

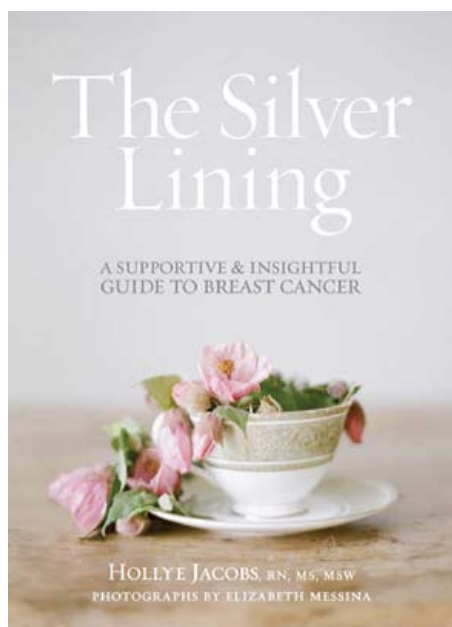
50 PLUS

What You Need to Know

By Claire Yezbak Fadden

With Kids Away, Parents Play

Your youngest has moved out. You should feel sad, but instead, according to a recent study, you're dusting off your bucket list and renewing your passport. Some 60 percent of 50-plus empty nesters say they are happy to leave home and family responsibilities to pursue their dreams that largely include traveling to destinations they have always wanted to visit. According to a survey by All Leisure Group and Travelsphere, 90 percent of boomers view their newfound independence as an opportunity to travel while they are still fit and healthy. Topping their wish list of destinations: New Zealand and the Canadian Rockies.



The Silver Lining Of Breast Cancer

In her pragmatic and empathetic first book, "The Silver Lining" (Atria Books, 2014), a combination memoir and professional guide, Hollye Jacobs, a palliative care/hospice nurse, social worker, creator of the award-winning blog TheSilverPen.com and a frequent contributor to The Huffington Post, offers an unabashedly candid account of her experience with breast cancer. Speaking as both patient and healthcare professional, Jacobs was a "vegan-eating, marathon-running 39-year-old with no family history" when she was diagnosed with the disease. In her book, she covers every aspect of diagnosis, treatment and care, with a spiritually and emotionally uplifting viewpoint that allows readers to see there truly are "silver linings," even in the most difficult situations. Each chapter, beautifully illustrated with images by nationally renowned photographer Elizabeth Messina, focuses on a particular point in the breast cancer journey and discusses how to handle challenges including: diagnosis; relaying the news to family members and other loved ones; surgery; chemotherapy; the isolating nature of the disease; radiation; nutritional and other therapies to ease treatment; discovering the new normal; and redefining life post-treatment. Every section provides invaluable tips, such as questions to ask your treatment team, what to expect during diagnosis and treatment, and red flags to watch for. If you or someone you know has battled breast cancer, this book will serve as a lifeline for navigating this potentially devastating disease. For more information and to order "The Silver Lining," click on www.thesilverpen.com.

Fifty Candles

Fifty years ago this month, the unmanned Gemini One spacecraft was launched; Sidney Poitier won a Best Actor Academy Award for "Lilies of the Field;" The Beatles' "Can't Buy Me Love" went to number one on the charts, where it would remain for five weeks; Arnold Palmer won the PGA Masters Championship shooting a 276; and Shea Stadium opened as the new home of the New York Jets and Mets. Notable personalities born in April 2014 who are celebrating their 50th birthday this month include Kid 'n Play rapper Christopher "Kid" Reid, actor/comedian Cedric the Entertainer, actors Hank Azaria and Chris Makepeace, comedienne Caroline Rhea and sports journalist Lisa Guerrero.



The Pursuit Of Style And Beauty Isn't Pretty

For Academy Award-winning actress Diane Keaton, the concept of being beautiful starts with being true to who you are. In her newly released book, "Let's Just Say It Wasn't Pretty" (Random House, 2014), she shares the wisdom she's accumulated through the years as a mother, daughter, actress, artist and international style icon. Keaton also offers revealing commentary on the bold style choices she's made through the years: the wide-brimmed hats, outrageous shoes, vests and all-weather turtle-necks that have made her an inspiration to anyone who cherishes truly individual style. From a mortifying encounter with a makeup artist who told her she needed to get her eyes fixed to an awkward excursion to Victoria's Secret with her teenage daughter, Keaton's tome is chock full of funny and poignant moments from her life in and out of the public eye.

