

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

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### **Menopause The Musical Out Loud™**

In March 2001, Jeanie Linders, writer/producer *Menopause The Musical*® brought her comedy, a parody of hits from the 1960's and 1970's, to the stage to give women a way to laugh about "the change." It starts with four women (Power Woman, Soap Star, Earth Mother, and Iowa Housewife) at a New York City Bloomingdale's lingerie sale with nothing in common but a black lace bra and memory loss, hot flashes, night sweats, and more. The show is set to 25 re-lyricized baby-boomer songs such as the disco favorite "Stayin' Alive" (Stayin' Awake). This hilarious hit is sweeping the nation from coast to coast.

Linders has a passion for opening lines of communication about women's health issues. This fall, she will launch a national tour, *Menopause The Musical Out Loud*™. The Out Loud tour, to benefit regional and national ovarian cancer charities, will kick-off in September to coincide with National Menopause Awareness Month and will visit 50 cities across the country to increase awareness of medical, social, and emotional

issues faced by the millions of women who are or will be entering menopause. Visit [www.menopausethemusical.com](http://www.menopausethemusical.com) to see if it will be showing near you.

### **New PBS Documentary on Aging**

A new PBS Documentary, *The Open Road: America Looks at Aging*, examines the opportunities and challenges that lie ahead for individuals and society as 77 million baby boomers near retirement age. Produced by Emmy award-winning filmmaker Nina Gildea Seavey, this one-hour documentary premiered on public television in July. Check your local station and/or call to request a viewing.

### **Elders Pose Nude to Save Courthouse**

Seven women from Farmland, Indiana, ranging in age from early 70's to 90, will strip down and pose nude for a calendar that will be sold as part of the fight against plans to tear down Randolph County's 128-year-old courthouse. They will have strategically placed miniature replicas of the courthouse in front of them in this money raiser for the Save the Courthouse Fund. Don't tell me us old folks aren't feisty! *Richmond Times Dispatch*

### **Actress Anjelica Huston on Aging**

Actress Anjelica Huston, 53, was recently in London speaking with her friend actress Maggie Smith, 70. Huston said to Smith, "I miss you in L.A. Are you ever coming back?" And Smith replied, "No darling, they don't like old people there."

Tell Huston about it. Her father, legendary director John Huston (*The African Queen*), told her in her mid-20's that she was "too old" to start acting. She went on to win an Oscar for *Prizzi's Honor* and was nominated for roles in *Enemies: A Love Story* and *The Grifters*.

But Huston talked without bitterness or resignation about the lot of aging women in Hollywood. “It’s boring to say, ‘I’m not getting offered this or that.’ One has to forge a solution rather than complaining.” Her solution is to explore directing. “My early life as a director is like my early career as an actress. I like to try things out,” she said. So far Huston has directed 3 TV dramas aimed largely at women.

Huston says she harbors some of the rebellion against ageism that marks her generation of women. She might use collagen now and again, but said she refuses to go under the knife to look younger. She gave up Botox after one try, she said, when she couldn’t manage a facial expression in response to her husband of 13 years, sculptor Robert Graham. *Richmond Times Dispatch*

### **Baby Boomers Reframing Retirement**

Retirement as “a time to take it easy, enjoy leisure activities and a much deserved rest from work” was invented and marketed in the 1950’s by Del Webb, developer of the Sun City retirement villages. That notion has lost its hold on the American imagination – especially among the 77 million baby boomers currently turning 59 at a clip of 10,000 a day.

The generation that launched the civil rights movement, protested the Vietnam War, and supported women’s liberation has a track record of creating social and cultural change. Now baby boomers stand poised to redefine the “Third Age.” As Dr. Bill Thomas of the Eden Alternative™ put it, when boomers were kids, ice cream came in three flavors. Now there are thousands. “What the boomers did to ice cream they will do to retirement.”

Experimentation in the coming years will create new paradigms of aging; among these will be new places to grow old. Luxury-edition “Sun Cities” continue to pop up like mushrooms across the Sunbelt states. Scattered among them, however, grow seedlings of new model communities where sense of place, sustainable design, and intergenerational diversity are hallmarks. Developments like Highcove in western North Carolina (<http://www.highcove.com>) combine the physical aspects of traditional neighborhoods with new models of community. And places like Elderspirit in Abingdon, Virginia, (<http://www.elderspirit.net>) seek to reweave the web of relationships that sustain personal growth and spiritual deepening in later life. *The Positive Aging Newsletter, Jan-Feb 2005, <http://www.healthandage.com>*

### **Horse Riding Foxhunting Elder in Alabama**

I recently heard from Marian L. Lewis from Owens Cross Roads, Alabama. “I’m 68,” she wrote. “At 66 I started foxhunting (coyotes really). Though I’d ridden horses off and on all my life, I’d never ridden hunters. In 2003-04 I hunted twice a week, almost every week for five months and learned to gallop long distances, jump low hurdles and ditches, and ride through swollen creeks. In April 2004, I had hip replacement surgery (unrelated to riding) and didn’t hunt the next year. Now I’m revving up for the 2005-06 season by riding twice a week and walking an hour on off-riding days. I want to go on a horseback trek in Africa if it turns out to be reasonable for me. Wish me luck.”

I love hearing from my readers. Their lives are truly inspiring.

### **Know Any Career Waitresses?**

Last month I wrote about Candacy Taylor and her work with career waitresses. She is

currently on the road in Ohio, Baltimore, Washington, DC, New York City, New Jersey, Philadelphia, Pittsburg, and Napa, California. Do you know any career waitresses in those areas? They must be over 50 and still working, preferably in a coffee shop or roadside diner. Even if you don't know her name send the location and restaurant to Candacy at [slingingpower@yahoo.com](mailto:slingingpower@yahoo.com) She appreciates your help.

### **The Aging Adventurer Speaks**

Florida State Conference on Aging

Orlando, FL Aug 22-25

*Building New Structures, Attitudes and Roles for Third Age Adults*

Mallard Landing Retirement Community  
Health Fair,

Salisbury, MD October 6

*It's Never Too Late to Make It Happen!*

Southeastern Wisconsin Area Agency on  
Aging,

Milwaukee, WI November 3

Keynote: *It's Never Too Late to Make It Happen!*

Workshop: *Make Your Dreams Happen*