

Capital City Senior *living*50*plus*

An Illinois Times Publication

Dec 2017
FREE
Take One



**See the USA...
with races in
every state p9**

**How to donate
to a museum p4**

**Fit feet
and Fitbits p7**

Mystery writer p13

This issue available at
www.capitalcitysenior.com



**The Essentials
7kW Corepower
Automatic Standby Generator**

\$1,900.00 Plus Tax & Installation

Starting at* **\$48.50** Month

**Managed Whole House
11kW Whole House
Automatic Standby Generator**

\$3,125.00 Plus Tax & Installation

Starting at* **\$63.00** Month



**Whole House
22kW Whole House
Automatic Standby Generator**

\$4,750.00 Plus Tax & Installation

Starting at* **\$83.00** Month



**341 SOUTH MEADOWBROOK ROAD
SPRINGFIELD, IL 62711
(217)787-4949
WWW.RUBYELECTRIC.NET**

With approved credit, payment based on 9.99% @ 132 months. Starting at* price reflects gas and electric installation, battery and taxes. Additional costs may apply. Offer expires 01/31/18

Table of contents

How to donate to
a museum..... p4

Fit feet and Fitbit p7

See the USA...with races
in every state p9

Mystery writer..... p13

Capital City Senior
living50plus

EDITOR/CEO

Fletcher Farrar

PUBLISHER

Michelle Ownbey

CONTRIBUTORS

DiAnne Crown, Karen Ackerman Witter,
Erika Holst, Grant Gonzalez, DPM

PRODUCTION DESIGN

Brandon Turley, Joseph Copley

ADVERTISING

Beth Parkes-Irwin, Yolanda Bell,
Jeff Elliott, Lashonda Fitch

BUSINESS/CIRCULATION

Brenda Matheis

Published quarterly. Copyright 2017 by
Central Illinois Communications LLC.
All rights reserved. Reproduction in any form
without permission is prohibited.

WWW.CAPITALCITYSENIOR.COM

1240 S. 6TH, SPRINGFIELD, IL 62703

OFFICE PHONE • 217.753.2226

WWW.ILLINOISTIMES.COM

TRUST SERVICES AREN'T JUST FOR THE WEALTHY



Trust Services aren't just for those who've already accumulated wealth; they are also designed for those *still building it*. Trust Services help you protect everything you work so hard for: *your assets, your family, and your peace of mind!* Call us to schedule a *free, no obligation* wealth management consultation today.



547-2386 | UCBbank.com



Life is always
better when we
are together.

**We accommodate couples who want to live well,
age well and be well together.**

With the camaraderie of new friends, enjoy
maintenance-free living in an atmosphere of
simple elegance. We look forward to
welcoming you and your family.



Call us today!
217.321.2100

2521 Empowerment Rd., Springfield, IL




Timberlake
SUPPORTIVE LIVING

Will they want mother's clock?

How to donate to a museum

LIVING 50 PLUS | Erika Holst

It's a dilemma familiar to downsizing baby boomers: what to do with a lifetime's worth of accumulated belongings? The generation that acquired furnishings and mementos to cherish and eventually pass down as heirlooms is finding that its offspring often don't want their stuff. In response, museums across the nation are noticing an uptick in the number of items offered for donation to their collections.

Donating an object to a museum can be a wonderful way to ensure that a treasured object is cared for in perpetuity while simultaneously making that object accessible to the public through exhibitions and scholarship. But just as the decision to part with a cherished heirloom is not taken lightly by donors, the decision to accept a donation into its collection is not taken lightly by museums.

What follows is information designed to answer questions potential donors may have about how to donate an object to a museum:

What kind of objects do museums accept?

Museums accept objects that fit within the particular institution's mission and scope of collecting. An object doesn't have to be old to be accepted by a museum, nor does being old automatically guarantee that a museum will accept it. An ideal donation is an object that tells a good story; that comes with documentation such as receipts, letters or photographs; and that has a strong provenance, or record of ownership. For instance, a curator would generally be more interested in a pair of shoes worn by your civil-rights-activist grandmother when she marched in Washington accompanied by a photograph of her wearing them and a letter describing the march than they would be in a 200-year-old clock you bought at an



Minnie Vautrin's heirs donated several of her personal belongings, including her Order of the Jade medal, to the Illinois State Museum. Vautrin was instrumental in protecting as many as 10,000 Chinese refugees during the Nanking Massacre of 1937-38. PHOTO BY ERIKA HOLST

antiques store and know nothing about.

Do museums accept everything they are offered?

No. Donating an item to a museum is like giving someone a puppy. It's a wonderful gift, but that puppy must now be fed, walked, cared for and taken to the vet, which will cost the recipient time and money. Similarly, each object that is donated to a museum must be accessioned, researched, catalogued, insured and properly stored in a climate-controlled facility. Museums have limited space and ever-shrinking budgets. When one accepts an object into its collection, it is making a commitment to dedicate a portion of its finite resources to

the long-term care of that object.

What do museums consider when accepting donations?

Before accepting a donation, museums consider the object's size (how much space will it take up in collections storage?), its condition (will it require expensive conservation treatment?), its relevance to the mission and the object's history and provenance. Museums are generally seeking objects that will fill a gap in their existing collections, so they will often decline an artifact if they already own several similar examples.

Is my donation tax deductible?

Yes. However, museums are ethically and often legally prohibited from providing appraisals of donated goods. To take a tax deduction, the donor must arrange for their own evaluation by a qualified appraiser. A good place to locate a qualified appraiser is at the American Association of Appraisers website, www.appraisers.org.

Do museums ever purchase objects?

Very rarely, and only under exceptional circumstances. As public institutions, museums depend on the generosity of the public for donations to their collections.

Can I or my family have the object back later?

No. Museums require donors to sign a deed of gift that legally transfers ownership to the institution. These donations are considered unrestricted gifts, which means the donor cannot place conditions on what

happens to an object after it is donated.

What happens to my object after it is donated?

It will be assigned an accession number, photographed, catalogued and placed in climate-controlled storage. It may be placed on exhibit or loaned to another institution. Because only a small percentage of a museum's collections are on exhibit at any given time, there is no guarantee that it will be displayed to the public. The object will, however, be available for study to scholars and researchers, and the donor or their family may request to see it at any time.

How should I approach a museum with a donation?

Most museum curators prefer to be approached by email rather than by phone or drop-in visits. An email should include photos of the object and the following information: what the object is, who originally owned it, when it dates to, how you came to own it

and what its significance is (that is to say, why you think it belongs in a museum). Be sure to mention if you have letters, photographs or receipts related to the object. If the curator is interested in the object, they will set up a time to speak by telephone or meet in person to learn more.

Don't be offended if the museum does not take your object; with limited space and resources, most institutions must be extremely selective about what they can accept. And keep in mind that your support, in the form of memberships, attendance, donations and volunteer hours, help to ensure that objects of all kinds are preserved for future generations. □

Erika Holst is the Curator of Decorative Arts and History at the Illinois State Museum.

The ISM is currently interested in donations of Illinois objects that reflect major historical events, represent the work of Illinois artists and craftsmen and reflect Illinois' ethnic and cultural diversity.

NEW YEAR. NEW BEGINNINGS.

It's so nice to come home to **Concordia Village**, a part of the Lutheran Senior Services family of Life Plan Communities! Beautiful residences, multiple dining venues, and a host of community amenities make a move to **Concordia Village** the right choice in the new year!



4101 W. Iles Ave. | Springfield, IL 62711 | 217.793.9429 | ConcordiaVillageLiving.org

Call 217.793.9429
to schedule your personal tour!



A NOT-FOR-PROFIT VOLUNTEER ANIMAL WELFARE GROUP

Our Mission is to:

1. Provide every cat in need a forever home
2. Be a sanctuary where cats will have a second chance
3. Work with the community to help those in need by offering a food bank

Seniors...adopt a cat 1 year or older - receive a bag of food, litter pan, scoop and some toys. Low adoption fee of \$20.00 and cats are fully vetted.

If you are interested in donating, volunteering and/or adoption please call 217-503-9898

Or visit our website at

WWW.FELINERANCH.ORG



19130 SUNNY ACRES ROAD, PETERSBURG

SunnyAcresHome.org



Countryside Estates
Independent Living

Monthly Rental, No Buy-In
Fees or Long-Term Lease

Maintenance & Housekeeping
Services Included

Emergency Call Systems

**Please call for availability today!*



RESTORE Therapy Services
Physical, Occupational & Speech Therapy


Easy Transitions from Hospital to Home

24-Hour Skilled Nursing Care

Respite Care Stays

Hospice Care Services

(217) 632-2334

Please visit us at [Facebook.com/SunnyAcresTherapySeniorServices](https://www.facebook.com/SunnyAcresTherapySeniorServices) 

GETTING YOU BACK TO BETTER.

Our Specialized Programs:

- Pulmonary/Ventilator/Tracheostomy Services
- Complex Wound Care
- Multi-System Complications
- Medically Complex
- IV Therapy
- Renal Failure/Dialysis

 **VIBRA HOSPITAL**
OF SPRINGFIELD

701 North Walnut Street • Springfield, IL 62702 • P: 217.528.1217 • www.vhspringfield.com



Fit feet and Fitbits

LIVING 50 PLUS | Grant Gonzalez, DPM

The Digital Revolution is expanding its impact on our lives every minute. Smartphones, wireless internet networks, biometric authentication devices, virtual personal assistants, wristband gadgets and virtual reality devices are here today – and often gone tomorrow – as new technology redefines our future lifestyle opportunities and business models.

This revolution has had a profound impact on the health sector. The emergence of electronic health records (EHR) that are interconnected by exchanges allow a wide range of health data to be stored and shared. Patient portals are becoming more available as information systems are enhanced to provide patients with immediate access to their records. Other new medical device accessories are being introduced to the market that can be attached to a smartphone and paired with an app to provide EKG readings that detect abnormal heart rhythm, sleep apnea and hypertension. Individuals can immediately access data or have it transmitted to a health provider. Real-time biosensors are also being integrated into clothing, shoes and socks to analyze body function and performance. Experts predict that soon medical devices will be implanted in our body for continuous monitoring. Overall, these advancements are significantly improving the coordination and quality of care.

Patients are becoming “digitally engaged” as they incorporate new apps, fitness wristbands or clips (like Fitbit and Jawbone), into their daily routines to track activity, exercise, food, weight and sleep.

According to a recent article published by Fitbit, “Fitbit Profile and Update,” consumers are getting more involved in their health decisions. Digital technology

enables them to take better control of their health and to better manage their outcomes. Fitness trackers are gaining popularity and being incorporated into wellness programs and personalized coaching programs. There are over 23 million active Fitbit users. Users are becoming more social and creating networks and virtual fitness groups.

Undoubtedly, technology companies and health care providers that have a financial stake in this technology strongly support the expansion of fitness trackers. Employers also support this technology in an effort to curb rising health care costs. Health care practitioners are also in favor of technology that empowers people to self-manage and control their health.

Patients are encouraged to start smart by starting small. Don’t rush into fitness. A modified approach will help you avoid injuries like shin splints and plantar fasciitis (heel pain). A steady, gradual program is more beneficial in the long run than an intense program that puts undue stress on your feet. Avoid running on uneven surfaces and terrain, at least during the initial stages of your fitness regime. Incorporate cross-training into your fitness program to reduce stress on your feet.

According to John Sigle, DPM, “Fitness activities can take a toll on your feet when



you begin workouts, so don’t be surprised if you experience some aches and pains when you wake up in the morning. If the aches and pains persist as you progress in your workouts, it is a signal that you should consult with your podiatrist for a diagnosis and treatment to prevent further injury.” Ignoring aches and pains often results in more serious injury and will delay your fitness activities.

The majority of foot and ankle problems can be treated conservatively and resolved with simple adjustments like changing shoes and socks, or using shoe inserts and pads. Minor adjustments will



\$3.49

Small Smoothie

Offer valid at the following location
4319 Yucan Dr. • Smoothie King – Springfield
Springfield, IL 62711 • 217-679-4590

Not valid with any other offer. Limit one coupon per person per visit.
Valid at this location only. Excludes Kids Cups.



7043151300



MedicsFirst
MOBILE INTENSIVE CARE

**PARAMEDIC OWNED
AND OPERATED**

Call for Emergency
and Non-Emergency
Ambulance Transport

(217)535-0100
info@Medicsfirst.com

help prevent blisters, corns and calluses, and help relieve any aches and pains you may feel in your legs, knees and hips.

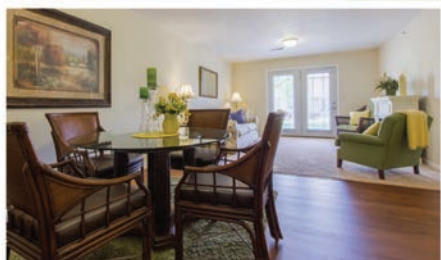
Proper foot hygiene is essential to avoid problems. Trim your toenails properly and regularly. Keep your feet clean and dry and inspect them on a regular basis. Foot blisters, nerve compression foot injuries, stress fractures of the lower leg, foot and ankle should be examined by a podiatrist. This includes foot infections, ingrown toenails and toenail fungus. People should consult with their physician or podiatrist prior to engaging in a vigorous exercise program if they are overweight or have diabetes, peripheral neuropathy or peripheral artery disease.

Most health care practitioners are in favor of engaging in an exercise conditioning program 1-2 months prior to beginning a strenuous physical fitness program. To get the most out of your exercise program, it's essential to prepare your feet properly for training so they will carry you where you need to go.

Consult with your podiatrist about exercises that will help condition your feet and lower extremities to prevent injury. These exercises will help you build strength in your lower leg, foot and ankle, build flexibility and improve range of motion, and condition specific muscles, tendons and ligaments that control the movement of your feet and ankles.

This new year, you can make a difference in the quality of your life if you have a solid foundation supporting your movements. Don't be afraid to incorporate smart devices into your workouts to improve your health. Start out slow and start out smart – and schedule a consultation with your podiatrist if you are experiencing foot or ankle pain that is hindering your ability to work out. □

Grant Gonzalez, DPM, is a podiatrist at the Foot & Ankle Center of Illinois, Springfield.



3511 Conifer Drive, Spfld, IL
3201 Conifer Drive, Spfld, IL
217-698-2829
217-698-5780
www.seasonsseniorliving.com

Carefree Senior Living
The Lifestyle You Deserve!

- One and Two-Bedroom Luxury Suites
- Great Location with Landscaped Gardens and a Fishing Lake
- Garages & Covered Parking Available
- Beautiful Common Areas
- Library & Exercise Room

Locally Owned and Family Operated



Cheryl and Joe Biesiada at the finish line after the Cedar Rapids, Iowa, half marathon.

See the USA... with races in every state

Meet Cheryl and Joe Biesiada

LIVING 50 PLUS | Karen Ackerman Witter

Visiting every state in the U.S. is on many bucket lists. Included on Cheryl and Joe Biesiada's is running a half marathon in every state. Cheryl Biesiada started running in 1997 to lose weight after having her second son and to cope with turning 40. Her husband, Joe, saw how much fun she was having traveling with friends to run races, and he started running. Twenty years later, running is an integral part of their lives. The Biesiadas, of Springfield, are both members of the Fifty States Half Marathon Club, with a goal of running a half marathon (13.1 miles) in all 50 states. Cheryl has an additional goal of running 100 half marathons.

Prior to committing to run a half marathon in every state, they ran shorter

races as well as marathons. Cheryl completed seven marathons, and Joe finished two. Their last was the New York City Marathon in 2010. Tim Butler, current state representative and an active member of the Springfield Road Runners Club, first introduced them to an online club called Have 2 Half. Instead of running a full marathon in all 50 states, Have 2 Half promoted running half the distance in half the number of states. This seemed a more attainable goal while juggling work and raising two boys. It started their adventure on half marathons.

Cheryl will turn 60 next year; Joe is 67. They became empty nesters in 2015. That's when friends introduced Cheryl to the Fifty States Half Marathon Club, and soon she

was hooked. After knee surgery, Joe stopped running for a while, but the Fifty States Half Marathon Club became an inspiration for him as well. Joe has completed 26 half marathons in 24 states. Cheryl has finished 44 in 25 states. Cheryl spends hours researching races all over the country to plan the timing and location of their trips.

Joe is protecting his knees by only running races in new states. Cheryl throws in a few extra in states already on her list, to reach her goal of 100 half marathons. Cheryl completed 16 half marathons in 2017 and Joe completed 10, with one more on the schedule in December. They already have 10 races on the docket for 2018 and others under consideration. With careful planning, they can hit one state on a Saturday and



Cheryl Biesiada's medal display, showing states completed. PHOTO COURTESY OF JOE BIESIADA

another state the following weekend. They are both on track to finish half marathons in

all 50 states by the time Joe turns 70.

Cheryl's first half marathon was the Lincoln Memorial in Springfield in April 2003, and Joe's first was the Kentucky Derby half in April 2006. Races come in all types and sizes, and the Biesiadas have experienced a wide variety. Race names reflect the character of the host community. Examples include the Spirit of St. Louis (Missouri), Route 66 Half (Tulsa, Oklahoma), Red White and Boom (Minneapolis on the Fourth of July), Rock 'n' Roll Las Vegas Half (Nevada), First Light Half (Alabama), Running with the Cows (Kansas), Twilight Half (Washington), Vine to Wine (Greenville, Illinois), and Equinox Half (Colorado).

Cheryl and Joe have endured numerous challenges, including 90-degree heat, pulled hamstrings, and painful walks to the finish line. They have also enjoyed running in Hawaii for their 30th anniversary; running through the Ozark National Forest in the

spring; and races where they inspired others, received awards in their age group and achieved personal records. Other highlights include watching the Olympic trials, seeing Olympic athletes prior to a race and chatting with Frank Shorter, who won an Olympic gold medal in the marathon in 1972. Joe's favorite race was the Hatfield and McCoy in West Virginia. With limited access to hotel rooms, runners stayed in the firehouse on cots and were treated to moonshine. The finishers' medal says, "No Feudin', Just Runnin'."

The Biesiadas also enjoy sightseeing as part of their running adventures. Frequently they drive to their races. Joe likes to check out football and baseball stadiums. They visit National Parks and presidential libraries in proximity to their races. Visiting every presidential library is also on their bucket list.

The Fifty States Half Marathon Club inspires camaraderie among runners. They

Run
WITH EASE

**ADVANCED
BUNION SURGERY**

217.787.2700
myfootandanklecenter.com

Foot & Ankle
CENTER OF ILLINOIS

Springfield • Decatur • Taylorville • Carlinville • Shelbyville • Sullivan

You can do this too


"Anyone can take up a hobby like this and have a ton of fun," says Cheryl Biesiada. "Traveling and running is a highlight of my life. It is a stress reliever and lets me forget about any worries I have for a long weekend. The 50 States Half Marathon Club includes people of all ages and abilities who support each other and enjoy the social interaction. Some are fast, others seek out walker friendly races, and some are into collecting the finishing medals." Cheryl encourages others to take on a new challenge, have fun, and consider joining the 50 States Half Marathon Club. <https://www.50stateshalfmarathonclub.com/>

have an annual meet-up to celebrate individuals achieving their 50 states accomplishment. Cheryl says, "It is all about supporting each other and sharing running experiences. This is the one place where no one talks about politics, cares whether you run, run/walk or just walk, what size, color, etc. you are. It's about the races, travel, fellowship and the bling!"


Joe and Cheryl are active, fit and busy. Cheryl works at SIU School of Medicine where she has been involved in many aspects of human resources management. Joe retired from CWLP after working there for over 39 years. He also sold real estate and currently manages several rental properties. They are the epitome of enjoying life to the fullest through an active, healthy lifestyle. □

Karen Ackerman Witter met Cheryl Biesiada through the Springfield Road Runners Club. They both ran the Chicago Marathon in 2003. Having completed just 12 half marathons in five states, Karen admires Cheryl and Joe and enjoys following their races on Facebook.

**THE VILLAS
OF HOLLY BROOK**
ASSISTED LIVING



*Everyone Deserves
A Great Life!*



MERIDIAN
SENIOR LIVING

825 East Walnut – Chatham, IL
217-483-4661
meridiansenior.com

**REDEFINING SENIOR HEALTH CARE
IN SANGAMON COUNTY!**



**HERITAGE
HEALTH**
Therapy & Senior Care

900 N. Rutledge, Springfield, IL • (217) 789-0930



RESTORE Therapy Services
REHAB TO RETURN HOME QUICKLY!

- Physical, Occupational, Speech & Respiratory Therapy
- Easy Transitions from Hospital to Home
- Patient-Focused Rehab Programs
- Friendly, Licensed Therapist
- Private Rehab Suites

HeritageOfCare.com/Springfield
Facebook.com/HeritageHealthSpringfield

**"Because sooner or later,
we all run out of time ..."**



Having an organized system in place is one of the most loving and generous things you can do for your family and friends.

The **Lifetime Legacy Planner** helps document your wishes so they are respected, your legacy preserved.

To order your **Planner** or learn more, go to:
www.StrategicHourglassSolutions.com

Is this your idea of home security?




*We provide you with
peace of mind.*

Protect your Home, Family & Valuables for only \$195. Call 217-744-9000 for more information.

Saving *heart heroes* like Kay.



If you or a loved one has a heart problem, you want the best care possible. Prairie Heart Institute at HSHS St. John's Hospital has been saving heart heroes like Kay Morris for more than 50 years with 110 cardiac experts right here in Springfield at one location.

*To watch Kay's heart-warming story,
go to st-johns.org/heartheroes.*

 **Prairie**
HEART INSTITUTE
HSHS St. John's Hospital

Mystery machine

Writer Elaine Orr shares tips on self-publishing

50 PLUS | DiAnne Crown

Elaine L. Orr of Springfield became tuned in to mysteries as a child on trips with her imaginative mother. "My mother used to postulate what would make a good mystery. She introduced me to the idea of writing at a fairly young age."

Many years later, after a career in government service, Orr finally began writing. "I enjoyed reading mysteries and like to write what I read," says Orr. Since self-publishing her first book in 2010, Orr has created three mystery series as well as nonfiction books about writing, novellas and more.

Orr's series feature places and pastimes she loves, often incorporating her experiences of Iowa, Indiana, Maryland and now Illinois. Her first series, the Jolie Gentil Cozy mystery series, is set in New Jersey. "I wanted a series set by the

ocean. I picked this area for the small-town feel of the beach setting."

The second group, the River's Edge mystery series, takes place along the Des Moines River and grew out of the major floods of 2008, says Orr. "I fell in love with rural Van Buren County, and the characters grew out of my love of gardening." The Logland mystery series is set in towns like Carlinville and Jacksonville. "I wanted proximity to my home region in Illinois. This is my only series with a law enforcement officer as a protagonist, a professional sleuth, and is another series with a small-town feel."

Orr describes her style as first person and informal. "The reader can only know what the protagonist knows, and I have a very direct style with fairly sparse description." She combines



Elaine L. Orr

Family Salon

- Perms • Cuts • Updo's
- Facial Wax
- So Much More

Senior and Military Discounts

Hrs: Mon-Fri 10am-7pm
Sat 10am-4pm • Closed Sunday

679-6572

3325 S. 6th Street Road Suite 11

Enjoy retirement.

*You have questions. We have answers.
Let us help you.*

Attorney Deanna S. Mool
Elder Law, Trusts & Estates

Heyl, Royster, Voelker & Allen, P.C.
3731 Wabash Avenue
(217) 522-8822
dmool@heyloyroyster.com

HEYL... ROYSTER

www.heyloyroyster.com



clarkes concept

Hair Loss Solutions

For genetic or medical related hair loss

Cranial Prosthesis "wig" • Hats & Turbans
Hair Systems • Attachment Supplies

Call Tina For Appointment 217-529-9610

Avoid the problems of not being prepared.

Medicaid Planning, Guardianship, Estate Planning, Health Care Directives, Power of Attorney, Asset Protection, Long Term Care, Nursing Home Issues



RAMMELKAMP BRADNEY
• Attorneys at Law •

Jacksonville Springfield
245-6177 522-6000
www.rammelkamp.com



Community Care Systems, Inc.

Caring for Illinois seniors since 1980

We offer non-medical in-home service to assist individuals with daily living tasks so they can remain in their own home.

- Routine house cleaning
- Essential Errands and Escort
- Assistance with personal care
- Laundry
- Respite Care
- Meal Preparation

Call Today! (800) 578-0803 www.ccsicare.com



SPRINGFIELD BUSINESS JOURNAL

12 Months of SBJ only \$35

Includes:
Print Copy • Digital Edition • Book of Lists



Subscribe online at: www.springfieldbusinessjournal.com

general research about regions and topics with her personal experiences in different locales. It's a combination of work done online and in-person. "I like the feel of that," she says, but adds that she doesn't only write what she knows. She devises towns that are not identifiable so she is free to create her own settings and professions within them.

Publishing her work is a business for this government retiree. "I write for myself and publish to make money, to create an annuity with monthly royalties." And she welcomes the opportunity to teach others how to do the same. Orr offers the following pointers.

Make it a job.

"If you do want to make money doing something you like, such as writing, you have to approach it as a job and work consistently. That doesn't mean you have to work every day, or every 9 a.m. to noon. It's fine to plan time off. But, if you find yourself taking two weeks off very regularly, you'll find it's not going to advance your career."

Do your homework.

"You need to be prepared to learn about writing similarly to how you learned about your first career. Read, go to conferences, take online courses," she says. "Writing is personal and professional, but publishing is a process."

Keep an open mind and accept criticism.

"Do some studying and be prepared to revise your work." The first draft of your work, Orr says, even if it took two to four years to write, is probably about halfway through. Orr works with a critique group in Decatur for this purpose.

Spread the word.

"You have to be willing to push yourself in terms of marketing. More than 100,000 books are published on Amazon every day and you only get one chance to make a first impression. Spend time telling people what you do."

Orr is happy to share her personal story and her work. She takes special pride in *Falling Into Place*, a novella she describes as the story of a World War II veteran who's experienced some trauma. "It's a story told with humor and grace."

For a complete list of Orr's writing, visit www.elaineorr.com and www.elaineorr.blogspot.com. □

DiAnne Crown is a frequent contributor to Living 50 Plus.

All that Glitters is not Gold

Come see how we fulfill our promises.



- ♦ State-of-the-Art Call System
- ♦ Exceptional Care
- ♦ Home Cooked Foods
Guaranteed to Dazzle You
- ♦ Affordable Pricing

*Join us for a tour and
stay for a delicious lunch.
See why we're the best.*

Call 855-208-4552 today!

Reflections
A MEMORY CARE RESIDENCE
by the Villas of Holly Brook

Reaching Daily Moments of Success

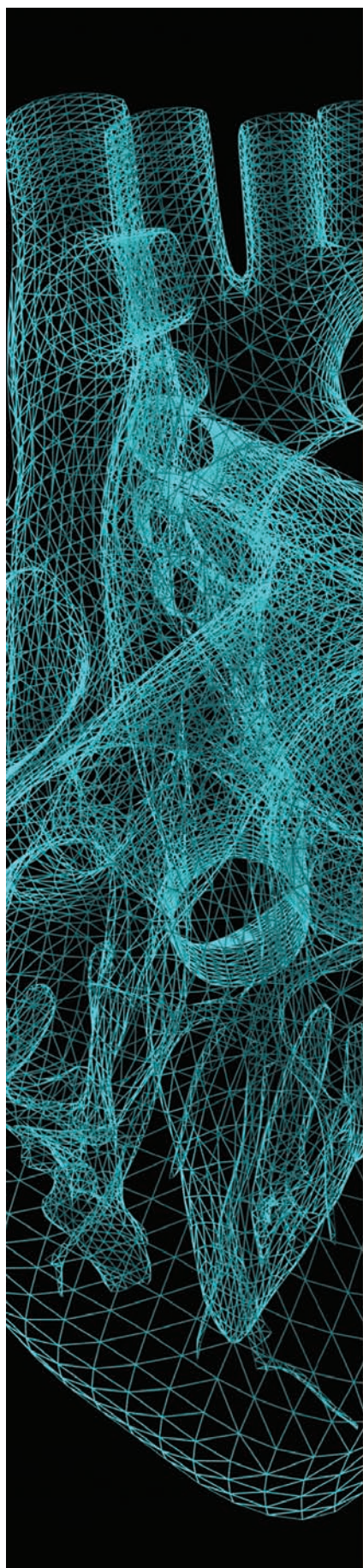
401 N. Park Ave.
Chatham, IL 62629

The Villas Of
South Park
Premiere Assisted Living Community

Independent Living Condos

10000 S. Main St.
Chatham, IL 62629

Faith Based ♦ Family Owned and Operated



thedoctorsofprairie.com

WHAT'S BETTER THAN
HAVING ONE HEART
RHYTHM EXPERT?




HAVING A WHOLE
TEAM OF THEM.



Rhythm matters. Whether it's your first visit for an irregular heartbeat or it's time for a second opinion, Prairie's innovative, team-oriented approach to care provides each patient with a customized treatment plan that's right for them.

Call **217-757-6120** to schedule your own appointment with the world-class specialists who are bringing a whole new world of advances right here to Springfield.

 **Prairie**
Cardiovascular
The Doctors of Prairie

YOUR PARTNERS IN HEART