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**Supporting You in Making Choices You Can Live With**

A woman owned business since 1998.



Dear ,

It's finally summer! We all feel like running outside and singing. . .or dancing. . .or screaming. It's all good! This issue features some free activities you can do to enjoy the outside, free of masks and free to enjoy the glorious summer months. We also discuss research that shows the U.S. is getting older, with seniors outpacing youngsters.

And some of those seniors are facing mental health issues that need to be addressed. In some cases they are not, which causes multiple problems down the line.

We celebrated our 23<sup>rd</sup> anniversary with our drawing winners and the Royals on June 4, feasting on homers and 9 runs in the first inning! It was a great evening for all. We even got to celebrate a client's birthday that night, too.

In another story we learn about super agers who stay mentally sharp up to 100 years. They represent less than 1 percent of Americans, according to the article. Now that is something to be proud of indeed. My Dad was part of that group and he accomplished his goal with nine months to spare.

Finally, it's my month to post a blog. I'm celebrating diversity and the courage to step out of one's comfort zone.

*Marcia Corbett*  
Founder, General Manager



## America has gotten older since 2010 — which is a bigger deal than it sounds

The Washington Post  
By Philip Bump

I am a bit of a nerd. Not in the “I know who Kylo Ren is” sense of people claiming to be nerds for being familiar with subsets of pop culture. But in the “I have a favorite set of census data” sense, which I suspect is less common.

I mention it because my favorite set of census data, the count of America’s population by single year of age, was updated this week. And what it shows us is that we’re at the start of a long-term trend in which America gets older and older.

It’s obviously the case that the United States is getting older, of course. Time passes inexorably and all our yesterdays have lighted fools the way to dusty death, etc. etc. But as time passes and as America itself ages, our population is becoming more densely old and less densely young.

[Full Article Here!](#)



## Heading back to work after retiring? That cash may impact the rest of your financial life

CNBC  
By Sarah O'Brien

It’s not uncommon to want to return to work after retiring. Whether for financial reasons or



## Older Adult Mental Health

Also called: Senior mental health

Medline Plus

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, including as we age.

Many older adults are at risk for mental health problems. But this does not mean that mental health problems are a normal part of aging. Studies show that most older adults feel satisfied with their lives, even though they may have more illnesses or physical problems.

Sometimes, however, important life changes can make you feel uneasy, stressed, and sad. These changes could include the death of a loved one, retirement, or dealing with a serious illness. Many older adults will eventually adjust to the changes. But some people will have more trouble adjusting. This can put them at risk for mental disorders such as depression and anxiety.

[Find More Info Here!](#)

personal fulfillment, many older Americans find that retirement isn't working for them. Yet before you make the leap, it's worth considering how that extra income could affect other parts of your financial life.

[Continue Article Here!](#)



## The Secrets of 'Cognitive Super-Agers'

The New York Times

*By Jane E. Brody*

One of my greatest pleasures during the Covid-19 shutdowns was having the time to indulge in hourlong phone conversations with friends and family whom I could not see in person. Especially uplifting were my biweekly talks with Margaret Shryer, a twice-widowed 94-year-old Minneapolitan.

I met Margaret in Minneapolis in 1963, six months after her first husband was killed by a drunken driver. With four small children to support, this young widow wasted no time getting qualified to teach German to high school students. Margaret and I are kindred spirits who bonded instantly, and despite living half a country apart since 1965, we've remained devoted friends now for 58 years.

My conversations with Margaret are substantive and illuminating, covering topics that include politics, poetry, plays and philosophy as well as family pleasures and problems. I relish her wisdom and sage advice. I especially delight in the fact that she seems not to have lost an iota of her youthful brain power. She's as sharp now as she was when we first met decades ago. Recent findings about the



## EXPLORE KC!

[Visit KC](#) has a wonderful list of free activities to fill your summer days with smiles!

From taking a Street Car ride to visiting the museums' current exhibits, educating yourself at the Heritage Center, playing at the Children's Peace Pavilion, or relaxing at the Arboretum, there is **something for everyone!**

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**WE'RE PROUD  
TO CELEBRATE  
DIVERSITY**

trajectories of human cognition suggest that if no physical insult, like a stroke, intervenes in the next six years, Margaret is destined to be a cognitively sharp centenarian.

Fewer than 1 percent of Americans reach the age of 100, and new data from the Netherlands indicate that those who achieve that milestone with their mental faculties still intact are likely to remain so for their remaining years, even if their brains are riddled with the plaques and tangles that are the hallmarks of Alzheimer's disease.

[Full Article Here!](#)

**Thank you to everyone who joined us for a  
HOME RUN evening with the Royals!**





## Finding Strength in Diversity

*By our very own, Marcia Corbett*

We're all coming out this June, after a year of restrictions and isolation placed on us from the outside. It wasn't our idea to hide from this virus, but we had to in order to survive.

It reminds me of a project I did in 1992 while taking the Self Expression and Leadership course with Landmark Education. The goal was to choose something that would cause us to stretch, to step outside our comfort zone, and enroll other people to join us in the project. I chose to run an ad in *The Kansas City Star* that would promote estate planning attorneys in the metro area who were willing to say that they provided estate planning services to gay people. Their names and phone numbers would be listed in this ad. The caption would read, **Where There's a Will, There's a Way**. Needless to say, in 1992 this was a big stretch.

My first step was to discuss the plan with the lawyers in the firm I worked for at the time. I would be disrupting the norms, and it could have a negative impact on the firm's reputation. Also, I wanted to see who, if anyone, would be willing to participate in such a radical project. Much to my surprise, the managing partner embraced the idea and gave me the names of other attorneys in the community who might also be willing to participate. My supervising attorney jumped on board, too. I was flush with the thrill of success, and thought I'd chosen too simple a project. That enthusiasm would soon be dampened.

One of the names my attorney gave me was a woman whom he had apparently thought was gay, and would be willing to join the project because of that. Boy, was he wrong. She verbally thrashed me for asking her, and demanded that I remove her name from any list associated with this "outrageous" newspaper ad. I honored her requests, and then moved on. The lesson of the project was to be unstoppable in the face of rejection, and in this case, humiliation. I had experienced the lowest point I could reach and yet, I had survived. From then on, I was fearless and determined to find more attorneys willing to reach out to a risky community without fear for their reputations. In the end, eight attorneys signed on to the project and the ad ran in *The Star*. We had accomplished our goal and felt stronger for it. I'm proud to support attorneys who have fought for justice and equality during their careers. And I love supporting our seniors who don't have someone to fight for them. It makes this so much more than a job. It's my passion.



# 23rd Anniversary

1998 - 2021



newsletter. Let us know if something inspired you, or if you learned something new. We always like to hear from you. Remember to stay cool, stay hydrated, and enjoy the summer!

Sincerely,  
Team Advocates  
Jessica Ashley, *Editor*

**[Visit us at www.Advocates4Seniors.com](http://www.Advocates4Seniors.com)**

Send comments and suggestions to [info@advocates4seniors.com](mailto:info@advocates4seniors.com)

