

Senior Lifestyles

MARCH 2021



THE KEYS TO PASSING YOUR ASSETS TO YOUR FAMILY QUICKLY AND EASILY

BEST PART: YOUR COMPLETE ESTATE PLAN IN 6 WEEKS OR LESS

DOES THIS STORY SOUND FAMILIAR?

Elizabeth had a good husband, good family, and nice nest egg. She and her husband always had estate planning on their "to-do" list, but life and procrastination got in their way. Well, Elizabeth's husband, Frank, had a stroke one day. Elizabeth had to sue her husband Frank, have him declared legally incompetent by a judge, just so Elizabeth could gain access to Frank's IRA to pay their bills. She had to report to a judge every year and account for how she managed Frank's money. When Frank's condition got worse, she had no choice but to put him in a nursing home where she depleted their entire nest egg of hundreds of thousands of dollars. After Frank passed away, Elizabeth and their children got strung along for years in probate court. Then, when Elizabeth tried to sell her home, one of her children (with influence from a spouse) would not sign the paperwork that was necessary for Elizabeth to sell her home – she was stuck, unless Elizabeth sued her own child to have court force the sale of the home.



Stacey R. Walters
Estate Planning Attorney

THE REALITY OF TIME AND MONEY LOST IN A NORTH CAROLINA PROBATE

So you think you have peace of mind because you've written a Will to safeguard your family's inheritance. But instead, you leave your family with months, even years, of Probate Court Coupled with a frozen inheritance. Surprisingly, there's a simple solution that North Carolina families are taking advantage of, once they learn how to make things simple.

COULD ONE HOUR WITH THIS ESTATE ATTORNEY KEEP MORE FOR YOUR FAMILY?

If you have put off getting all of your estate legal affairs in order, I've got some good news for you. I have put together a very effective program that will help you protect and preserve what you have for yourself and your family, without giving up control or causing government intrusions and public airing of your estate, by avoiding Probate court.

At Thomas-Walters Estate Planning, our sole focus is on estate planning, which means we know all the circumstances to anticipate for you and your family. Call for a FREE consultation or let us send you our legal guide "You Don't Know, What You Don't Know: Perfect Estate Planning in North Carolina." Our dedicated team of professionals are available to meet your needs at (919) 424-8277.

WHAT OUR CLIENTS ARE SAYING

"Stacey is an exceptional Estate Planning attorney. The first time you meet with her, you will know immediately that she has the expertise to walk you through the entire estate planning process."

-BOBBY GLISSON

"Stacey was outstanding...The process was efficient, seamless, and hassle free. We would (and already have) highly recommended Stacey to friends and family."

-MR. & MRS. BARNETT



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- Receive money monthly should a spouse pass?
- Travel, fix up your home, or enjoy life?

*Borrower must continue to pay property taxes, homeowners insurance, and home maintenance costs

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LOST FOREVER: DIGITAL ASSETS IN AN OUTDATED ESTATE PLAN

By Stacey Riley Walters, Esq.

Imagine, this...your dad, who you had just seen at Thanksgiving using his camera to snap photos of his beloved family around the traditional turkey filled table, dies unexpectedly two days later of a brain aneurism. You are devastated, thinking about the memories just made and you want to capture those moments from his cell phone, but it is locked. You call the cell phone provider, only to be told that they cannot give you any information, or access to the phone. The photos are lost forever!!! If only there were a way....

What Are Your Digital Assets?

We live in a very electronic age. Most of us cannot live without computers, cell phones, on-line banking, automatic bill pay, Facebook, email, etc. But you know, many people take all the security and passwords for granted in our electronic age when we are taught not to share these keys to our on-line lives. What happens to these things and your family's ability to access these digital accounts and devices that control and drive your life when you are incapacitated or you die? A mess is the result, if they cannot easily access all that you control. But some things you want to leave private, and that is the one of the keys to having your Digital Estate Plan in place.

This list is not exhaustive, but is to get you thinking about all of your Digital assets and information your family, power of attorney, executor or trustee will need if you become incapacitated or even die.

Email Accounts: Account user names and passwords.

Social Media Accounts: Facebook, Twitter, Instagram, Flickr, Pinterest, LinkedIn, and others.

Instant Messaging/Chat Accounts: Skype, Apple Messages, Google Hangouts, ICQ, Jabber, Yahoo Messenger, AOL Instant Messenger, etc.

Multimedia Accounts: Instagram, Snapfish, Shutterfly, Flickr, Hulu, YouTube, Netflix, Apple iTunes, Pandora, Vimeo, Spotify, etc.

Publication Accounts: newspapers, magazines, blogs, etc.

Cloud Storage Accounts: DropBox, Google Drive, Onebox, Box, and others.

Databases: Digital Organizers, Evernote, and other repositories

Photo libraries: Google, Collage, Shutterfly,

Cell phones



Archives & Backups: On-site backups; Crashplan, BackBlaze, Amazon S3, and other off-site services.

Financial Accounts: Banks, credit unions, brokerage accounts, mutual funds, retirement savings accounts, credit card accounts, employee benefit accounts, PayPal, Social Security.

Benefit Accounts: Airline miles, railroad miles, hotel rewards, retailer reward/loyalty programs

Insurance Accounts: Life, Property, Health, AD&D, Long Term Care, Cancer, Worker's Comp

On-line Merchant Accounts: Department stores, Amazon, etc.

Online Businesses: Online stores, blogs, and websites, including PayPal, eBay and Etsy.

Website Accounts: Domain names, hosting services, online business accounts, etc.

Automatic Bill Pay and Automatic Charitable Donations

Employment accounts: Indeed, Career.com, Care.com
It is imperative that you consolidate all this information needed to access your accounts. It needs to be in a document that you keep secure but is easily accessed and understood by your family, your Digital Power of Attorney, Executor or Trustee. Think about all your digital assets, both personal and professional, and think about what they might be worth, financially, and emotionally. Just imagine how your significant other or family will feel if all their credit cards are frozen, if they cannot access precious photographs from your cell phone, or worse, if they cannot even access accounts to stop automatic payments from coming out of accounts to preserved assets for your heirs.

How Digital Assets Are Controlled

Terms of service agreements and privacy policies govern access to social media and email accounts. Most of these types of agreements state the account expires when a user dies and is not transferable. As a result, surviving family members are unable to access social

media accounts or valuable digital assets, since most estate plans were created without consideration of these things and old state laws that govern the actions of personal representatives or executors were enacted before email and social media became widespread.

However, at least 46 states since 2013 have enacted laws addressing access to email, social media accounts, microblogging or other website accounts, or certain electronically stored information, upon a person's incapacity or death. In 2016, North Carolina became one of the states to adopt digital asset laws.

Create Your Digital Asset Inventory

Your inventory should include all the information that describes your accounts, the access location, login information including user name and password, and all the other URL and need information, aka metadata that goes along with digital assets. Don't forget photos, documents, and backups stored in the cloud or in off-site locations. Since this information changes often it is critical that you review and update the inventory regularly.

Plan for Unexpected Events

Although your inventory will probably be invaluable to you in your daily life, you should plan for two types of unexpected events:

- 1] The computer containing your inventory crashes, or your house burns down and any paper copies of your Inventory are lost. This shouldn't be a big problem, if you have been diligent about maintaining backups and if you have shared copies with your trusted advisors including your power of attorney. An at home safe is one of the best ways to keep paper documents secure from catastrophes, but it has to be waterproof and fireproof.
- 2] You are incapacitated or die and your heirs need access to your digital assets. It is a good idea to identify someone that you trust to be your *Digital Executor/Trustee* and let them know what you want done with your digital assets. For example, you might want them to:
 - Archive everything for your heirs.
 - Provide access by specific individuals or groups to designated content.
 - Delete some or all of your digital assets. Be specific about your wishes.
 - If you want to let your executor decide what to do with your assets you should make this clear in the instructions.

You might want to archive your most important digital assets and then provide your executor with the information needed to access the archive. If you use 1Password, Google or some other password manager be sure to include the master password in the instructions. And don't forget basic things like the password to your computer and password to your cell phone. NOTE: facial recognition and fingerprints cannot be unlocked!)

FOR YOUR FREE DIGITAL ASSET INVENTORY CHECKLIST, just email us at legalteam@twestateplanning.law, and mention this article.

*** The above summary is general information. Do not rely upon the above for definitive legal advice. In accordance with N.C. State Bar Rules, note this contains dramatizations. Not all scenarios represent actual people or real events*

At Thomas-Walters, PLLC, we care about you and your family, making sure every part of your estate plan preserve precious memories for your family and not leave a mess. Contact us for a free consultation to make sure you have considered everything for a perfect plan at (888) 787-1913 or to request your free Digital Asset Inventory Log.



North Carolina licensed Attorney Stacey Riley Walters is a North Carolina native, who graduated Magna Cum Laude from Elon University. She attended Thomas M. Cooley Law School and has been in practice for more than 20 years. The cornerstone of Stacey's practice is planning for the unexpected after she was unexpectedly blessed her disabled daughter. She focuses solely on Estate Planning, Wills, Probate Avoidance, Trusts, Special Needs, Probate and Trust Administration. Stacey has served on UNC Children's Hospital Family Advisory Board, Make-A-Wish Foundation and has participated with the Triangle Down Syndrome Network. Stacey is member of the National Association of Elder Law Attorneys, the Society of Financial Service Professionals, and Elder Counsel.

It's Time to Dress Fearlessly and Throw Out the Plus Size Style Rule Book

By Stephen Hadley •



Fear holds us back. It holds us back from saying what we feel and doing what we want. Fear even controls what we wear. Remember the last time you put on your favorite outfit and loved it? But then you had a nagging doubt...

“Can I really get away with this at my age? Am I just too big to make this work?”

If you let this type of fear take over, it will dictate your every fashion decision. Don't let it! Here's how to break away from the stereotypes so often imposed on mature plus size women.

Change Your Perspective on Plus Size Style

There's a tide of change pushing aside the so-called 'style rules' that women used to let control their sense of style. Many plus size women have heard these before:

“Prints and stripes are risky. Stay with black, it's safe and slimming. Bright colors are a no-no, go with darker shades.”

The same goes for 'age appropriate' clothing – it just winds up being restricting, restraining your ability to express yourself naturally with your outfits. These rules take away the fun of fashion. Break the rules of what is typical, safe or appropriate for your age and size. Instead, dress appropriately for your personality, your style preferences and the occasion.

Break the Rules: Color and Print

Choose prints that enhance your body shape. For some women that means large, abstract patterns – such as tie

dye and [batik](#). These keep the eye moving and distract attention from problematic areas.

How many times have you been told you shouldn't wear prints? Ignore that nonsense. Just make them work with your body. A neat pinstripe can add an air of elegance. And stripes, both horizontal and vertical, can create a super cute look.

Remember, too, that not all stripes are made the same. Thin, thick and shifted stripes on your outfit each create a unique, refreshing look. Try a wide diagonal striped top with an abstract pattern for an eye-catching effect that complements your figure. As for color, don't stick to all black and neutrals. Experiment with different colors and tones that work with your skin complexion and fit your personality. Remember – there are no rules!

Break the Rules: Fit

Body and age shaming comments tell you to hide away your curves and weight. They're made out to be bad things you should be ashamed of. Terrible. Shatter those rules by embracing your mature, curvy physique. For some women, this means wearing body contouring dresses that dramatically highlight their curves. If that's not your preference, go with a more conservative look that still gives you a natural feminine shape.

The point is to not be forced into large, shapeless clothing. Here are some ways to embrace modern fits and not be controlled by body or age shaming: Try slim-cut jeans in a heavy denim with a little stretch. You'll get a smooth, updated look that's also super comfortable. A flowing skirt in a vibrant color with a cute blouse makes for a beautiful, casual outfit. Sleeveless dresses and open-shoulder tops are perfect as the weather gets warmer. Go with what makes you comfortable and confident.

Fearless, Fabulous Fashion

Get rid of the fashion fear factor! Embrace a mature, modern approach to style that throws out the rules of yesterday. Instead, discover your own rules of fashion. Take back control of your style.

Remember, your clothing is an outward expression of your inner self. Stand tall and let everyone know you have nothing to fear. Your attitude will triumph over any stranger's petty glance of disapproval.



THE FACES OF WEALTH MANAGEMENT

Shortcuts don't lead to the best financial planning, and that's why Chornyak & Associates doesn't use them. Developed over 40 years, Chornyak uses proprietary processes and systems to research, analyze, select and monitor recommended investments. With a thorough understanding of each client's financial picture, Chornyak builds comprehensive planning strategies to help achieve their dreams.

It takes more time to ask lots of questions, gather detailed information and act as a true partner, but Chornyak believes that's the best way to be sure every financial decision supports their clients' goals and desires with broad diversification and proper investment allocation. This disciplined approach is based on one simple belief: investors rarely reap above-average returns by taking unnecessary risks.

Chornyak manages over \$1.3 Billion in assets for over 1,000 individuals and businesses nationwide.

The Columbus firm grew its business through referrals from satisfied clients who recommended its customized, comprehensive financial planning to friends and colleagues.

CHORNYAK & ASSOCIATES

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Robert A. Mauk, CFP • Joseph A. Chornyak, Sr., CFP' - Managing Partner • Joseph A. Chornyak, Jr., CFP

About Chornyak & Associates

Success in the financial planning field means having a passion for what you do. After more than 40 years in the business, Chornyak & Associates still operates on that simple principle. “You have to be willing to roll up your sleeves and then give unconditionally, sharing your knowledge with clients to try and help them as much as possible,” says Joe Chornyak, Sr., founder and managing partner.

“Everyone’s financial lives are so complex that we must help them with all the different pieces and parts,” says Joe, Sr. “My philosophy has always been that I can’t help people realize their goals unless I have a clear understanding of their total financial picture. Our firm needs to understand how all of the pieces fit together in order to help clients make the right long-term decisions.”

Every move the staff at Chornyak & Associates makes is customized and individualized to the client’s particular goals and objectives. The firm’s core belief and philosophy is that before giving advice to a client, the advisor must imagine being in their client’s position.

Finally, a Financial Planning Book That Takes You Behind The Scenes

A New Book Written by Joe Chornyak

Released in April 2021

THE WEALTH MAZE: SECRETS FOR NAVIGATING THE LABYRINTH OF LIFE

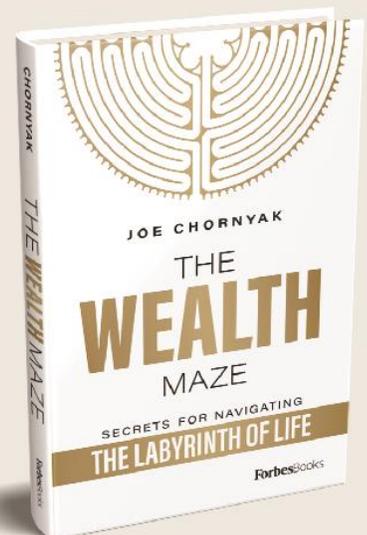
Joe Chornyak has helped hundreds of people turn around their finances, secure their futures, and avoid the sharks posing as financial advisors. Now, his book can help you do the same.

Have you ever wondered how much an investment is really costing you in hidden fees? Joe will show you. Are you concerned about how to create a legacy and what will happen to it once you’re gone? Joe knows because most of his clients are with him for life. With knowledge that comes from years of experience and integrity that comes from the heart, Joe Chornyak can help you find a stronger, more secure, and more realistic financial path—starting now.

Now, you can peek behind the curtain and see how the financial planning business really works. Joe will show you how:

- To understand the three kinds of money you have: short-term, intermediate-term, and long-term
- To determine the true risks between actively and passively managed mutual funds
- To protect what you’ve accumulated from taxes and other predators
- To understand the total cost of working with an advisor

Hundreds of people have trusted Joe Chornyak with their money and their dreams. Now, you can trust him to show you how to secure your future.



FIND IT AT AMAZON.COM

Why Are Support Groups Important Aspects in Post-Stroke Care Plans?

By Ted Wolfendale, Esq.



My mother started Dial a Nurse over four decades ago because she saw the need for Home Health care after my father fell ill with a terminal disease and there was no one to turn to for help. Since then, we've been a family owned company that has been serving the Naples area for two generations. While we are certainly proud to be the oldest home health care agency in SWFL, there is nothing quite like the feeling of knowing you are serving your community in a positive way.

For me, running a Home Health Agency is more than just a business. As I walk and drive around the town I grew up in, I don't see potential clients. I glimpse my fellow Neapolitans: our neighbors and our friends. That's why I have always had a great desire to give back to Naples the love that it has shown me all my life. So, when I was offered the opportunity to write a series of articles on health care related matters for this magazine, I jumped at the opportunity. Given our extensive experience in serving Naples seniors, I thought it might be helpful and informative if I took the time to share with you some of the things I've learned about elder care and well-being.

In my years of running Dial a Nurse, I have found that one of the most devastating illnesses that can happen to you or your loved one is a stroke. According to the American Heart Association, each hour about 90 people in the U.S. suffer a stroke. About 1 in 20 people face some form of long-term disability after a stroke. However, physical disability is just one of the struggles

people face. There's also the mental and emotional aspect that impacts overall well-being.

What Happens During a Stroke

There are three main types of strokes. The most common is an ischemic stroke. In this type, something – be it a plaque or a blood clot – blocks a blood vessel within the brain. With blood no longer reaching that area of the brain, there's no oxygen to keep the brain cells healthy.

Hemorrhagic strokes occur when an artery within the brain ruptures and leaks blood into the brain cavity. There's a second kind of hemorrhagic stroke that occurs when bleeding starts between the tissue covering the brain and the brain itself. Either way, it puts too much pressure on brain cells and causes cell damage.

Mini-strokes or transient ischemic attacks (TIAs) occur when blood flow to the brain is only blocked for a few minutes. It's an indicator that a stroke could happen in the near future. About 30 percent of people who have had a TIA have a stroke within a year if they don't seek medical care.

Immediate care is needed when any form of stroke is happening. Numbness and tingling in the arms, face, or legs is one symptom. Confusion, slurred speech, vision difficulties, headache, or mobility problems are also common.

Recovering From a Stroke

After a stroke, the patient needs to work very carefully with their doctor. Rehabilitative services are a must. You or your loved one is likely going to have to learn to use arms and legs again. Learning to talk again is often required. Some stroke victims never regain their full abilities. Home care services become an important part of a post-stroke care plan.

In addition to the physical healing and rehabilitation, stroke victims often experience emotional and mental difficulties. The loss of speech and mobility is frustrating. There's also a layer of fear that it could happen again.

Depression is one of the most common mental disorders following a stroke. Anxiety and panic are others. They may both appear. Some stroke victims have another mental disorder known as the pseudo-bulbar affect, which causes inappropriate emotional

responses. Your mom might suddenly burst into laughter when she sees a child fall down or cry when she watches a puppy rolling in the grass. Support groups help with the emotional and mental issues caused by strokes.

Make sure you and your loved ones have a full range of supportive services after a stroke. In my experience, home care is often essential once the patient returns home and is key in helping patients get back to as independent a life as possible. During this time, aides can help with mobility, and meals around the home. They can also schedule appointments and make sure the client gets to therapy sessions on time.

My agency and I have had years of practice in helping clients who have had strokes transition back to a point where they can remain safely and securely in their own homes. The most important thing I've learned from my experience has been that, while having a stroke can be a fearful time for you and your loved ones, with the

proper help and support services your worst fears need not become reality.

Sources:

https://professional.heart.org/idc/groups/ahamh-public/@wcm/@sop/@smd/documents/downloadable/ucm_503396.pdf

https://www.cdc.gov/stroke/types_of_stroke.htm

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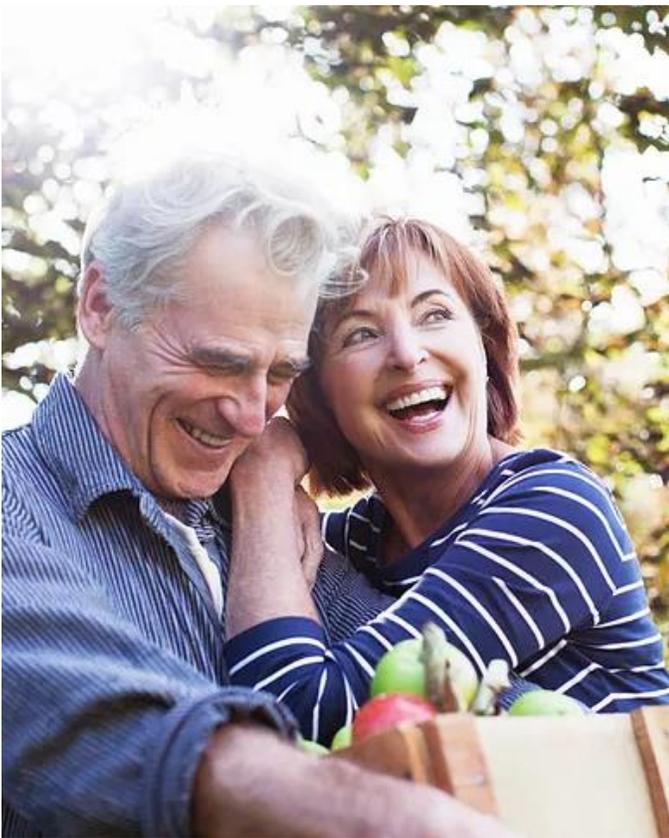
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MAKING SENSE OF INVESTING

Medicare Transitions

By Keith Nabb, Principal and Owner
Affordable Medicare Solutions



Turning 65 and getting started with Medicare can be stressful. Fortunately, there is free professional help available in your area.

Medicare is often a complex issue and has many moving parts. For many people, transitioning to Medicare or from one plan to another can result in confusion and many questions. Medicare is a federal health insurance program for people who are 65 and older, or those with certain disabilities. Medicare has four parts: Part A (Hospital), Part B (Medical), Part D (Prescription Drug Coverage), and Part C (Medicare Advantage).

Enrollment Periods

There are 4 types of Medicare Enrollment Periods. When you are first eligible for Medicare, you have a 7-month period to sign up for Part A and/or Part B. This period is called the **Initial Enrollment Period (IEP)** and begins 3 months before you turn 65, the month you turn 65, and 3 months after you turn 65. During this time, if you are not already collecting Social Security

benefits you will need to sign up for Medicare online through the Social Security website (SSA.gov).

The most commonly known Enrollment Period happens in the last quarter of the year, known as **Annual Enrollment Period (AEP)**. The Annual Enrollment Period runs from October 15th through December 7th. During this period, you have the chance to “shop” different plans to find the right fit for you. This period allows you to move from a Medigap Supplement and PDP to a Medicare Advantage and vice versa. All plan choices will be effective January 1st of the upcoming year.

Starting in 2019, Medicare approved a new enrollment period called **Open Enrollment Period (OEP)**. The Open Enrollment Period runs from January 1st through March 31st. During this time, anyone on a Medicare Advantage Plan can make a one time change to a different Medicare Advantage plan or revert back to Original Medicare. To properly use this period, contact a professional Medicare agency.

Lastly, there are certain circumstances that can lead to a **Special Election Period (SEP)**. For example, moving to a new address, losing your current healthcare coverage, or gaining or losing Medicaid coverage to name a few. When using a Special Election Period to change or start coverage, there are certain rules that follow.

- **If you are moving to a new address, you have a two-month window to make a change. During this window you will have the opportunity to choose any plan that is available at your new address.**
- **If you are losing employer coverage, you have a two-month window to make a change but will often be required to show documentation (i.e. an Employer Verification form). During this time, you will apply for Part B via Social Security and be able to shop for the best Medicare plan for you.**
- **If you are gaining or losing Medicaid or Extra Help for drug costs, you have one-time SEP to switch your current plan for up to three months after you are notified. For someone who has Medicaid or Extra Help for drug costs, you also get a once a quarter SEP, where you can make a change.**

Special Needs Plans

If you have a chronic illness, for example diabetes or cardiovascular issues, you are eligible to enroll in a Medicare Special Needs Plan (SNP). Special Needs Plans cover the same thing that Medicare Advantage Plans cover but often time cover extra services tailored to the illness. If you lose eligibility for a SNP, you will have a Special Enrollment Period to make another choice. This enrollment period starts when you are notified of the loss of coverage and continues for a two-month period after coverage ends.

As you can see, Medicare is often a complex issue and has many moving parts. Medicare is something you manage annually; it is not something you set and forget. For most people, transitioning to Medicare or from one plan to another can result in confusion and questions. For more information on the type of plans offered and the different Enrollment Periods, please call Affordable Medicare Solutions. We have 25 years of experience handling these issues at no charge to you. We are here to help find you the best plan to fit your needs every year.

Keith Nabb is Principal and Owner of Affordable Medicare Solutions. Affordable Medicare Solutions is the Top Awarded Medicare planning agency in Georgia and was named Top Georgia Medicare Brokerage for 2020 by Anthem Blue Cross Blue Shield. With 9 employees, and over 100 years of experience combined, AMS is helping their clients find the best Medicare plan to fit their needs.

Affordable Medicare Solutions
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30024 * (770) 945-5261 * info@amsplans.com

**I bet if dogs
could talk, the
first words out
of their mouth
would be "you
gonna eat
that?"**



What Happened in 1965

Thepeoplehistory.com



Cost of Living 1965

Yearly Inflation Rate 1.59%
Year End Close Dow Jones Industrial Average 969
Average Cost of new house \$13,600.00
Average Income per year \$6,450.00
Gas per Gallon 31 cents
Average Cost of a new car \$2,650.00
Loaf of bread 21 cents
Average Rent per month \$118,00

1965 the war in Vietnam continues to worsen as whatever the Americans do including major bombing of North Vietnam they continue to lose more men , at the same time the Anti-War movement grows and on November 13th 35,000 march on Washington as a protest against the war. There is also civil unrest with rioting, looting and arson in Los Angeles. This was also the first year mandated health warnings appeared on cigarette packets and smoking became a no no. The latest craze in kids toys was the Super Ball and The Skate Board. Fashions also changed as women's skirts got shorter men's hair grew longer as the The miniskirt makes its appearance. The word Hypertext is created to describe linking in early computer systems and computer networking. The St Louis Arch is completed and The Beatles release 4 new albums including "Help".

Watts Riots

Race Riots Break Out In Watts, California leaving large parts of the city burnt and looted and 34 dead. August 11th

The Gateway Arch

In St. Louis, Missouri, the 630-foot-tall parabolic steel Gateway Arch is completed (The St Louis Arch).

1965 Voting Rights Act

The Voting Rights Act, guaranteeing African Americans the right to vote becomes law

Gemini Space Program

The Gemini Space Program continues into 1965 and lay the groundwork for an eventual manned mission to the moon.

"Days of Our Lives" debuts

The popular soap opera "Days of Our Lives" debuts.

"Doctor Zhivago"

The popular film "Doctor Zhivago" premieres.

1965 Men's and Women's Fashion Clothes



Toys From The Year 1965



More News and Key Events From 1965

Pope Paul VI

Pope Paul VI becomes the first Pope to visit the United States

Troop Increase South Vietnam

Lyndon B. Johnson announces increase the number of United States troops in South Vietnam from 75,000 to 125,000

Medicare

Lyndon B. Johnson announces his program to create **Medicare** and to expand his war on poverty

Warren Buffet

Warren Buffet Gains controlling interest in Berkshire-Hathaway 1965 (\$18.00 per share) in 2008 (\$150,000 per share)

Popular Culture 1965

The Mary Quant designed Mini Skirt appears in London and will be the fashion statement of the Sixties

One of most popular films "Sound of Music" released

The Beatles Release The Movie and Album Help!

The Beatles Play Live Concert Shea Stadium

The Grateful Dead with Lead guitarist Jerry Garcia play their first concert, in San Francisco

Popular Films

Mary Poppins

The Sound of Music

Goldfinger

My Fair Lady

What's New Pussycat?

Cat Ballou

Books Released

Dune

The Man with the Golden Gun

Hotel

Popular Musicians

The Beatles

The Rolling Stones

Freddie and the Dreamers

The Animals

The Kinks

The Searchers

The Seekers

Moody Blues

Donovan

Cilla Black

Dusty Springfield

Tom Jones

Born This Year

Ty Pennington October 19th

Ben Stiller November 30th

Sarah Jessica Parker March 25th

J K Rowling July 31st

Technology

Ranger 8 crashes into the Moon after a successful mission of photographing possible landing sites for the Apollo program

Ranger 9 sends back live TV broadcast when it crashes on to the moon

Cosmonaut Aleksei Leonov, leaving his spacecraft Voskhod 2 for 12 minutes, becomes **the first person to walk in space**

Major Edward H. White II becomes the second human to walk in space during the flight of Gemini 4

Inventions Invented by Inventors and Country (or attributed to First Use)

Space Walk Russia Aleksei Leonov - first person outside space vehicle

Optical Disk USA by James Russell - now Compact Disk

Hypertext USA by Ted Nelson - concept for linking, later developed for use in webpages on the Internet

Respirator (replacement for the Iron Lung) USA

Major World Political Leaders

Australia -- Prime Minister -- Sir Robert Menzies --

Brazil -- President -- Castelo Branco --

Canada -- Prime Minister -- Lester B. Pearson --

China -- Chairman of the People's Republic of China --

Liu Shaoqi --

France -- President -- Charles de Gaulle --

Germany -- Chancellor -- Ludwig Erhard --

India -- Prime Minister -- Lal Bahadur Shastri --

Italy -- Prime Minister -- Aldo Moro --

Japan -- Prime Minister -- Eisaku Sato --

Mexico -- President -- Gustavo Diaz Ordaz --

Russia / Soviet Union -- First Secretary of the CPSU --

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South Africa -- Prime Minister -- Hendrik Frensch

Verwoerd --

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NEW TECHNOLOGY CAN BE OUR FRIEND – IF USED WISELY

BY BECKI COHN-VARGAS



I confess, I sometimes resist new technology. Like the Alexa app. I've insisted that I can get up and turn on my own lights. I remember first learning that personal computers could be used for shopping. "Why would I need one of those?" I asked. And the rest is history! All of us in our 60s and older have experienced technology evolve – for better or for worse. As "digital immigrants" born before the tech revolution, we now live among "digital natives," who've grown up with it. We're well aware of the dangers and problems with technology, yet during the pandemic, many of us have found technology to be a wonderful gift. Here I share a few platforms I use and one I don't use – yet. Then I offer a few caveats to consider.

Zoom

"Let's zoom or are you all zoomed out?" We have a new verb in our vocabulary, zoom, derived from the platform that's become a lifeline when sheltering at home. Zoom, Google Meet, and others have allowed schooling to continue and workplaces to function remotely. They also have allowed us to meet together. I've attended birthday parties for an 80-year-old and a 3-year-old, and several Bar Mitzvahs with people from across the world. Yesterday, I attended a virtual UN Environmental Conference with participants from Somalia, Pakistan, India, Mexico, England, and China.

Facebook

Like many, I have little use for seeing what people ate for dinner or selfies ad nauseum. But to be honest, Facebook has also become invaluable for me. Daily, I meet online with my grandson, born in March 2020. Six hundred miles away, he greets me with a huge smile, literally growing up before my eyes. And when I

couldn't find a [Covid vaccine](#) appointment although I was eligible, my daughter helped.

Within 30 minutes, she found a link for an appointment. How? She posted the question on Facebook and a friend replied.

WhatsApp

If you are not familiar with WhatsApp, this amazing piece of technology offers free phone calls anywhere in the world to anyone with online access. Do you remember the days when a 3-minute long-distance call cost a fortune? Now, we talk to relatives in Nicaragua every day.

Next Door

This app keeps neighbors connected in a local area. I use it judiciously. In emergency situations, you can get real-time updates like when we had recent fire at the nearby oil refinery.

Once I saw a posting for two lost huskies. When they appeared outside my window, I quickly responded helping the family retrieve their dogs.

YouTube

YouTube videos feature step-by-step guidance for just about everything: fence-building; baking bread; hooking up a printer. I found a wonderful Yoga for sciatica video. I've used it repeatedly for many years. Have you ever posted on YouTube? It is so easy.

Online Libraries

I recently discovered that you could have library cards for more than one library, facilitating a continual flow of books and audiobooks. Sometimes hold times are long, but eventually a surprise pops into my inbox when it arrives. The best thing about online libraries is that they return the books automatically so there are never any fines.

Social Media

I am still a bit slow as a Twitter user – however, the other day I discovered that some of you in the *Sixty and Me* community have shared my articles on Twitter. That made me very happy. Tweet Deck is a program that allows you to schedule posts, making it easier to use Twitter.

Google

I'd be remiss without mentioning Google, another new verb in our vocabulary: "Just google it." It's the first go-

to place for any needs: recipes; translation; synonyms; and research.

I love family history sites. This year, I met a relative of my father's mother – a 90-year-old man in Canada. We "skyped" for two hours. And people have found me on Google, through my website.

Music and Movies

Pandora and Spotify allow you to hear old favorites and try out new genres. Netflix, Hulu, Apple TV, HBO Max – turn your living room into a movie theatre. Sometimes it feels like being at a huge feast with an unending smorgasbord of choices.

Virtual Assistants: Siri, Alexa, Google

I know of an elderly man who fell and couldn't get up. He wasn't near his phone, so he called out to Alexa to dial a friend who contacted 911 for him. In short order an ambulance arrived. I'm inexperienced with Alexa, but those of you who use it, please share in the comments.

Making Technology Work for You

A few caveats to remember along the way. Technology can become addicting. Find balance in your life, go outside, breathe fresh air. Try not to always wear headphones – listen to the birds and other sounds of nature.

Sitting in front of a computer all day can lead to back problems. A physical therapist suggested that I use a timer. I stand or walk around for two minutes for every 30 minutes of writing.

Try to keep your negative reactions off-line. Toxic comments and online nastiness can cause great harm. While most listings above are free, increasingly apps entice you with self-perpetuating fees. Watch to avoid incurring monthly charges for services you never use or free trials that get costly.

Take care not to end up with thousands of disorganized photos. Develop an organized photo filing system and make albums or photo books to preserve the best ones.



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6 Secrets of Older Women Who Maintain a Healthy Weight

BY PEG DOYLE



Even though diet books continue to reign as best sellers in the publishing industry, they really have nothing to do with staying slim. They are quick fix remedies that work if you strictly adhere to them, but doing so means you will be following someone else's regimen, not your own.

Who knows your body better than you? To stay slim, it's all a matter of tuning in and following six very basic principles. Give yourself two points for every habit you practice.

Do Not Diet to Maintain a Healthy Weight

Dieting creates an artificial environment that is temporary and restrictive in nature. As humans, it's natural to want what we think we cannot have. Dieting leads you down the path of sneaking food and feeling guilty. Women who are slim know their body, their appetite and how much to eat.

Eat Regular Meals

To have steady energy and stable blood sugar, it's important to eat at regular intervals. Slim women know this. One petite woman told me she eats a bowl of oatmeal with nuts, two eggs and sautéed vegetables for breakfast most mornings. She's a therapist and cultivates a large organic garden and keeps goats for milk. That requires real fuel, not a muffin and coffee in the morning.

Hang Out with Like-Minded People

It's natural that you spend time with people who have habits like yours. It's true for hobbies, interests and eating. Look around at your circle of friends. What are their habits? If you want to improve yours, it's easiest

when you spend time with people who have similar goals.

Value Your Health

Health doesn't happen by accident. It's an ongoing process that is either supported or sabotaged. Slim women live and eat like their habits matter, and they do. They don't stick to rigid diets, but they do put quality foods with occasional treats on their plates.

Eat Vegetables

It's a well-established fact that vegetables provide essential nutrients that support health. You will always see these on a slim women's plate. If you've fallen out of the habit of eating vegetables, make it a priority to have two or three servings every day, with a goal of getting up to five.

Cook Your Food

Cooking your own food (or having someone who cooks for you) is the best way to ensure that the food is fresh and not bolstered with additives and preservatives. Slim women tend to avoid takeout and make their own food.

How did you do? If you scored 12 points, congratulations! If your score is under six, draw your attention to the last item. It is where you need to start. Cooking at home is the only place where you are sure of what you are eating, where it came from and how it is prepared. It's a habit that was an intrinsic part of past generations, but in today's hectic life and with the presence of restaurants on nearly every corner, eating at home is a habit that needs to be resurrected if you want to support long term health.



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Solutions for Isolation and Loneliness in Older Adults During COVID-19



COVID-19 has changed all socialization for all of us. However, those with increased health risks, like senior citizens, have faced the most isolation during these times. Assisted living and nursing homes are incredibly strict and have had to cut the social gatherings and activities that many seniors relied on for social activities. While health and safety are top priorities, isolation poses its own health risks for seniors.

Loneliness was already an issue for many older people, and COVID-19 exacerbated the issue. Luckily, there are ways to combat isolation and loneliness during the coronavirus pandemic. Read on to find out more about the solutions for isolation and loneliness in older adults during COVID-19.

Risks of Social Isolation for Seniors

Loneliness is a common issue that seniors deal with, and it has health consequences. Pandemics are incredibly [stressful](#) and the required health actions can make people feel even more lonely. According to the [National Institute on Aging](#), loneliness increases the risk for heart disease, obesity, immunity weakness, depression, anxiety, high blood pressure, cognitive decline, Alzheimer's disease, and ultimately death. Furthermore, [unexpected loneliness](#) can have the highest risk, and COVID-19 has certainly prompted unforeseen social isolation and loneliness for many seniors.

Ways Seniors Can Combat Isolation and Loneliness During COVID-19

Unaddressed loneliness will have serious health consequences for older adults. COVID-19 and the social restrictions it prompted have exacerbated loneliness for many older adults. Thankfully, there are many ways to help solve loneliness during the pandemic.

Alternative Socialization

While we cannot always spend time with our loved ones face-to-face right now, there are other ways to socialize and mitigate feelings of loneliness. Some alternative ways to socialize include:

- Phone calls
- Facetime
- Sending letters
- Sending voice messages
- Sending photos/ videos of grandchildren, pets, family members, and just daily life.
- Social media
- Online chatrooms or groups.
- Playing games with others online.

Physical Activity

Exercise [boosts our mood](#) and helps protect us from depression. Additionally, it occupies our time which is important when we are feeling lonely. Staying active during the pandemic will be very helpful for seniors. Seniors can stay active right now by:

- Taking a walk outside while practicing social distancing.
- Following a virtual workout class or online workout video.
- Stretching.
- Dancing.

Staying Mentally Active

Keeping your mind active is important for combatting loneliness as well. Flex your brain by:

- Drawing
- Writing/ journaling
- Working on real or digital puzzles
- Learning a new language
- Exploring the planet with Google Earth
- Reading books

Loneliness and isolation are serious concerns for older adults always, but especially during COVID-19. Implementing the solutions above can help mitigate the risk of loneliness while keeping seniors as safe as possible from the health risks of the coronavirus.

A Profile of Actor William Holden



Early life and career

Born William Franklin Beedle, Jr. in O'Fallon, Illinois on April 17, 1918, he was the eldest of three sons of William Franklin Beedle, Sr., an industrial chemist, and Mary Blanche Ball, a teacher. The family, who moved to Pasadena, California when he was three, was of English descent; Holden's paternal great-grandmother, Rebecca Westfield, was born in England in 1817, while some of his mother's ancestors immigrated to the U.S. in the 17th century from Millenback, Lancaster, England. He plunged into high school and junior college sports activities as a means of "proving himself" to his demanding father. While studying chemistry at Pasadena Junior College, he became involved in local radio plays and with the Pasadena Playhouse, leading to his discovery by a talent scout from Paramount Pictures in 1937. The handsome, earnest young Holden had bits in *Prison Farm* (1938) and *Million Dollar Legs* (1939) before being chosen out of 65 candidates (including John Garfield) to play sensitive Joe Bonaparte in the Columbia production of *Golden Boy*.

Hollywood's "Golden Boy"

There are very few "overnight" stars in Hollywood history; their creation is a convention generally reserved for the movies themselves. But William Holden beat the odds by achieving instant stardom with his first

leading role, that of the wholesome young prizefighter who wants to be a violinist in *Golden Boy* (1939). His inexperience made filming difficult, and after two weeks Columbia president Harry Cohn was ready to fire him, but costar Barbara Stanwyck, who had great faith in Holden, persuaded the executive to relent. Although the film took some liberties with the Clifford Odets play, Holden's performance was singled out for near unanimous praise. (The actor remained forever grateful to Stanwyck for "pulling him through" that picture). After Columbia Pictures picked up half of his contract, he was soon very much in demand as a clean-cut leading man in pictures for Paramount and Columbia. His early films didn't always show him to best advantage, but Holden built a fan following on the strength of well-received appearances in *Our Town, Arizona* (both 1940), *I Wanted Wings, Texas* (both 1941), *The Remarkable Andrew, Meet the Stewarts, The Fleet's In* (all 1942), and *Young and Willing* (1943).

He served with the Army Air Corps during World War II, where he acted in training films and achieved the rank of lieutenant. He returned to the screen in 1947, first with a cameo in *Variety Girl* then with a leading role as an aviator in *Blaze of Noon*. Still youthfully handsome, Holden worked in comedies, dramas, thrillers, and Westerns with equal facility, appearing in *Dear Ruth* (1947), *Apartment for Peggy, The Man From Colorado, Rachel and the Stranger* (all 1948), *Miss Grant Takes Richmond, Streets of Laredo and Dear Wife* (all 1949).

But Holden's maturity, built in part on his wartime experiences, came to the fore in *The Dark Side* (1948), in which he played an escaped killer, and reached fruition in Billy Wilder's sardonic black comedy, *Sunset Blvd* (1950, regarded by many as his finest performance), as the hack screenwriter who milks his unhealthy relationship with washed-up movie star Gloria Swanson. His unqualified success in these characterizations (he was Oscar-nominated for *Sunset Blvd.*) presaged many later portrayals of cynical, world-weary opportunists. Wilder exploited that aspect of Holden's talent in his 1953 prisoner of war drama *Stalag 17* which won the star his only Academy Award for his finely limned characterization of a smooth-talking con man who may or may not be informing on his fellow prisoners.

Unfortunately, Holden was a double victim of the studio system. His long-term contract was shared by Columbia and Paramount, which not only underpaid him, but

forced him into potboilers unworthy of his talent and popularity. Good movies like *Born Yesterday* (1950), in which he played the tutor hired by gangster Broderick Crawford to give Judy Holliday "class," were counterbalanced by strictly standard time-fillers like *Submarine Command* (1951) and *Forever Female* (1953). Other 1950s' assignments included *Union Station* (1950), *Force of Arms* (1951), *Boots Malone*, *The Turning Point* (both 1952), *The Moon Is Blue* and *Escape From Fort Bravo* (both 1953). His luck improved in mid-decade, with a string of fine films: *Executive Suite* (which reunited him with Stanwyck), *The Bridges at Toko-Ri*, *Sabrina*, *The Country Girl* (all 1954), *Love Is a Many-Splendored Thing* (1955), and *Picnic* (also 1955, which included the smoldering dance scene with Kim Novak that Holden was so nervous about he had to film it dead drunk!). Many of these films were among the top grossers of their day, solidifying Holden's star standing during the transitional decade of the 1950s, which saw many big names of the 1930s and 1940s pass from the scene. He became one of Hollywood's most popular and potent leading men.



After making *Toward the Unknown* and *The Proud and Profane* (both 1956), Holden negotiated a groundbreaking contract with Columbia to star in David Lean's blockbuster *The Bridge on the River Kwai* (1957), which made him a part-owner of the film; the film was, quite rightly, an enormous success, and the deal he made paid him handsomely for years to come. *The Key* (1958), *The Horse Soldiers* (1959), and *The World of Suzie Wong* (1960) were to follow.

Holden loved traveling; he accepted some film assignments for the opportunity to go to exotic locations, and journeyed to other regions of the world on his own. (He even owned a country club in Kenya, where he spent much of his time in later years). In fact,

his other activities probably accounted for the perceptible decline in the quality of his performances during the 1960s; he seemed tired and disinterested as the decade wore on: *The Counterfeit Traitor*, *Satan Never Sleeps*, *The Lion* (all 1962), *Paris - When It Sizzles*, *The 7th Dawn* (both 1964), *Alvarez Kelly* (1966), *Casino Royale* (1967, in a cameo), *The Devil's Brigade* (1968), and *The Christmas Tree* (1969).

He suffered from alcoholism and depression for many years. By the early 1960s, his roles were having less critical and commercial impact. In 1966 while in Italy, Holden was involved in a car accident in which the other driver was killed. It was determined Holden had been driving under the influence of alcohol; he was charged with vehicular manslaughter, and received an eight-month suspended prison sentence. Holden was overcome with guilt and friends said this led to even heavier bouts of drinking. The actor reportedly had another secret: For many years he did undercover work for the CIA, delivering messages to foreign leaders during his travels.

Later career

Sam Peckinpah's blood-soaked Western, *The Wild Bunch* (1969), took advantage of Holden's increasingly apparent weariness; as one of the aging outlaws who plans to retire after staging a final haul, he turned in one of his best performances in years. *Wild Rovers* (1971), *The Revengers* (1972), and *Breezy* (1973, directed by Clint Eastwood) didn't amount to much, but Holden enjoyed considerable success in the TV-movie *The Blue Knight* (1973, earning an Emmy Award for his performance), *The Towering Inferno* (1974), and, especially, *Network* (1976). The latter film, a brilliant black comedy written by Paddy Chayefsky and directed by Sidney Lumet, offered him one last really impressive star turn (for which he secured his final Oscar nomination), as the jaded TV executive at first indifferent to, then finally repulsed by, the disgraceful practices of his peers. In 1980 Holden appeared in *The Earthling* with child actor Ricky Schroder, playing a loner dying of cancer who goes to the Australian outback to end his days, meets a young boy whose parents have been killed in an accident, and teaches him how to survive. Schroder later named one of his sons Holden.

Holden's final few films included *Damien-Omen II* (1978), *Fedora* (also 1978, for Billy Wilder), *Ashanti* (1979), *The Earthling* (1980), and Blake Edwards' black

comedy about Hollywood, S.O.B (1981, a fitting follow-up for the man who'd starred in Sunset Blvd.

Private life

Holden was married to actress Brenda Marshall (Ardis Ankerson) from 1941 until their divorce (after many long separations) in 1971. They had two sons, Peter Westfield (born in 1944) and Scott Porter (born in 1946). He also adopted Virginia, his wife's daughter from her first marriage. Holden had a busy social life, maintained a home in Switzerland to avoid heavy taxation on his earnings and also spent much of his time working for wildlife conservation as a managing partner of the Mount Kenya Safari Club in East Africa. He began a long relationship with actress Stefanie Powers which sparked her interest in animal welfare (Powers later became President of the "William Holden Wildlife Foundation" and a director of their Mount Kenya Game Ranch).



Other possible children

In addition to reported affairs with a number of Hollywood actresses (including Audrey Hepburn, Grace Kelly, Capucine, and a "yearly rendezvous" with Shelley Winters), Holden is said to have had a seven-year relationship with Eva May Hoffman, the wife of composer Emil Newman (Randy Newman's uncle). Hoffman had two children, Arlene Newman (who later

married Dennis Crosby), and William Robert Newman. Arlene was apparently told by her uncle Irving Newman (the father of Randy Newman) that Holden was her father. Some have further speculated that her brother William, who is said to resemble the actor, was named after him and is also his child.

Death

William Holden died as the result of a fall in his high-rise apartment on the seaside cliffs of Santa Monica, California in November 1981. Holden was alone and heavily intoxicated when he apparently slipped on a throw rug, gashed his head on a night table and bled to death. Evidence suggests he was conscious for at least a half an hour after the fall but may not have realized the severity of the injury and didn't summon aid. His body was found on November 16, but forensic and other evidence suggested he had been dead for several days and most likely died on November 12. His body was cremated and his ashes scattered in the Pacific Ocean.

Trivia

Chosen by Empire magazine as one of the 100 Sexiest Stars in film history (#57). [1995]

Every April 1, he sent Barbara Stanwyck two dozen roses and a white gardenia, marking the anniversary of the first day of filming of "Golden Boy."

Was the best man at Ronald Reagan and Nancy Davis's wedding in 1952.

Served in WWII; returned as lieutenant in the Army Air Force.

Brian Donlevy was his best man when Holden married Brenda Marshall in 1941. A Congregationalist Church service was planned in Las Vegas. Since William and Brian were still filming *The Remarkable Andrew* (1942), there were delays, and it was 3AM before they arrived for the ceremony. By that time the minister had long gone to bed. It was 4PM Sunday before another preacher could be found to perform the wedding. After they were married, they had a champagne breakfast and hopped a plane back to Los Angeles so Brian and he could wrap up shooting, and Brenda was off to Canada to film some location footage that she was still working on. It would be three more months before they would have a real honeymoon (one mishap after another postponed it ... including the TWO of them having to undergo emergency appendectomies)! He was very

instrumental in animal preservation in Africa. In the 1970s he purchased a large acreage of land with his own money and began an animal sanctuary. His love of the wild animal was shared with his then companion Stefanie Powers (from "Hart to Hart" (1979)). He would appear on talk shows to promote the saving of animals and to spread the word of anti-poaching and illegal animal trade.

A hygiene fanatic, he reportedly showered up to four times daily.

Won Best Actor for his role in Stalag 17 (1953). When accepting his statue at the Academy Awards, simply stated, "Thank you" and walked off.

His role in Stalag 17 earned him a Best Actor Academy Award. Holden felt he didn't deserve it, saying he thought Burt Lancaster should have won for From Here to Eternity.

Holden said that, at some point, he lost his passion for acting and that it eventually just became a job so that he could support himself.

He was voted the 63rd Greatest Movie Star of all time by Entertainment Weekly.

Was very active in the Republican party.

Was named #25 Actor on the 50 Greatest Screen Legends by the AFI He became a star after Golden Boy. However, never formally trained as an actor, he had a bad couple of weeks when the movie started shooting. Co-star Barbara Stanwyck stepped in and started tutoring him on the craft of acting, and his performance improved greatly. He would remain lifelong friends with Barbara and would also credit her with saving his burgeoning career. They would go on to make two other movies together: Executive Suite and Variety Girl.

He had a very successful on-screen collaboration with director Billy Wilder. They would work together on four films over the course of their respective careers, including Fedora, Sabrina, Stalag 17 and Sunset Blvd.

His star on the Hollywood Walk of Fame is located at: 1651 Vine St., Hollywood, CA.

Was friends with photographer Peter Beard.

Is portrayed by Gabriel Macht in The Audrey Hepburn Story (2000) (TV)

In the song 'Tom's Diner' by Suzanne Vega, the lyrics 'I open up the paper/there's a story of an actor/who died while he was drinking/he was no one I had heard of' refer to Holden, whose death was indeed reported in the New York Post on November 18, 1981, when the song was written.

Salary

The Towering Inferno (1974) \$750,000

The Wild Bunch (1969) \$250,000

The Horse Soldiers (1959) \$750,000 + 20% of profits

The Bridge on the River Kwai (1957) \$250,000 + 10% of the gross worldwide

Sabrina (1954) \$150,000

Sunset Blvd. (1950) \$30,000

Personal quotes

"For me, acting is not an all-consuming thing, except for the moment when I am actually doing it."

"Take any picture you can. One out of four will be good, one out of ten will be very good, and one out of fifteen will get you an Academy Award."

"Movie acting may not have a certain kind of glory as true art, but it is damn hard work."

"I don't really know why, but danger has always been an important thing in my life - to see how far I could lean without falling, how fast I could go without cracking up."

"There are two kinds of women -- those who pay too much attention to themselves and those who don't pay enough."

Famous Lines

Here are a few of our favorite lines from William Holden.

Joe Gillis (Sunset Boulevard):

"That was last year. This year I'm trying to earn a living."

Setton (Stalag 17):

"Just one more word. If I ever run into any of you bums on the street corner, just let's pretend we never met before."

David Larrabee (Sabrina):

"Sabrina, Sabrina, where have you been all my life?"

Bernie Dodd (The Country Girl):

"Why is it that women always think they understand men better than men do?"

Mark Elliot (Love is a Many-Splendored Thing):

"We have not missed, you and I - we have not missed that many-splendored thing."

Hal Carter (Picnic):

"What's the use, baby? I'm a bum. She saw through me like an X-ray machine. There's no place in the world for a guy like me."

Major Shears (Bridge on the River Kwai):

"As for me, I'm just a slave. A living slave."

Max Schumacher (Network):

"All of a sudden, it's closer to the end than it is to the beginning, and death is suddenly a perceptible thing to me - with definable features."

Max Schumacher (Network):

"If I stay with you, I'll be destroyed. Like Howard Beale was destroyed. Like Lorena Hobbs was destroyed. Like everything that you and the institution of television touches is destroyed. You're television incarnate, Diana - indifferent to suffering, insensitive to joy."

Awards

1940: National Board of Review Award: Best Acting, Our Town; one of 17 performers cited

1942: National Board of Review Award: Best Acting, The Remarkable Andrew; one of 31 performers cited

1950: Oscar: Best Actor (nom) Sunset Blvd.

1950: New York Film Critics Circle Best Actor (nom) Sunset Blvd.

1953: Oscar: Best Actor, Stalag 17

1953: New York Film Critics Circle Best Actor (nom) Sunset Blvd.

1954: Venice Film Festival Special Jury Prize: Ensemble Acting, Executive Suite; cited as one of six actors in ensemble

1954: NATO/ShoWest Star of the Year Award

1973-74: Emmy: Best Lead Actor in a Limited Series, The Blue Knight

1976: Oscar: Best Actor (nom) Network

1976: New York Film Critics Circle Best Actor (nom) Network

Education

Pasadena Junior College in Pasadena, California



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Over the past decade, the number of podcasts available to listen to has swelled to more than half a million. What is a podcast? Where do you find them? Are there educational podcasts or health podcasts for seniors? What are the top-rated podcasts for 2020? We're glad you asked.

Informative. Educational. Entertaining. Funny.

The top podcasts are all this. If you've listened to radio talk shows like those that air on National Public Radio, you already have an idea about today's top podcasts. What are they exactly? They're digital audio files, typically in lecture or interview format. Essentially, a podcast is an audio show online, produced and recorded, to let you listen whenever you like — now, or at any time in the future. They cover a wide range of topics — truly something for everyone, including podcasts for seniors — and can last from 15 to 30 minutes or longer.



What do you need to listen to a podcast?

First, you need access to the internet. On your laptop, you can go directly to the website where the podcast is

produced, or you can download a free app like [Stitcher](#) to listen to podcast episodes on your smartphone. The Stitcher app is free, and so are these:

Apple Podcast
Podcast Addict
Pocket Casts
Acast
Google Play Music
Spotify
Overcast

You can also just search Google with the name of a topic that interests you, such as "cooking," along with the word "podcast." Once you've found a podcast source you like, you're ready to "stream" or download episodes of whatever podcast you prefer. So let's look at some of the top podcasts for people of all ages, podcasts for seniors, and health podcasts for seniors.

A quick overview.

Here are some award-winning podcasts that appeal to a general audience as well as older adults:

TED Radio Hour

The acronym stands for Technology, Entertainment, Design. Based on the original TED Talks on National Public Radio, the [TED Radio Hour](#) "is a journey through fascinating ideas: astonishing inventions, fresh approaches to old problems, new ways to think and create." You can hear ideas on nearly every subject imaginable.

Stuff You Missed in History Class

Do you enjoy history? This podcast will introduce you to what many of the history books leave out. [Stuff You Missed in History Class](#) delivers stories of historical figures such as Abraham Lincoln, Allan Pinkerton and female journalist Nelly Bly. You'll find informative podcasts on topics that include paleontology, obscure royalty, psychiatric abnormalities, the Johnstown flood, the Halifax Explosion and more.

Good Job, Brain!

This podcast uses an interactive quiz show format to explore trivia on a wide range of topics. [Good Job, Brain](#) is fun to listen to with family members, as it helps keep everyone's mind supple and sharp.

Some of the Top Podcasts for Seniors

Here are today's best podcasts for seniors to inspire, educate and encourage you to live your best life in retirement.

Better Health While Aging

Practicing geriatrics specialist Dr. Leslie Kernisan, MD, MPH, and her guests discuss common health problems that affect people over age 60 and the best way to prevent and manage those problems. [The Better Health While Aging Podcast](#) offers practical information on improving health and well-being while aging. Episodes feature such topics as Medicare, long-term care, hearing loss, estate planning, and more.

The Not Old – Better Show

Hosted by award-winning journalist Paul Vogelzang, this weekly podcast focuses on issues and topics that older adults might find interesting. Vogelzang interviews fascinating people, from sports stars and celebrities to health experts and ordinary folks who live extraordinary lives. The premise of [Not Old – Better](#) is “it’s never too late to pursue your passions and create a life of purpose, adventure and significance.”

Aging in Full Bloom

Hosted by Lisa Stockdale, [Aging in Full Bloom](#) focuses on “all forms of wellness as they relate to aging.”

This podcast is an insightful, empowering show in short, 5-minute episodes that focus on keeping a positive mindset, memory care, hospice, nutrition, assisted living, and more.

Living to 100 Club

The [Living to 100 Club](#) podcast is all about aging successfully. Topics include staying “positive in the face of adversity, healthy lifestyles, starting new chapters, and doing what you (supposedly) can’t.” Guests share their stories and give wellness advice. Episodes are about an hour long.

Lux Radio Theatre

Remember the old-time radio shows? Give a listen to this classic radio anthology series, now re-released in podcast form. The popular fictional drama [Lux Radio Theatre](#) aired from 1934 to 1955, and has over 900 hour-long episodic radio programs that were originally performed live before studio audiences.

Podcasts that focus on spirituality and Catholicism.

The Spiritual Forum

Reverend Carol Saunders delves deeply into all things spiritual with everyday people who are committed to spiritual living. [The Spiritual Forum](#) is a community of people creating a new conversation about spiritual deepening and personal accountability.

Tara Brach Talks

Tara Brach, Ph.D., founded the [Insight Meditation Community of Washington, DC \(IMCW\)](#), which is now one of the largest and most dynamic nonresidential meditation centers in the United States.

Her [podcast](#) offers a blend of Western psychology and Eastern spiritual practices, mindful attention to inner life, and a full, compassionate engagement with the world.

Catholic Answers Focus

Highlighting in-depth conversations with Catholic leaders, newsmakers and unsung heroes of faith, [Catholic Answers Focus](#) serves up a wide array of topics and guests, as well as compelling commentary on current events. This Catholic podcast has something for everyone.

Friar Side Chats

This [podcast](#) has been called a down-to-earth and chuckle-worthy conversation on everyday topics with Franciscan friars at the Duke Catholic Center at Duke University.

Catholic Stuff You Should Know

Recorded in Rome by Fr. John Nepil and Fr. Michael Rapp, [Catholic Stuff You Should Know](#) is an ongoing discussion of relevant and interesting Catholic topics.



A lifetime of learning and wellness.

Podcasts offer you hours of listening and learning pleasure. They cover a variety of topics to listen to on demand — whenever and wherever the mood strikes you. They’re a perfect activity for seniors, now while we’re spending more time inside or any time.

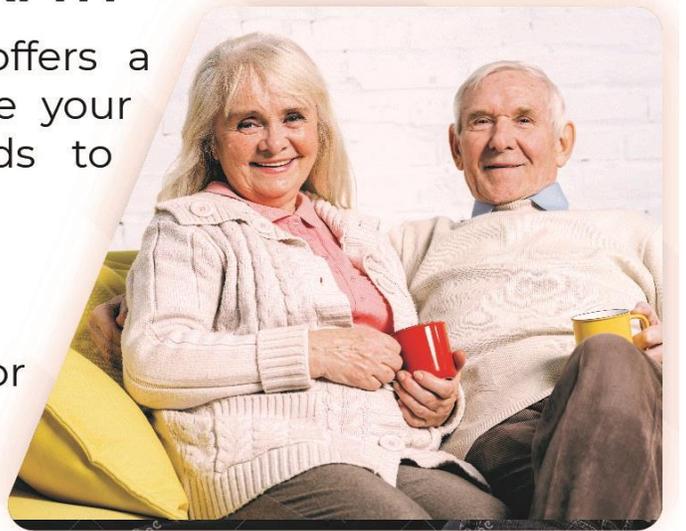
We Offer TWO Unique Resources for You

CREATE YOUR OWN BIOGRAPHY

Our Senior Stories Media House offers a turn-key service for you to preserve your memories. There are two methods to choose from to tell your life story.

[1] Biography by Video

We can interview you individually or together if you are a couple and provide a professionally edited DVD documentary with supporting images you provide included in the final version [several copies plus a video link are included].



[2] Biography in Book Form

Our group can also create a professionally published biography as a hard cover book. We will interview you individually [or as a couple], collect pictures and other memorabilia that you would like included. Several copies of the book are provided for you to give your family and friends.



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