

Newsletter For Mature Adults



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Joy Ride

Biking brings a unique thrill.

There's the wind in your hair, a sense of adventure and freedom, and the simple pleasure of seeing, hearing, and smelling nature up close.

But people are often robbed of those simple joys as they age.

Ole Kassow found a way to return that pleasure to seniors by taking elderly residents at a Copenhagen nursing home out on trishaw (cargo bike) rides.

It started as a simple one-time ride that Kassow offered to a nursing home resident he passed during his bike commute each day.

Then more nursing home residents asked for rides.

Kassow's one-off ride eventually sparked a movement across Denmark, with residents all over the country stepping in to take seniors out on bikes.

The idea also has spread across the world, and Cycling without Age, an organization dedicated to bringing rides to seniors, was born. There are now 1,100 Cycling Without Age chapters in 38 countries.

Beyond just fun, rides bring other benefits, including that cross-generational connection, finding new friends, and making people's lives better.

"Simple bike rides can have a profound impact," said Kassow in his TED Talk (<http://bit.ly/2MIWJT1>). Some seniors reported feeling alive again, not needing medicine to sleep after a ride, and experiencing joy.

Kassow, the pilot (the bike driver), describes returning home in a "rare spirit."

His message: "Invite someone on a journey."

See [Cycling Without Age](http://bit.ly/2B4zguc) (<http://bit.ly/2B4zguc>) to learn more, find local chapter, or get a chapter started in your community.

Green Lingo

You already know that green home features that reduce energy costs, improve comfort, and help to improve the environment are in demand among buyers.

But when you're building a new home or incorporating green features into an existing home, some of the building

techniques and jargon can be a bit of a mystery.

Green Builder Media clears up some of that confusion with its free *Homeowner's Handbook*.

The document outlines what you need to know when you're making small changes –choosing new lightbulbs, for instance – or tackling bigger projects like ground-up construction or installing a new roof.

The chapters are easy to digest and include topics like renewable energy systems, plumbing, HVAC, and windows and doors.

The section about insulation, for example, explains the importance of insulation and its impact on your wallet and comfort, along with and the various types and their virtues.

Many sections also include a "Know the Lingo" box to explain confusing terms you'll encounter, whether that's R-value, ridge vents, cogeneration, inverter, volatile organic compounds, or solar heat gain coefficient.

Register and download *The Homeowner's Handbook* here:
<http://bit.ly/2MfqKxC>

New Options for Lifelong Learning

Lifelong learning benefits the mind, body, and spirit as we age. If you're looking for fresh education options, check out One Day University.

The program taps universities' best and most inspiring professors and invites them to bring their knowledge to audiences outside academia's walls.

One Day University offers live events, live streaming events, podcasts, and a library of videos. Topics range from art and music, to science and psychology.

Upcoming lectures include the science of happiness (<http://bit.ly/2vEv4fq>), World War I, (<http://bit.ly/2BitPrJ>), the genius of Michelangelo (<http://bit.ly/2MlcrGW>), Beethoven's greatness (<http://bit.ly/2nzCBHW>), and shifting world powers (<http://bit.ly/2MjuOMm>).

Explore One Day University's complete offerings at <http://bit.ly/2B8ylc9>.

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