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# Fabulous Over 50™

INSPIRING BOOMER WOMEN TO LOOK, FEEL AND BE MORE FABULOUS™



## **Dynamic Duo**

**Marci Crozier & Sharon Sporman**

**Fabulous Women**

**Fabulous Volunteers**

**Fabulous Survivors ... all inside**

**FALL 2014 ISSUE**



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# Contributing Writers



## **Karen MacNab; Wellness/Image Consultant**

*Wellness/Karen has been in the health industry for the last 16 years. Her journey has brought her full circle from going green, leading a chemical free life and continuing to enrich herself and her clients with information to use in daily life to support a healthy lifestyle. She believes in detoxification, supplementation and pH balancing for complete health.*

## **Dr. Myrna Sarowitz**

*Dr. Myrna Sarowitz is a trained Personal and Professional Coach. She was trained at the Coache's Training Institute. She is also a retired psychologist. She coaches people in any transition in their lives. Her fulfillment comes from seeing her clients achieve their dreams.*



## **Phyllis Benstein, CEO TranSPAmation**

*Speaker, Best Selling Author, Image Consultant Leading and empowering others to unleash their personal power, show up in style, and confidently own their space. Phyllis Benstein's mission is to serve others by helping them transform on the inside, step into their greatness, and out with confidence and a personal image that fits their personality, lifestyle and environment.*

## **Julia Skeesick**

*Julia Skeesick is a Certified Life Coach, owner of LifeScape Strategies and official lover of life. Through LifeScape Strategies she provides private and group coaching services as well as workshops and weekend retreats.*



*Joan Maiden is a speaker, author and coach. She teaches how building physical strength can improve and impact every area of your life. Getting strong can help you change and take charge of the way you age.*

## **Jane Koenig, Certified Hypnotist**

*Jane has certifications in Basic Hypnosis, Advanced Hypnosis, Basic Neuro-linguistic Programming and is a Master Practitioner in NLP. She is also a member of the National Guild of Hypnotists, the Hypnotism Academy of Indiana, and the International Medical & Dental Hypnotherapy Association.*





**Cathi Lloyd** is an Independent Franchise Owner for DECORATING DEN INTERIORS...where we make the world more beautiful, one room at a time.

**Sue Simon**

A dedicated to helping others live a more healthy lifestyle and is an Independent Distributor for NYR Organic Health and Beauty Products



**Nancy Beck**

Nancy Beck, Owner of Image1 Makeovers is a Beauty, Style, Spa, & Color Analyst Makeover Specialist. Nancy Beck has had an interest in Image Consulting since 1992 when she first became a Certified Image Consultant with BeautiControl Cosmetics. She has recently resigned/retired from a 39-year career as a Nurse specializing in the Surgical Services Department and launched her new business, "Image 1 Makeovers – for YOU, YOUr Home, YOUr Office" to fulfill her dream to be self-employed in the industry.

**Michelle Smith**

Founder & President of Z&B Consulting, Inc., the Home of "Marketing Morsels", "Magnify Your Marketing", and "Maximize Your Marketing", a 3-pronged approach to business success. She is a business consultant, trainer and public speaker who empowers thriving entrepreneurs and organizations to strengthen relationships, create abundance and serve more people.



**Theresa Neal**

A born writer who is proud to have worked on a number of different writing projects. She is a dedicated journalist and the author of several short eBooks. Currently, she resides in Florida where she can "write under a palm tree."

**Diane Kania**

A licensed independent agent/broker and owner of Lakeshore Health Insurance Brokers, established in 2010. She is also an independent associate with Aflac since 2009. Licensed in Indiana, Illinois, Michigan and Colorado, Diane is also FFM- certified to offer plans through the Marketplace.



It has been a very busy summer here at Fabulous Over 50. Since we launched our publication early this spring we have been trying to keep up with all the calls and requests for magazines. We are also listening to your requests for more events and a monthly networking group for just Fabulous Over 50 Women. We are pleased to be able to tell you that we will be launching The Fabulous Over 50 Network this fall. Look for meet-up events near you this fall.

We ask women wherever we go what do you do to be so Fabulous Over 50? Our goal is to take that information and bring it you, our readers each issue. We hope to hear from you too! Go to our website at [www.FabulousOver50.com](http://www.FabulousOver50.com) Click on What makes YOU Fabulous Over 50, and take the survey. You could win prizes like a Fabulous Over 50 Bling Shirt or Collector Wine Glasses.

#### SAVE THE DATE!!!!

You won't want to miss The Fabulous You EXPO that will be held in NW Indiana this fall at the Patrician Banquet Center in Schererville. Thursday, November 13th, this will be a day packed with plenty of information to help boomer women look, feel and be more fabulous! We are putting together a great line up of speakers so make sure to check out more details on our website and FB page for updates.

Stay Fabulous!



**Christine Neal**  
Founder/Publisher



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# Fabulous Over 50

## FOUNDER/PUBLISHER

Christine Neal

## DIRECTOR OF FINANCES

David Rumas

## ACCOUNT EXECUTIVES

Kim Hall, Lake County, Indiana  
Kathleen Luken, Porter County, Indiana  
Kim Bitzer, NW Suburbs, IL

## GRAPHIC DESIGNERS

Sara Sciarrabba  
Scott Bagley

## PHOTOGRAPY

Lena Marshall  
Rachel Felton

## STAFF WRITER

Theresa Neal

## STYLE EDITOR

Nancy Beck, Image I Makeovers

## WEB DESIGN

Joshua Alexander

Fabulous Over50 Magazine is published by Target Promotions, LLC.  
PO Box 625, Dyer, IN 46311 • (219) 670-2111  
[INFO@FabulousOver50.com](mailto:INFO@FabulousOver50.com)

## [www.FabulousOver50.com](http://www.FabulousOver50.com)

Print subscription rates: \$20 per year; Five issues per year.  
Delivered via USPS standard rate.

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## ADVERTISING INFORMATION:

Lake County Indiana Contact: Kim Hall (219) 669-5095  
Porter County Contact: Kathleen Luken (219) 973-3862  
NW IL Chicago Suburbs Contact: Kim Bitzer (773) 318-0538  
All others Contact: Christine Neal (219) 670-2111  
Or Email: [Adinfo@FabulousOver50.com](mailto:Adinfo@FabulousOver50.com)

For Editorial Consideration please send press release material to:  
[Editorial@FabulousOver50.com](mailto:Editorial@FabulousOver50.com)

Some Decorating Tips To Help Give Your Home A

# Fresh New Look!

I know. The kids are back in school...summer vacations seem like a distant memory, and you're finding yourself looking around your home thinking, "It's time to do something....but I just don't know what!"

No matter how long you've lived in your home, I think it's always fun to "shake things up a little bit" and give at least one room in your home a fresh new "facelift"! So here are a few ideas that might just help you get started on your own fresh new look!

**REARRANGE!** Often times, it's not something new you crave, although new furniture can definitely give any home an instant face lift. Perhaps, simply rearranging what you already own within a specific room – or transferring pieces from one room to another will make a huge difference! I like to work with my clients to help move their furniture into more interesting positions. Rather than the traditional line of furniture around the walls, try angling your large furniture pieces. I guarantee that you'll love the difference an angle can make!

**LIGHT IT UP!** Nothing gives a room a brighter sparkle easier and faster than new lighting... especially if your room seems



drab and dull. Consider adding a new lamp – or even a pair of new lamps! Even replacing an old lampshade with something new and fresh can make a huge difference in brightening your room!

**START YOUR OWN DECORATING NOTEBOOK!** If a whole new room is in your future, than now is the time to plan! I suggest that you save pictures of your favorite rooms – favorite things – favorite colors...and make some notes as you study these photos. Ask yourself: "Why do you like this room?" "What would you change?" By including the answers to these questions in your Decorating Notebook, you'll not only save yourself a lot of valuable time, but your design professional will be thrilled with the thought you've given to your project!

There's never a better time than now to think about a fresh new look for your home. I believe that everyone deserves to be able to say, "No matter what kind of day I've had, when I come home I feel happy, peaceful and uplifted!" ■

**For more information Contact:** Cathi Lloyd, *Decorating Den Interiors* @ (219) 365-0198 or visit her website at: [www.CathiLloyd.decoratingden.com](http://www.CathiLloyd.decoratingden.com)



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**B**eautiful stone like granite, marble and have become an important trend of home design. But what happens when that stone becomes damaged, stained, or chipped? Replacing natural stone is costly and many people don't want to tamper too much with the original design of a room. As an alternative to purchasing and installing new natural stone, many homeowners are finding it is worthwhile to consider restoration of their investment.

Medema Marble Restoration owners Paul and Betty Medema know the stone restoration industry well.

Paul originally began working with stone in the 1980's doing custom stone tile installations throughout Indiana, Illinois

and Michigan. Paul has always enjoyed working with both standard and exotic natural stones.

The goal of every restoration project is to protect and restore your investment. By using their vast knowledge and skills, Medema Marble Restoration is able to come in and restore your stone with their non invasive procedures whether your home, office or business.

Medema Marble Restoration works to meet your scheduling needs, respecting your time and communicating with you throughout your project. Clients not only appreciate the professionalism this company offers, but also their attention to quality and detail. ■

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PREPARE FINANCIALLY

# For Retirement

By: Larry Mysliwicz

**T**he Social Security maze is quite complicated. You have worked hard for your money. Now, it's time to make your money work harder for you through wise planning! Here is some valuable information that could add THOUSANDS of dollars of income over your lifetime.

You will want to learn strategies that will work best for you so it is important to seek assistance from someone trained in this field. Social Security is gender neutral so this information can apply to both men and women and everyone's situation is unique. Social Security may be the foundation of a stable retirement plan, BUT it was NEVER meant to be the ONLY source of income. You will most likely need additional sources of income to enjoy a secure, comfortable lifestyle. Here's one example of wise planning:

If your Primary Insurance Amount (PIA) is \$2000 per month, and you begin collecting at 62, you only receive 75% or \$1500 per month plus Cost of Living Adjustments (COLA). There is a caveat. IF you wait to collect past age 66 up to age 70, you receive an additional 8% per year! So delaying benefits till age 70 would mean an additional 32% PLUS COLA, bringing your PIA to \$2640 + COLA.

**Delaying sounds good but your circumstances might call for different actions. What will work best for YOU? Here are a few key questions to ask your Financial Professional:**

- For Women... should you maximize your income to mitigate the Risks of Longevity? How do you do this?
- Your SS income could be taxable up to 85%. How can you minimize this?
- How should you direct your other retirement savings (IRAs/401ks/CDs etc.) so that they grow and are secure?

What about Spousal Benefits, Divorced Benefits and Working While Collecting? You may have even more questions. All are good questions that need to be answered by a trained financial professional. While no one can predict our health or other financial occurrences it is important to gain understanding of strategies that can help you maximize your retirement and protect your assets. To learn how to navigate this very important decision, call to make an appointment for your NO FEE, NO obligation consultation. Be sure to watch for future articles to help you prepare financially for retirement. ■

**Larry Mysliwicz, Independent Producer, at L. Mysliwicz and Associates.**

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- Learn facts & strategies that are proven to work
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LARRY MYSLIWICZ  
L. Mysliwicz & Assc. LLC  
(219) 680-6628  
larrymysliwicz@att.net  
Independent Producer



## Annual Enrollment for Health Insurance is Coming... Are You Ready?

**R**eady or not, annual enrollment is coming upon us. This means that those of you who are responsible for your own health coverage (those that do not have access to group coverage through your employer) will be able to apply for coverage for 2015. Annual enrollment for individuals under 65 begins November 15th and continues through February 15th, 2015. You will have the ability to apply for government-subsidized health plans through the Marketplace or non-subsidized plans through private carriers. If you miss this window, you will not be able to enroll until the following year unless you qualify for special enrollment. Following is some helpful information...

What is the Marketplace? How can it benefit me? Also known as the Exchange, the Marketplace is a government-sponsored site where you can shop for a health insurance plan and obtain access to lower premiums through premium tax subsidies and/or cost-share reductions, based on your household income. To find out if you qualify, you can visit [www.healthcare.gov](http://www.healthcare.gov) or call a Marketplace representative at (800) 318-2596. You can also contact your local health insurance representative as long as they are certified under the Federally-Facilitate Marketplace (FFM) to sell Marketplace plans. Eligibility requirements and plan options vary by state, so expect variations.

Do I have to go through the Marketplace or can I get my plan with a real carrier? First and foremost, Marketplace carriers are real carriers. Some offer plans on and off the Exchange. Some offer one or the other. You are not required to enroll in a plan through the Marketplace. You can apply for a health insurance plan through any private carrier, whether online, by phone or through an agent, as long as that carrier offers individual health plans in your state. However,

you will not have access to any premium tax subsidies. You will be responsible for the full cost of your premium. Advantages: more plan options, larger network coverage and possibly better out-of-network coverage. Disadvantages: increased premiums, no access to subsidy.

What about us Fabulous Over 65 women? Annual enrollment for Medicare eligible recipients, including individuals 65 and over, but also those under 65 and on disability, begins October 15th and continues through December 7th. This enrollment period allows recipients to enroll, remove or change their Medicare Advantage plans and their prescription drug plans. It does not apply to Medicare supplements, such as your Plan Fs, Gs, etc., which can be changed throughout the year. Now is a good time to get together with your healthcare representative and review your coverage to see if it's still the most cost-effective plan. Needs change over the years, so a plan that worked well at age 65 does not necessarily work the same at age 70.

For additional information or assistance with health coverage, you may contact Diane at [djkania@comcast.net](mailto:djkania@comcast.net) or by calling her office at (219) 888-9250. ■

*Diane Kania is a licensed independent agent/broker and owner of Lakeshore Health Insurance Brokers, established in 2010. She is also an independent associate with Aflac since 2009. Licensed in Indiana, Illinois, Michigan and Colorado, Diane is also FFM-certified to offer plans through the Marketplace. Stay tuned for more information about health coverage in upcoming issues. Topics will include short-term disability plans, voluntary income protection plans, life insurance and long-term care, among others.*



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Mówimy po Polsku



# Pressed for Time to Cook?

## Gather Your Girlfriends and Plan an Easy Freezer Meal Workshop

By Michelle Sabbia



Some of the many Organic Products available to spice up your meals.

Do you feel the crunch trying to prepare dinner after work? Do you find it difficult to cook for just one or two? Are you in charge of feeding a busy family that has different schedules? Well get ready to tame dinnertime demands.

## What is this about?

This is about planning ahead and gathering some great ingredients and some girlfriends and getting together to assemble some meals. You keep the meals in the freezer until you are ready to slow cook, grill or cook them. Whether you need to feed one, or an army, these meals are going to make your dinnertime less chaotic and much more enjoyable.

Although this idea can be done with any products of your choice, one company; Wildtree, has made the process into a party. (A party plan, that is) The way it works is you would contact your local Wildtree representative, and set a date with them. You then will contact some of your friends who agree to purchase a Product Bundle that will be waiting for them when they arrive. The Wildtree products are organic spices and flavoring mixes that you can add to your food to make all kinds of fabulous meals for your and your family at the workshop. You will have Wildtree products left over so you will be able to go home and make more freezer meals or use them in your everyday cooking if desired. You will also be receiving side dish recipes that you can make with your left over Wildtree products.

For the most part you will be coming to the party with 10 freezer bags labeled one through 10 containing proteins for the various

meals. You will then assemble each bag with Wildtree products at the party to flavor your meals. There are some meals that will need extra ingredients (items that do not freeze well) to complete the recipe. For an example, Buns for the Turkey Sliders. Those you will need to have on hand at home.

You can shop and purchase proteins like boneless skinless chicken breasts, white fish, ground beef and pork ribs. You can also to choose higher end gourmet choices like steak, shrimp and ground turkey. In addition, you may also need other ingredients such as onion, honey, butter, cheeses and your own supply of freezer bags.

The party or workshop we attended was a dual party. This meant we could choose one of two different to participate in. Our choices were "Crockpot & Grill" and "Get Your Grill On". Each of the workshops make 10 meals to freeze for later. The workshop costs \$79.00 and includes seven Wildtree spices to use during the workshop and to take home for additional recipes (which will be given at the workshop) or to use to make the meals again. Each guest is sent a grocery list and prepping instructions to be completed before attending the workshop. When the guests arrive, they will have a station set up with their spices, labels for bags, gloves and bucket. The bucket is where each bag will be finished and ready for the freezer.



Friends Aleida Lozano-Netzel (left) and Mary Baker (right) enjoy their time together as they finish putting their meals into freezer bags.



Mary Baker (left) and Neva Pasky (right) share some laughs as they prepare their meals.

Some of the recipes we made were; Grilled Asian Ginger Chicken Skewers, Grilled Chicken & Fire Roasted Veggies, Hickory Grilled Rodeo Chicken, Herb Grilled Shrimp Skewers, Savory Grilled Tilapia, Rodeo Blue Cheese Burgers, Agave BBQ Country Ribs, Cheddar & Garlic Turkey Sliders, Rancher Grilled Steaks, and Asian Ginger Beef Tips. ■

For more information on Wildtree Products or to book a freezer meal workshop contact:

**Michelle Sabbia 708-267-2288. [M.sabbia@comcast.net](mailto:M.sabbia@comcast.net).  
[www.mywildtree.com/michellesabbia](http://www.mywildtree.com/michellesabbia)**



# Page Family Hearing

Just by going to their website, [www.pagefamilyhearing.com](http://www.pagefamilyhearing.com) you can tell right away that this family owned hearing center is different. First, they are all about making sure that every adult knows the importance of getting a base line hearing test as early as their mid-thirties.

“People think hearing loss is something that happens when you get into your seventies or eighties,” Owner and Audiologist Kassie Poplawski told us, “but in this area, hearing loss effects many people at a much younger age. This is because of lifestyle

changes such as listening to loud music and attending rock concerts and from so many people working in loud places such as the mills,” she added.

At Page Family Hearing they encourage everyone to come in and get a FREE baseline hearing test. This can act as gauge as you age and may notice some loss, or may indicate a loss that you already have and may not realize.

One other thing that makes Page Family Hearing stand out is their pricing structure. Should you need a hearing aid, their profit structure is based on a profit per unit, not a percentage of markup.

This means that they make the same amount from a low end hearing aid and the highest price hearing aid. For their customers this means that they can be assured that they are being fitted with the right hearing aid based on their needs, not the profitability or commission of the store that is fitting them.

Right now, at Page Family Hearing you can come in and get a Free Test, as well as a Free Trial, so that you can experience how much value a hearing aid may be able to bring to your life. ■

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The Dynamic Duo...

# Making Hoosiers Healthier, One Person at a Time

By Staff Writers



**S**haron and Marci met, working, at Omni 41 and over the years have become great friends. They share a passion for living life well, serving others. Promoting health, vitality and fitness is their personal mission. These Ladies have been the Dynamic Duo in Northwest Indiana circles for over 30 years.

As friends go, they always say; “Together we make one really good person.” They have been blazing a trail for healthy lifestyles well before health clubs were popular.

Over the years, they can be found volunteering in various organizations and for worthy causes. Giving comes easy for these two ladies. It is sometimes difficult to say no to helping. Sharon says; “You must have balance volunteerism, family, community, work and church. When we over stress ourselves trying to do it all, we can become not well. Many lessons are learned in life. After going through health challenges with my mom I’ve learned to focus on things that feed my soul.” Sharon reflects. “You can’t do it all, so spend your time on the things that are really important to you. Besides, you have to allow others do some things. By allowing others to share in the volunteer work that helps them grow,” she adds.

Some of their days now are spent as an advocate for a dear friend who is in a rehab center, they visit her daily and help her at night. By spending their time with her, they are able to impact this one person in a big way. They share with us, that it is about being able to take the time, what people need most is your time. But, you have to be mindful about yourself.

Their work centers around helping others find a balance, get healthier and stay that way. They are on a mission to help the world be a healthier place. Some of the important causes they volunteer for reflect that, such as serving on the board of

◀ Friends Forever, Marci Crozier and Sharon Sporman shown here are holding a photo taken of them together over 30 years ago. Their hair styles may have changed over the years, but their passion to help people become healthy has kept the bond between them very strong.



Sharon Sporman



Marci Crozier

The Wellness Council of Northwest Indiana. They also travel and speak statewide and regionally with medical groups promoting wellness in the workplace.

Passionate about helping people live healthier lives, together they have helped a lot of people. For example the members of the Thin & Healthy's Total Solution a program at Omni 41, have lost a combined total of over 15,000 pounds. "What we've learned is that everyone is motivated differently. Being still long enough to listen to people and find out what is their powerful WHY helps. You have to help them understand WHY they want to be healthy. Help them appreciate who they are. It also helps put them in the right mindset," they told us. "That's the key, it starts with your mind. It starts with the right mindset. It all starts in your brain, all of it," they shared.

Marci loves telling her story about the Biggest Loser; she learned much and accomplished a healthier lifestyle. Now she is able to take that experience and speak with passion one on one and with groups of people that she regularly coaches through the programs at the club.



Very active in Volunteerism, Marci and Sharon participate in many walks and runs for charity, however they get the best laughs from the annual Mud Ruttlers 10.2 K.



Sharon Sporman & Marci Crozier.

Being Fabulous Over 50 ladies themselves, they talk about being vital in their golden years. "It's not so much about being healthy it's about being vital," Sharon told us. "It's not about being youthful, it's about being youth-spirited. Become and stay as energized and healthful as you can so you can stay vital."

With a long friendship and similar goals Sharon and Marci built a friendship based on hard work and mutual respect. Another commonality is their faith. They leave us with these words of wisdom. "When you choose to open your heart and mind you know we are not in control, God is in control." "Mastering yourself to be the best you, that's what God wants you to do." "Seek joy, seek happiness... it's on you, no one can do that for you." ■



# Living Well With A Chronic Illness

Dr. Myrna Sarowitz

In our country we celebrate youth, good health, and beauty. So what happens when you lose one, two, or all of these? We are all going to get older. The images we see of older adults are those who are playing tennis, bike riding, and always smiling at each other. The other image we hear about are those unfortunate older adults who end up in a nursing home. There is no concept in the media of people living with a chronic illness. There is no image of those of us in between. We usually live at home and take part in life as best we can.

I know this from personal experience. Six years ago I felt some strange sensations under my arm. I thought it was just a rash. Symptoms persisted, turned into a burning pain, and I experienced numbness around my waist. It took the doctors two years to finally diagnose me. I had a cavernous angioma in my spinal cord and it was bleeding. I was so relieved to find out I had a cause for all my symptoms. However, I didn't realize the seriousness of my condition. Some people who have my condition become paralyzed, but we all affected negatively in some way.

So here I was, a healthy, active, woman in my mid-sixties who never had any physical limitations. That was all to change quickly. I had surgery to remove my angioma. (An angioma is a malformed blood vessel, resembling a raspberry.)

I woke from my surgery in the worst pain I had ever experienced in my life. Just moving in any direction in my bed was excruciating. I was also very numb from my chest down on my left side, and from my waist down on my right side. I knew the pain would pass and I was convinced that the numbness would pass. My surgeon had told me that it was usually temporary.

Now fast forward to today, four and a half years later. I am still numb, I have tingling, and hypersensitivity along with the numbness. I have finally accepted that this is my body and it will be from now on.

What do I do with this reality? I have grieved my losses. I have grieved intensely at times. But now I'm learning to live my life to its fullest. I know that when I do something that I love to do, I forget about my body. Where I put my energy is important.

I love being a Life Coach. When I'm coaching a client, I completely forget about myself. I forget about my body. I live in the moment and I feel "at home" in my soul. I love nature and this is my favorite time of the year. When I sit on my deck, I can lose myself in the beauty of the flowers, and the trees and the sky.

These are two keys for me to help me "forget" my disability. The first one is to do something I love to do. The second key is to live in the moment. At those times, I'm not thinking of what I used to be able to do. That's because I can still do some of those things. I can still Coach, I can still admire works of art, and I can enjoy nature.

There are many joys in my life that haven't changed, they have deepened. I feel joy when I'm surrounded by my family, my husband, my three children, and my six grandchildren. I love them so much, and my children have helped me in many ways through my illness. My two daughters cooked for me, shopped for me, and generally "mothered" me. They are such gifts in my life. My son brought me gorgeous flowers and encouraged me constantly to do more of what I loved to do. I'm grateful for all of them.

My husband was the greatest gift. He cared for me for a year after my surgery. He cooked, did laundry, drove me to appointments, and was happy to do it. I never felt more loved.

My independent self had to temporarily give up her independence. I had to allow others to care for me. This was the hardest task of all. I had been the care giver in so many ways in my life, as a mother, as a psychologist, and a coach, a teacher, and a friend. And now I had to graciously accept help. I'm sure at times, I was not gracious. But I was forced to accept help to do daily tasks.

Now, one of my purposes is to help others afflicted with my disease of cavernous angiomas. This is a rare disease, affecting 0.2% of the population. Angiomas, most often occur in the brain, and less often in the spinal cord. It can and does affect children, with the inherited mutation of the disease. Presently the only form of treatment is surgery. Surgery can prevent more damage, but causes other deficits itself. The good news is that they are doing research and have found a drug that stops the bleeding. They just haven't tested it out on human beings yet. For more information go to the website [www.angiomaalliance.org](http://www.angiomaalliance.org). This is a non-profit group dedicated to furthering the research through donations, fund raising, and tissue samples for the research.

I could never have predicted that my life would take this path. But I like to believe that I can choose to make the most out of this part of my life. I can choose life, I can choose to enjoy life, instead of concentrating on my losses. I can choose to do the things that I love to do. I can choose to believe that my Higher Power, who is God, will help me on this part of my journey. ■

Visit Myrna's website at: [www.livingyourjoy.com](http://www.livingyourjoy.com)  
Email: [livingyourjoy@sbcglobal.net](mailto:livingyourjoy@sbcglobal.net) or call her at: 219-322-6189

# What's in Your Deodorant?

By Sue Simon

So it may not be a glamorous subject, or one you talk about all the time, but do you really know what is in the deodorant that you use every day? Most deodorants contain antiperspirants, which may not be in the best interest of our health.

The earliest antiperspirants were sticky pastes first trademarked in the United States in 1888 as a product called MUM. A few years later, the first antiperspirant to use aluminum chloride was developed. Today, deodorants are classified as cosmetics and antiperspirants are classified as drugs by the FDA, meaning that antiperspirants are intended to "treat" something. How antiperspirants work is the aluminum base complex reacts with the electrolytes in the sweat gland to form a gel that plugs the sweat gland's duct. However the lymph glands under our arms are important because they cleanse the blood, when those sweat glands are clogged there is no way for the body to sweat or detox those toxins out. And because aluminum based compounds absorbed by the skin result in estrogen like behavior that has been known to promote the growth of breast cancer cells, some researchers have suggested that it can contribute to breast cancer and Alzheimers Disease. Today most breast cancer patients are advised to stop use of all aluminum based products after their diagnosis.

At some point we have been convinced that sweating is bad. However, sweating actually has numerous health and beauty benefits. For example sweating helps your body:

- Maintain proper temperature and keeps your body from over- heating

- Expel toxins, which supports proper immune function
- Clean your pores
- Fight viruses and bacteria that can't survive in temperatures above 98.6

Many people are surprised to learn that there are no FDA regulations for the \$70 Billion dollar a year health and beauty industry. According to the Environmental Working Group there are 10,500 ingredients in the health and beauty products we use every day. On average the consumer is exposed to 126 ingredients on a daily basis. Can you guess how many of those ingredients are required to be tested for safety? ZERO !!!!!

Of course, becoming an educated consumer is in your best health interest. Organic health and beauty products are safe for us and can actually have health benefits. For more information on the toxicity of the health and beauty products we use you can visit [www.ewg.org/skindeep](http://www.ewg.org/skindeep). You can search the products that you currently use and they will give you a detailed list of ingredients and the possible side effects of each one. HAPPY SWEATING! ■

**Sue Simon** is an Independent Distributor for NYR Organic Health and Beauty Products. Visit her website at: [www.ssimonorganic.com](http://www.ssimonorganic.com)

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# Qi Gong

By Theresa Neal

Chinese medicine has been a hot topic in the health industry for many years. One practice, Qi Gong, is quickly gaining popularity in the United States. Qi Gong, meaning Life Energy Cultivation, combines martial arts training with exercises that align the body, breath and mind. This helps to improve health and can be incorporated into many meditation techniques.

Our staff member recently attended a presentation offered by Ingalls Health Systems. There, they brought in Dr. Zhang from China who did a lecture and demonstration on medical Qi Gong. Traditionally called Dow, Medical Qi Gong focuses on clinical treatment and is used by doctors in clinics to prevent disease, treat disease, and help patient with rehabilitation. This type of treatment, along with western medicine is used in hospitals in China to treat patients. He stated that Qi Gong when used regularly allows energy to flow through the body and gives the body the ability to heal its self.

There are several different parts to the practice of Qi Gong. These include several different movements, meditations, chanting, posture techniques and self- massage that each serve a purpose. Most people who study and practice Qi Gong use the techniques they learn during meditation or prayer. Self-massage is a technique one can do on a daily basis to allow energy to flow through out areas that may be stagnant or have disease. Some of the movements have been proven to rid the body of excess weight, pain, and disease that is often associated with stagnant blood, such as high blood pressure and diabetes. According to Dr. Zhang, lack of harmony in the body is the source of all disease. Qi Gong helps restore harmony to the body by invigorating the blood flow, thus improving the body's interior environment.

## How to Get Started with Qi Gong

Like all exercise techniques, it is important to research positions before attempting them on your own. Because of its growing popularity, you may be able to find professional instructors in your area that can show you the forms first hand. While most of the forms are slow moving and gentle, it is important to do them correctly. You should also understand your physical capabilities. Unlike other martial arts, Qi Gong is about healing and strengthening. Perform each form you choose within your level of comfort to see improvements over time. ■

*Special thanks to Susan Fine at Ingalls Health Systems for bringing this information to the Western world.*

# The Diet in Shining Armor

By Joan Maiden

As little girls, we grew up with fairy tales and the legends of Prince Charming and the Knights in Shining Armor coming to our rescue. Then, alas, we grew up and realized that Prince Charming was just a dude and the knight's armor was tarnished. We soon learned that fairy tales are fractured.

There seems to be one fairy tale that women hold on to—the “diet in shining armor”. “Maybe this is the one that will finally give me a beautiful body, then I’ll be happy.” “Here is a new ‘miracle pill’ that promises to melt off fat.” “My friend lost thirty pounds on this diet—but she did gain it back.” “This one promises no exercise.” Low carb, low fat, gluten free, high protein, count calories, count points, don’t count, count carbs, count fat and on and on it goes. It’s enough to make a girl’s head spin.

A healthy balanced diet and staying active is not very romantic nor does it add a fortune to the diet industry coffers. Almost 35% of adults in the United States are obese and over 60% are overweight. The diet and fitness industry is a \$60 billion dollar a year industry. By comparison, in 1950, less than 10% of people were obese and only 33% were considered overweight. The diet industry was a \$100 million per year industry and the fitness industry was almost non-existent. Why have our waistlines grown with the diet and fitness industry? If they really had the answers, there would not be the obesity/overweight problem we see today.

It’s time to stop looking for a “quick fix” or “miracle” because they don’t exist. There is no diet in shining armor. It’s just another fractured fairy tale. Most of us realized a long time ago that fairy tales are fiction. It is time to grow up, wake up (and not wait for the kiss from Prince Charming, or even Dr. Oz) and take responsibility for our own weight loss and fitness. ■

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# One Day Trips: Southwest Michigan

By Theresa Neal

Fall is in the air and as the trees start to change colors, more and more people are taking trips to see the scenery. Southwest Michigan is the perfect day trip for those who live in NWI and Chicago Southland. It isn't too far away and the environment change makes the journey feel just like a vacation.

No matter what you are looking to do in Southwest Michigan, you'll be able to find it. After enjoying an easy and beautiful drive up, you can enjoy a number of outdoor activities. Water sports like fishing, boating, canoeing and kayaking are very peaceful in cool weather. You can also enjoy a variety of sports on land including hiking, biking and golf.

## Getting There

Our day trip begins early. Our first stop of the day is at the State Line Rest Area on 94. This popular stop is known for its clean restrooms and many brochures about the latest happenings all over the state. After our brief pit stop, we jump back into the car and head towards Saugatuck.

## Scenic Downtown Saugatuck

Just about 2 hours from the state line, Saugatuck is located on the water. The small town boasts many quaint shops and restaurants that take advantage of the lakefront.

We decided to visit the downtown area first, and quickly start making our way through art galleries, craft shops and boutiques. Being a gourmet cook, one of the main things I was looking for was rare spices. I find a boutique shop that carries Mexican Oregano, Turmeric and Hungarian Paprika. They also had fresh maple syrup and pure vanilla. A few more stops, and few more items and it's time for lunch.

Hungry from all our walking we stop and grab a quick bite at one of the many boutique restaurants. Then, we were off to our next destination!

## South Haven: A Great Rest Stop

Our next stop was South Haven. We chose to rest at Sherman's Ice Cream, where we enjoyed some of the best frozen treats in the area. Since Blueberry season is over, I opt for the Strawberry Cheesecake Ice Cream, my all-time favorite. My friend chooses Blue Moon, I just laugh with her, as her tongue turns blue. This was a great layover on our way to St. Joseph.

## Exclusive Viewings at Lake Cliff Gardens

Lake Cliff Gardens is a hidden gem. It is hard to spot, but after passing it once, we find our way. The owner, Barbara Weirich, greets us and shows

us where to park. For the next few hours, we feast on the many gardens she has planted along with her artwork and her husband's sculptures that dot the property. We see their meadow and gorgeous black and white garden that highlights many starkly-colored plants.

The decor at the Garden was sublime. A frog greets us at the pond garden and we are delighted with our own images as pass over the bridge that has a mirror reflecting back at us. We found a little table and chairs sets at the end of a pathway that made a great resting spot.

We then made our way through the Oriental Garden, with plenty of authentic Asian plants. Next, we walked through the bluff, known for its beautiful glass rock garden, amazing sculptures and relaxing chairs. The last garden we ventured through was the tropical garden where most every plant thrives only very far south. Each year, the staff and owners dig up the plants and fill four semi-trucks to safely store them in the greenhouse nearby to keep them out of the freezing air. The greenhouse is also the starting place for thousands of seeds that are transplanted into the gardens once the last chance for frost has past each spring.

## Shopping in Southern Michigan

Inspired from seeing all of the plants, we decide to make a stop at the Sawyer Garden Center. This store has a wide variety of plants. The prices were very affordable and we found everything we wanted. Sawyer Garden Center also has a large gift shop and a very large gourmet food section.

Our next stop was the one we looked forward to the most: St. Julian Winery. We were greeted and offered several wine samples. All of the samples were tasty and it was hard to make a selection. The wine that I purchased will last for a long time.

The tranquil environment allowed us to relax a little bit before going to a livelier location, the Four Winds Casino. We only stayed for a few hours, but we were able to play our favorite slot machines. After a leisurely feast at the buffet, we are ready to head home, but are eagerly awaiting our next trip! ■



Fall Fashion Is in the Bag!

# What does your handbag say about you?

By: Phyllis Marlene

The handbag is part of over a \$9 billion dollar industry. It fills both a want and a need. A women's handbag is a great indicator of what her style is. Since the size isn't limiting like her clothing, her handbag becomes an easy way to express herself. It can become one of the most important parts of her outfit as it doesn't have to be chosen based on her body type, although some bag shapes and sizes look better proportionately. Your handbags are a great way to change up an outfit, as well as extend your wardrobe by accessorizing.



For a more classic look chose the "Trendsetter" shown in the season's hot Cobalt Blue also from Jewell. Add a colorful scarf. This look retails for just **\$120.**



Turn heads when you walk into a meeting with this ensemble that starts with the "Young London" in Midnight Blue from Jewell. Three sections in the interior keep things where you need them. For meeting notes, this stunning notebook cover in Golden Taxi python turns any spiral notebook into a fashion Statement. Makeup stays neat in this flat-bottomed "On the Go Mini" in Diamond Rings Silver Python. Add the fashionable scarf and wristlet to complete your stylish look. Get this all non-leather look for **\$238.**

The handbags color, texture, details, and the way it is carried are all indicators about the owner. Do you get to work or your appointment fumbling around for your badge, business cards, glasses or even your keys? A great bag is not only fashionable, but should be functional. ■

**Phyllis Marlene** is a top Founding Director with an up and coming line of non-leather designer handbags, belts, and scarves. As an Image Consultant and wardrobe expert, she has partnered with this company to bring you a one stop shop, traveling boutique with high value and great quality. Visit her website at: [www.myjewelstyle.com/phyllis](http://www.myjewelstyle.com/phyllis) or give her a call at: 847-910-6039.



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# Fabulous Fall Fashion Forecast

By: Nancy Beck

Ladies-set the tone & stage this year by wearing YOUR Right Pantone-color Clothing, Glamour Cosmetics, as well as Jewelry, Purses, Shoes, Boots, Scarves, & any other Accessory you choose, and **YOU WILL TURN HEADS THIS FALL, WHEREVER YOU GO!!!!!!**



Aluminum is everywhere this fall. Look for texture like lace and snakeskin.



Adding a sweater in a new color is a great way to update you look.



## Pantone® Fall Color Swatch

**Cool Colors include:** Radiant Orchid, Royal Blue, Aluminum, Sangria, Mauve Mist, Bright Cobalt

**Warm colors include:** Aurora Red, Misted Yellow, Cognac and Cypress

**N**ot sure what colors are best for you? Nancy Beck, Owner of Image 1 Makeovers, is a Beauty, Style, Spa, & Color Analyst Makeover Specialist. She can be reached at her Crown Point, Indiana Studio. Please call or text 219-789-5974 or email Nancy at [Image1makeovers@netnitco.net](mailto:Image1makeovers@netnitco.net) to set up a one on one Consultation or Spa Party today!

The stylish Nancy Beck is ready to help you get your looks.



For an all-over style go for a colorful dress

Warm or Cool... the RIGHT color scarf is FABULOUS!



Make an entrance with details like lace straps



At her desk in the studio, Nancy shows off some of the newest color trends from beauticontrol.

## Fabulous People

Meet Nancy Beck, Certified Image Consultant

Nancy Beck has had an interest in Image Consulting since 1992 when she first became a Certified Image Consultant with BeautiControl Cosmetics. She has recently resigned/retired from a 39-year career as a Nurse specializing in the Surgical Services Department and launched her new business, “Image 1 Makeovers – for YOU, YOUr Home, YOUr Office” to fulfill her dream to be self-employed in the industry.

Many people don’t know their style, either personally or professionally, so Nancy combines her expertise with specialty products & services such as Skin Analysis, Color Analysis, Fashion Personality Determination, Body Typing, and Personal Wardrobe Shopping to help clients realize their Personal Style! Once that is decided with the client, she/he can transfer that to their Professional Style as a decorating style for their Home and their Office!

Nancy would love to meet with clients One on One in her Studio located in Northwest Indiana, travel to a “Hostess” home for a Relaxation Spa & Glamour Makeover with a group of four or five5 women, or present Corporate Image Seminars using the company’s Dress Code information along with providing a “Secret Shopping Service” for Businesses, Corporations, Medical Facilities, and Restaurants, etc.

Other Services she provides include Decorating & Design Idea Consultations to Renew and/or Refresh your surroundings utilizing Personal Guidance & Shopping for the selection of paint colors as well as coordinating and locating accessories, furniture, lighting, & flooring, etc. , to complete your Makeover Project both inside and out!

*Please call or text Nancy at 219-789-5974 to set up a Personal or Corporate Appointment or to schedule a Spa date.*





ROI Presents a Smokin' Good Time...

# HALLOWEEN MIXER

Come "Monster Mash" with us! Crown Point Chapter of ROI is presenting a Halloween Mixer to benefit St. Jude House in Crown Point. St. Jude House serves as a safe shelter for victims of domestic violence and sexual assault and their dependent children. Since opening in 1995, more than 9,400 people have been served by St. Jude House.

ROI is a community of professionals working together to advance, educate and support one another through the sharing of referrals and networking opportunities. ROI is a non-compete networking group.

Come hungry, your ticket price includes a great spread all prepared by Smokey's Basement Barbeque. Drinks are on your own at the cash bar.

After the feast, Brian Cummings from Catalyst Productions will be leading the Monster Mash and other popular dances. Prizes for the BEST Costume and plenty of chances to win door prizes from the members and the business community.

Ticket price is only \$25, due to the donations from the organization's generous sponsors that include; Fabulous Over 50 Magazine, Smokey's BBQ, Hall of Justice, NWI Hypnosis and Brian Cummings of Catalyst Productions.

TICKETS Available online (see QR Code in ad below) or go to: <http://conta.cc/1uwbYPr>

OR you can purchase from an ROI member.  
**Ticket Price \$25** with ticket sales ending 10/18/14.



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**Left to right 1st Row:**

Jane Koenig...KJV Homes, Joy Shuman...Lowell Carpet & Coverings, Rosemary De St. Jean...Rosemary's Heritage Flowers, Maggie Reister Walters...WestPoint Financial, Betty Medema...TileFx Stone Restoration & Maintenance, Rocky Davis...Computer Solutions, Kim Hall...Fabulous Over 50 Magazine

**2nd row:**

Donna Schoonveld...Shaklee, Brenda Bateman...Mustard Seed Enterprises, Ed Kasza...The Little Guys Home Technology, Al Pante...Phil & Son, INC, Kathleen Luken...Welcome Home, Sam Mikhail...Munster Glass, Bob Haddad...BobCo Heating & Air Conditioning, Bonnie Loudenber...ACN, Crystal Martin...L'Abri FullBody MediSpa

**Third Row:**

John Vurpillat...NWI Hypnosis Center, Bob Prescott...Signs By Tomorrow, Tony Schifino...A.J. Specialties, Doug Walker...The Law Office of David Gladish, P.C., Diane Kania...Lakeshore Health Insurance Brokers, Daniel Borun...Best Indoor Air Doctor, Clay Moser...Good Guys Collision Center, Jason Woodard...Diamond Residential Mortgage Corporation

**Not Pictured:** Matt Evans...Sigma Business Technologies, Clarissa Fuller...Sole Survivor, Dr. Chris Hayes...Hayes Family Chiropractic, Michelle Koehn...Mary Kay Cosmetics, Andrew Kyres...First Financial Bank, Paul McKamey...ScreenMe Printing, Eric Moldenhauer...ComForcare Home Care, Randy Raines...Raines Insurance Group, Brandon Welshan...Universal Construction LLC



Photo by Rachel Felton

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## Fabulous Survivor

Meet Mary Wright

### Mary fought Cancer and Won!

By: Christine Neal

**M**ary has been a Facebook friend of mine for a few years now. Always inspiring and upbeat, I love reading her posts. For some time, I would read these posts that were so inspiring, like reading that she made it to the top of the Hancock Shuffle and posting remarks about the benefits of juicing.

After meeting up at networking event, I decided to visit Mary where she works to see about doing some business with her. I noticed that her hair looked a little different. She noticed me staring and said, "It's a wig, I have cancer."

Later, I approached Mary and asked her if I could share her story. She has been through a lot, but it isn't so much the battle that I wanted to share, it was her resiliency. The way she was able to take a horrible diagnosis and even worse outcome, and grow from it. Before she thought she was relatively healthy and doing what she should be doing to be healthy. But her own health and the health of her family got a lot more serious.

Now she not only takes time to prepare healthy natural foods for her and her family, she also takes time for a demanding workout schedule. "I used to think it was selfish to take time for myself to exercise, but now I realize that I must take that time if I want to be here for others," she told us.

"All I could think about was my family. My kids were getting older and I didn't want to miss a thing. There was so much more to come, so much to live for. My son's graduation. My daughter's wedding. Grandchildren. It was all flashing through my mind when the doctor said those three dreaded words, you have cancer."

"I have to fight this," is what she told her husband. And that is what she did. It was not an easy fight. Now that the fight is over, she has learned that it is ok to cry on your bad days. And it's ok to accept help from your family and friends. And most importantly, that you will find a strength within you that you didn't know you know you had. ■

## Cancer Plans

- Are They Worth It? By: Diane Kania

**B**eing that October is Breast Cancer Awareness month it's worth mentioning voluntary health plans such as cancer plans. According to the American Cancer Society, about 1 in 3 women will develop some kind of cancer in the course of their lifetime. (Cancer Facts & Figures 2014.) About 1 in 8 women will develop invasive breast cancer. As with many other diseases, our risk of getting cancer increases as we get older. For example, approximately 2 out of 3 invasive breast cancers are found in women 55 or older. Research often tells us that if we have any history of cancer in our family, our chances of getting diagnosed with cancer are increased. So, we need to pay attention. However, if we have no history of cancer in our family, we really don't need to worry, right? Wrong! Here is another interesting fact...about 85% of breast cancers occur in women who have no family history of breast cancer! These occur due to genetic mutations that happen as a result of the aging process and life in general, rather than inherited mutations. (US Breast Cancer Statistics, BreastCancer.org.)

There is no doubt that we can improve our chances of preventing cancer with healthy lifestyle changes, such as proper nutrition, exercise, not smoking and healthy weight maintenance. However, in the unforeseen event that we do get diagnosed with cancer, having some type of cancer plan in your health insurance portfolio can add huge benefits financially. For example, a traditional health plan may have a \$2,000 deductible, 80% coinsurance and approximately a \$4,000 coinsurance maximum. You can at least expect to pay \$6,000 out-of-pocket (\$2,000 + \$4,000) annually for medical services. Even if you have a plan that covers 100% of your services, did you ever think about the costs not covered by your health insurance? What about the time you take off from work to undergo treatment? Or travel to the treatment facility, which may be 50 miles away? Or even out of state? What about the cost of your dietary needs or alternative treatment methods? What about the cost of childcare or elderly care? Voluntary cancer plans are designed to offer additional financial protection for the things that medical insurance does not cover. Is it worth spending a few extra dollars per week or an extra premium per month if the potential benefit comes to thousands of dollars? I think so. ■

# Design Your Life

## One Room at a Time

By: Julia Skeesick

**W**hen we look at our lives as a whole it can be overwhelming: career issues, relationship struggles health concerns, juggling schedules and activities, fitting in leisure time and hoping for a chance to find a meaningful spiritual moment. I think it is helpful to break up the major aspects of our life to examine them and have deliberate intention regarding the elements of each. I call these aspects the four rooms. These rooms; health, work, relationships and spirituality combine to house our very soul. What is within each room and how we occupy it defines the quality of our lives. Each room is ours to uniquely fill and attend to in our own way, I call this design.

Design is a word that implies choice and intention as well as style and individuality. Ideally, while we all have the same rooms all of us have different elements within them arranged in a way that suits us uniquely.

When you look at life through this perspective it is easy to categorize things and examine the elements within as well as become more open to the choices you have to arrange things more to your liking in each room.

Room by room we honestly take stock; clearing clutter, moving things around, getting rid of things that do not fit well and adding elements of our own choosing thus making our life a better reflection of who we truly are which makes it much more fulfilling.

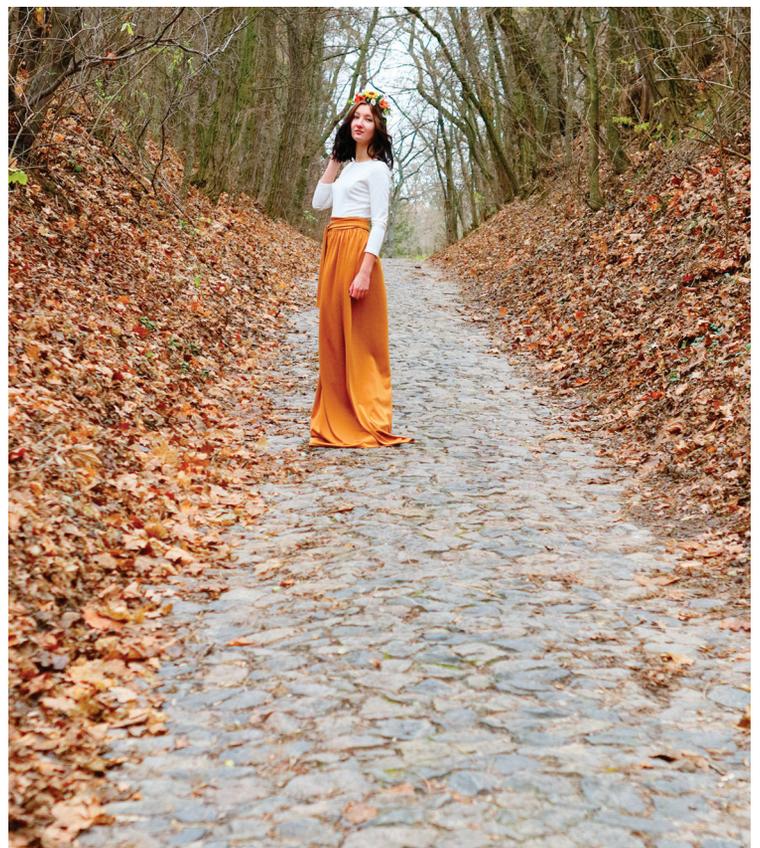
Using this approach we can also determine which rooms we may not be spending enough time in as well as where we are over-investing. Given the premise that all the major rooms in your life have equal value since all feed and support the whole, it is critical to have a working balance to establish a healthy, happy home.

Often times we do not recognize the value of each room. We trick ourselves into thinking some things can wait indefinitely or simply do not matter because we think we have more important issues to tend to. Many of us have all the rooms open and spend a bit of time in each but feel that something is just not quite right. We have never taken the time to design them for ourselves with purpose and intention. We live according to how things were when we checked in, or the way someone else thought things should be arranged.

This can be okay when you are first starting out but with time you need to choose what suits you to create your own design and truly make your house your home.

As you begin to look at your life from this perspective which rooms do you feel are in need of attention? Relationships, Health, Career, Spirituality? Are the spaces reflective of your own personal style and flair containing elements of your own choosing? Do the rooms in your life fulfill and sustain you.

When we recognize that the total of our lives is in fact made up of the aspects of our lives all working together we gain the power to choose what elements matter most. Living by design with intention rather than default is powerful. It provides a much surer route to the peace and happiness we seek because it calls upon us to be aware and authentic. Taking the time to design each room and spend time in them creates the comfort, balance and safety we need to sustain our souls allowing us to express ourselves and experience life fully. ■





# What Does Your Brand Say?

By Michelle Smith

A person's brand is the essence of their company. It's who they are and what makes them special and unique. When most people think about branding the first thing that comes to mind is usually the printed items. Is there a logo? Are the colors in the logo the same colors used in their flyers, ads, website, Facebook pages and signs? Are the fonts they use always the same.

Think about the restaurants and stores you go into. When the holidays come and the hours change, what does the sign on the door look like that tells you their altered hours? Businesses with great branding will have the sign typed using the same fonts and colors they use on their menus or on the signs that tell you what is down each aisle. Some businesses, though, will take a random sheet of paper and handwrite it using whatever writing utensil was closest to them. In extremely bad cases, the writing isn't even legible and grammar is atrocious. Which set of businesses do you have the best impressions about? The ones with great branding, of course. That impression translates into a greater trust for their business and an increased likeliness to use their products and services.

As important as the visuals are to a company's brand, branding is more than meets the eye. The words a company uses and the way the company, its staff and volunteers act are all important to its brand as well. These subtle aspects of the brand help people form a connection to the business. A company that helps people bring calm into their lives should use words and photos on their website that are soothing.

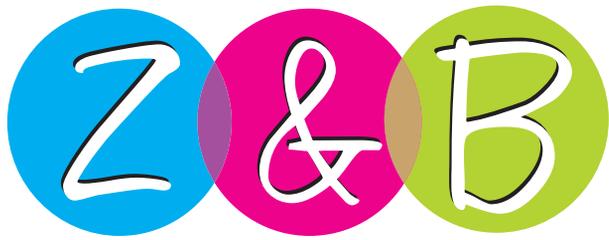
**As important as the visuals are to a company's brand, branding is more than meets the eye. The words a company uses and the way the company, its staff and volunteers act are all important to its brand as well.**

When the staff is speaking at a networking meeting or with a client, they should speak slowly using calming words and not appear rushed or frantic. All of these things increase the trust in their business by showing that they get it because they practice what they preach.

Early in my career, I ran a day camp where I hired 50 college-age staff each summer. They were reminded not to wear their staff shirts while hanging out at a bar after work. It didn't matter to me if they were at a bar. What did matter was that I didn't want to have my camp associated with the bar because bar behavior isn't part of the camp's brand. I'd also tell them they couldn't

be friends with the campers on Facebook, or their parents, because they were role models for the children and some of the things they did off duty and posted to their pages may not reflect well on the camp's brand.

Take some time to consider your business's brand. Do you have a logo that clearly identifies your business and makes it stand out? Does your website, flyers and business card have the same fonts and colors? Do the words you use in your print pieces and when you're speaking reinforce what you do in your business? Do your photos and the way you and your staff act represent your company well? If you're not sure, ask a trusted client, colleague or friend to see what they think. I'm happy to help you explore your company's brand as well in a FREE 30 min Business Clarity Session. Visit [www.zandbconsulting.com](http://www.zandbconsulting.com) to get registered. 



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Get Away This Fall...

# at a Fabulous Retreat

By Julia Skeesick

**P**icture a beautiful setting, delicious food and fun activities to help you Design Your Life. Weekend retreats provide an in-depth experience to help you break out of your comfort zone into your “zone of excellence”, going beyond confidence to discover your hidden power. Taking time away allows you to focus on renewal of your body, mind and soul and help you reconnect with yourself, your dreams and your passions.

Take time to be pampered and to nurture yourself in a luxury setting with an intimate group of like-minded women. Most retreats have professionals on hand to share all the latest secrets of healthy eating, meditation, relaxation, goal setting and reducing stress to turn up the fun and happiness in your life. You will leave the weekend refreshed and recharged with a new commitment to be the best you that you can be.

You can find women’s retreats themed for the seasons. You can also book custom designed retreats for your group or business. Some specialty retreats could be sales teams, mastermind groups, network marketers, management teams, women’s groups or clubs.



## Join Julia for a retreat experience:

Learn the latest on cooking with superfoods and enjoy healthy organic meals and snacks throughout the weekend, see how delicious healthy-eating can be.

In workshops you will learn to increase happiness, decrease stress, reconnect with you, develop strategies to be more fully you through mediation and self-care.

Enjoy fitness and yoga classes, to get you moving; all skill levels welcome.

Absorb information through interactive experiences to learn to relax, re-energize and get back on track to have the best year ever!

Private Sessions available. Certified life health and wellness coaches can help you develop your own personal plan.

Two nights double occupancy luxury B&B. All meals, snacks and beverages including Friday evening tea & Sunday Champagne brunch. All workshops, classes and coaching sessions including fitness, yoga, self-growth and nutrition.

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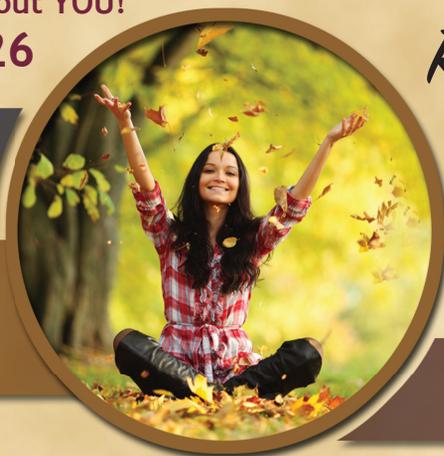
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# Hypnosis For Better Health

By: Jane Koenig, CH

*H*ow is your health...really? For most of us Fabulous Over 50 women, we have spent the past 20 years raising our families, working various full-time or part-time jobs, car-pooling, volunteering, etc., basically, running the Rat Race. Now into our 50's and 60's we find ourselves with the added responsibility of taking care of our parents. When was the last time you paused to take care of only YOU?

As we look around, so many people we know and love are afflicted with illnesses. Some life-threatening, some chronic, some just a pain or nagging ache every so often. As we age, we tend to realize that time has gotten away from us and it is now time to take care of our own health.

Hypnosis is becoming more popular in helping people get healthy, whatever stage of life you may be in. In more common terms, hypnosis is a heightened state of relaxation. The client gets comfortable in a chair or recliner in a quiet and tranquil room; takes a few deep relaxing breaths and listens to the hypnotist's suggestions. While in hypnosis, the conscious mind relaxes so fully that the hypnotist is able to speak to the subconscious mind and offer life-improving suggestions and affirmations.

Hypnosis can be used for endless situations; smoking cessation, weight loss, fears, phobias, pain management, confidence building, goal attainment, sports enhancement and stress reduction to name a few. Most people have at least heard of hypnosis for smoking cessation and weight loss, but would never think to use hypnosis for anything else. Your subconscious mind shapes all of the decisions you make on a daily basis. If you could simply change your thoughts or beliefs and step into a whole new you, would you?

With the change of seasons upon us, it is time to change the cycle of how we treat our bodies. Hypnosis can assist in getting you motivated to exercise more often, help with binge eating and cravings, insomnia, chaos in your life and getting organized, even the stress of the upcoming holidays. Hypnosis is the most effective and easiest way to correct any mis-programming that most of us have stored during our life. Hypnosis is also equally effective for implanting new beliefs, attitudes and desires that we choose to adopt.

The use of self-hypnosis, which we teach our clients, can be used to develop a positive attitude about whatever you may be facing. By the use of positive affirmations, one changes their belief system, (their BS), and allows themselves to experience a sense of gratitude for the good fortune of having the life that they deserve. ■

**Jane Koenig** is a Certified Hypnotist and Vice President, NWI Hypnosis Center in Crown Point, IN.

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# Caregiver Resources

## Welcome Home Provides Constant Care in a Residential Home Setting

**H**ave a need for affordable 24 hour care? Welcome Home is the answer. Have a need for an intimate, conscientious and responsible place for seniors to truly age in place? Welcome Home is the answer.

*Welcome Home* is the result of a need that owner, Kathleen Luken, felt needed to be filled. "I have seen the struggle of family members when faced with the issue of 24 hour care. It can be pricey and at times impersonal. There are so many people with low medical needs but can no longer care for themselves. It can be a very emotional process on many different levels."

A recent visit finds *Welcome Home* in a residential neighborhood located in Hobart, Indiana. Stepping inside the traditional ranch home you smell dinner cooking in the oven and hear chatter over the TV or radio. You become aware very quickly that *Welcome Home* is more than a home setting. It is home to a handful of residents that require consistent care 24 hours a day.

The trained staff is dressed in comfortable clothes. The residents eat together around a table (some may need to be fed). When they nap during the day it is usually in their favorite chairs.

Kathleen states, "Their world is catered to them and we provide whatever needs that bring them peace and joy while still living in a structured environment."

*Welcome Home* has a medical management team consisting of a nurse on staff that provides coordination of care and prescription management. Kathleen emphasized that a physician affiliated with St. Mary's Hospital visits monthly and is available when emergencies arise. Services also offered are in home podiatry care and beautician services.

*Welcome Home* offers a safe environment with between 4-6 residents. Their rate is all inclusive in regards to food, personal care and medical management. Most importantly, the rate remains the same as care needs increase – even through Hospice.

*Welcome Home* is truly Your Intimate Alternative to Long Term Care.

*Welcome Home* currently has a bed available. To schedule a tour or to speak with Kathleen directly, please call (219) 728-1106. ■

## CAREGIVER RESOURCES



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Fabulous Volunteers

## Meet Ann Peters

Founder of the Pink Ribbon Society

By Theresa Neal

**Ann Peters is on a mission to help reach out to local breast cancer patients.**

**T**he Pink Ribbon Society, which was founded in 2003, is continuing its effort to help those facing breast cancer. Founded by breast cancer survivor Ann Peters, the Pink Ribbon Society reaches out to Northwest Indiana women who have been coping with the disease.

The Pink Ribbon Society was built from the ground up and progressively started offering more services to patients. The organization now helps women with wig reimbursement, sending encouragement to patients through their Bundles of Hope program and raising awareness. The Pink Ribbon Society now hosts their popular Awareness Tea, held in September. The awareness Tea, now typically sells out well before the end of summer and has over 750 men and women in attendance at the tea.

One of the main goals of the Pink Ribbon Society is to help with the cost of mammograms. Many underinsured or uninsured women cannot afford this important procedure. The Pink Ribbon Society has helped women by underwriting over \$112,000 mammograms through the State of Indiana's Breast and Cervical Cancer Program.

The Pink Ribbon Society's volunteers are happy that they can help with this growing problem. Many people who suffer from breast cancer need



Ann Peters a cancer survivor herself, founded the Pink Ribbon Society to help others find the resources they need after having treatment and/or surgery after being diagnosed with breast cancer

funding or a little encouragement. The volunteers all feel strongly about breast cancer and want to help patients with their efforts.

All of this wouldn't be possible without Ann Peters. Her efforts over the past twelve years has helped the society evolve into what it is today. All of the proceeds from the Pink Ribbon Society events stay within the community.



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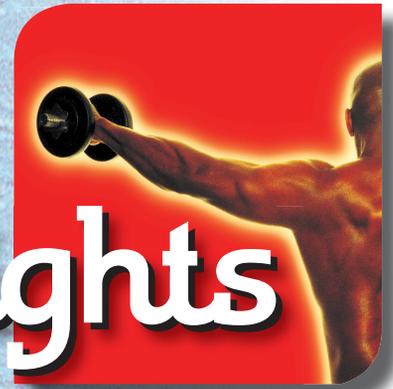
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*For more information on membership at Franciscan Omni Health & Fitness, visit [FranciscanAlliance.org/Omni](http://FranciscanAlliance.org/Omni).*



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