

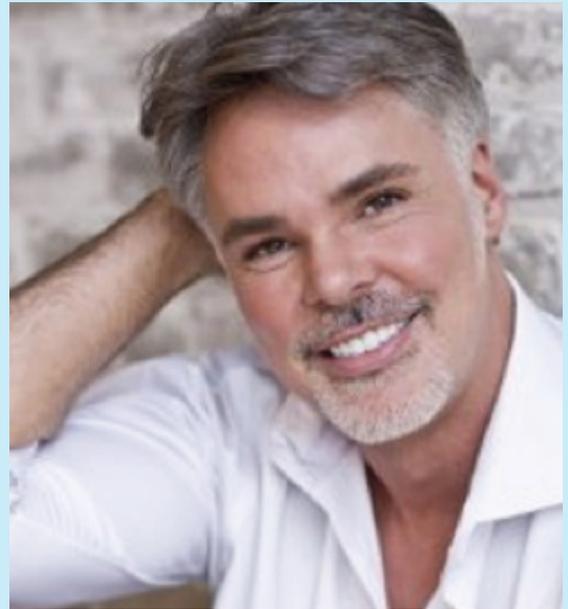
Vital, Vivacious, and Visible After 50

Dressing with Style, Living with Spirit,
and Radiating Joy for the Rest of Your Life

*An online series
hosted by Andrea Pflaumer*



Christopher Hopkins



Christopher Hopkins has been doing makeovers since he was a kid—starting with his sister’s dolls. He opened his first studio, the Christopher Hopkins Salon, in Minneapolis/St. Paul where he was responsible for the looks of the KSTP-TV on-air talent. He was regularly featured as a makeover expert on the regional talk show, *Good Company*. In 1994, he opened the Christopher Hopkins Image Center (CHIC) and in 1988 began appearing on *The Oprah Winfrey Show* with Joan Rivers where he created Oprah’s age defying makeovers. His book, [*Staging Your Own Comeback: a Complete Beauty Revival for Women over 45*](#), is a best seller in the area of beauty and self-improvement. He has appeared on numerous radio and television programs including *The Today Show*, and his *Power of Pretty* YouTube videos have been viewed by more than 3 million people.

We all need a brutally honest friend. You know—the one who tells us truthfully how we look in those skinny jeans or tells us it’s time to let that ratty old T-shirt go to the rag pile or that it’s time to re-think the platinum updo. Well, our next guest is that friend.

Christopher Hopkins, *The Makeover Guy*, has been guiding women our age through complete makeovers, explaining and executing the right haircut and color for each of his clients along with a personal style overhaul and makeup session (with an assist from his 70+-year-old mom who is quite a stunner herself.) In his book, [*Staging Your Comeback*](#), and his numerous [YouTube videos](#) he offers valuable training tools for women our age—or any age for that matter—wanting to know how to look better.

In spite of are both being a little punchy (we had just spent over an hour trying to work through some technical glitches) Christopher provided some very salient information including the one basic thing that older women must do to improve their overall look, what they can do that will help enhance any outfit, and the importance of how and where the eye is directed when we present ourselves.

At the end he offers all of our viewers a free gift: a download of fashion tips from his website. But he also gives us another gift, one neither of us expected. You will not want to miss this...

Find Christopher at: <http://themakeoverguy.com/>

Welcome Christopher Hopkins!

Debi Silber

Debi Silber, MS, RD, WHC, FDN is the CEO of Lifestyle Fitness, Inc. and is a recognized health, weight loss, fitness, wellness, lifestyle and personal development expert and consultant. She is the author of *[A Pocket Full of Mojo](#)* and the *[Lifestyle Fitness Program: a Six Part Plan so Every Mom Can Look Feel and Live Her Best](#)*. As her branded name, The Mojo Coach®, suggests, she's led countless others to achieve their ultimate body, mind, image and lifestyle, inspiring them to "get their mojo back." In addition to being a highly credentialed and awarded health expert, Debi has her own line of healthy shakes and snacks. Her work has been featured on FOX, CBS, TEDx, The Dr. Oz show, *The Huffington Post*, *Shape*, *Self*, *Health*, *Working Mother*, *Forbes*, *Psychology Today*, *WebMD*, *Yahoo Shine*, *Ladies Home Journal*, *MSN*, *Woman's World* and *Glamour*, to name a few.



Are you inspired to start a health and fitness regimen but can't seem to make it past three weeks into the New Year?

Do you find that in spite of your best efforts that mocha fudge chocolate cake is calling you instead of the kale salad?

Do you just feel that your mojo has left the building?

Well, I feel your pain. We both know that feeling great and looking our best aren't things that just happen spontaneously—particularly as we age. We have to work even harder to keep feeling healthy and vibrant. But we often sabotage ourselves—even when the goal is in sight.

Take heart! Help is on the way! Our guest Debi Silber, The Mojo Coach®, knows exactly how to help remove the blocks that prevent us from doing what we need to do to look, feel and live our best. That can mean breaking a sugar addiction or a dysfunctional relationship with food so that we can lose weight, changing a fitness program so we actually get results quickly, uncovering and rewiring our limited beliefs so we can attract something better, or learning how to prevent the stresses of aging that lead to weight gain, illness and/or disease.

So, are you ready to get your Mojo back? Then you're in the right place! Debi discusses all of this and more. (And frankly, kale salad aside, I can't wait to try her energy bars...)

Follow Debi at: www.TheMojoCoach.com and www.DebiSilber.com

Welcome Debi Silber!

C. Suzanne Bates

Writer, editor, and nationally recognized leader in design, Suzanne Bates is listed in *Who's Who of Interior Design*, was the first nationally certified interior designer in Minnesota and founded an award-winning firm that has been featured in every major design magazine in America. Her spiritually-driven personal life consists of balancing four adult children (one is a cancer survivor), six grandsons, a variety of exercise regimens and pursuing personal growth through her passions for art, boating, and philanthropy. She is also an accomplished equestrian with multiple National Championships to her credit (in spite of a lifelong fear of horses!) Her commitment to empowering women was instilled in her by her mother and grandmother and her wonderful sense of humor, demonstrated in her new book, *[Don't Pee On My Sofa! And Other Things To Laugh About](#)* includes tips and strategies for embracing life after 50. Suzanne's website, agingbutdangerous.com, inspires, empowers, and challenges women over 50 to live a life of refreshing honesty, unexpected points of view and joyous humor.



Bette Davis once said “aging isn’t for sissies.” Ain’t that the truth.

So let’s not be sissies. Let’s be...dangerous! My next wonderful guest, Suzanne Bates, demonstrates how by her example, her wildly entertaining sense of humor, and her enthusiasm for life. She has inspired hundreds of thousands of older women to live lives of spirit, bravery, and just plain fun through her agingbutdangerous.com website.

There isn’t a single topic of interest or concern to our demographic that Suzanne won’t touch. Case in point is the title of her hilarious and informative book—*Don’t Pee on My Sofa! And Other Things to Laugh About*,—a highly entertaining and valuable resource for information on many of the issues, both public and private, we think and talk about among our closest friends.

In this very spontaneous interview we learn about how Suzanne has approached her own life challenges and learning disabilities to create a highly successful career and personal life. She also talks about the *Aging but Dangerous Martini Skydive!*

She was so much fun to talk to—you will not want to miss this!

Find her at: www.agingnbutdangerous.com

Please welcome my most “dangerous” guest, Suzanne Bates!



Carol Parker Walsh

Carol Parker Walsh is an award-winning speaker, trainer, certified image professional, and #1 best selling author of [*The Second Act*](#), and [*Your Clothes Speak: Understanding and Using the Powerful Language of your Personal Style*](#). Carol develops strategies for each of her clients to help them hold a positive personal and professional self-image. She is one of 20 licensed Fashion Feng Shui® practitioners, holds a JD in employment law and PhD in human development. Her expertise in appearance, communication, behavior, identity development, body structure and color, along with 25+ years as an executive, lawyer, and academic all support her clients in creating a personalized style that embraces

their essence and life goals. She is a regular contributor to the *Vancouver Business Journal*, has dispensed style advice on morning talk shows KING 5's New Day Northwest and Fox 12's More Good Day Oregon, and has appeared on numerous radio programs, blogs, in magazines, and other print media. Carol is the founder and owner of [*Evolve Image Consulting*](#), where she focuses on assisting individuals transform their lives through their wardrobe.

Here are a few questions for you:

Is that little clingy dress from a bygone era still hanging in the closet, mocking you?

Are your skinny jeans showing where you are no longer skinny?

Have you and your sweatpants formed an alliance?

Well, worry not! There's no need for frumpy and dumpy if there is more (or even less) of you to love these days.

My guest, Dr. Carol Parker Walsh, is going to help you learn how to embrace, love, and dress the body you have now! Dr. Walsh draws on a deep well of knowledge as an expert in human development and communication. With those tools she helps to support her clients in creating a personal style that embraces their individuality and reflects their essence while they learn how to dress for their life goals, both personally and professionally.

She is a powerful exponent for how to hold a positive self-image, regardless of size and shape. Carol brings a vast amount of compassion and knowledge to her work including expertise in Fashion Feng Shui, of which she is one of only 20 certified practitioners in the world. (Really interesting part of her talk!) You are not going to want to miss this. Join us for an information-packed conversation!

Find Carol at [*Evolve Image Consulting*](#)

Welcome Dr. Carol Parker Walsh!

Dorrie Jacobson



Dorrie Jacobson is a retired Playboy Bunny (not a Playmate, as she clarifies), model, make-up artist and expert on aging stylishly. She was born in Philadelphia and currently lives in Las Vegas where she has launched a lifestyle brand she calls Senior Style Bible. Her [website](http://www.seniorstylebible.com/) celebrates and empowers older women, particularly those interested in fashion, beauty and attitude! Today, at 81, Dorrie is constantly stopped by strangers who compliment her on her outfit, ask where they can buy something she's wearing, or inquire into what brand of make-up she uses. Currently single, she is once again taking the plunge into online dating, something she blogs about regularly on her website, <http://www.seniorstylebible.com/>.

One of the joys of being older is that we have learned to value and appreciate some “alone” time. But that works best when it’s a matter of choice.

The reality is that after middle age many women find themselves alone again, either through divorce or the loss of a spouse or partner. Some who intentionally had remained single in order to build a career are now venturing into the dating pool for the first time in decades! Regardless of the reasons, dating in our 50s, 60s, 70s, and 80s can be a very new and challenging experience. In addition to putting yourself out there for inspection, there are some very personal and intimate concerns to be considered when looking for love in our older years.

Well if anybody could advise us on those pitfalls, joys, and benefits of senior dating, our next guest is that person.

Having been widowed from the “love of her life,” Dorrie Jacobson is now venturing back into the world of dating...at the age of 81. Her knowledge and experience are highly valuable not only to single women over 50 but to married women as well. In our conversation she talks about how to present your best self in online dating platforms and to your partner, where to find future partners, navigating a new partner’s family, and why intimacy is important as we age.

Please join us for this very valuable and informative discussion on optimizing your opportunities for companionship as you age.

Find Dorrie at: <http://www.seniorstylebible.com/>

Welcome Dorrie Jacobson!

Stacy Curtis

Stacy Curtis is the founder of the website, [Write-OfYourLife.com](http://www.writeofyourlife.com). As a mother, entrepreneur, and writing coach, Stacy has been featured on many podcasts and speaks at writing events throughout the year. She also provides weekly content and special articles for kids on outandabout.com. In her college classes in memoir and life story writing and through her private coaching she helps guide her listeners and clients through the steps of how to craft and tell their life stories. Stacy offers solid, practical information and she freely shares valuable resources that help budding writers learn how to preserve their family histories and how to tell a story so that it transforms their lives.



Did you ever come to the end of a book and think, “Humph—now my life would make a great story...” Well, in fact, it likely would.

You’ve come a long way, baby, so there’s a lot you could tell. But what would your story look like? What skeletons in the closet? What secret desires? What transformations? What journeys to hell and back? What poignant moments, small and large victories, what turmoil and triumphs?

Our guest today, Stacy Curtis has made it her mission to help people, including those with tough life situations, tell their stories. And she knows something about that because, as she says, “...I’ve been through tough situations myself...in fact, I was a sociopath’s wife.”

Stacy understands the profound healing that takes place when someone writes their life stories. And she’s going to talk to us today about just how to go about doing that. Her website is called Write of your Life: <http://www.writeofyourlife.com/>

Get out your pens, paper and get ready to write the great story of *you!*

Welcome, Stacy Curtis!



Honey Good

Susan Good, affectionately known as “Honey,” is a hip modern 21st century mother, wife, daughter and grandmother of 20, so she knows very well what women want—*everything!* Her website, HoneyGood.com, evolved from a series of quiet musings in her personal journal into a beautiful professional website where she and her team

write about life lessons, family sagas, world travel, book reviews, recipes, entertainment news, and the hills and valleys of her own life as well as the many facets of any woman’s life. Her site was voted *Best Grandparent Website*, she has contributed to the *Huffington Post*, and she is a national columnist for *Sun Times Network*. She says, “Don’t call me Grandma—Call me Honey.”

Well, fashionistas, you are in for a real treat because we’re going to be talking about the element that can make or break an entire outfit—accessories. And, our expert today is one of the most charming exponents of how to do it right.

Susan “Honey” Good is the founder of HoneyGood.com, a beautiful lifestyle and fashion website that explores all the good things this grandmother of 20 has learned about fashion, life, family, and living well. Her own style is a visual delight—and a real education on aging beautifully. She shares with us some of the key points about how accessories highlight what we wear and how they pull together our whole image in an authentic and charming way—one that suits our personal style. She also talks about the lessons her mother taught her about accessorizing, how to choose a piece of jewelry for your size, and the three luxe pieces of jewelry every woman should own.

Honey Good charmingly personifies the essence of *feminine allure* in her personal image, speech, and playful but gentle expression and is a delightful inspiration of how these qualities can be maintained throughout our entire life.

Find her at: HoneyGood.com

Welcome Honey Good!

Marta Wöhrle

Marta Wöhrle is the founder of the Truth In Aging community and Truth Vitality branded anti-aging products. Her website, [Truth In Aging](https://www.truthinaging.com/), provides in-depth reviews of skin care, hair care, health and beauty products, including thorough research of every product and every ingredient in every product. All this has earned Truth in Aging a fierce loyalty because of her honesty and integrity. That commitment to research was honed during Marta's years as a reporter and editor for the *London Sunday Times*, *The Financial Times*, *The Guardian* and *The Glasgow Herald*. As former Senior Vice President of Digital Media at Hachette Filipacchi Media U.S., she was honored as one of *Advertising Age's* Women to Watch and *Min Magazine's* 21 Most Intriguing. A founder of Sawhorse Media, she was a creator of the Shorty Awards for the best use of Twitter and MuckRack.



Today we're going to talk about gravity—you know, that scientific law that shows up when we look in the mirror and realize that our face has puddled a bit at the jaw line and has migrated a little closer to the earth. So, what do we do? We place two fingers just below the earlobe, give a slight tug and voila! Bone structure back!

In spite of the spectacular rise in the number of both women and men opting for plastic surgery, the vast majority of women have vowed to *never* go under the knife. Many are simply comfortable enough in their own skin to completely own the faces they have earned. Some have decided that surgery and its possible complications just aren't worth the downside. And the rest of us are somewhere in the middle: we would like to recover more definition to our faces and soften the wrinkles a tad, but are ambivalent about how to go about it.

And here's where our old frenemy—science—comes in again. Some scientific breakthroughs are helping us keep those sagging jowls, frown lines, wrinkles and even age spots at bay with new, non-invasive, non-injectable products and methods.

Today's guest, Marta Wöhrle, founder of the [Truth in Aging website](https://www.truthinaging.com/), is going to talk about the best and safest ingredients we should look for in anti-aging products, how to best protect our skin from the sun, and she shows us some of the most successful products and tools that can help us, as the song goes, “defy gravity.”

Join Marta and me for an *uplifting* and informative discussion today.

And do check out Marta's website—there's a special discount for new subscribers!:
<https://www.truthinaging.com/>

Welcome Marta Wöhrle!



Judy Freedman

After a 35-year career in public relations, media and corporate communications and raising her children, Judy Freedman became an empty nester and widow—all before the age of 50. After those life-changing events she retired from her full-time corporate job to start a consulting business and pursue a writing career. She began blogging as a way to make sense of all the issues she now faced. Her blog, [A Boomer's Life After 50](#), began to draw women from all over who were facing or about to face similar issues. The blog has received numerous awards from the *Harvard Business Review*, *Huffington Post*, *HealthyWomen.org*, *Midlife Boulevard*, *VibrantNation.com*, etc. But more recently Judy has started a new

journey: she is training to become a yoga instructor, primarily for older women.

For most women, the changes and challenges of an empty nest can be daunting. The constant little events and responsibilities—the chauffeuring, the cheffing, the school events—have come to an end. It can be sad or it can be glorious. Or in the case of today's guest, who also became a widow around the same time as the kids moved on to their adult lives, it can be a tremendously challenging but ultimately fulfilling transition.

Judy began by writing a personal blog that offered a communication channel between herself and other women her age who were facing similar major life changes, questions and challenges. Her blog, [A Boomer's Life After 50](#), offers reflections on her own personal growth and is a just plain fun resource for boomers.

She talks with us about the new direction she is taking in her life: becoming a yoga instructor. Join us for this very moving and inspiring conversation about how navigating a new life can let fresh air into what seemed like a closed chapter. Learn how her new life has brought new companionship, both from her friends and community... and her new beau!

Find her at: [A Boomer's Life After 50](#)

Welcome Judy Freedman!

Kirsten Borrink



Retired schoolteacher and mother of two adopted children, Kirsten Borrink, was diagnosed with rheumatoid arthritis 17 years ago. That diagnosis did a real number on her feet! But like most of us she still wanted to wear cute shoes. Her search for comfortable but fashionable shoes resulted in the development of her website, [Barking Dog Shoes](https://www.barkingdogshoes.com/), where she addresses all the footwear issues that can plague our achin' and aging feet as we age. Flat feet? Hammer toes? Neuromas? Plantar fasciitis? She's got you covered.

With a few rare exceptions (and I applaud you exceptions) most of us are gradually letting go of the stiletto Pumps and high heeled strappy sandals in favor of something that's less likely to find us taking an unintentional nosedive just for the sake of looking pretty and sexy. What do we do with those beautiful spike heels? I say frame them!

But seriously, our intrepid feet take a lifetime of abuse and at some point many of us have had to make a choice between strutting our stuff with style and staying upright.

Flat feet? Bunions? Hammer toes? Neuromas? Plantar fasciitis? If any of those are on your checklist you know how hard it can be to find something that's fashionable but comfortable. In this highly informative interview Kirsten Borrink, founder of the website Barking Dog Shoes, talks about every kind of foot woe that we might have, what to look for when shopping for shoes for your feet in their current state, and the low down on specific brands and styles—plus where to find those pretty shoes for your sufferin' feet.

Find her at: <https://www.barkingdogshoes.com/>

Welcome Kirsten Borrink!

Ronna Benjamin

After 28 years of practicing real estate law, Ronna Benjamin realized how much she loved writing and how much she hated lawyering. And now she is loving her “second act” as Partner and Managing Editor at [Better After 50](#). Ronna writes humorously about the things BA50s are concerned about—personal experiences with adult children, the quirks of aging parents and in-laws, and her own emotional and physical health issues (i.e., insomnia, anxiety, breast cancer and the ever expanding waist line).



Felice Shapiro

Felice Shapiro has been a publishing entrepreneur for her entire career. After selling her multi-title parenting magazine group (Family Publishing Group) to a conglomerate in London, she cofounded [Better After 50](#), a platform for women at midlife. She writes about reinvention, next acts, fashion, health, goal setting. Felice also teaches entrepreneurship at Tufts University. Ronna and Felice are co-authors of [We Are Better After 50 Because...](#)

Granted, things like insomnia, aging parents, breast cancer, anxiety, and the ever expanding waist line are not the first things that come to mind when you think of humorous topics. But our next guests, Ronna Benjamin and Felice Shapiro, are going to change your mind—and perspective—about that. Collectively, having experienced all of the above, they certainly have the credentials to find the humor in these otherwise dour topics. And find it they do in their wildly entertaining and often hilarious website [Better After 50](#).

Today Ronna and Felice talk about their own transitions from the corporate mindset into the over-50-changing-gears mindset. They describe their serendipitous meeting, how they have become “besties,” how their website began, and why humor is important—in fact essential—as we age. And they’re going to share how life can be, in fact, better after 50. (And btw—it’s also better after 60, 70, 80—and that’s not just my view—scientifically proven.)

Their new book is [We Are Better after 50 Because...](#)

Welcome Ronna and Felice!



Dorothy Miller Shore

Dorothy Miller Shore is the Chairman of the Board of The Miller Agency, the largest women-owned automotive ad agency in the U.S., and owner of Miller Wired, an interactive digital company. She is also an award-winning international advertising veteran. Since stepping down as CEO of her company, Dorothy helped found a new on-line magazine, PrimeWomen.com, and now serves as the magazine's board chair and editor-in-chief. She also serves as a mentor for other women entrepreneurs. But as the title of her interview, *Second Acts*, suggests, she

understands the value of what it means to have a full and rich inner life after retirement. To that end she is completing a Masters degree in Christian Apologetics.

If the so-called average woman listed all the jobs she had in her lifetime it would add up to a pretty impressive resume:

- Financial Manager
- Wellness Consultant (how often have you had to nag your husband to go to the doctor?)
- Party and Event Planner
- Transportation Manager
- Educator
- Chef

These are real life skills—some of which can even take you into an entirely new career.

Our guest today is going to be talking to us about the business skills and preparation needed for any new business endeavor—and she certainly has the credentials to do so. In addition to her long list of awards, accolades and accomplishments, Dorothy also mentors women who are still in their careers or are venturing out into new fields.

In this interview she describes how she got started in the advertising field after starting her career in fashion merchandising. She talks about some of the challenges women faced (and still do) in that field. And, she explains why and how she started her online magazine, describing the careful, thoughtful planning that went into it. She clearly lays out guidelines that any entrepreneur needs to consider before starting a new venture and gives us some examples of women who have done so.

And if that weren't enough, Dorothy, like many women in our demographic, has decided to put her spiritual life front and center after retirement. To that end, she is completing a Masters degree in Christian Apologetics, which she beautifully talks about at the end of the interview.

Welcome Dorothy Miller Shore!

Elisabeth Dale



Elisabeth Dale is an internationally renowned breast expert and author, and the founder of TheBreastLife.com. She has appeared on *Good Morning America*, *The Tyra Banks Show*, *NPR*, and has been featured in *The New York Times*, *The Daily Beast*, *The Huffington Post*, and numerous other publications. She is the daughter of a breast cancer survivor, and has had her own love-hate relationship with her breasts, eventually opting for a surgical breast lift. She is the mother of three and the author of her first book, [*bOObs: A Guide to Your Girls*](#), named a Best Consumer Health Book by *The Library Journal*. Her next book, *The Breast Life Guide to The Bra Zone: How to Find Your Perfect Size, Style, and Support* will be published in March 2016.

How many women and girls actually love and are happy with their own breasts, especially after breastfeeding? Or, after the greater concern, breast cancer? How many of us are convinced that there is no bra out there that fits? Or that the perfect bra you once had is no longer available?

Our next guest, Elisabeth Dale, has researched the full range of concerns about breasts and bras and she writes about it at her website: TheBreastLife.com. Her new book, *The Breast Life Guide to The Bra Zone: How to Find Your Perfect Size, Style, and Support* will be published in the Spring of 2016.

In this interview we'll learn all about how to *really* measure your breasts, how frequently to do so, what changes we can expect over time, where to find sexy and comfortable bras that fit, (and why to keep wearing sexy lingerie!) and where to find pretty mastectomy lingerie—in other words, all things bra-related.

Find her at: <http://www.thebreastlife.com/>

Welcome Elisabeth Dale!

Maryjane Fahey

Maryjane Fahey is an author, humorist, journalist, designer, and “former serial monogamist” living in New York City. A specialist in editorial design, Maryjane was a principal in the redesign of both BusinessWeek and the Boston Globe, and the launch of Women’s Health. She is the author of the [Glorious Broads](#) website and the co-author of [Dumped: You would have dumped him and you know it. He just beat you to it: A grown-up guide to getting off your ass and over your ex in record time](#). Her website, Glorious Broads, is about women with passion. She explains: “Think of Auntie Mame in 2016—only she didn’t need the third hubby to leave her a fortune. She manifested it herself! That’s my girl. And that is the community I would like to build: Glorious Broads.”



We’re sages, not saints. We’ve been there done that and have the battle scars to show it. And we’re reinventing what aging looks like. Why? Because we’re glorious! And so is my next guest, Maryjane Fahey.

Mary Jane is a highly successful specialist in editorial design (you’ve seen her work all over but may not have known it).

Four years ago, after having her heart “unexpectedly pounded” (the motivation for her book), Maryjane set out about reinventing herself and having some fun in the process. Life altering fun! She changed her life and it changed her world and now she wants to celebrate with other life-changing women. She calls them Glorious Broads. And that is the name of her website featuring these wonderful women.

In this conversation Maryjane talks about some of her favorite Glorious Broads, how to regain footing after a breakup, looking at relationships in a new way, what a future living arrangement might look like and more. Join me—and all glorious broads—in welcoming Maryjane Fahey.

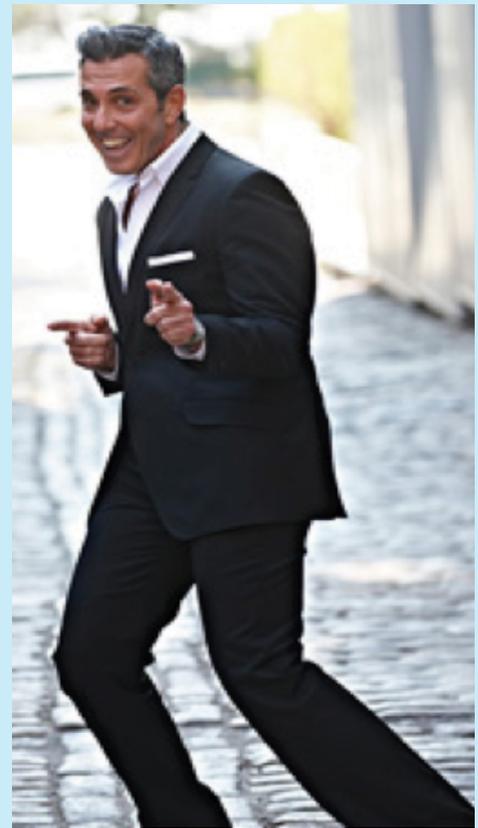
Find her at: [Glorious Broads](#) and [MJFahey design](#)

And read [Dumped](#)

Welcome Maryjane Fahey!

George Brescia

George Brescia has worked with top fashion and beauty leaders for the past 25 years, including Ralph Lauren, Donna Karan, Tommy Hilfiger, and the fashion directors at Bloomingdale's, Bergdorf Goodman, and Lord and Taylor. As the man behind George B Style, he's a top-tier NYC-based stylist and image consultant with clients ranging from A-list celebrities to everyday men and women looking to improve their appearance and gain confidence. He has appeared as a resident fashion expert on the *Today Show*, CBS, ABC, Fox 5, and NY 1 as the official red carpet fashion critic for the Tony awards. George has also been featured on Garrett Miller's nationally broadcast blog talk radio show, NPR's *Marketplace*, and he writes regular columns for *Resident* and *Venue* magazines. His personal lifestyle and fashion book, *Change Your Clothes, Change your Life...because you can't go naked*, is published by Simon & Schuster.



What we wear, how it fits, and what shape it's in tells a lot about who we are. Are you happy with what your clothes are saying? Do you hide behind "camouflage" pieces so that you won't stand out? Is there a whole lot of black, brown, or neutral in your wardrobe that makes you look washed out?

Well, if our next guest can't answer some of those questions for you it's likely that no one can. George Brescia is a go-to stylist for Manhattan celebrities, socialites, and women like you who just want to improve their appearance. In this interview George shares with us some valuable tips from his book and from his experience about:

- What to toss
- What to keep
- What to shop for after 50
- How to determine if something looks good on us
- How to simplify our color choices

You will not want to miss this.

Find him at: <http://www.GeorgeBstyle.com/>

Welcome George Brescia!

Karen Klopp



Karen Klopp, the author of [What 2 Wear Where](#), is a writer, documentary filmmaker, lifelong conservationist, board member for several cultural and philanthropic organizations, chairwoman for countless events, and an intrepid world traveler. Her digital retail boutique and blog, [What2WearWhere.com](#), features informed guidelines about how to dress for all of life's daily duties and special events. Among the regular contributors to her blog are fashion editor Hillary Dick, fashion consultant and commentator Jill Fairchild (whose father founded *W* magazine) and environmentalist Kick Kennedy, daughter of Robert F. Kennedy, Jr. Having participated in almost every kind of event that a woman can experience she founded her website to save today's busy women by eliminating the stress of dressing for each one of these events and packing for travel.

You finally have a few days off. Or you've just retired. (Yay!) Or you have decided to spend your grandkids' inheritance. Wherever your free time and spare change takes you, today's guest will help you get there most efficiently.

Karen Klopp has advised women about proper attire for a PTA meeting, a job interview, a gala, a trip to Bora Bora and everything in between. And today she gives her expert advice on how to plan your wardrobe before you pack, what shoes to bring, (and gives us some great tips on specific brands) and what to bring with you on the plane for any destination to which your heart takes you.

Whether you're packing for a short weekend family event, that trip to Rome you've been dreaming about for years, or you've been walking 5 miles a day in preparation for tackling Kilimanjaro, you will definitely want to watch this interview.

Find Karen at: what2wearwhere.com

Welcome Karen Klopp!

Sandy Linter



Makeup expert Sandy Linter has worked with every legendary fashion photographer, for every popular beauty magazine, and with a stellar roster of clients including Ashley Judd, Christy Brinkley, Christy Turlington, Jennifer Lopez, Kristin Davis, Nicole Kidman, Padma Lakshmi, Vanessa Redgrave, Salma Hayek, Trudie Styler, Sigourney Weaver, Bette Midler, Elizabeth Hurley, among others. In 2008 she was given the title of Lancome Beauty at Every Age Expert. A passionate teacher, she is Makeup Director at the Rita Hazan Salon in New York City where she teaches makeup application. Sandy also has a series of extremely popular [YouTube videos](#) and is the co-author of [The Makeup Wakeup](#)—a book specifically written for women over 50 on all the how to's of looking their very best at their age. Her interviews are featured regularly in many magazines including *Allure*, *Vogue*, *Bazaar*, *InStyle*, *Glamour*, and *Oprah*.

In this interview, Sandy Linter talks about:

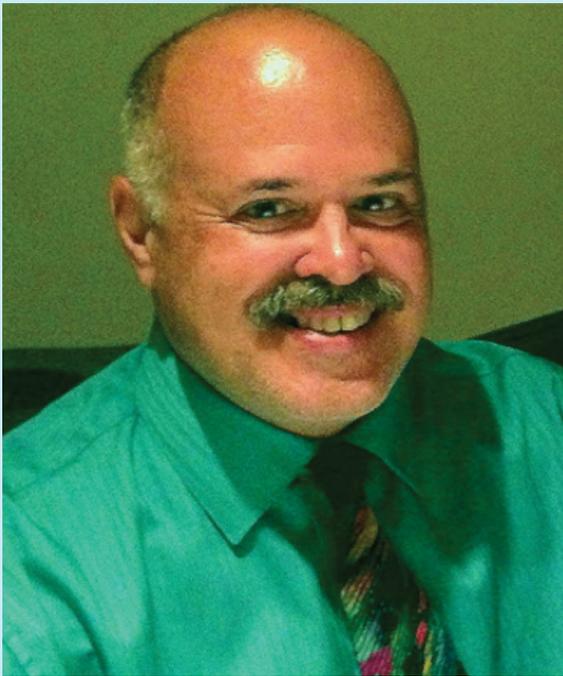
- Where we first show age on our faces
- What is the best lighting in which to apply make-up
- Where to apply primer and highlighter
- What she relies on most when doing makeup for a client
- The best kind of lipstick for an aging mouth
- What kinds of brushes to use and more...(her friend Penny makes a few surprise appearances—you won't want to miss that!)

Oh—and she wanted me to let you know that the lipstick she was wearing in the interview is Lancome Velours de Violine and in the Christie Brinkley shoot Christie wore, Velour D'Etiaacetelle (Matte red) “Long lasting velvety smooth formulas.”

Find her at:

- <https://www.facebook.com/OfficialSandyLinter/>
- <https://www.instagram.com/sandylinter/?hl=en>
- <https://twitter.com/sandylinter1>
- <https://www.youtube.com/user/sandylinter1>

Welcome Sandy Linter!



John Kitchener

John Kitchener is the director of Personal Style Counselors in Oakland California. Started in 1964, PSC is considered the “Mother Church of Color Analysis” and is the oldest continuously operating company of its kind in the world. John holds a BFA in art and photography, completed a two-year intensive apprenticeship at PSC, and has since done individual color and style consultations for more than 23,000 clients worldwide since 1978. He is also now doing virtual color and style for international clients via Skype. He was handed the mantle of Director of PSC by its founder, Joan Songer. His

numerous corporate clients have included IBM, Nordstrom, and Saks Fifth Avenue. You can find his color and style archetype videos at his [YouTube page](#).

Does any of this sound familiar? You found a perfect sweater but when you tried it on it made you look slightly sallow. Your hair color has changed. Your skin tone has changed. You're not sure your favorite colors now work for you. Your wardrobe is black, or tan, or brown...and *boring*.

Well, if so, you've come to the right place. The Doctor is in! John Kitchener, also known as Doctor Colors, is one of the world's pre-eminent experts on color palette analysis. In this talk, John explains:

- How he goes about determining someone's color palette
- Why the process is challenging
- Whether our ideal palette colors change as our hair color changes
- How to determine our neutrals and why it's important to stay out of a neutral comfort zone as we age
- Descriptions of color families and what they convey

Get ready for a real education.

Find John at: http://www.pscjohnkitchener.com/an_index.html

Welcome John Kitchener!

Marci Shimoff



Marci Shimoff is a #1 *New York Times* bestselling author, a world-renowned transformational teacher, and an expert on happiness, success, and unconditional love. Her books include the runaway bestsellers, [*Love for No Reason*](#), [*Happy for No Reason: 7 Steps to Being Happy from the Inside Out*](#) and six titles in the phenomenally successful *Chicken Soup for the Woman's Soul* series. Her books have sold more than 15 million copies worldwide in 33 languages, have topped all of the major bestseller lists, and have been on the *New York Times* bestseller list for a total of 118 weeks. Marci is one of the bestselling female nonfiction authors of all time. She is also the host of the national PBS television special, *Happy for No Reason*, and is a featured teacher in the international film and book sensation, *The Secret*. She has inspired millions of people around the world and is dedicated to helping people live more empowered and joy-filled lives.

“Forget your troubles, c’mon get happy...”

Well, that’s always good advice. But really, what does being happy feel like after 50? What does it look like? Can you fake it just by smiling a lot? Honestly—can you be happy when your world is falling apart?

Today’s guest, Marci Shimoff, will answer all of these questions and more in a deeply inspiring interview. More than simply inspiring, which her book—[*Happy for No Reason*](#)—certainly is, Marci offers facts about our genetic *happiness set point* and how we can change it. And, she gives us an exercise we can do to accomplish just that. She also explains the mechanics of how your mind, body, heart, and soul cultivate happiness, and as a result, great things happen in your life.

And in her new adventure, [*Your Year of Miracles*](#), she takes her listeners to an even deeper level of commitment to the miraculous where they can find divine support, fulfillment of dreams, and yes, happiness.

Welcome Marci Shimoff!

Susan Street

Susan Street is the founder of Fifty not Frumpy, a website that chronicles her transformation from overweight and unhealthy to healthy and vibrant—an inspiration to all older women. She says, “After switching to a vegetarian diet in 2011 when I was 54, I quickly lost more than forty pounds which meant I had to buy a whole new wardrobe. That may sound like fun, but after leaving store after store in total frustration, I felt overwhelmed. I started studying current styles and reading lots of articles in an effort to create a timeless wardrobe that would fit well with my busy lifestyle now and in the years to come.” Her blog was born from those efforts, offering her readers the benefit of the expensive lessons she learned. Susan is also a strong advocate for healthy eating and a plant-based diet. Her company, Vintage Jewelry Supplies, services the wholesale jewelry market.



One of the most inspiring women I’ve met on this journey is Susan Street. I’ve been following Susan on her [Fifty not Frumpy](#) website and Facebook page, where she offers styling and fashion advice to older women who, like herself, are looking for encouragement and motivation to make the second half of their lives even better.

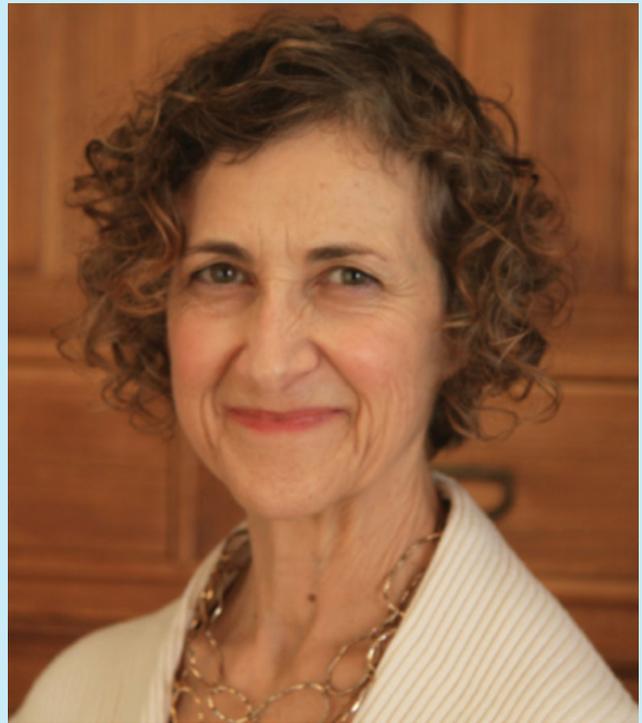
In this highly personal and informative interview Susan shares her story of transformation from a woman at midlife who was aging not-so-gracefully to fashionista and health advocate. She speaks passionately and knowledgeably about how she brought her health, and that of her dear friend, Mr. Mickey, back from the brink to vitality and wellness. (It must have been her years in the military that gave her so much grit and determination!) I can’t think of any better way to close out this series than with Susan’s talk.

Follow Susan at:

- <http://www.fiftynotfrumpy.com>
- <https://www.facebook.com/Fifty-not-frumpy-238337419519802/>
- <https://www.instagram.com/fiftynotfrumpy/>

Welcome Susan Street!

Andrea Pflaumer



Andrea Pflaumer, the host of the video series, *Vital, Vivacious, and Visible after 50*, is a former dancer and dance writer and as a freelance journalist in the San Francisco Bay area has written extensively about shopping and fashion. She is the author of two books: *Shopping for the Real You: 10 Essential Steps to a Better Wardrobe for Every Woman—Fashionistas, Fashion-Phobes, and the over 50*, and *She's Got Good Jeans*, including how to shop for, where to find, and how to style the perfect jeans for your body. She writes for numerous websites including *sixtyandme*, *betterafter50*, and *The Huffington Post*, and blogs at <http://shoppingfortherealyou.com/>. You can follow her color and style Pinterest pages at <https://www.pinterest.com/andreapflaumer/> and on Facebook at <https://www.facebook.com/shoppingfortherealyou/>.

We've turned the camera on our host for a thoughtful interview by her friend, Life Coach Anna Urrea. Anna asks Andrea about:

- Her motivation for *Vital Vivacious and Visible after 50*
- Her greatest challenges and surprises in producing the series
- What she learned about herself and her guests
- From where she draws her inspiration
- And what she has planned for the future!

Welcome Anna and Andrea!