



Dear Baby Boomers

I started looking at the baby boomer generation heading towards the next life stage called retirement more than 8 years ago now. The oldest boomers were then only 59. Now they are 67. What a difference 8 years makes when you are building a new brand and talking about a future trend. There are still many who do not give it any thought, but weekly I am noticing the affect this trend is having our generation. The trend has not tipped yet. The youngest boomers are only 49. I think that when we get close to 55 many start to give the next phase more thought, either out of fear or excitement. I encourage those of you who do get my newsletter to start planning and thinking about your next phase at least 5 years before you retire officially, if your company has a retirement date.

Planning your next phase takes time. Make the time to read up on the options open to you, start to engage with a financial and investment planner to understand your financial position and think about where you may want to live. The toughest part is spending time with yourself, trying to design and plan what you want to do with the years you have left. I encourage you to do this. It may be your own business or studying again. Why wait? Start now.

This year the Retirement Expo falls on the weekend of 25-27 October at The Dome. If you want more information go to our [home page](#) and click through to their website.

I was asked about a year back to submit some articles for a Boomer specialist in the US who was putting a book together to encourage us to be optimistic about the future and the next season of life. It is a privilege to co-author a book on this subject. The book will be released on 15 June and will be available in all formats including Kindle. Locally the publishers are PGW Publishers Group.

Here is a link via our Book page: <https://www.refirementnetwork.com/recommendedbooks/contagious-optimism-uplifting-stories-and-motivational-advice-for-positive-forward-thinking>

Brain science research is a growing area of interest for me both with the work I am doing with small children as well as the ageing population. Keeping the brain active and engaged is a key to healthy ageing. My good

friend, Dr Melodie de Jager has written a book called “twinkle in my wrinkle”. This book contains easy movements that stimulate the senses, sharpen the brain and keep muscles flexible. Go to www.seniormindmoves.co.za for more information and to order the book.

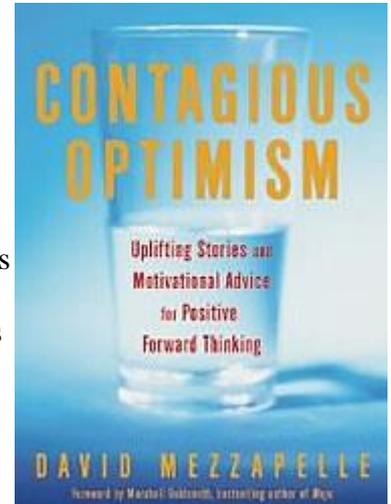
We offer a number of [E Books](#), workshops and talks for companies, churches and groups on our website. Please be in contact if we can be of any help.

Have a great month
Lynda

New book : Contagious Optimism

David Mezzapelle was inspired to write this uplifting book based on his life's experiences and his own contagious optimism. He has influenced many people with his outlook and this book offers optimism to others around the globe. Contagious Optimism includes stories and parables of amazing life turnarounds from real people world-wide. A compendium of encouragement, Contagious Optimism also includes advice and guidance from business leaders, visionaries and professionals.

[To order book or read more](#)



Article: Senior Mind Moves® help senses to make sense again

It's not only women who have a sixth sense, but men as well. We have five far senses which gather information from outside the body, namely touch, smell, taste, hearing and sight. Our less known sixth sense is our balance system. This is a near sense that gathers information from inside the body... [Read more](#)



Article: One million years of change for our Nation South Africa

There is a generation that has been in the world of work for more than 35 years and heading towards the next phase of life over the next few years. The world in which work started for this generation has changed exponentially and many are counting the days till they can leave.

The challenge for this group is not how many games of golf they can play every week but a mixture of what will they do with their time that brings meaning and will they have enough money to sustain them for the time they have left on this planet... [Read more](#)

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