

70 — The new 40

“To be 70 years young is sometimes far more cheerful and hopeful than to be 40 years old.” — Oliver Wendell Holmes

As many of us know, life doesn't lose its meaning after 50. We hear about “bucket lists” and great accomplishments from people in their golden years.

- Helen Keller started work on a new book, “Teacher,” in her 70s, which was published two years later.

- Noah Webster wrote his dictionary at age 70.

- Benjamin Franklin helped to frame the U.S. Constitution at age 81.

- Michelangelo was in his late 80s when he painted some of his masterpieces.

- Thomas Edison was still working in his laboratory at age 83.

The list could go on and on. You can bloom at whatever age you may be. If we broaden our horizons just a tad, there is a

clear vision of something bigger and better out there to accomplish.

Statistics indicate that we are rapidly moving into a time where there will be more people in our country over the age of 60 than any other age group. The population of centenarians living in the United States is over 96,500, with a projection of 601,000 by the year 2050.

The bonus years over 50 can represent 30 or more years of exciting new experiences and the wonderful discovery of hidden talents. When the big 5-0 hits, the next stage of life, retirement, looms ahead.

It is an age when many look at early-out programs from their careers. You may also find yourself caught in the middle of caring for grandchildren and aging parents. It is so easy to forget about your own mental, emotional and social needs.

Even though we have always been taught that it's what's inside that really matters, I am a firm believer that you have to like what you see in the mirror. We need to accept who we are and embrace the attributes that we

have!

No longer is style and fashion presented only as a younger woman's game. Fashion magazines feature an increasing number of articles and style tips for those women that are 70-plus.

Ari Seth Cohen has put together a delightful photo collection of street fashion as seen on “over 60” women in New York City. (See book review — “Advanced Style”) He has portrayed the panache possessed by women who are comfortable with who they are at an “advanced” age.

Seventy can be a starting point to embrace life more freely, whether it is wearing the clothing that expresses the inner you or picking up an artist brush for the first time. You have earned your credentials with days of accumulated knowledge and wisdom.

The 30 years between 40 and 70 are full of priceless experiences. We all have a mental storage cabinet of past encounters, skills, knowledge and personal struggles. Draw on this to do things you still wish to accomplish.

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Jacquie Bennett

BOOK REVIEW

‘Advanced Style’ captures the beauty of older women

By **JACQUIE BENNETT**

For way too long the over-60 set has not been synonymous with style and fashion. In his new book, “Advanced Style,” Ari Seth Cohen captures the essence of elegance through a delightful collection of street-fashion photography. His subjects range in age from 60 to 100 years old. These women are anything but boring and offer a lesson in style and confidence that is an inspiration to ladies of all ages.

Cohen became intrigued by the great number of older stylish women on the busy streets of New York City. He realized that this segment of the population is often overlooked in the fashion media, so he started a blog dedicated to photos of chic women over 60. Out of this, a book was born.

In the journey through “Advanced Style” the reader will meet many delightful women, wrinkles



Photo submitted by **JACQUIE BENNETT**

Ari Seth Cohen, left, is the author of ‘Advanced Style.’ He is with model Mimi Weddell.

and all, who like Rose (100 years old) still knows how to turn heads. No sweatpants for these ladies! They live by the motto “You never know who you’ll meet on the way to the mailbox.”

After submersing myself in the colors and in-

teresting subjects of Cohn’s photography I realized that style knows no age.

Publisher: powerHouse Books
www.AdvancedStyle.blogspot.com

\$35, hardcover, 239 pages



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To Aging and Disability Resources

Core Partners

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[\(717-248-8011\)](tel:717-248-8011) www.crinet.org
Mifflin-Juniata Area Agency on Aging (MJAAA)
[\(717-242-0315\)](tel:717-242-0315) www.link.mjaaa.com
UCP of Central PA (UCP)
[\(717-247-2944\)](tel:717-247-2944) www.ucpcentralpa.org

The Link to Aging and Disabilities Program is a collaborative effort among community agencies and the Commonwealth of PA Office of Long Term Living to provide services and supports to individuals over the age of 60 and persons 18 to 59 with disabilities.

Link will provide information and support in the following areas:

- * Assistive Technology
- * Drug and Alcohol
- * Care Transition
- * Nursing Home Transition
- * Emergency Contacts
- * Employment Services
- * Financial Assistance
- * Health Insurance
- * Health and Nutrition
- * Home Modifications
- * Legal Aid
- * In-Home Services
- * Housing Assistance
- * Medical Services
- * Mental Health
- * Protective Services
- * Support Groups
- * Transportation
- * Veterans Services
- * Lifespan Respite
- * Utilities and Fuel
- * Options Counseling
- * And Much More

* An Easy to Use Online Resource Directory www.link.mjaaa.com