

SYNOPSIS
BOOMERS & BEYOND- Rx for The Golden Years
by
Heidemarie Rowe, RN

BOOMERS & BEYOND- Rx for The Golden Years- provides helpful nuts and bolts-information and inspiration for 77 million Baby Boomers and 36 million American Seniors. Fear of declining physical and mental health, losses of loved-ones, financial losses, loneliness and feelings of helplessness when faced with one's own mortality are among those giants waiting to attack.

Is there hope and purpose, or is senior life an expected downhill spiral? Seasoned with humor, quotes, lists, personal stories, the author shows how faith, love and a positive mind-set are vital for living the "Golden Years."

CHAPTER 1 - Older or Better

Imagine an end to the search for the Fountain of Youth, a lifespan of 200-300 years? Best of all, Uncle Sam is picking up the tab for all who cannot afford this heaven-sent prescription. The poem *How to Know You Are Growing Older* dispenses humor and brings the readers back to reality. How old is old, is a question asked and answered. Other topics of chapter one include: No exceptions, A thankful spirit, Birthdays, birthdays..., Positive and negative views, The best is yet to come?, The reality of "you just never know..." tells of happenings in the author's live, which she never imagined could happen. An invitation cordially invites everyone to come along, go prospecting, find those nuggets, and make their senior years golden.

CHAPTER 2 - Marvelous Mind-Set

Chapter two emphasizes the importance of a positive mind-set, the power of thinking. Meet the Goliath-twins named Fear and Anxiety. Along with their younger brother, Worry, they are the culprits, causing havoc in many lives. Other sub-chapters address Fear in all sizes, Faith versus fear, Famous but suicidal, Recalling memories. Many examples by people who have found ways to adapt to life and its challenges show how people have found strength in their faith and were able to develop a right mind-set.

CHAPTER 3 - Clearly Coping

Recognizing, reducing, and coping with stress are important to good health. The Stress Rating Scale allows the reader to diagnose their own stress level. The story of Gert's Secret, shows how an 87 year old lady defeated her giants. Chapter three identifies laughter as an antidote and best medicine. Studying the examples of people who have used their coping and survival skills effectively, readers are encouraged not to give up.

CHAPTER 4 - Good Grief

The sub-chapters: Survival of major devastation, Forms and stages of grief, Where the rubber meets the road, working and praying through grief, show how to come through at the other end of life's trials and heartbreaks. Helpful examples include hints and experiences shared by Kenneth Czillinger, M.Div., the late Dr. B.R. Lakin, Robert DiGiulio, PhD, Bernie Siegel, M.D., and the author herself.

CHAPTER 5 - Bridge-Builders

Building and maintaining healthy relationships are at the core of this chapter, which includes the following sub-chapters: Fences are great- bridges are better, Good communication, Master-Builders in action, Dreaming grandma, Unforgivable?, Forgiving and forgetting. Here the author tells serious and funny "tales out of school." Bridge-builders in action show the effects of forgiving and forgetting, the true value of friendships and peacemakers.

CHAPTER 6 - Transforming Thoughts

Content of chapter six shows how a good attitude leads to contentment and that there is hope for the pessimist. Sub-chapters include: Self-inflicted torture, Operating the greatest power tool, Famous power tool operators, All about attitude, Can bad turn good?, Hope for the pessimist, Hope is vital, Remember when..., Contentment.

CHAPTER 7 - Trip Preparations

How to prepare physically, mentally, emotionally, financially, and spiritually for the end of life is the theme of chapter seven. Readers are encouraged to make important decisions while able to do so, choosing their preference of Advance Directives for their Healthcare. Sub-chapters are: Stand-by versus traditional travel, Planning ahead, Advance Directives for Healthcare, New tool, Last Will and Testament, Shirt without pockets, Options for distribution, Miscellaneous preparations, and Spiritual preparations.

CHAPTER 8 - Free to Live

Prepared for the trip, ticket at hand, now it's time to live, making win-win choices daily, cashing in on valuable dividends, experiencing, that it is more blessed to give than to receive. Real life stories from the lives of people listed in the author's "Volunteers Hall of Fame" are included. The following sub-chapters contain valuable and helpful details: Who wants to be 100?, Win-win choices, Online Bonding, Trading commodity, Different strokes, The "Doers", Into the hearts, The "Giants" are coming, Determination, Advice is free.

CHAPTER 9 - Dignity-Issue

Dying a positive experience? Chapter nine relates Hospice as an important option for end of life Healthcare and stresses the importance of effective pain management, which should always be the rule and not an option. Sub-chapters take a positive approach to the issue and include: Death-wish, How people die, What are we afraid of?., Fear of pain, Meeting the challenge, Facts about Hospice, Effective pain management, Abraham Lincoln- the first Hospice volunteer-chaplain?

CHAPTER 10 - **Take-Off**

Sub-chapters such as: Not the final curtain, Sure as taxes, Skeptics versus believers, The hope-factor, Anticipation, Saying "Auf Wiedersehen" (good-bye), share anecdotes and information which goes to the heart of the skeptic versus the believer. It shows how the "hope-factor" determines the experience and leads to anticipation, because death is not the final curtain.

A LIST OF TELEPHONE NUMBERS AND ADDRESSES OF VARIOUS ORGANIZATIONS, PROVIDING HELPFUL INFORMATION OF INTEREST TO SENIORS, IS INCLUDED.

INTRODUCTION

This year, I received two birthday cards. The first one pictures a talking turtle on the front of the card who says “Remember, age is all in your mind ...the trick is to keep it from creeping down into your body! Have a Happy Birthday.”

The other card shows a group of cows in the pasture at the very edge of a sharp decline. While one of the cows is falling over the cliff, going down fast, the others are standing by watching, and one says “It’s official then...You’re over the hill!

Was my family telling me something?

This is not the way I want to visualize my Golden Years. Instead, I would like to remember the time of our visit to Austria, in 2003. St. Johann in Tirol, Austria, had their annual Knoedelfest and we enjoyed being part of it. There was music, lots of people, food, drink, and 20,000 Knoedel (dumplings) of all kinds of flavors, including cheese, onions,

During our stay, we had the opportunity to go to the Kitbuehel Horn, a mountain, 2200 meters high. I guess we cheated, because we went with another couple and took their car for part of the way. Then it went uphill on foot. The sign said.....minutes, but it seemed like it took us forever going uphill, yes, there are struggles at times to make it. Tom, the ex-farmer, stopped and patted a cow and I just had to take pictures of some beautiful flowers, and a biker attempting to take his bike up to the top. We met many seasoned hikers with their special gear, equipped with the right kind of shoes and walking sticks anticipating to reach the top of the mountain.

When we finally reached the top, we sat down, we admired the breathtaking view and rested up for our descent.

While growing older can be a challenge at times, and may feel like we are hiking against the wind, an uphill struggle, with a good attitude and God’s help, we can make it.

Acknowledgements

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Many other people have been instrumental in making this happen and I want to thank my first editor, Sue Hemingway, next came Dianna Lefas, Maxine Waldron and Marion Stevens, all who have been an encouragement and great help.