

Active Lifestyle



LONG ISLANDERS 55+

**FASHION
DO'S and
DON'TS**

**LONGEVITY
COSTS
OUTPACE
SENIORS**

**DECORATING
TIPS FROM a
PRO!**

**AGING
GRACEFULLY!**

FREE COPY

WE ARE WELL AWARE THAT "MAKING A FASHION STATEMENT" IS PROBABLY NOT HIGH UP ON YOUR LIST OF THINGS TO DO. BUT (YOU KNEW THAT WAS COMING, RIGHT?) THERE IS SOMETHING POSITIVE TO BE SAID ABOUT PURCHASING (AT A REASONABLE PRICE) ONE OR TWO ARTICLES OF CLOTHING OR ACCESSORIES THAT CAN REALLY MAKE A DIFFERENCE IN HOW YOU FEEL ABOUT YOURSELF. AND THAT'S PROBABLY THE MOST IMPORTANT THING FOR US SUDDENLY SOLO GUYS.

BY HAROLD "HAL" SPIELMAN

Here are some not overly-expensive items that can have a huge impact on your personal style and self-confidence:



"BANG FOR THE BUCK" FASHION

EYEGLOSS FRAMES – Many of us (probably all of us!) Wear glasses at some time or another. After all, reading glasses are now likely a part of our lives even if we had 20/20 for 50 years! Try a pair of Persol 2285V frames. These richly designed rectangular frames bring a sleek sophistication to almost any man's face. With the smooth black polish of the rims, adorned with Persol's signature supreme arrow at the hinges, any of us will feel instantly smarter and classier. The 2885V frames are less than \$150 (try www.unitedshades.com). Any change in your current frames makes a big difference in your "look" so even if these don't agree with you, try another new style!

HATS – A nice hat (or a sporty cap... NOT a baseball cap!) can really give you a great style without investing a lot of money. There are many styles, colors and fabrics that work in any climate. For us, Borsalino is the brand of choice. Available at some of the best boutiques and department stores in the world, including Barney's, Neiman Marcus, Saks Fifth Avenue, Harrod's, and Galeries Lafayette. Borsalino blends premium materials with classic color combinations. You should definitely go to a department store to try on several and, while there, ask a stranger what they think about a style. Strangers are more honest than salespeople or friends. When you've decided on a chapeau, go home and shop the internet to beat the price. Figure on spending anywhere from \$50 to \$250. **BONUS:** Hats keep you warm (or cool) and protect your scalp!

POCKET SQUARES – You can really dress up a blazer (or a suit) with a quality pocket square that is folded stylishly. Silk ones in a variety of colors and patterns can be found for \$20-\$80 easily online. You can play it safe with classic white, tan, blue, etc., or push the envelope with something a little wilder, depending on your own taste. Take some time to research the best way to fold it for maximum (or minimum!) impact. **CAUTION:** Nothing can rescue a ratty sports coat. Better to invest money in a quality jacket before trying to "put lipstick on a pig!"

WATCH BANDS – Although most of us have (and wear) watches with metal bracelets, they can be clunky when you go out "dressy." The dive-type watches (even the most expensive brands) don't really fit well under shirt cuffs. A nice leather-banded timepiece makes a statement. Any of the watches themselves are not necessarily expensive. We are speaking fashion now, not chronometry! Straps can be made from cowhide, horsehide, crocodile, lizard or even ostrich skin. For simplicity's sake, we'll call all of these "leather" straps. While thick leather straps with contrast stitching are often found on beefy sports watches, thinner, more exotic skins are still the choice for dress watches since they tend to complement leather shoes and a belt.

DATING FOR THE MATURE SINGLE

As if dating for the mature single was not challenging enough in this new cultural landscape, we found out that men and women have very different ideas about when sex should enter into a relationship.

In one of our recent surveys of 400 mature widowed or divorced women and 345 mature widowed or divorced men, fully 72% of the guys told us they expect that within 3 dates a woman will know the kind of person he is, so that there will be, well, more than a good night kiss on the cheek. But the majority of women felt that they need at least 5 dates to know if they want to share a sexual experience with a man.

WOW! This difference in timing can create all kinds of problems. In all likelihood, she doesn't want him to disappear after 3 dates, but he may be concerned that she may not really like him sufficiently at that point to have a deeper relationship and perhaps he should just move on.

What to do?

A little communication can go a long way. Tell each other that you've enjoyed your time together and want to do it again. (Hey! A good kiss wouldn't hurt.) Here is another way to communicate to overcome the "2 date gap" in expectations:

SHE... Before he leaves suggest an upcoming event that you would like to take him to for your next (forth) date.

HE... If you like this woman exercise some patience. It will be worth it.

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