

Make It Happen with Emily Kimball
.....Creative Aging Expert.....

*****May 2005*****

In This Issue

- 1. Bike Florida: An Intergenerational Experience**
- 2. Maturity in Motion**
- 3. Granddaughter-Grandfather Bonding**
- 4. Marriage at Any Age**
- 5. Japan Ahead on Centenarians**
- 6. Clint Eastwood on Age**
- 7. NYC Five-borough Bike Ride**
- 8. In the News**
- 9. Looking for a Speaker?**

Bike Florida: An Intergenerational Experience

In March, I traveled to Tallahassee, Florida, to team up with my 42-year-old son, Josh, and ride Bike Florida, a 7-day, 400-mile bicycling adventure. We didn't always ride together (different paces), but we tented side by side, ate meals together and took in the evenings' entertainment. It was the most time we'd spent together since he was in high school. What a special time it was for me.

I wasn't the only one having an intergenerational experience. A 7-year old, her mother, and grandmother shared a tandem and a single bike. Mom and grandmom took turns riding the tandem with the 7-year old.

Another 3-generation family on the ride was a pair of grandparents with their daughter and her husband and 2 grandchildren. The grandparents didn't ride but followed along in their car, and stayed with the family evenings.

What a lovely way to experience your child's family and participate with them at the level you are able.

Maturity in Motion

There were a lot of retirees on the ride. One couple, Ron and Jean Duning from Huntsville, Ohio, handed me their business card reflecting their new focus. "Maturity in Motion" it read with a picture of them on a tandem bicycle pulling a load behind. Their focus in retirement is bicycle touring — talk about having a passion and making that passion happen! They were doing just that.

Granddaughter–Grandfather Bonding

One day I found myself riding along side Kim from North Carolina. Kim grew up in the Florida Panhandle and every summer went to live with her grandparents. She and her grandfather bonded, and from the age of 15 to 40 they exchanged weekly letters. When he died at age 82, she was left with a wonderful written record of his life, values, and opinions about important life issues. Kim cherishes these letters, and often pulls them out to read and remember him by.

Marriage at Any Age

On my way home from Bike Florida, I shared a table at the Atlanta airport with J.L., 81, and Marie, 75, from Arkansas. They were on their way to Portland, Oregon, to get married! J.L.'s daughters were very excitedly arranging everything — including a waltz played at the end of the ceremony so the couple could waltz down the aisle together. They had met in a dance class which they attended three times a week. Don't tell me life is over at 60 — for some it is beginning anew in their 70's and 80's.

Japan Ahead on Centenarians

"Japan has the world's longest average life expectancy — 81.9 years — and the fastest

growing population of people age 100 or older. Its centenarian population has doubled in just five years and will reach nearly 1 million — the world's largest — by 2050 according to UN projections.

Starting with a letter from the prime minister and a silver cup on Respect for the Aged Day, active older people are increasingly strutting their stuff on TV talk shows and in magazine articles.

Keizo Miura, for example, made headlines in 2003 at 99 after skiing down the famed Mont Blanc's Vallee Blanche. He's now 101 and still skiing. His son, Yuichiro, at 70, became the oldest person to scale Mount Everest.

Kura Ikeba, 103, sleeps longer than before, does not go out of the house much, and forgets things sometimes. But she is pretty much on her own and only needs help when taking a bath. Ikeba says she takes no medications.”
(*Miami Herald*, 3/28/05)

Clint Eastwood on Age

Actor/director Clint Eastwood, who at 74 became the oldest person to win an Academy Award for directing, noted that his mother was with him when his western *Unforgiven* won the best director and best picture Oscar. “She is here with me again tonight,” he said upon accepting the best director award this year for *Million Dollar Baby*. “So at 96, I’m thanking her for her genes. I figure I’m just a kid. I’ve got a lot of stuff to do yet.” (*Richmond Times Dispatch*, 2/28/05)

Five Borough Bike Ride New York City

On May 1, I will be riding my bike in New York City on the annual Bike New York ride. The city closes down all traffic, and cyclists have the streets to themselves as they ride 42

miles through the five boroughs. I can't imagine what it will be like to ride through traffic-free streets in the Big Apple. Let's hope that I don't get run over by one of the other 35,000 cyclists!

In the News

In the current issue of *Appalachian Trailway News* I authored an article, "Skywalker," describing an evening spent on the trail with a colorful vagabond from the swamps of south Florida. In the May/June issue of *Her Sports*, three older woman athletes are featured in an article titled, "Better With Age." Shelia Isaacs (67) a triathlete, Margery Meyer (82) a swimmer, and you guessed it, Emily Kimball (73) a cyclist.

Looking for a Speaker?

Creative Aging, Taking Risks, Making Dreams Happen, Surviving Breast Cancer, Setting Goals and Overcoming Obstacles. Give me a call at 804-358-5536 or e-mail me at etkimball@aol.com. I have some open dates and would love to speak at your conference or association meeting.

If you do not wish to receive this newsletter, please e-mail me at etkimball@aol.com and say delete.