

Serving up Hilarity to Help Us Through Our Senior Years

Celebrate being over 50 by getting even fiercer

Getting older doesn't have to be depressing. Shel Harrington is showing us that the real fun begins after we hit 50. The creative mind behind the popular Facebook page [Fat-Bottom-Fifties Get Fierce](#), Shel's book "Over 50, Defined: Words Just for Us That Aren't in the Dictionary ... YET!" (April 2021) lets us age hilariously.

Suggested Intro: Ever wonder if anyone else loses their glasses, only to find them sitting on their head? Or discovers their coffee in the microwave hours after they popped it in for a quick reheat? Our guest today is a humorist and author of the book "Over 50, Defined." She's making growing older hilarious with invented words for all of those funny things we do after age 50. Welcome, Shel Harrington. So tell us, what exactly is an "OOFFIT"?

Suggested TOPICS for DISCUSSION:

- **Top 10 Fun and Funny Stocking Stuffers for Age 50+** – If you're over 50, your holiday wish list probably looks a lot different than the ones kids send to Santa. What are fun yet practical gifts to give to the seniors in your life? Shel offers her top ten stocking stuffers for those of us who have put our first half-century behind us, and the hilarious quinbloits they relate to.
- **What Gen Xers Need to Know as They Prepare to Become Seniors** – Gen Xers are rebels and creatives, techies and teachers. So it may be hard for them to face the quirks of old age that sometimes slow us down. Shel offers a funny take on the things we all tend to do as we get older: from losing our glasses (that are sitting on top of our head) to turning down the volume on the car radio so that we can
- **A Divorce Attorney's Tips for Maintaining a Happy Marriage After Retirement** – Many marriages coast along for years with full-time work and raising kids playing major roles in the family dynamic. What happens when it's time to retire and each person has a very different idea of what life will now look like? Shel uses her expertise as a divorce lawyer and humorist to offer tips for maintaining a happy marriage after retirement.

Online Press Kit (media): images, more story ideas, etc. <https://fatbottomfiftiesgetfierce.com/media-kit>

Public Website: FatBottomFiftiesGetFierce.com

Suggested QUESTIONS:

1. What is a "quinbloit"?
2. What inspired you to write "Over 50, Defined"?
3. What about getting older is funny?
4. What are your three favorite quinbloits?
5. What should millennials expect to experience as they move past middle age?
6. Why is it so important to laugh at ourselves as we get older?
7. Who do you think handles aging better, millennials or baby boomers?
8. How can we stay fierce as we move past middle age?
9. What are your favorite tools that make getting older easier?
10. As a divorce lawyer, what are your tips for couples who want to stay out of your office?
11. What new challenges do couples face during retirement and how can they overcome them?
12. As a breast cancer survivor, what are your tips for people who have recently been diagnosed?

To book **Shel Harrington**, visit fatbottomfiftiesgetfierce.com/contact-us/