

Natural Healing Express Weekly

Column Volume 161 Longevity Series Part Two

In the summer of 2013, I ran a series on Longevity. During the process we interviewed four individuals who were shining examples of longevity. They symbolized the keys to a healthy, happy and long life. These fine individuals were Ethel Lobdell, Leland Wenzel, Rubie Shumacher and Mary Leamon. Last week, we lost our precious Rubie at a mere 104 years young. Our prayers to your family and your many, many friends.

The Longevity series not only taught me a lot about graceful aging but shed light on overall truths to living a full, long and healthy life. So, as with anything good, I said, what the heck? Let's do it again. Thus, over the next few weeks, I hope to interview a few hardy souls and feature their suggestions on living a long life in our column. We will look through their eyes, share their words of wisdom and hopefully have a few laughs along the way.

For your part, I would like your suggestions on folks who may qualify to be part of this segment. Our goal is to feature a few stories on these blessed beings who reside in God's Country (Northern Illinois, Southern Wisconsin and Eastern, Iowa) and get their perspective on a life well lived.

We ask that the person be at least 85 years of age, still living at home or functioning in the home of a relative/friend/caring facility and be willing to spend some time chatting with me about their successful longevity. I would like to also include a photo if possible. If you know someone who would be a great candidate, please email me your suggestion and their contact info to [skscham@aol.com](mailto:skscham@aol.com). If you do not have email, but would like to nominate a candidate (or yourself) please call the store at 815 990 8732 and ask to speak to the Longevity Hostess. We await your contact.

Here are a few tidbits from the interviews of previous series, spoken in the words of our precious souls themselves.

FROM MISS ETHEL LOBDELL

Susan: What is your advice for people regarding a long, healthy and happy life?

**ETHEL LOBDELL: Just be happy at what you are doing. Feel blessed every day, that attitude helps everything. Being outside all the time really helped me. I was not a busy body with the neighbors and I like people, I can forget the bad jives when needed. We had terrific friends and shared good times. Friends make all the difference. I believe out of the 8 couples that we did things with all the time, there are only two of us girls left; my friend Flo Chapin and myself. Cherish your friends.**

FROM MR LELAND WENZEL

Susan: What made your family life successful?

**LEE: We all respected each other. If we said it, we meant it. We didn't have TV until after the kids graduated. We had fun. You know I took care of Marjorie for 15 years after her brain tumor diagnosis**

and the kids were very supportive. After she passed, Brian took me to Ireland. He asked me about it and I said, "I'll have to check my schedule" and he looked straight at me and said, "There isn't a damn thing on your schedule that can't be changed." There were 4 seats left on the plane and he got me one. I spent a great week in Dublin. Grandson Kerry works there for a worldwide company called Kerry Ingredients which is a food toppings business.

Susan: Did you drink any beer?

**LEE: Are you kidding? (More giggles) I went through the Guinness Factory. It was quite nice.**

FROM MARY LEAMON

Susan: What is your advice for people regarding a long, healthy and happy life?

**Mary: Get plenty of sleep, eat properly and be compatible with your companion.**

Susan: Anything else you would like to add?

**Mary: Jack and I had a wonderful time travelling together. We went on cruises to the Caribbean and one from China to Japan up to Alaska. It was about 12 days and the seas were a little rough, but I didn't get sick thankfully. We went to Jerusalem which at that time was peaceful, but we arrived on their day of fasting. We were very hungry and had a hard time finding something to eat. We've been to Europe, Canada and Hawaii a couple of times and once to Puerto Vallarta. There were three couples and we all very much enjoyed travelling together. One time we went to Mexico, rented a Jeep and drove out into the Boonies. We saw how all the rural people lived. I wouldn't do that again today. (giggle).**

FROM RUBIE SCHUMACHER

Susan: What is your advice for people regarding a long, healthy and happy life?

**Rubie: You mean what's my secret? Everyone asks me that. I eat my own cooking. I have meat and potatoes once a day. I eat a lot of potatoes myself, about 10lbs a month. I try to stay far away from doctors and I sleep with the window open every night, even in the winter. Maybe once in a great while I will have a bloody Mary. And I loved to go to dances. Nowadays our kind of dancing is gone. We would go to the Warren Bonery on the weekends. It would cost you a nickel to have the band play your song. My sister and I won first prize for the Charleston and we each got a new pair of shoes. That was really fun.**

Susan: Anything else you would like to add?

**Rubie: Just live a good and natural life. You know I have read my obituary already. It's nice. I hope when the Good Lord calls me he does it quickly. I do not want to go to assisted living. I want to live until I die. On my 103<sup>rd</sup> birthday, we had only relatives and there were 90 people in the corn shed. That's a lot of relatives. We even had a magician.**

**I say Eat, Drink and Be Merry. And don't worry; in the long run, everything will be what it will be. I am so thankful I live in Lena now, the people here are so nice and my doctor who checks on me is here, too. I tell him "the motor's good, the body's getting rusty and the tires are worn out.'**

And with that Godspeed dear Rubie, I am sure you are running around Heaven with your new chassis!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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