG

AQUAZZURA, SHELL-EMBELLISHED RAFFIA MULES

Q&A

with ALISON MONTEITH

PHOTOGRAPHER *Susie Lang*

ROCK
&
ROLL

I am a child free 64 year old British woman, happily married to my second husband. To my surprise I am finding this stage of my life more fulfilling and rewarding than I ever anticipated. I trained as a designer, I have cats and I have a large collection of gig t-shirts!

Born in Birmingham UK, to an architect father from Stirling in Scotland and a doctor mother born in Australia. School underachiever, I studied Interior Design, I achieved a First Class Honours Degree and a Masters with Distinction. I was a practicing designer for 40 years, the last 25 years at the helm of my own award winning practice specializing in workplace design. More recently I have been modeling after a chance street scouting three years ago.

WHAT DOES PRO-AGING MEAN TO YOU

A rejection of the apparent aim of marketers to shame and humiliate women for the natural process of actually getting older – this manifests as a deep anger at the injustice of this attempt to diminish us, and at the stereotypical representation of women in mid life and beyond.

WHAT CONFLICTING THOUGHTS DID YOU BATTLE WITH APPROACHING FIFTY OR BEYOND IF ANY

I dreaded 50. I was ashamed. I believed the lie that I would be seen as less, and I believed that I would be. Life was over; only decrepitude and irrelevance beckoned! 60 was the complete opposite – I bragged and had a huge party, and became relevant and vital!

WHAT DO YOU THINK ARE THE POSITIVES OF THIS STAGE OF LIFE

I have never felt so at peace with who I am – I even like myself! And I am (mostly!) comfortable with how I look. The real change for me came when I embraced my natural hair colour. That was a metaphorical casting off of any cares about societal judgement, a complete rejection of the invisibility cloak society contrives to throw over women as they age. My confidence and sense of entitlement increased greatly.

WHAT ARE THE CHALLENGES

Things I never anticipated! Loss of stamina in particular in spite of my efforts to eat well and keep fit – plus some physical changes that don't delight me, but I won't go into details!

WHAT STRATEGIES DO YOU USE TO OVERCOME THESE CHALLENGES

Mostly I accept them rather than fight them – I know I am very fortunate to be fundamentally fit and healthy and pain free for which I am very thankful. My lack of stamina frustrates me, it has taught me to say no to commitments that

interest me, and I avoid consecutive days that are too full. Adrenaline gets me through some days!

WHAT WORDS OF WISDOM DO YOU HAVE FOR THE YOUNGER GENERATIONS OR YOUR YOUNGER SELF

Nothing matters – this is not as nihilistic as it sounds! Rather; time passes and today's anxiety is tomorrow's irrelevance. Also most people are more concerned with themselves than with you so don't worry so much about their opinion.

WHY DID YOU WANT TO START YOUR OWN BRAND

Visibility. If through my tiny presence I can encourage another woman to embrace her unique relevance I am happy. I am saddened by many women's apparent expectation and even acceptance that they should sink back into the shadows. Why the hell should they! I won't; head up, shoulders back and look the world straight back in the eye. I have learned very late in life that the more value you place on yourself and expect to be valued in return the more you will be treated as relevant.

WHAT CAN YOU TELL US ABOUT THE JOURNEY TO WHERE THIS HAS TAKEN YOU

I am so not who I was even five years ago. An embarrassed and self conscious teenager became a grown woman who still burned with self consciousness. I know I was good at my job but that didn't extend to a belief in me. Now? I want to be seen!

WHAT ADVICE WOULD YOU GIVE TO OTHER WOMEN STARTING A BUSINESS AT THIS STAGE OF LIFE

What's stopping you? What is the worst that can happen? And hell, if not now – when!

WHAT ELSE WOULD YOU LIKE OUR READERS TO KNOW

The more faith you have in yourself the more others will have faith in you.

TAP TO CONNECT WITH ALISON

life according to Kym

Have you heard of Ask Jeeves? How many of you remember Dear Abbey? And we all know Carrie Bradshaw from Sex and the City.. well, it's like putting all those in a blender and pouring out a smoothie called "Life According to Kym." I have to admit Life has been a journey for me. I've been through years of being in the spotlight on television, a (lasting!) Hollywood marriage, raising a fabulous son, surviving cancer, and loss and so much more. I've learned a lot through it all and encouraging others by sharing by sharing my first column with you.. I want this space to be our monthly catch-up.. a time to let our hair down with the friend that know you best and a place to dish on all things fabulous and flawed. So let's dive in because life can be choppy but I'm here to help you wade through the emotional waves with a fantastic life jacket on!

Q : WHAT WOULD YOU RECOMMEND AS A GOOD SPF SUNSCREEN BLOCK OF DAILY USE WITH AND WITHOUT MAKEUP?

My skin needs protecting; I love to look for sunscreens that are tinted and have no chemicals, parabens, or Phaltates. SuperGoop has great options that are clear but effective and for all different levels of sun exposure and activity. I also just discovered a brand, MDSolarSciences, which I am loving! They have tinted creams with SPF30 or 50 depending on your needs. For tricky areas (like ears, back of your hands and even the part in your hair!) I love the Colorscience Sunforgettable Brush On Mineral Powder. These little brushes are super convenient and super effective, plus you can brush the powder right on over your makeup, if you need a little touch up later in the day.

Q : HELP! I'M 67 AND OVERWEIGHT. I WANT TO KNOW WHAT YOU EAT FOR BREAKFAST AND LUNCH.. I WOULD LOVE ANY MEAL ADVICE! I DON'T HAVE A LOT OF TIME, ESPECIALLY IN THE MORNINGS SINCE I AM RAISING MY GRAND-DAUGHTER.

Dear "Needs guidance," I know you are serious about losing weight and keeping healthy for the young granddaughter you are raising because you wrote it in an email and spoke it into the universe. You are the female role model she looks to, so you have a double responsibility to your OWN SELF and the young woman you're raising.

#1. It's not easy to be 67 and raising a young child. It doesn't matter the circumstances, how, when, where, and why. It just matters that you stepped up to the plate and are doing it. We all applaud you for that, so let's start there. You are a woman of integrity and high morals. Check. Now, will you apply those same values to yourself?

#2. You stepped up for your granddaughter. How will you show up for YOU? If you feel you need to lose weight, then you do. There is no shame in that game. You've listed your obstacle now let's face it! Why don't you make a double-duty plan if you have a child around? Get her involved, tell her that she is your "trainer" and make it into a game

with your granddaughter! Let her know you have a GOAL and you want her to help you achieve it and make her your recruit! Tell her, "You need to help your young grandma look and feel her best." Every afternoon or after dinner, you both go for a 15-minute walk around the block or neighborhood. Did you know that just walking 15 mins a day can help with weight loss, bone strength, stress and avoiding many health problems and diseases, including cancer?

#3. Once you get your body moving and make a commitment to it then you start on your eating plan. Take your granddaughter to a local market or grocery store and seek out together, the healthy, highest nutritional but lowest calorie foods you like and that you will eat.

I could tell you what I eat for breakfast and lunch every day but it may not be the food you like or enjoy. I make yogurt in a small container, add a few blueberries and flax seeds and a small scoop of peanut butter. And in this case SIZE really does matter ;) Watch your portions. Most mornings, I have a matcha tea latte with stevia or coffee with a sweet creamer. For lunch it's a "wing and a prayer". I try to be good but it's usually on the run salad or smoothie or sandwich. But you will find your rhythm and remember you already did the hard work, you took on your granddaughter. You did the right thing for her, now do the right thing for YOU!

Q : AFTER TURNING 60 MY SKIN GOT DRY AND I GAINED 20 LBS IN TWO MONTHS, MY EMOTIONS ARE ALL OVER THE PLACE AND MY WHOLE BODY IS STIFF AND HURTS ALL OVER. THIS HAPPENED SUDDENLY AND I'M SINGLE AND TRYING TO FIND A PARTNER.

Dear "Still Seeking a Partner", I hear you sister boy do I ever. For dry skin…I recommend Womaness and City Beauty, both companies have some amazing products for hydrating your skin. I also say - hydrate, hydrate, hydrate! That will not only help with the dry skin but it helps with weight loss too. Listen, for me when menopause kicked in everything else went out the door, motivation, hard abs and fat pockets I didn't even know could be in those places?! It is more difficult to keep ourselves looking our best over 55 and depending on your height… an extra 20 pounds can be a struggle to carry around everyday. I suggest starting out with an easy, free online yoga class, gentle walk around your block or a stretching video on YouTube. Ease into it and I bet your body will respond quickly. Movement also helps your sexual health

and that will aid in attracting a partner, it all goes hand in hand my friend so the best time to start is now.

Q : HI KYM, I LOVE THAT YOU TALK ABOUT YOUR FAITH OPENLY & MY QUESTION IS FINDING WHAT WORKS FOR DIET. WHEN I SAY DIET, I REALLY MEAN NUTRITION. I FIND IT HARD TO GET A LOT OF INFORMATION ON THIS SUBJECT FOR OVER 60 WOMEN. ANY RESOURCES YOU WOULD RECOMMEND?

Dear "Woman of Faith and Seeker of Nutrition", After Menopause as everyone told me it is much, much, much harder to keep those pounds off, especially around the hips, thighs and middle that is probably statistically true… but here is what I do. You know I am not a dietitian or nutritionist, so I can't give you solid diet advice but we all get told after a certain age, we might as well give up and let nature take its course. I don't buy into that. I look to women like Helen Mirren, Christie Brinkley, Jane Fonda, Jaclyn Smith, Jennifer Lopez and many others who look absolutely better than ever. I seek to emulate them. I put pictures of them in my mind and on my Pinterest boards. I see that they can do it, and I find role models that are doing what I want to do and look the way I want to look and I strive to achieve that. I can give you one tip: I shoot to get 10,000 steps a day. If I can't get to the 10k marker, I will not go to bed without getting to at least 5,000. It's a promise I made myself and it helps keep the weight in check. And focus on a healthy lifestyle by drinking plenty of water, getting plenty of rest and eating plenty of vegetables… pretty old school plain and simple. And I lean on my faith daily to keep my soul in shape :)

TAP TO SUBMIT QUESTIONS FOR JULY'S COLUMN

TAP TO CONNECT WITH KYM

June DROP

We are happy to announce that we will be **donating 10% of our sales** to The City Of Hope. Why The City Of Hope?.. They are committed to making a difference in the lives of people with cancer, diabetes and other serious illnesses. With a mission to transform the future of healthcare by turning science into a practical benefit, hope into reality..

TAP FOR MORE

Evolution Tee

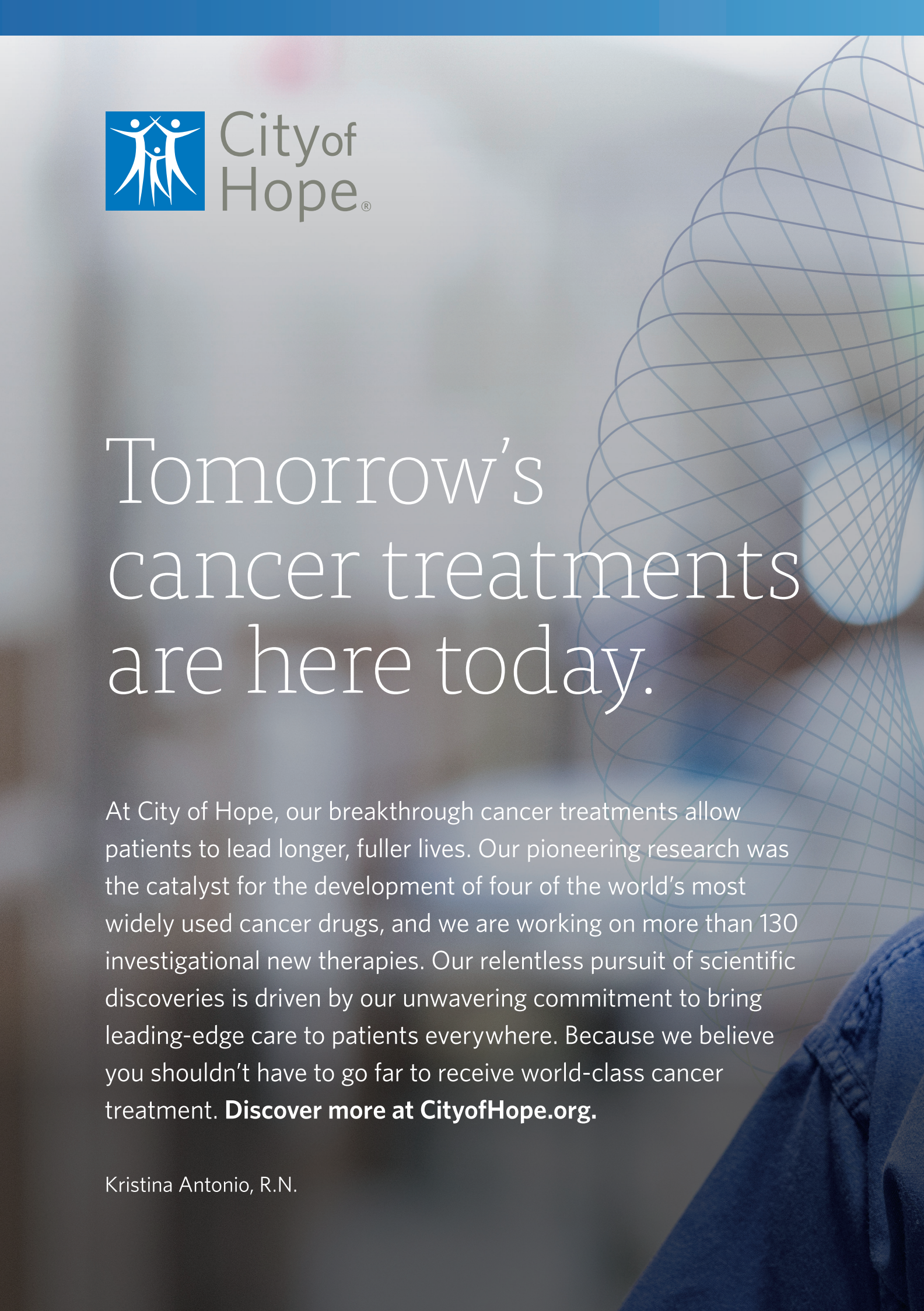
SHOP NOW

Tote Bag

SHOP NOW

Relevant Cap

SHOP NOW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Kristina Antonio, R.N.

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OWNING YOUR WORTH

Career Edit After 50

Whether you leave a job before you're ready to retire or just decide it's time to make a career change, you may have more options than you realize.

GLORY BORGESON

Photography by Linda Barrett Productions

Whether you leave a job before you're ready to retire or just decide it's time to make a career change, you may have more options than you realize.

While finding a new "W2" job or starting your own business are options, the former can end up in *same-old/same-old* situations, while the second will likely take a lot of time to plan, depending on the type of business.

Another option is to choose project work, a.k.a. "gig" work.

GIG/PROJECT WORK

Project, or "gig", work is a great way to earn an income without the full responsibility of management.

Years ago I brought a former colleague onto a Sarbanes-Oxley project at a large client. She had recently retired after a long career at one company. After several weeks on the project, she commented how nice the change of pace was: As a gig worker she didn't receive many emails, wasn't involved in staff meetings, the client was incentivized to have her work no more than 40 hours a week, and if she worked more hours she got paid for it.

Another former coworker, at the age of 57, told me she was getting tired of her job. She had remarried several months earlier. I asked if she could go on her husband's health insurance, and if so, would she consider doing contract work. She had a light bulb moment – she had never considered it. As it turned out, her employer "helped her out" by doing layoffs a short time after we talked, which she accepted, and she switched to doing contract work as an accountant.

FINDING GIG/PROJECT WORK

How you will find gig work depends on your field and your network.

If you have a large network of people who are decision-makers for their employer, simply contacting them after developing a clear message stating what you can do for them may be all you need to do to start getting interest that turns into work. You can work for one client for 30 to 40 hours a week, or you can work for several clients for shorter amounts of time.

You can also locate a firm that places people with senior-level experience into project work.

Some firms, such as Patina Solutions, place people in project work or in permanent placement jobs, specifically working with career-seasoned people. Patina's functional areas include operations, supply chain, finance/accounting, human resources, information technology, sales, marketing, engineering, legal, and other functions in a variety of industries.

EDUCATION

There are many new opportunities for teachers and others with a background in education to pioneer new work.

Sometimes it's best to look at current trends and current data. In many states in the U.S., the data says parents are pulling their children out of public schools *in record numbers*. I also know several parents who've pulled their kids out of expensive private schools. Part of the reason is the dismal learning record: Most schools in my expensive area have a by-school and by-school-district "report card" (available online) for reading and math showing 60% of students K-12 read and do math <u>below</u> their grade level! 60% below! And this is despite increasing the per-child-spend.

Add to that the many ways parents have been maligned by school administrators and the dots connect. They are pulling their kids out of school.

These parents are starting or joining home school cooperatives. In many cases, they're bringing in former teachers to work with them and to fill gaps.

The good news is – this is just starting as I write these words in early 2022. I know retired teachers who are working with parents to creatively form new schools and home school co-ops where their kids will actually learn reading, writing, arithmetic, science, history, etc., and students will get an "A" only if they earn it, preparing them for college and the real world.

Of course there is tutoring work available as well, and with the millions of kids who got behind during school-from-home-covid, there are opportunities to tutor either on your own or through a tutoring company.

Changes in education are just starting. If this is your field, you don't want to miss this opportunity to redesign your career.

CREATIVE GIG WORK

More creative forms of gig and project work, including graphic design, website design, some

forms of writing, and other creative work are offered on websites such as Upwork, Fiverr, Freelancer, PeoplePerHour, and Guru, where they connect people like you with your skills to businesses that are looking for people with your skills to complete a project for them.

Take a look at each of those websites and do some research on your particular field. Check out what type of work people are offering and how they're pricing their work. Check out sample work they've posted and reviews from their customers who've hired them for work that's been completed. Let your ideas flow about how you could offer what you do on these platforms.

I have hired freelance work on Fiverr several times, including the design of book covers for several of my Kindle books, the design & delivery of "countdown clocks" for the exercise videos I created for GloryB-TV, and a signature image file I could add to Instagram posts.

The more experience a freelancer has on the platform, the more money they charge. (I've also noticed the better their mastery of the English language, the higher their rate.)

In some instances, potential clients write up their job request and post what they're willing to pay. As a freelancer, you submit proposals to them. For your first few freelance jobs on these sites, you may choose a lower-paying gig in order to get great feedback from the clients. Then based on great feedback, other potential clients will be more likely to pay your higher fee because you're not new and unknown on the platform.

When starting out, if a job post sounds interesting but the low pay makes you want to walk away, you can tell the client you're willing to take the job at the reduced rate since you're new to Upwork/Fiverr/Guru, if they will give feedback after the job is complete.

My favorite freelancers have been those who've tweaked the product per our online chat discussions until I was happy. They all received glowing feedback reviews from me.

Doing these smaller jobs can lead to clients return for you for more work in the future. I returned to one designer several times to create additional book covers because my first experience with his work was so positive.

Occasionally when I've posted a job on Fiverr, many of the proposals submitted to me look like a copy-&-paste template, leav-

ing me wondering if they even read or understood what the work will entail. When replying to a post with your proposal, really address what the client wrote. It will help your proposal to stand out. You can even start your proposal by asking the client clarifying questions rather than starting off selling yourself and your expertise.

GET PAID FOR YOUR EXPERTISE & ADVICE

GLG Insights is a firm which connects their clients to experts in particular fields. You get paid for sharing your expertise. Experts are called "network members".

After creating a profile, a client who finds you will send you a question, or set of questions, via the GLG website. Based on your response, they may choose to hire you. Working with you usually means having a conference call for one hour, and during the call they will ask for your expertise and advice on a topic. You get to set your hourly rate. A typical range is between $250 and $350 per hour.

I have been hired for my expertise on personal branding and on workplace bullying, consulting with GLG clients by phone. A friend of mine has consulted via GLG for his expertise in the chemicals industry.

This is a great way to connect your vast experience and expertise in your field with people and businesses that need your advice.

WHAT WILL YOU DO NEXT?

The ideas I shared here may have started your creative ideas flowing. Do more research. Write down all of your ideas. Whittle down the ideas to real possibilities you can implement. Your experience plus creativity will lead you to new revenue possibilities.

TAP TO CONNECT WITH GLORY

TAP TO ORDER

THE BEST IS YET TO COME

The 5 Activators to Reinvent Your Life

YOUR ACTIONS

PIRIE JONES GROSSMAN

Photography Amanda Nagy

YOUR ACTIONS ARE THE NEXT STEPS TO FULFILLING YOUR VISION.

"DREAMS COME TRUE WHEN DESIRE TRANSFORMS THEM INTO CONCRETE ACTION. ASK LIFE FOR GREAT GIFTS, AND YOU ENCOURAGE LIFE TO DELIVER TO YOU" – NAPOLEON HILL

This is the time to think about your vision. You completed your "inner journey" by completing Steps 1 – 4; now it's time to focus on your "outer journey" to set yourself up for success. Which one of your visions do you want to create first? If it's not apparent, choose the one you're most excited about. Next, think about "how can I make a meaningful contribution to the world or my community? What opportunities can I be in service to?" What is yours to do in this time of great challenge? Your vision doesn't have to be huge! You can do ordinary things with extraordinary love as your vision. What's that "whisper" in your head telling you to do?

Now think about your first step and the step after that. **Consider the gap between where you are now and where you want to be in the future**. Next, ask yourself when do you see this vision taking place? How soon do you want to see it manifested? Do you notice I didn't ask, "When do you want to start manifesting it?" Focus on the time you want to actually be living it!

When do you want to manifest?

STEP FIVE

Here is a list of questions to think about before answering that question.

~ WHAT WOULD HAVE TO HAPPEN TO ACHIEVE YOUR GOAL?
~ WHAT'S THE MOST CRITICAL CHOICE YOU HAVE TO MAKE?
~ WHAT DO YOU NEED TO LEARN ALONG THE WAY?
~ WHAT LIMITING BELIEFS DO YOU HAVE TO CHANGE?
~ WHAT HABITS OR BEHAVIORS DO YOU HAVE TO CHANGE?
~ WHAT KIND OF SUPPORT DO YOU HAVE TO ENLIST?
~ WHAT SECRETS OR OTHER TOXIC EMOTIONS NEED TO BE RELEASED?
~ WHAT NECESSARY ACTIONS DO YOU HAVE TO MAKE?

You probably realize that an action plan is necessary to lay out all the tasks you need to complete to accomplish your goal. In this article, you'll learn how to create an action plan that will manifest what you want in your next best chapter.

An action plan is a checklist of steps or tasks you need to complete to achieve your goals to make your vision come true. It aims to help clarify what resources and tools are required to reach your goals. It also enables you to formulate a timeline for when specific tasks need to be completed, and it holds you accountable and helps prioritize each step. You can create all of your vision by using this template.

"An average person with average talents and ambition and average education can outstrip the most brilliant genius in our society if that person has clear focused goals"

MARY KAY ASH

I will outline common components in an action plan below.

~ CREATE A WELL-DEFINED DESCRIPTION OF WHAT YOU WANT TO ACHIEVE
~ LIST TASKS/STEPS THAT NEED TO BE CARRIED OUT TO REACH YOUR GOAL
~ LIST OF PEOPLE WHO CAN ASSIST YOU
~ TIMELINE OF WHEN EACH TASK NEEDS TO BE COMPLETED
~ RESOURCES REQUIRED TO COMPLETE THE TASKS
~ MEASURES TO EVALUATE PROGRESS/SUCCESS

Make your vision a priority and the goals to make it a reality. What goals do you need to reach to make your vision come true?

Make a commitment to yourself and your vision that everything you say "yes" to aligns with your vision. Then, do something towards your goal every day!

Another mindset check is supporting yourself with a positive attitude about what you're creating daily. For example, if you wake up one morning and feel tired, you've given up hope, and are uninspired to work on your vision, then use the tools to "change that channel." Tools you can use to help you think positively are:

~ FREE-FORM WRITING - JOURNALING ABOUT HOW YOU'RE FEELING. FIND OUT WHERE YOU'RE FEELING NEGATIVE
~ PRACTICE POSITIVE SELF-TALK
~ PRACTICE GRATITUDE
~ WORK THROUGH YOUR OBSTACLES AND CLEAR OUT ANY LIMITING BELIEFS OR BEHAVIORS
~ FOCUS ON THE GOOD THINGS IN YOUR LIFE
~ OPEN YOURSELF UP TO HUMOR

~ GET OUTSIDE AND MOVE
~ EXERCISE
~ SURROUND YOURSELF WITH POSITIVE PEOPLE.

Also, remember to be prepared for the reality that challenges will arise. Making changes can be demanding... but change is possible. So, give yourself plenty of grace, be patient, and stay focused and disciplined.

YOU DESERVE THE LIFE YOU WANT!

The next step is to figure out the time frame. When do you want to actualize your vision? Be realistic about this time frame. I like to break it into 3, 6, 9, and 12-month programs.

If I need to learn something new, I give myself enough time to educate myself. I like to use the help of mentors and coaches to guide me, and I enjoy being accountable to them. I look around my community of friends, and I ask if they could recommend some experts in the field that I'm interested in. People love to share and especially love to be asked for their wisdom. Many successful people take joy in mentoring others. When you ask someone for help, be clear on your goals and why you think that person is the right mentor for you. I appreciate working with various coaches at specific times of my life, and I'm grateful for their specificity.

Another area to explore if you feel that you need more education is to look for online classes, community schools, or university extension classes in the area you want to learn. I found that 75% of the people I interviewed in my book didn't know anything about what they wanted to create in their next chapter. So, they went back to school. Remember, it's never too late to learn something new!

I went back to school when I was 55 years old to receive my Master's in Spiritual Psychology. It took me two years, but it was well worth my time.

Read through the stories of reinvention in my book by Carole Hopson, who went to flight school to become a pilot at 50 years old! Or Janet Wischnia, who returned to school for her MBA at 45 years old, or Nancy Volpe Beringer, who left her corporate job at the pinnacle of her success and enrolled at Drexel University's three-year graduate design program at 61 years old. You'll get inspired!

I learned quite a bit from each of the 30 authors who shared their reinvention stories with me.

One of the questions I asked each author was, "What are five things you wish someone had told you before starting your next chapter?"

I found that the central answers were:

~ TO KEEP LEARNING: UTILIZE MENTORING AND EDUCATION
~ ASK FOR HELP: HIRE OUT OR SEARCH FOR PEOPLE WITH SKILL SETS YOU DON'T HAVE
~ PASSION AND PURPOSE: SET AND KEEP UNEQUIVOCAL BOUNDARIES
~ SELF-CARE: DEVELOP AND SUSTAIN A POSITIVE MINDSET AND A HEALTHY BODY

Yet even with an action plan in place and opportunities revealed and realized, your journey to create something new will not be easy. You will still face challenges. But now you have tools to use so the obstacles won't sabotage you before seeing the results. Practice patience and resilience; invest in the resources, and don't give up on yourself because change takes time.

When you do get stuck, pause to ask for help. Approach those with similar goals, values, and passions and ask for their service, perspective, or guidance. Create a strong support network of people who will be there for you during the rough moments—you will always have an opportunity to reciprocate when asked.

Also, during your journey, celebrate your successes! Absolute joy is realized in your continued growth.

Reinvention is a lifelong commitment. You're in a constant and continuous motion of reinventing yourself every day of your life.

It's your journey that matters, and what matters is you. I'm here for you if you're ready to create that thing you want!

You can connect with me on my website or through The Pro-Age Woman community.

Over the next several months, I'll be writing about how to create mental wellness and other essential elements that support awareness and empowerment. In addition, I'm offering a remarkable Pro-Age Woman 1:1 coaching program and starting a group program of women on October 3 who want to experience an 8-week virtual reinvention course with me as your coach. I also have a workbook coming out in June! Look for details on my website or contact me here.

I hope you have enjoyed learning about the 5 Activator Steps of Reinvention these past few months. I know I've enjoyed sharing them with you!

Have a fabulous summer.
xo Pirie

TAP TO CONNECT WITH PIRIE

INSIDE THE WORLD OF
@theproagewoman

FEEL THE FEAR AND **DO IT ANYWAY.**

Meri Frischman

#PAWVOICES

CITIZENS of HUMANITY

Citizens of Humanity is the LA-based denim brand revered for creating envy-inducing wardrobe staples. Whichever pair of the label's coveted designs you choose, wear them with a nonchalant attitude for instant street-style points.

Founded in 2003 by Jerome Dahan, Citizens of Humanity has grown to become one of the industry's most popular choices for denim. The label's precision when it comes to fit, comfort and style offers a refreshing wardrobe solution for everyday wear. Delivering perennial staples and contemporary hero pieces, Citizens of Humanity has become a household name for jeans lovers the world over.

SHOP NOW

LIFE BEYOND AMBITION

When the gap is wider than the dream, not realized or the project is left unfinished, it can paralyze you and the ultimate outcome. I see it over and over again. Not getting to the end goal is simply a matter of perspective.

SUSAN SALZMAN
Photography Sheryl Wachtel

Did you know that women over 50 are the biggest untapped market out there?

Our demographic has fought wars, empowered women, and redefined the financial world. Although most of you face all the challenges and obstacles of getting physically older, at the end of the day, you want to stay employed or transition into a new career rather than retire.

Why does this matter, you ask? Because most Gen X and Baby Boomers have disposable income and savings, they are looking for ways to keep doing what they want for as long as possible. They manage the family's wealth, they are in control of the household spending and they are rewriting the narrative of aging.

Lastly, only 35% of those over 75 say they feel old.

Regardless, loss of identity and not feeling as though you are enough gets in the way of progress. As women and the caretakers of everyone, your needs get met last (if at all). And when that happens, it can leave you feeling resentful, shameful, or guilty for something you have done or haven't done in your life and business.

When the gap is wider than the dream, not realized or the project is left unfinished, it can paralyze you and the ultimate outcome. I see it over and over again. Not getting to the end goal is simply a matter of perspective.

And in the many years of helping women just like you, the self-doubt and inability to recognize all the crap you have done and are doing on a daily basis, requires an outside perspective to show you all your goodness.

Whether you are an innovator, thought leader, CEO, or a mom raising a bunch of kids (while taking care of your parents at the same time), having the right perspective is the key to shifting from immobility to ideation.

In order to do that, here are three tips to help put a little gas in your tank and get your engine running.

In order to build a better future, first get clear on the past. Take a look at the last 12 months and ask yourself these questions:

- What accomplishments were you the proudest of?
- What disappointments or limiting beliefs did you have?
- What lessons did you learn?

I bet you just focused on some of your regrets. That's a normal place to be because it's in those regrets that you find the fire and drive to create the opportunities in the next set of questions.

Future pacing is all about imaging yourself in a given desired situation, in the future. If you had a crystal ball and you could see yourself at the end of this year, ask yourself the following:

- What did I do, create, experience, or accomplish this year in order to declare this my breakthrough year?
- What did I do differently this year to achieve these huge goals?
- What did I have to sacrifice in order to stay focused on the end game?

You've assessed the past and imagined the future. Now it's time to sit in the present. Honestly and openly, ask yourself these few questions:

- What are you struggling with, either in starting or implementing a project?
- Are you excited about what you are creating?
- What is the number one priority you want to accomplish over the next 7 days?

In taking the time and sitting down to answer these few questions, you committed to the first step in planting a flag in your dreams. What you just did, is what I like to call a DIY 360* Performance Review. It's something I share with my people so they can take one tiny step towards shifting their perspective from stuck to unstuck.

Self-evaluation is the first step toward internal growth. The more you can self validate, by recognizing your shortcomings, the closer you are to achieving what you want.

A sure-fire way to find meaning at this stage in your life is by examining your passion in order to find your purpose. It can be super challenging when self-doubt and the chatter between your ears get very, very loud. Finding ways to first listen and then address it is all about trusting your inner wisdom.

The first step to life beyond ambition is doing the work. And it's not just a physical thing. Tapping into the spiritual, intellectual, and emotional sides of who you are and who you might want to be, as you transition into your next chapter. This is where you will begin to move your needle.

I work with lots of women just like you. Getting stuck is inevitable. If you're anything like me, you may be wallowing in it for too long. You might need the support of a community or a guide who can help you get from point A to point B. There is no shame in asking for help. Had I not asked for help, I would be nowhere near where I am today!!

Trying to do it alone is a lonely place to be. It's the number one buzzkill when trying to plant a flag in your dreams. It's important to find a community of women who can empathize with your struggle and your passion in order to gain a fresh and honest perspective so that you don't have to fly solo.

It's women like you that have helped me recognize where the gaps are in taking those first steps. Because of that, I have lots of free resources that can help you move from your ideas to ideation.

As a strategic business advisor (my clients call me their "business therapist"), I am obsessed with helping women like you see how fabulous they already are. My mission is to show you how to get scrappy and repurpose all the knowledge, skills, and talents you have spent the last few decades perfecting. I am simply guiding you on how to repackage and find the vehicles to intersect all of that goodness in a way that creates meaning, motivation, and merriness.

Lastly and most importantly, ask yourself how you want to create your legacy. What do you want to leave behind and what kind of impact do you want to have on those that love and support you?

I am looking forward to connecting with you.

x Susan

TAP TO CONNECT WITH SUSAN

FOR A DEEPER DIVE INTO THE THREE TIPS WITHIN THE ARTICLE, CLICK THE LINK BELOW >

FREE DOWNLOAD

Fashion MEMO

Indulge Your Appetite for Adventure With These Sunshine Ready Pieces.

DOEN, LAZULI BRODERIE ANGLAISE-TRIMMED ORGANIC COTTON-POPLIN PAJAMA TOP

GUCCI, JACKIE 1961 SMALL SHOULDER BAG

CHLOE, MERIL LEATHER-TRIMMED BRAIDED COTTON PLATFORM SANDALS

CHLOE, FRINGED SILK-MACRAME AND CREPE DE CHINE MAXI DRESS

CELINE EYEWEAR, OVERSIZED CAT-EYE ACETATE SUNGLASSES

RE/DONE, 90'S FRAYED ORGANIC DENIM SHORTS

CHLOE, WOODY MEDIUM LEATHER-TRIMMED COTTON-CANVAS TOTE

BOTTEGA VENETA, LEATHER MULES

CARTIER, TANK STAINLESS STEEL AND LEATHER WATCH

LOEWE, ANAGRAM GOYA LEATHER WAIST BELT

Pelvic Sense

LAST IN HER FOUR-PART SERIES

healthy BOWEL *movement*

Research has shown that over fifty percent of people with constipation have issues due to a reduced ability to relax their pelvic floor muscles. In fact, those muscles tighten up, or contract during a bear down phase. Retraining the pelvic floor to function normally can result in effective and easier bowel movements.

EVELYN HECHT

We all have bowel movements (BM) and usually don't pay much attention to this function – until things aren't good. When you experience abdominal bloating, constipation, ***spend too much time on the toilet***, strain, or have rectal pain, it can effect your life big time being uncomfortable, avoiding social issues, planning your day around toileting.

Always ***consult a gastrointestinal doctor and a nutritionist*** about your symptoms. Constipation has a few medical causes, so addressing the kinds of medication you're taking, the types of food you're eating, fluid intake, activity level, and other habits are helpful to discuss. Studies have found that modifying these lifestyle factors can reduce severity and symptoms of constipation.

Constipation can present in a number of ways, causing some people to experience infrequent BMs and others to have difficulty passing stool. ***Excessive straining***, having to use enemas, using a finger to remove stool is common and stressful.

WHAT IS A NORMAL FREQUENCY?

A normal frequency of a BM can vary from three times a day, or once every 3 days. You don't need to poop every day to be normal and healthy. It can take up to 72 hours for stool to pass through the large intestine alone. Everyone has their own version of normal.

NOW, WHAT IS ABNORMAL?

Constipation is defined as straining to pass stool or a feeling of incomplete emptying with a ***frequency of BMs less than twice per week***. Diarrhea is defined as loose stool more than 3 times per day.

Research has shown that over 50% of people with constipation have issues due to a ***reduced ability to relax their pelvic floor muscles***. In fact, those muscles tighten up, or contract during a bear down phase. Retraining the pelvic floor to function normally can result in effective and easier BMs.

During a BM, your ***pelvic floor muscles relax, open and widen*** to allow the passage of stool. Pelvic floor dyssynergia, a condition where the pelvic floor muscles contract instead of relaxing while attempting to empty your bowels,

literally prevents the elimination process and is the cause of constipation.

STRATEGIES FOR A HEALTHY BM

Eat colors

Eat a variety of colors which includes a balance of soluble and insoluble fibers.

Soluble fibers dissolve in water, making a gel-like substance that protects the gastrointestinal tract, slows down digestion, and gives you that "full feeling". ***Examples of soluble fibers include oatmeal, beans, lentils, nuts and seeds***.

Insoluble fibers add bulk to stool and stimulates the digestive tract. Examples of insoluble fibers include barley, brown rice, broccoli, dark leafy vegetables, and root vegetable skins. If you're experiencing a common complaint of seeing pebbly, dry stool, add more insoluble fiber to your diet.

Hydrate, Hydrate, Hydrate

Dehydration is one of the most common causes of constipation. Not drinking enough water makes it ***hard for stool to move and glide throughout the colon***, leading to dry, hard, stool which can be painful and/or difficult to pass.

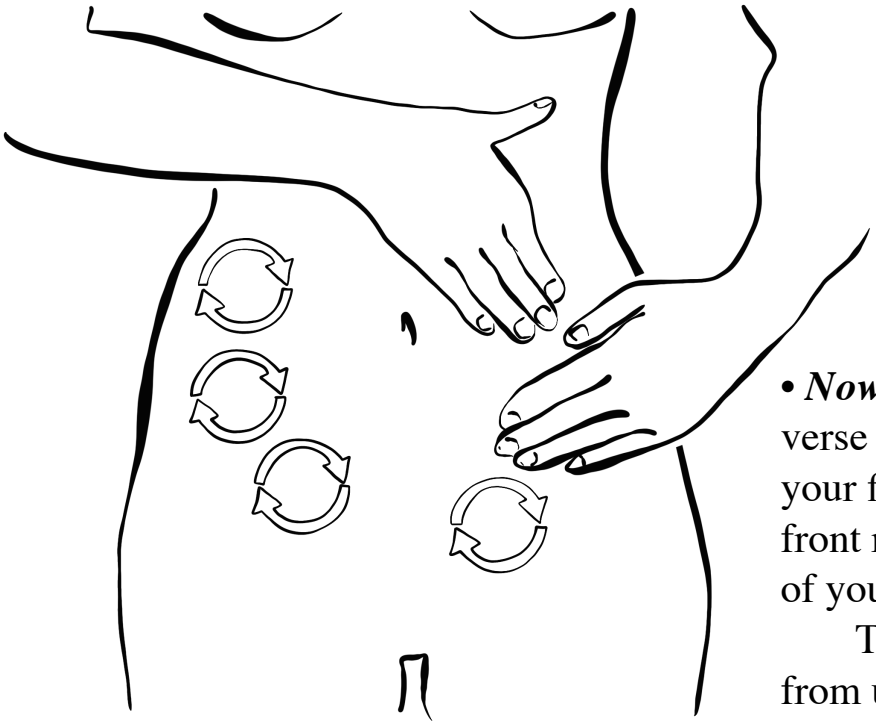
Drink at least 6-8 cups of water/day- more if you are active, pregnant, or larger in frame. Coffee is dehydrating, so drink a cup of water before your coffee.

Perform a Colon Massage Every Morning

The I Love U, or ILU technique is a gentle self-massage to help direct blood flow to the colon, ***move gas/stool content, decrease abdominal bloat/discomfort*** and can increase the frequency of bowel movements. It involves stroking and kneading throughout the abdomen following the position of the ascending, transverse and descending colon.

When you're upright during the day, gravity acts on the colon, helping stool move down the descending colon towards the rectum. Gravity doesn't exert the same downward force on the descending colon during sleep. So, when you wake up, ***give your colon a little kickstart with the ILU massage***.

BOWEL + MASSAGE



Use your fingertips of both hands to gently trace the outline of the colon over your abdomen. You'll start by ***tracing the letter I***, over the Descending colon.

• Place both fingers under the left ribcage at the far left of your abdomen where the ribs angle downwards.

Apply a gentle downward pressure over the soft abdominal tissue from under the left lower ribs to the top of the left pelvic bone. Do 5 passes.

• ***Now for the letter L***, the Transverse and Descending colon. Place your fingers just under the right front ribcage located at the far right of your abdomen.

Trace the Transverse colon from under the right ribs across the abdomen, staying above the navel, to under the left ribs. Then move down over the descending colon. Do 5 passes.

• ***Now for the letter U***, the Ascending, Transverse and Descending colon. Place fingers just above the front right pelvic bone and trace the ascending colon by moving upwards to the lower right ribcage. Continue to trace the transverse and finally the descending colon to complete the full movement. Do 5 passes.

Variation: do small circular motions instead of sweeps of your fingers Do this ILU massage once every morning.

Act on the Urge

Some people don't act when they get the urge to poop. They tend to hold back, wait too long and over time this leads to dysfunction. When the stool is ready to move out of the colon and into the rectum, you'll feel an ***increase of pressure in the lower abdomen*** as well as a sensation of fullness in the rectal region. If you don't feel or notice an urger, this may be due to high tone in the pelvic floor.

Don't Act on the CONSTANT Urge to Go

Some people report a sense of incomplete bowel movements and develop a situation where ***anytime they feel an urge, they have to rush to the bathroom and spend a long time straining "to get every last bit out"***, even though they've already had a few BMs that week. Acting on constant urges is not healthy.

The nervous system and brain can become a bit faulty and give this hypersensitivity of the urge to go. Know that the ***descending colon acts as a storage unit*** and doesn't have to be fully empty. If you've had a BM a minimum of twice a week, you're not going to become "backed up" requiring an emergency room visit. If you have a constant urge sensation, tell your brain that "I've already had a BM and don't need to act on every urge, so thank you for sharing". Do a few pelvic floor muscle contractions to shut down the urge sensation and move on with your day. Training your brain and nervous system to lower urges takes practice (doesn't everything?).

Use a Step Stool

If you have access to a step stool or a product similar to the Squatty Potty, put your feet on top of the stool. This places your knees higher than your hips and ***optimizes the position of the pelvis*** (by increasing the anorectal angle) for good elimination.

Take a few deep breaths

Once you sit on the toilet, do a few diaphragmatic breaths to ***activate the parasympathetic "rest and digest" nervous system*** which relaxes the pelvic floor and anal opening.

Good posture

Instead of a sitting in a slumped posture, hinge from your hips and ***keep your spine upright, and your belly soft***. Rest your elbows or hands on top of your thighs closer

towards your knees for support.

Make a sound

When voiding ***make a low "shhhhhh" or "grrrrrrr" sound*** to activate the core creating intra-abdominal pressure, to help the contents out.

Upward Pressure against the Perineum

With excessive straining, and after childbirth, the pelvic floor area can ***become too lax***. The tissues balloon out too far not allowing for good passage of stool. To prevent ballooning, if you can comfortably reach, place your fingertips of index/middle and ring fingers with short nails (!) on the perineum, the firm tissue located in-between the vaginal and anal openings. As you bear down, simultaneously press your fingers up against the perineal body. This manual upward pressure creates a barrier, preventing ballooning of the perineal tissue and help eliminate with ease.

Stretch The following three stretches ***massage the gut and improves blood flow*** throughout the digestive tract.

Single Knee to Chest- Perform three 30 second holds on each side
Spinal Twist- Perform three 30 second holds on each side. Spinal Cat/Cow- Perform 2 sets of 10 Twist- Perform three 30 second holds on each side
Cat/Cow- Perform 2 sets of 10 repetitions in each direction

You can find a video of these and all pelvic healing exercises in my affordable online pelvic home program, PelvicSense.

Perform a Daily Mindful Meditation

Our gastrointestinal (GI) system is optimally guided by our parasympathetic "rest and digest" nervous system. It works effectively and efficiently when there's a sense ***of calm and comfort throughout the body***. To activate your "rest and digest" system, listen to the Rewire audio guides in PelvicSense to achieve pelvic relaxation.

SUMMARY
Healthy Bowel Movement

1

STRAINING, INCREASED TOILET TIME, RELIANCE ON USE OF ENEMAS, ABDOMINAL BLOATING CAN BE SIGNS OF CONSTIPATION

2

BM FREQUENCY CAN VARY FROM THREE TIMES A DAY TO EVERY THREE DAYS

3

FIFTY PERCENT OF CONSTIPATION IS DUE TO POOR RELAXATION ABILITY OF PELVIC FLOOR MUSCLES

4

ACT ON THE URGE TO GO, BUT DON'T ACT ON THE CONSTANT URGE TO GO

5

CHECK OUT THE MANY STRATEGIES FOR HEALTHY BM — MAYBE ONE WILL BE YOUR HELPFUL TICKET

7

DO PELVIC SENSE FOR THREE MONTHS TO ACHIEVE OPTIMUM PELVIC HEALTH AND FUNCTION, LINK BELOW

TAP TO CONNECT WITH PELVICSENSE

THE PRO-AGE WOMAN
Women With Purpose

ELEVATING AGING THROUGH WRITING

Without a cultural ideal of old age, I created my rhythm. I began writing about fashion, beauty and wellness through the lens of aging, hoping to give women freedom to try new things, to wear what brings us joy, to release expectations and more.

CHRISTINE MORRISON

When I pivoted from a successful fashion/beauty marketing career at age 40, to take a chance on becoming a freelance writer, I envisioned my fashion, beauty and wellness writing assignments would perpetually surround youth; how to dress, look and feel young indefinitely – given our culture's obsession with staying young as well as our fear of aging.

I'd earned a Journalism degree and had spent years in evening classes at NYU and Parsons working on my craft (while maintaining day jobs in advertising and later, fashion) in hopes of breaking into women's magazines. Leaving a stable career to write was humbling. My portfolio consisted of a few published pieces. I had always been too busy – and too afraid – to commit to writing. Until I turned 40. I really had nothing to lose and I was certain I'd regret not taking a chance on myself.

I found my footing, in part, in the now-defunct "The Fine Line," one of the first online magazines geared toward women 45+ who embraced their age, their bodies and their beauty. The founder felt the glaring gap in the media landscape and I knew I had found a home.

Without a cultural ideal of old age, I created my rhythm. I began writing about fashion, beauty and wellness *through the lens of aging*, hoping to give women freedom – to try new things, to wear what brings us joy, to release expectations and more. I also believe my writing – which has expanded significantly and now appearing in a myriad of publications – helps educate younger generations to better understand what aging can look like; wonderful, filled with opportunity and new beginnings, rather than an ending of a life well lived.

At 53, I have never been more inspired nor had as many writing opportunities. I am currently fulfilling a lifelong dream of becoming an author, pitching a fashion essay collection about finding my authentic self as told through the styles that I wore throughout the years.

TAP TO CONNECT WITH CHRISTINE

Sun-kissed GLOW

AMANDA HARRINGTON, BODY MOUSSE - NATURAL HONEY

AMANDA HARRINGTON, THE FACE LIFTER BRUSH

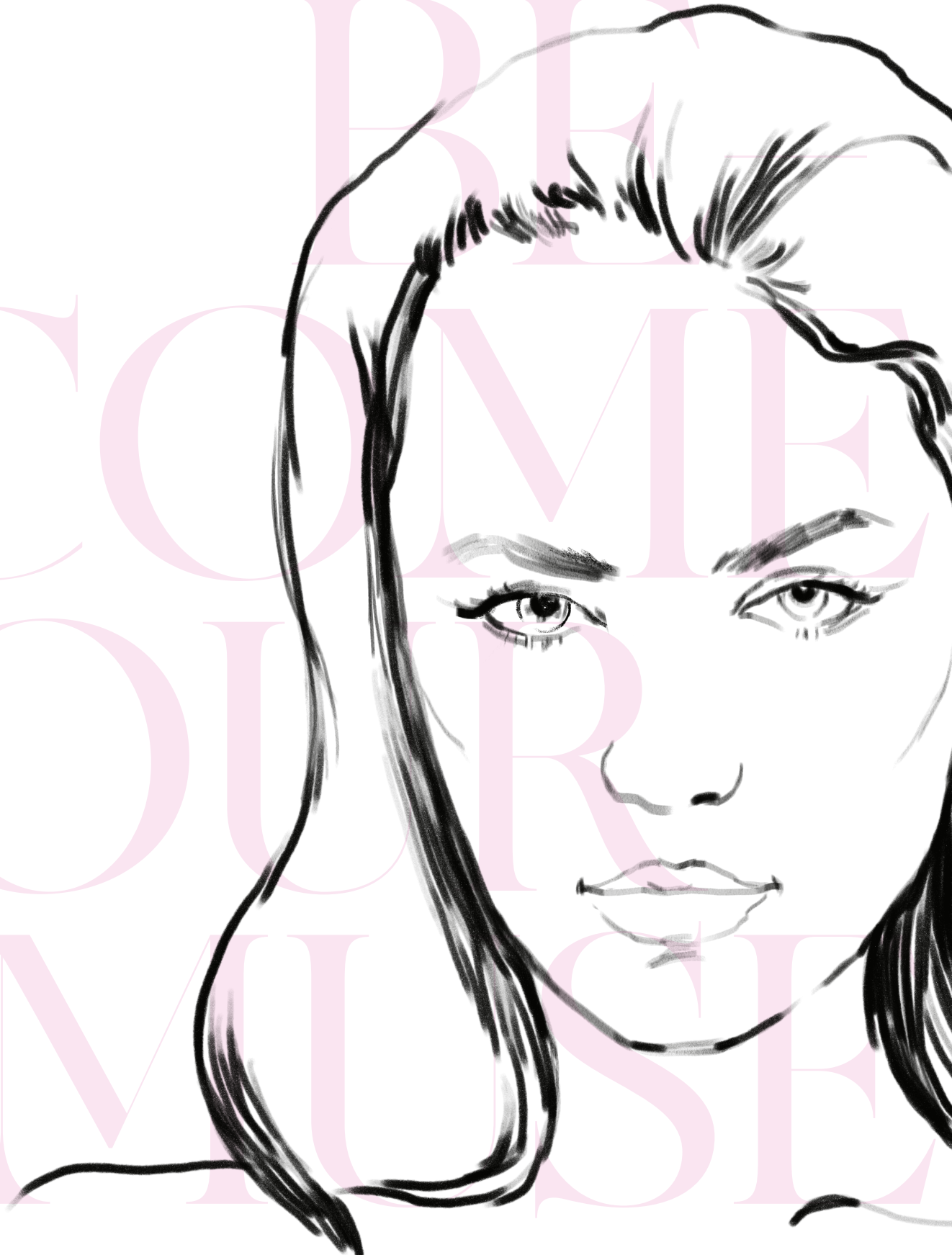
DR SEBAGH, SELF-TANNING DROPS

INDIE LEE, GENTLE DAILY PEEL

AMANDA HARRINGTON, NEW SKIN ADVANCED GLYCOLIC FACIAL PADS

OSKIA, ADAPTIVE TAN MIST

BE COME OUR MUSE



We, at The Pro-Age Woman, are initiating a campaign to curate a community of women with purpose; Women who inspire and support each other, who shines when others shine, who are lifted when others are lifted.

Intentionality is at the core of our brand. It guides us to constantly create with purpose and push the boundaries of what we ourselves seek.

So, we began to wonder what guides you to create with purpose and to push the boundaries. What does it take to continually challenge yourself and to feed your innermost desire to be your most authentic self.

WHAT IS A WOMAN WITH PURPOSE?

It means something different to everyone; but it's an essential part of who WE are as well as the community we are cultivating. Any and all of us are Muses; you are, your best friend is, your Mom, even the stranger walking down the street.

So again, we at The Pro-Age Woman, are curating a community of women who are inspiring all who are around her. To us, Women with Purpose are living with intention whatever that means to her. She is making a difference, through her style, her career, her social platform or just simply in her day-to-day interactions. She is the trendsetter of her own life and wants to share her acquired wisdom with others.

THROUGH OUR MONTHLY "WOMEN WITH PURPOSE CAMPAIGN", WE WILL SELECT WOMEN FROM ALL WALKS OF LIFE TO REPRESENT OUR PRO-AGE COMMUNITY AT LARGE.

Through this curated community, WWP Muses will share their individual stories and points of view with the goal of helping others, while creating a collective voice to stand as one for positive change. Built on intentionality, sustainability and collaboration, she explores her passions while consistently aiming to inspire herself as well others. Being a WWP Muse provides a unique opportunity to connect with a global community of Pro-Age Women from all walks of life, while sharing a common experience that will enlighten her own personal path as well as others'.

THE INTENTION OF THE COMMUNITY IS TO PROVIDE UNITY, INSPIRATION, DISCUSSION, INFORMATION AND SERVES TO CELEBRATE OUR ACCOMPLISHMENTS WHILE SIMULTANEOUSLY FORWARDING THE PRO-AGE MOVEMENT.

For the opportunity to be highlighted as our monthly WWP, please share with us your journey to living your purpose as well as where you are today; the how you did it, the obstacles you faced, the strategies you used to move past them. At this stage of your life, what gave you the fortitude to keep moving forward and accomplish all you have accomplished.

We'd love to learn from your experience as I know others will as well.
Please write to us at meri@theproagewoman.com

INSIDE THE WORLD OF
@theproagewoman

I'VE COME TO REALIZE THE PHRASES **GO WITH THE FLOW** AND **EXPECT THE UNEXPECTED** AREN'T CLICHéS, THEY ARE **ESSENTIAL LIFE LESSONS.**

KaZ Akers

#PAWVOICES

L'AGENCE

L'AGENCE embodies the mergence of the Los Angeles effortless lifestyle with an understated Parisian influence. Since the brand's inception in 2008, the California-based label has maintained its identity while using luxury fabrics and modern designs to produce timeless ready-to-wear for women.

In 2015, L'AGENCE launched their denim assortment combining style, cut and fit.

L'AGENCE continues to perfect its voice among the fashion influencers, providing women with a feminine versatile wardrobe that helps her elevate her personal style. It's a label that caters to the chic and elegant jet-setter. Producing 12 collections a year, L'AGENCE is available in approximately 300 doors in the US with major retailers such as Intermix, Bergdorf Goodman, Barneys New York, Saks Fifth Avenue and Nordstrom, Selfridges, and Harrods.

Known for its easy-to-wear wardrobe staples and relevant fashion looks, L'AGENCE has garnered a vast celebrity following ranging from Hollywood darlings to young starlets. Brand ambassadors include Angelina Jolie, Charlize Theron, Cindy Crawford, Emma Roberts, Karlie Kloss, Kate Beckinsale, Jennifer Lopez, Kaia Gerber, Lilly Collins, Demi Lovato, Ashley Graham, and Scarlet Johansson to name a few.

SHOP NOW

OPEN FORUM

theproagewoman

WHAT DO **YOU** THINK?

Each month it is our intention to create new features to add to the eMagazine. In our June issue , we are introducing "the Open Forum", A NO JUDGEMENT ZONE *where conversations can take place without condemming or denouncing the opinions of others in our community. To take the Pro-Age Evolution to the next level, we need to support, share, and encourage different points of view. This is the perfect place to do just that. I will begin the discussion with what's been on my mind..*

And then it's your turn..

MERI FRISCHMAN

GRL
PWR

So I just saw a Dove commercial on the self-esteem project for girls. With all the social media messages and use of filters, how is a young woman to accept and appreciate who she is..how can she remain true to herself?

Not easily..that's for sure..
and it got me thinking..

Is it possible that we older women are dealing with low self-esteem?
Hmmmmm..

Hearing all the negative messages we are bombarded with, how are we to feel about ourselves?

Is this what has fueled the multi-billion dollar anti-aging industry? Or is it the multi-billion dollar industry that fuels our discontent?

Is it this that is creating the barrage of creams, fillers, botox, cosmetic surgery?

No judgement..just pondering..
What price are we paying on an emotional level? On a spiritual level? To fight against the stigma that society places on older women..to what lengths do we have to go?

This concerns me..yet I'm not sure where to begin to help make changes.

Any ideas? I'm open to them.

Would love to hear your thoughts and to work together on "the self-esteem project" for the pro-age woman.

Where to begin??

I'd love to hear your thoughts..

TAP TO SUBMIT

JO MALONE
LONDON
SILK
BLOSSOM
COLOGNE

let's chat

We need to learn to live together, learn together and even work together. We need to break out of our artificial silos based on age and surround ourselves with a richness only diversity can foster.

JENNIFER TODD, PhD

I recently had a discussion with a colleague who would fall under the generational category of a Millennial. Despite the 20 plus years that separate us in age, we enjoy each other's company. We have good discussions about the many things we have in common. We share book recommendations. I like to hear her tales of life as a newlywed.

Something she said in a conversation stopped me in my tracks, however. She made a rather mocking remark about the way an older colleague had worded something. This person used what might be considered an "old-fashioned" or not contemporary term. My Millennial friend thought the use of this word was really unprofessional, and bemoaned having to work with older, unprofessional workers. Feeling this remark very sharply and personally, though it was not directed at me, as an "older worker" I felt the need to call her on this comment. It was a comment based on ageism which I know she didn't realize, but it was nevertheless an ageist comment. I asked her to consider that this was a term which probably was in the usual vernacular of the person. It probably was something the person was used to using in their circle of friends and their regular dialectic, and didn't find it inappropriate or old-fashioned in any way. The person certainly didn't think the use of the word was unprofessional, whereas my Millennial friend thought it was very inappropriate to use. It was not a curse word or derogatory term. Just not a contemporary term.

When I pointed this out to my Millennial friend, she thought about it, and then thanked me. She said she had not thought of it like that, and appreciated that I pointed it out. Then she added, "This is really helpful because I actually find that the people whom I consider to be the most professional people are all about my age." During our discussion she had an epiphany about the role that the assumptions she had made about people of different age groups, both older and younger, were unwittingly framing her opin-

ion about them. Her presumption about a person's use of language in her mind did not just date them, or provide an indication of their age, but rather that this use of particular language was inherently unprofessional even when used in passing conversation. In this case, use of a non-contemporary term was unprofessional and the person who used the term was judged as being professional.

We are all probably aware of old terminology, in particular old slang terms like "cat's pajamas" or "claptrap." We probably don't necessarily use them, but we recognize them as being related to an older person or older time. Do we assume someone that uses an old term is lacking in professionalism?

In the same vein, if we hear a colleague use a current slang term like "dope" or "lit," do we jump to conclusions about the character or professionalism of the person? Do we think they are young and inappropriate?

Research continues to show the benefits of a multigenerational workforce. We need members of all generations to work congenially together, to develop a pleasant work environment, form multigenerational friendships, and it turns out that it makes good business sense. Multigenerational workforces are more innovative, provide mentoring opportunities, encourage knowledge transfer, and promote the sharing of best practices from different points of view, as any diverse workforce does. In short, we need to get better at being a multigenerational workforce, but also a multigenerational society. We need to learn to live together, learn together and even work together. We need to break out of our artificial silos based on age and surround ourselves with a richness only diversity can foster.

Let's work to improve multigenerational relationships by having, and encouraging others to have intentional conversations across ages and generations. We need to do this with a mindfulness of our own assumptions of one another, and being open and willing to challenge those assumptions.

So let's start by having a chat..

TAP TO CONNECT WITH JENNIFER

MARCELLA

ANY TIME SPENT TRYING TO JUSTIFY WHY YOU FEEL BAD, IS A COMPLETE WASTE. **INSTEAD CHOOSE THOUGHTS AND ACTIONS THAT FILL YOU WITH JOY.**

Kristen Coffield

Sandy SOLES

ARIZONA LOVE, TREKKY RAFFIA-TRIMMED CANVAS PLATFORM SANDALS

CASTANER, CARINA 80 CANVAS WEDGE ESPADRILLES

GUCCI, PASCAR LOGO-EMBELLISHED RUBBER FLIP FLOPS

MARNI, SLIDE LOGO-EMBROIDERED RAFFIA SLIDES

GIANVITO ROSSI, TROPEA BRAIDED LEATHER FLIP FLOPS

GUCCI, ISLA BUCKLED RUBBER SANDALS

LOEWE, IBIZA COLOR-BLOCK WEBBING ESPADRILLE SANDALS

THE ROW, GINZA LEATHER SUEDE PLATFORM FLIP FLOPS

FIVE WAYS TO STAY MOTIVATED

when you don't feel like working out

BOBBI PARKER-HALL

People tell me all the time: “I just can't get myself to do the workout.”

We’ve all been there. You know how it goes:

You don’t wake up early enough to fit your workout into your morning schedule, so you tell yourself you’ll do it at lunchtime, but you don’t. The hours tick by and you still haven’t gotten that workout in. Now, it’s time for bed and you can't sleep. You’re too frustrated about letting yourself down. Again.

Sound familiar?

I legitimately used to struggle to find the motivation. Especially if I didn't have a big goal in front of me like a fitness competition. In fact, every client I've ever had struggles with this. Sometimes, that's exactly why they hire me—paying someone encourages you to show up and get your money’s worth.

Don’t have the cash for a personal trainer, but still want to stay motivated and meet your fitness goals?

Here are strategies to use when you don’t feel like working out:

Have a Workout Plan

“Plan your work and work your plan.” Have staying power and take the long view. You have to stay consistent to get results over a period of time. It's all in the plan and it will work if you stick with it long enough.

Find Music that Motivates You

Combine your favorite playlist with timed verbal cues such as a Tabata or interval timer. These can help keep your workouts moving. You can find these timers on Apple Music or in the app store.

Find Your Inspiration
Flip through workout magazines and look on social media. Find bodies you want to look like and create a vision board, even a mental one works. See yourself fit and in great shape. Visualization is a tool long used by many sports psychologists and put into practice by some of the greatest athletes around. Do not underestimate its power.

Use Positive Reinforcement
Remember how you felt after your last workout. Generally, everyone always feels much better after working out. Make a mental note and catalog these feelings. Use them as a reminder when you feel yourself wanting to slide back into old habits. Maybe you felt happy-go-lucky and stress-free. Or, perhaps, you felt a sense of accomplishment because you got to check your workout off of your to-do list. My favorite motivator: "The only exercise you'll regret is the one you didn't do." So True.

Know Your "Why"
One of my personal reasons for why I stay in shape is because it's my job. In a way, my body is my billboard. If my clients see that *I* am doing it, then they know I can help *them* do it, too.

Find your own why. It doesn't have to be complicated, but it might force you to become super vulnerable with yourself in order to discover the true why.

Often, your why is motivated by an upcoming event you want to look great for class reunions, weddings, vacations, or even a fitness competition.

These are all great why's. But sometimes we need to dig a little deeper and even take a peek at our shadow side.

Maybe your best friend just got in great shape and you are going on vacation together soon and you don't want to be the only one out of shape. It might sound shallow, but it's probably very real for some of us. We are human, after all, with a wide spectrum of emotions and motivators. Why not use them for our own benefit?

TAP TO CONNECT WITH BOBBI

CHOOSE LIFE

NICOLE LACHANCE
Photography by Natalia Fumagalli

"Mom, I love you so much. I hope that we can still do cool stuff together when you're 95!"

Reflexively, I answered, "Oh, honey, I don't want to live that long! Mommy can't be on a diet until she's 95!"

As soon as the words were out, I realized their inanity, their utter lack of wisdom. This was not the response of a pro-age woman! How can it be that I allowed my vanity, my unreasonable fear of gaining weight, to eclipse my desire for longevity?

In response to my ridiculous statement, my innocent thirteen-year-old son earnestly tried to convince me that it would be okay to go off my diet when I turn 80, that I could start eating cheesecake and drinking wine, and it would be okay to wear muumuus. The earnestness in his eyes was almost tragic. He was trying to convince me to choose life! This is not his role; episodes like these remind me that I need to gain some wisdom and reorient myself toward my core values.

This moment of recognition was the wake-up call I needed to take a cue from the pro-age woman's playbook. These women understand the importance of nourishing their bodies, and the value of self-love. The more mature and experienced women I know place more emphasis on strengthening their bodies, keeping active, and enjoying life. By surrounding myself with positive influences, I'm working to rewire my brain. I want to shift my focus away from my crippling fear of gaining weight, so that I can emphasize health and vitality, instead of the number on the scale.

Take, for example, vocal pro-age woman Jamie Lee Curtis, whom I have always enjoyed as an actress. The daughter of Hollywood legends Tony Curtis and Janet Leigh, Jamie always seemed to exude confidence, like she had nothing to prove. In a recent *Instagram* post, commenting on the release of her latest film, the 63-year-old star wrote the following:

And my instruction to everybody was: I want there to be no concealing of anything. I've been sucking my stomach in since I was 11, when you start being conscious of boys and bodies, and the jeans are super tight. I very specifically

decided to relinquish and release every muscle I had that I used to clench to hide the reality. That was my goal. I have never felt more free creatively and physically.

How can anyone argue with that? I want this freedom too! What would it even feel like to walk around without sucking in my stomach? I have no idea! I waded into this freedom over the weekend, when I took a small trip with my daughter. For three days, I ate like a teenager, swam in the hotel pool, didn't count calories (or fruit and vegetable portions), and wore sneakers and low-heeled shoes. While I can't see myself letting go of all my hang-ups, I love knowing that it's an option, and I can take baby steps to get there.

Maybe I can start by trying not to obsess about what to order on a menu, or drinking a glass of wine with friends, even if I've already consumed a serving of carbohydrates that day. Fitting into size 24 versus size 25 jeans will not make me a better parent, a better friend, a better lover, or a better person overall. I have friends who eat, and they're happy.

I caught one friend, who has a nice body, eating a full-sized candy bar in the locker room. Shocked, I asked her what it felt like, and she looked at me like I was from outer

looked at me like I was from outer
space. Clearly, my question wasn't normal. Being on a diet for your whole life is not normal. The pro-age woman bubbling up inside of me is finally beginning to recognize that my quality of life isn't tied to the number on the scale.

Of course, I need to choose life. The pro-age woman knows what she's all about, namely health and wellness. Self-confidence, self-love, and kindness, these are the qualities that make a person attractive and fun. I don't know why I apply such a harsh standard to myself, when I don't apply it to my friends and loved ones.

There have been too many occasions that I cancelled because I didn't feel thin enough, so while I'm not ready to stop sucking in my stomach altogether, I am willing to adopt the pro-age mentality of relaxing and enjoying my current state of wellness and accepting the changes that come with each passing year. Maybe this means that I'll wear flats occasionally, or maybe it means that when my son wants me to have a bite of one of his wiener-stuffed pretzels, which are not typically on my menu, I'll just go for it! One thing's for certain—I'm making it to 95!

TAP TO CONNECT WITH NICOLE

INSIDE THE WORLD OF
@theproagewoman

I LOVE MY MATURE BODY. **MY BELLY IS ROUND AND FULL OF FIRE.** MY HAIR IS WHITE AND CAN EASILY TAKE ON PURPLE, PINK OR BLUE. WHATEVER *inappropriate for my age color* I FEEL LIKE. **MY SKIN HAS GROWN THIN IN SOME PLACES ON MY BODY'S TOPOGRAPHY AND YOU CAN SEE THE GLITTER RUNNING IN MY VEINS.** BUT GLITTER STILL RUNS IN MY VEINS.

Jennifer Todd, PhD

#PAWVOICES

Sunfilled CASA

Homeware Pieces To Bring Summer Into Your Space.

HELLE MARDAHL, BON BON SUGAR GLASS JAR

LUISA BECCARIA, CRYSTAL DEGRADE GLASS DESSERT BOWL

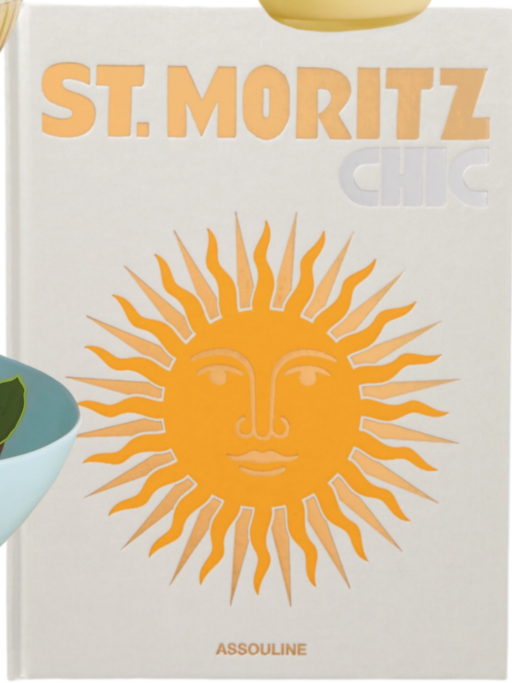
LOEWE, IBIZA LEATHER-TRIMMED PALM AND WOOD FAN

HELLE MARDAHL, BON BON LARGE GLASS JUG

LOEWE HOME SCENTS, LUSCIOUS PEA SCENTED CANDLE

LA DOUBLEJ, RAINBOW CHAMPAGNE COUPES

BERNADETTE, CERAMIC SALAD BOWL



ASSOULINE HARDCOVER BOOKS

wellness KARMA

RECIPES FOR LIFE:

SEXY SUMMER SIPPING

Let's face it, summer is most people's favorite time of the year!

KRISTIN COFFIELD

Longer days, cookouts and hot summer nights turn back the hands of time and make us feel young and invincible. But too many glasses of wine or sugar-laden cocktails can make short work of our carefree joy.

It's time to give summer sipping a makeover. When we are traveling or on vacation, it's tempting to sip sugary and delicious things like margaritas and daiquiris. All those liquid sugars light up our brain's pleasure centers and leave us craving more. That's because sugar is the most addictive substance on the planet, right up there with Opium, so when we drink sweets, we crave sweets.

Warning! All those liquid sugar calories are not only a recipe for an unwanted muffin top on those already snug white jeans; they are dangerous for our health.

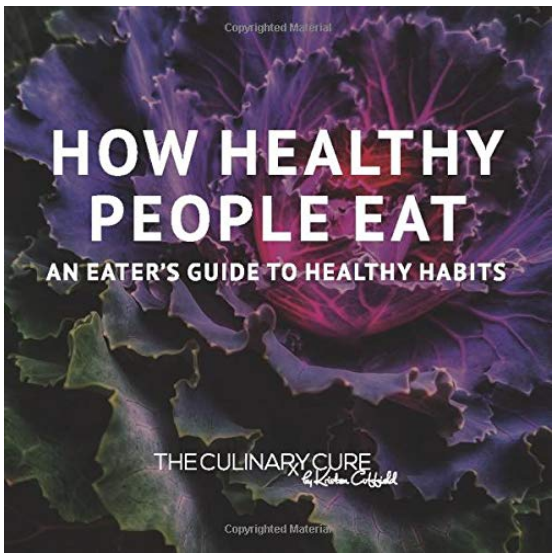
Processed sugar is horrible for humans; it is linked to inflammation and weight gain. Artificial sweeteners and sugar alcohols are as bad if not worse, ruining our gut microbiome and triggering a response that extracts more calories from our food and stores them as fat. If we want to live younger, longer, and better, we need to pay attention to sugars and their role in stealing our wellness.

Wellness karma is about balancing everything in our lives to keep the good energy flowing. Balancing fun with what is good for us, enjoying all that life has to offer mindfully and taking nothing for granted, especially our health.

The start of summer is the perfect time to inventory your summer sips and snacks and give them a wellness makeover. If you need some inspiration and recipes, visit me at my website, and let's have some fun.

Eat Well. Drink Well. Be Well.

Kristen



TAP TO ORDER

THE CHIHUAHUA COCKTAIL

THE CHIHUAHUA TASTES LIKE A PARTY WITH OUR WITHOUT ALCOHOL

Tequila is unique because it is made from the agave plant, and the sugars are called agavins. Agavins are non-digestible sugars that do not cause a spike in blood glucose. That is a good thing!

Does this mean tequila is actually good for us?
Nope. No alcohol is "good" for us, but tequila won't spike our blood sugar, especially when combined with fresh flavors in a “healthy-ish" low-sugar version of a margarita. So, if you want to indulge, consider tequila.

Thanks to the fresh grapefruit juice, this riff on a margarita is lower in calories, higher in vitamin C, and loaded with beneficial electrolytes, potassium, and bioflavonoids. Serrano or Jalapeño slices add the health benefitting alkaloid compound, capsaicin which has antibacterial, anti-carcinogenic, analgesic, and anti-diabetic properties. The Chihuahua is a refreshing summer cocktail that tastes like summer fun without the downside of added sugar.

TAP TO CONNECT WITH KRISTEN

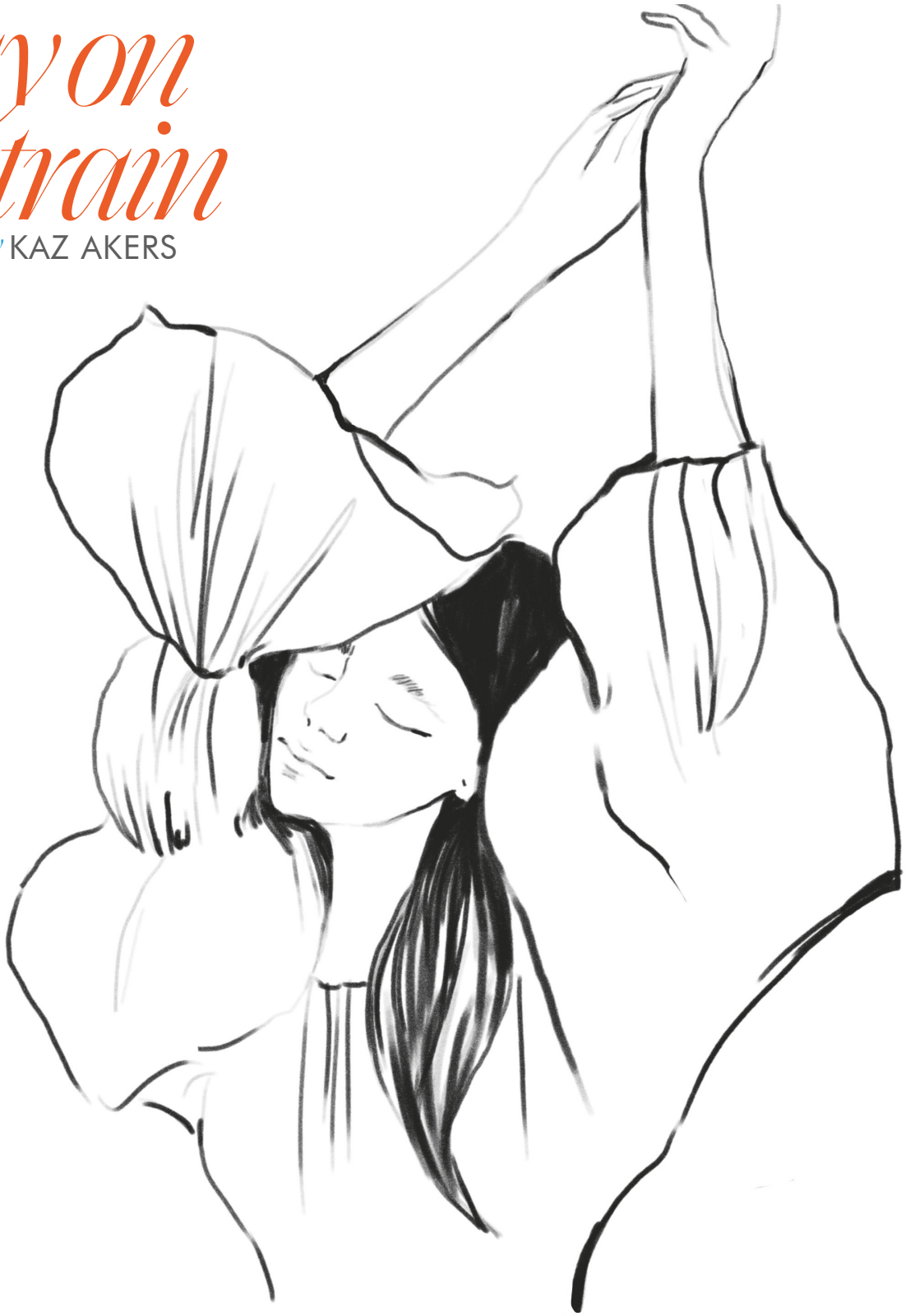
Ingredients
2 oz 100% Blue Agave Blanco Tequila
1 oz freshly squeezed pink grapefruit juice
2 oz seltzer water
1 slice of Jalapeño/Serrano chili
1 lime wedge squeezed

Instructions
Mix the first 3 ingredients in a glass with ice and stir.
Add a slice or two of chili pepper and a squeeze of lime and enjoy!

Serves 1

stay on the train

a poem by KAZ AKERS



TAP TO ORDER

Most WANTED

JADE TRAU, 18-KARAT GOLD DIAMOND SIGNET RING

SEA, RYLEE WOOL-BLEND TOP AND BRODERIE ANGLAISE COTTON-POPLIN SKIRT SET

BOTTEGA VENETA, ONE-SHOULDER SEERSUCKER SWIMSUIT

FRAME, LE PALAZZO HIGH-RISE WIDE-LEG ORGANIC JEANS

ANYA HINDMARCH, LEATHER-TRIMMED PRINTED COATED-CANVAS TOTE

BYREDO, EAU DE PARFUM - ELEVENTH HOUR

RICK OWENS, TWILL HIGH-TOP SNEAKERS

ALAIA, 110 LEATHER WEDGE MULES

THE ATTICO, ZEBRA-PRINT LEATHER CLUTCH

VISIBLE

women 60plus

SUSIE LANG

BY ROBBIE QUINN

I started this account in 2017 when I turned 60 because I felt as though I was becoming invisible. At the time, I thought of myself as being invisible to the world - and in part, as an older woman, I was invisible on so many levels to myself. As I continued to work with extraordinary women all over 60, I noticed a lot of similarities around this. I was not alone. After all, we've lived a long life, had buckets of life experience, and have gained wisdom, resilience, maturity, and authenticity that belongs to each. The greatest thing for me, is that in working with women, I have felt what is most individual (to myself) is most universal (to others). I continue to be very curious about connections with women specifically as I had grown up with a strong male presence in my early years; a father, four brothers and as a pre-teen, an absent mother. Is it that most women gather emotional and fundamental support from other women - a parallel depth of understanding, a sense of knowing? And women over 60 - if I dare to generalize, are a special group that senses what each other is going through.

We are taking small steps toward making changes, enabling society to SEE older women.

We are taking on the bigger picture in smaller forces. And of course, change takes time. Older women in advertising, older women in movies, older women speaking out and creating a force to be reckoned with all help to accomplish change.

Behind an aging facade, is a woman who has lived her life, who has desires and dreams, who is searching for meaning, who is looking for purpose, who still has a life to live, and who wants to make her own choices about whether to be visible/invisible at times that suit each of us.

As we age and in working with Women60+, I've realized that we have each experienced losses in our lives - children leaving the nest, experiencing death, dying, retirement, relocation, ill-health, etc. Most of us experience an empty void, often lacking in direction as we head into our older age. As we navigate this "pre-golden" age, I have discovered the yearning in searching for meaning. As an older group of women, we are sculpting ourselves for our own lives.

TAP TO CONNECT WITH SUSIE

INSIDE THE WORLD OF
@theproagewoman

YOUR DEEPEST BELIEFS DRIVE WHAT SHOWS UP IN YOUR LIFE.. SO, WHAT ARE YOU SAYING TO YOURSELF?

Pirie Jones Grossman

#PAWVOICES

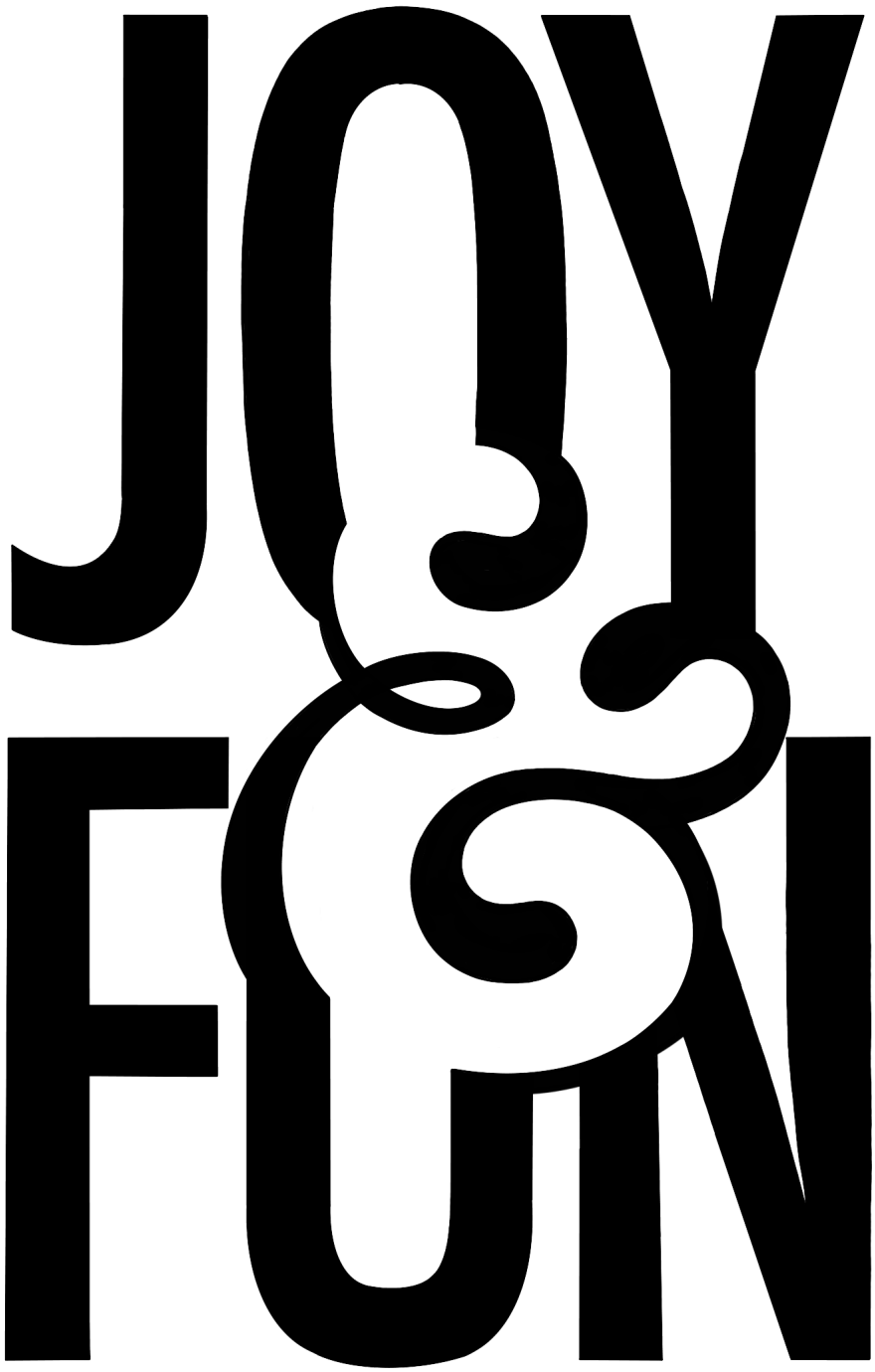
The Frankie Shop

Over the past years, Frankie Shop NYC and now Paris have been touted as the go-to place for unfussy, minimal, wallet-conscious styles. After all, every woman should be able to wear the garments that they inspire designers to make – no matter how high the rent gets!

Frankie is set to inspire the girl who enjoys affordable luxe-looking basics that connect with her city lifestyle; whether by taxi, subway, bike or cobblestone. Think classic shapes and timeless touches. Your everyday, effortless wardrobe with the occasional twist for flair.

The Frankie Shop Online will provide exclusive pieces from on-the-pulse designers such as Rachel Comey, Caron Callahan, LOQ, Karen Walker as well as hard-to-find international selections from Australia, Korea, Russia, Ukraine, Spain and many more. All the things you love about our brick and mortar store from the comfort of your Pinterest-perfect studio.

SHOP NOW



RUTH YUNKER

Ruth Yunker is an author, humorist, and memorist. She's written three books, the first two about her long stays in Paris, solo and surviving in that most temperamental of cities. She's lived a well-traveled life, and currently resides in Long Beach, California. She has two grown children whom she adores, peanut butter and mandarin oranges are her daily breakfast, and she swears by the health, psychological and spiritual benefits of yoga.

TAP TO ORDER

Milestones

AREN'T JUST FOR KIDS

The conversations I have had with women over the past several years prove that our milestones can be heartbreaking or ugly, but most of them... Most of them are remarkable. I'm even going to go so far as to say they can be magical. And all of them should be celebrated.

DARA GOLDBERG

The other day I was taking my dog, Chumley, to the dog park when I passed the preschool down the block from my house. Standing in front of the building were two young moms, and I overheard one of them say to the other, *'It was such a relief when our pediatrician said that Lily is right on track to meet all of her developmental milestones.'*

I couldn't help but smile remembering my own daughters' milestones, like when Sara walked home from school on her own for the first time, and when Lucy learned to ride a bike.

As my mind flooded with happy memories, I started to marvel about the things we go through when we are young and that Society celebrates:
— Developmental milestones for babies and toddlers when we learn a word, sit up, and take in solid food.
— Bigtime 'firsts' in our lives: First bigtime job. First house. First child. First love. First kiss.
— Hallmark positive events and achievements: weddings, leaving home, signature birthdays and anniversaries, graduations, etc.

I let out a giggle as I thought to myself, "I've had milestones in midlife too."

And the list is long. And impressive. And beautiful.

Milestones like:
— The moment I realized I get to define who I am, how I show up, my values, etc., on my own terms,
— The first time I realized that I am unembarrassable
— The moment I knew that sexy is a mindset, not a size, shape, age, or an outfit,

— The first time I made the (unbelievably difficult) decision to let go of a friendship that wasn't working for me and knew–even through the pain–that it was the right thing to do,
— Recognizing that what Society calls a 'midlife crisis' is actually a midlife growth spurt, and an exciting open door to my next chapter,
— Becoming a solo entrepreneur for the first time at 42,
— Finally understanding that perfection doesn't exist and letting go of the pursuit of it - in all aspects of my life,
— The moment I made the conscious decision to be kind and affirming to the person I see staring back at me in the mirror every day.

At first, it was just a playful thought, but then my mind (and my veins) rushed to the reality of what I was thinking: women in their 40s, 50s, 60s, 70s... 100s experience our own set of milestones.

The conversations I have had with women over the past several years prove that our milestones can be heartbreaking or ugly, but most of them...

Most of them are remarkable. I'm even going to go so far as to say they can be magical. And all of them should be celebrated.

I know there may not be Hallmark cards for our midlife milestones, or themed party favors. But, they are real. They are ours. And, we have every reason to celebrate them with a fierce kind of pride.

TAP TO CONNECT WITH DARA

INSIDE THE WORLD OF
@theproagewoman

GOALS ARE NOT DEFINED **BY AGE.**

Bobbi Parker-Hall

#PAWVOICES

POP SHOP

We are excited to be introducing a new feature that we call "The Pop-Up Shop". Our intention is to provide a space for new and emerging brands to showcase their products to our ever-growing readership community of women 50plus. For more info please email

BETTER NOT YOUNGER

Better Not Younger is a haircare brand for women over 40 whose sense of confidence and beauty get better every day. Our products are the first specifically designed for aging hair.

SHOP NOW

SHOP NOW

"Qi" (Chi - pronounced chee) means Life Energy or Life Force. It stands for the energy in all things, the vital energy forming part of any living entity in the entire universe.

Flowers contain the most Qi. According to ancient Eastern philosophies when a plant flowers it is believed that it's at the peak of its life and the flowers are the fruit of this highest level energy Qi. When we take in this flower Qi it can help us heal too.

DRINK THE QI

GET MAUDE

As a modern sexual wellness company built on quality, simplicity and inclusivity, we're on a mission to make intimacy better—for all people.

SHOP NOW

SHOP NOW

So you can curl up in our oversized rock and love or kiss me later jumpers, create a sporty look with GM, Romeo and Juliet sweatshirts, sport a more urban or city look with our Jefferson pant suits and our perfectly tailored Wilson shirts and for a more bohemian look, Nathalie's signature look, you'll love our long dresses with Hortense broderie anglaise or our boho pieces made from cotton voile with lace inlays. All styles, all body types and all women are at Grungemama so don't hesitate to join our community, our world is designed for you.

GRUNGE MAMA

JL ROCKS

For jewelry lovers who spoil themselves, JL Rocks' arsenal of accessible luxury pieces are bound to delight and inspire. Deftly straddling the line between classic and cutting-edge, JL jewelry emanates a young, vibrant energy for wearers of any age. Shop the brand's artisanal and designer earrings, rings, bracelets and necklaces online and from its charming boutiques in Westport and Greenwich—curated by owner and tastemaker extraordinaire, Jamie Camche—or at Bungalow Westport. Stop in for that outfit-making statement piece or for the everyday accessory you'll never take off. Or even better, why not both?

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Sleepwear for the modern woman

The big, comfy picture. From head-to-toe, pieces intentionally designed to complement your most leisurely moments—from tops and bottoms to robes, dresses, accessories, sets, and sleep masks and more.

LUNYA SLEEP

PARACHUTE HOME

Modern Bedding and Bath essentials for a more comfortable home.

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Created initially based upon the needs of skincare virtuoso Jami Morse Heidegger's age 50+ skin, Retrouvé's supremely efficacious, multi-purpose moisturizers address multiple skin concerns, including fine lines, firmness, elasticity, and brightness. Infused with high concentrations of clinically effective ingredients set in otherworldly textures, Retrouvé products balance the skin's natural processes for healthy radiance.

RETROUVE

RITA WHITE

Rita White is an award winning Artist and Print Designer from Ireland but living in NY. Her hand drawings feature many subjects that interest her from the world around. Drawings are then further developed to inspiring and colorful designs that are printed onto luxurious silk accessories. Each design has a story.

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SHOP NOW

Skin Gym is an innovative beauty brand that fits right into your active lifestyle, drawing on ancient beauty techniques to provide modern beauty tools. Skip the needles and fancy equipment and take beauty into your own hands, facial tool at a time.

SKIN GYM CO

SUNDAYS FOR DOGS

When a veterinarian and an engineer couldn't find the perfect food for their own dogs, they decided to make it. Finally an alternative to kibble that's healthier and tastier, but just as easy.

SHOP NOW

SHOP NOW

An antidote to modern times. Drinks and powders to help you feel calm and collected.

TAKE A RECESS

WE ARE BLOCH

Delivering elevated, wear every-where attire, Bloch embraces high quality with high design. Bloch is looking forward—evolving, innovating, and creating dynamic apparel made to make moves.

SHOP NOW

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Winged specializes in supplements to help women with specific needs like Sleep, Mood, Skin, Energy + Stress. We combine specific herbs, cannabinoids and adaptogens that help achieve the desired outcome and also help with hormonal balanc-ing. Winged has 5 supple-ments that incorporate CBD in the formulas and 5 that don't use CBD but in-stead utilize adaptogenic mush-rooms and botanicals.

Winged's formulas are thoughtfully crafted by a holistic nutritionist and credentialed master herbalist and all ingredients are clean and natural and free of GMOs, gluten, and synthetics.

WINGED WOMEN

Diving into BYREDO

Our 10 Best Byredo Fragrances Ranked..

Nº10 — FLOWERHEAD

In traditional Indian weddings flowers are everywhere. The explosion of colour is wildly celebratory and the intertwining scents are overwhelming. Flower heads are strung together on giant leis which are exchanged between bride and groom as a token of mutual respect.

Nº9 — SLOW DANCE

The slow dance: A rites-of-passage moment for both girls and boys before they metamorphose into women and men. A feeling of exhilaration tempered by awkwardness, a heady collision of innocence and experience, not knowing and knowing, felt across countries, cultures and time. Slow Dance mixes ideas of the feminine and masculine, bitter and sweet, in a rich, intoxicating distillation redolent of warm skin and breathless exchange. Here clichés mingle and become something more; at once familiar and iconoclastic, the ancient perfumer's arsenal is made modern and anew.

Nº8 — MOJAVE GHOST

Mojave Ghost is a woody composition inspired by the soulful beauty of the Mojave Desert. In this xeric wilderness, rare are the plants that dare to blossom. With a light and graceful character top notes of musky Ambrette combine with fresh Jamaican Nesberry. Powdery Violet then unfurls to reveal Sandalwood. Finally warm Chantilly Musk rounds out a base of crisp Amber and Cedar wood, leaving the raw spirit of Mojave Ghost to linger on the skin.

Nº7 — BIBLIOTHEQUE

Sheltered from the passage of time, libraries have the power to teleport us to a world in suspension. The velvety quality of the paper embodied in a touch of peach, plum and vanilla and the omnipresent patchouli like a backbone runs through the composition.

Nº6 — ROSE OF NOMAN'S LAND

Rose of No Man's Land is the nickname given by soldiers to the nurses who saved thousands of lives during WWI. The scent is tribute to selflessness and compassion.

Nº5 —
SUNDAZED

Sundazed catapults through sunny top notes of mandarin and Californian lemon to a bold heart of neroli and Arabian jasmine. Like cotton candy, a cascade of white musk injects this citrus scent with the endorphin rush of sugar on skin. Nostalgia and escapism entwine to channel the warmth of an endless summer.

Nº4 —
MIXED EMOTIONS

Mixed Emotions, an epicene scent designed to reflect the tumultuous nature of our times. Drawing on the Byredo philosophy of translating fragmented memories and abstract ideas into scent, Mixed Emotions presents an olfactive sketch of our current, collective state of mind. Comforting notes of maté and the sharp sweetness of cassis sit within a wooden framework; the reassuring scent of black tea disturbed by violet leaf synthetics.

Nº3 —
VELVET HAZE

Velvet Haze evokes the daze state attained in artificial paradises. The opulence of the scent embarks us in a psychedelic whirlpool. Along this exhilarating path, the sweetness of coconut water soon gives way to the feverish power of patchouli leaves. An experience of all senses that the velvety cacao and the wild musk enrich with their earthy envelope.

Nº2 —
OUD IMMORTEL

The duo Oud Immortel and Accord Oud are both created around oud, a certain type of wood that because of its use in traditional incense and perfume, has gained great cultural significance and has gotten its existence recorded in one of the world's oldest written texts - the Sanskrit Vedas from India. When the once light heartwood from the Aquilaria tree becomes infected with a specific type of mold, it defends itself by saturating its core with a dark, highly fragrant, resin. This dark wood, oud or agarwood holds a complex fragrance, resembling few or no other natural ingredients.

NO1 —
BAL D'AFRIQUE

With a focus on beauty and fantasy, Bal d'Afrique is Ben Gorham's 'love letter' to Africa. Wanting to sum up and celebrate the reach and influence of Africa through time, particularly the way its myriad cultures have shaped dance, art and music, the idea of an imaginary event.

TAP TO SHOP

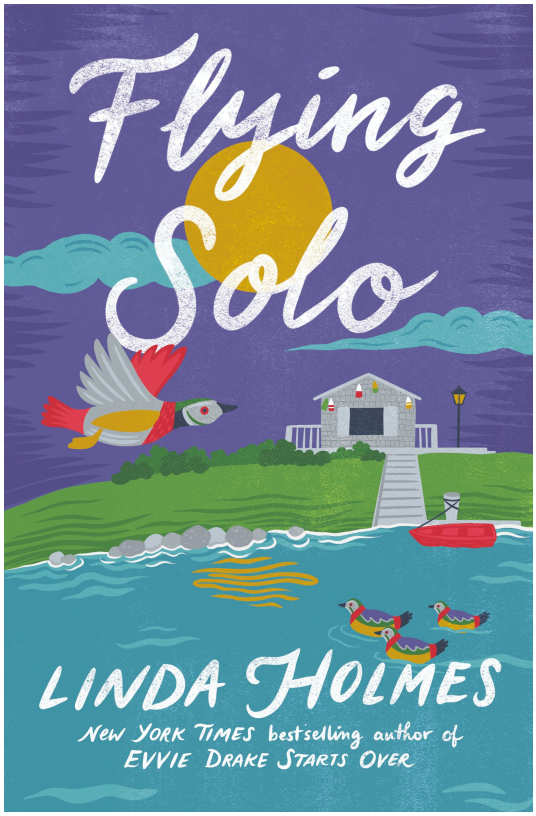
INSIDE THE WORLD OF
@theproagewoman

NEVER **SAY NO TO A** COOKIE

Ruth Yunker

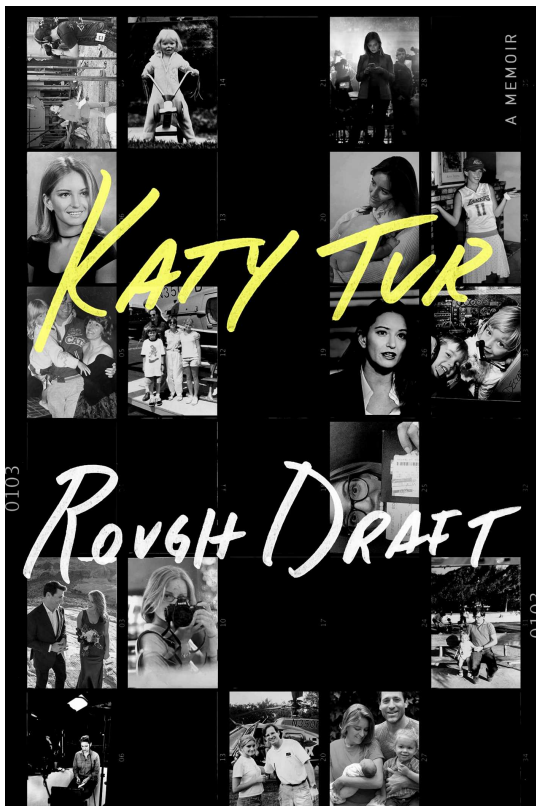
#PAWVOICES

June ENTERTAINMENT



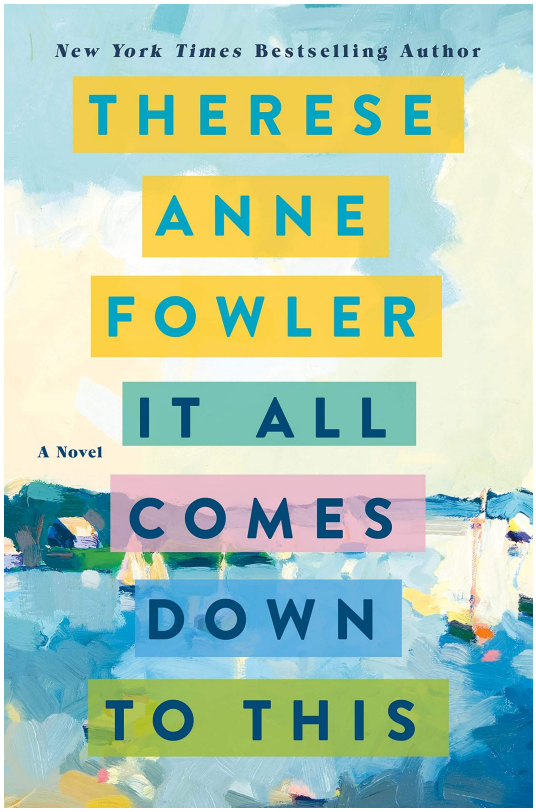
Flying Solo *by Linda Holmes* — After her canceled wedding, Laurie Sassalyn returns to her Maine hometown to settle her great-aunt's estate. Digging through her aunt's house, Laurie is surprised to find an old love letter with a strange signoff and a gorgeous carved wooden duck. When the duck disappears under suspicious circumstances, Laurie dives into her great-aunt's secrets and discovers what it means to make a life for yourself.

Flying Solo is a cute summer romance about discovering yourself in your midlife full of silly hijinx as Laurie fights to get back her aunt's duck with the help of old friends and a handsome ex-boyfriend. Holmes's story heavily relies on the concept of an alternate happily ever after, showcasing that marriage is not for everyone.



Rough Draft *by Katy Tur* — MSNBC news anchor Katy Tur recounts a lifetime of chasing news. Her parents Marika Gerard and Bob (now Zoey) Tur gained fame and

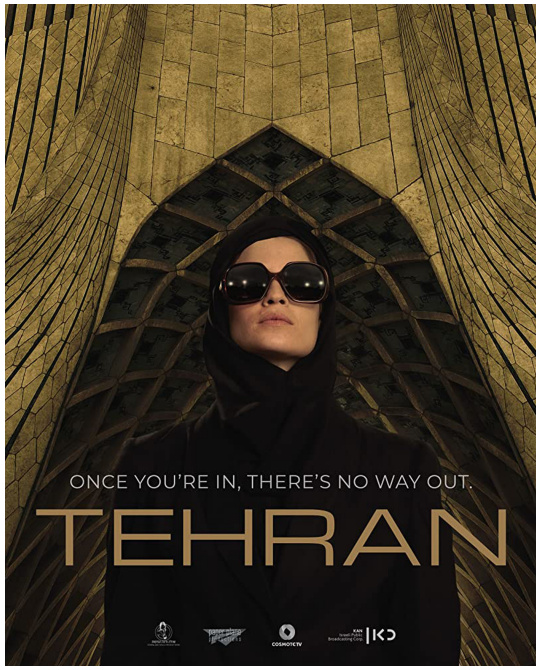
wealth as helicopter journalists covering such events as O.J. Simpson's car chase. By high school, they had lost it all, leaving Tur with a complicated relationship with her parents. Telling of her own rise from local reporter to foreign correspondent and eventually news anchor, Tur ponders on the roles and responsibilities of journalists.



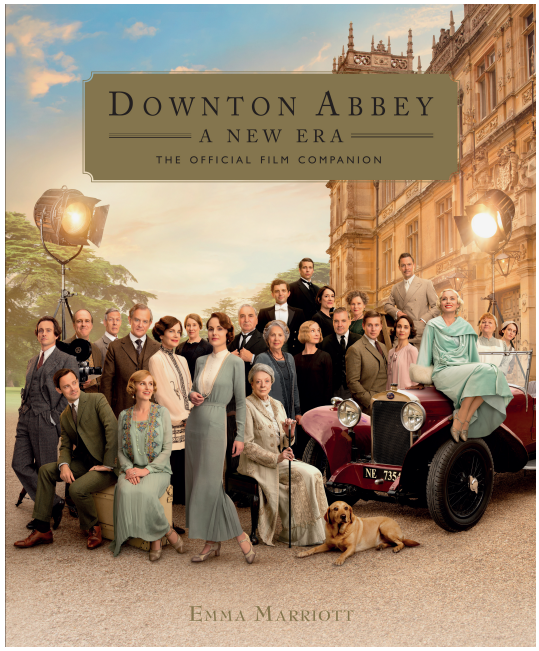
It All Comes Down to This *by Therese Anne Flower* — Marti Geller has always stated that, after she dies, the family summer cottage will be sold and divided between her three daughters. Beck, a freelance journalist in a loveless marriage, is counting on the inheritance to give her time to write a novel and change her marriage. Recently divorced cardiologist Clare is struggling to fix her complicated love life and Sophie is an Instagram influencer whose empire is sitting on a house of cards. With the death of their mother and the debate over the cottage, the three sisters must come to terms with their own lives. I love a good family drama, but *It All Comes Down to This* just didn't connect with me. I wasn't interested in any of the sisters' storylines and the drama felt stale. Even worse, the romantic relationships were a mess, yet then everything tied into too neat of a bow. The whole book felt pointless, and I would suggest passing on this one.

The Staircase (HBO Max) — is a miniseries based on the true story surrounding the mysterious death of Kathleen Peterson, whose body was found at the bottom of a staircase in her North Carolina home back in 2001. Her husband, Michael Peterson, a famous novelist, was accused of her murder and subsequently convicted in 2003.

Anatomy of a Scandal (Netflix) — Sophie's privileged life as the wife of powerful politician James unravels when scandalous secrets surface — and he stands accused of a shocking crime.



Tehran (Apple+)— Created by Moshe Zonder, Dana Eden and Maor Kohn, Tehran follows **Tamar, a Mossad hacker-agent who infiltrates Tehran under a false identity to help destroy Iran's nuclear reactor**. But when her mission falls apart, she must put together a new operation that will place everyone she holds dearest in jeopardy.



Downtown Abbey (2022 • Drama/ Romance) — The series, set on the fictional Yorkshire country estate of Downton Abbey between 1912 and 1926, depicts the lives of the aristocratic Crawley family and their domestic servants in the post-Edwardian era—the great events of the time having an effect on their lives.

Land (2021 • Drama) — A grieving lawyer (Robin Wright) decides to move to the harsh American wilderness in Wyoming. Later, she has a near-death experience and a hunter saves her life.

Still Alice (2014 • Drama) — Dr. Alice Howland (Julianne Moore) is a renowned linguistics professor at Columbia University. When words begin to escape her and she starts becoming lost on her daily jogs, Alice must come face-to-face with a devastating diagnosis: early-onset Alzheimer's disease. As the once-vibrant woman struggles to hang on to her sense of self for as long as possible, Alice's three grown children must watch helplessly as their mother disappears more and more with each passing day.

Blue is the fourth studio album by Canadian singer-songwriter Joni Mitchell, released on June 22, 1971, by Reprise Records. Written and produced entirely by Mitchell, it was recorded in 1971 at A&M Studios in Hollywood, California.

Tapestry is the second studio album by American singer-songwriter Carole King, released in 1971 on Ode Records and produced by Lou Adler. It received four Grammy Awards in 1972, including Album of the Year.

Wildflowers is the sixth studio album by American singer and songwriter Judy Collins, released by Elektra Records in 1967. It is her highest charting album to date, reaching No. 5 on the Billboard Pop Albums charts. The album was arranged by Joshua Rifkin and produced by Mark Abramson.

Here Comes the Sun is the thirteenth studio album by American singer Nina Simone, consisting of cover versions of songs by pop and rock musicians, released by RCA in April 1971. It features songs recorded in the RCA studios with a full orchestra and backing vocals.

INSIDE THE WORLD OF
@theproagewoman

IF THERE IS ANYTHING YOU SHOULD **STOP WEARING** AFTER THE AGE OF FORTY, IT IS **THE WEIGHT OF OTHER PEOPLE'S OPINIONS.**

Tracey Lea Buchler

#PAWVOICES

Comfort
SKIMS

SHOP NOW

June SKIES

Things may seem slow as June starts thanks to Mercury retrograde in Taurus until the 3rd, and then Saturn turning retrograde the next days. Neptune turns retrograde later in the month, so we may feel like we're going forward in some ways, and looking back in others. We may be more restricted and have foggy energy.

Mercury moves into Gemini on the 13th with a Sagittarius full moon on the 14th, and this stirs up lots of mental energy, and we can be emotionally invested in our knowledge and what we believe and say. We may feel like we don't have enough space, and push against others to get the space we want, but we may need to be careful with how we do that.

Venus entering Gemini makes mental connections in relationships more important, and the Sun in Cancer can help us to tend to emotions as well. It can be a good time to get started from the bottom and work your way up with an idea, and the Cancer new moon late in the month can present opportunities to do that. Comfort and familiarity also may be needed to help soothe and maintain stability.

KEYWORDS THIS MONTH

Take things slow at start
Use your mind
Improve foundations
Connect mentally with others
Take care of home matters
Be comfortable

MAIN DATES

June 03rd - Mercury Direct in Taurus
June 04th : Saturn RX in Aquarius
June 13th : Mercury Enters Gemini
June 14th : Sagittarius Full Moon
June 21st : Sun Enters Cancer
June 22nd : Venus Enters Gemini
June 28th : Neptune RX in Pisces
June 28th : Cancer New Moon

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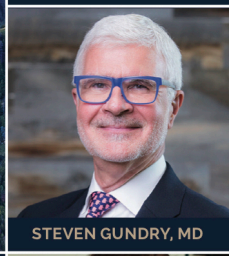
JUNE 10-13, 2022

25th ANNUAL

COMING HOME

ALEJANDRO JUNGER, MD

NORA McINERNY



STEVEN GUNDRY, MD

PIRIE JONES GROSSMAN

Friday, June 10 • 9:00AM-Noon

Create the Next Best Chapter of Your Life

Sunday, June 12 • 9:15-10:30AM

The 5 Activator Steps to Reinvent Your Life

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