

**Dotsie Bregel,  
Founder and CEO of  
The National Association of Baby Boomer Women  
(NABBW)**



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**Boomer Women Speak (BWS)  
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***Presents***

***Living Single at Midlife!***

**With**

**Jane Scandurra**

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**Dotsie:** Hello and welcome to the call.

The format for the call is that I will introduce our guest, Jane Scandurra. For those of you who don't know me, I am **Dotsie Bregel**, and I'm founder of the ***National Association of Baby Boomer Women*** which can be located at [www.NABBW.com](http://www.NABBW.com) and [www.BoomerWomenSpeak.com](http://www.BoomerWomenSpeak.com) which are the number one sites on major search engines for baby boomer women. I am passionate about educating and empowering boomer women at midlife and spend a great part of my time doing so. Since launching [www.BoomerWomenSpeak.com](http://www.BoomerWomenSpeak.com) in 2002, I've been connecting, encouraging, and supporting Boomer women on a daily basis. I dedicate a great portion of my time to creating opportunities that inspire women to explore their passions and live life to the fullest.

If you are not a member of the [NABBW](http://www.NABBW.com), you are welcome to join us. It is typically \$75.00. But if you are interested, we can send you a link to join for \$50.00. All you have to do is email me directly at [dots@nabbw.com](mailto:dots@nabbw.com) and I'll be happy to send you that link.

This teleseminar is a sample of one of the many benefits that we have when you are a member of the association. We have approximately 65 teleseminars taped and recorded audio links, and then we also have transcriptions of all of these teleseminars that we've done for the past several years. And those are yours with membership at the NABBW. All you have to do is enter the Members Only area of the [www.NABBW.com](http://www.NABBW.com) site and they're all available to you.

Let me introduce Jane and give you a little background information, and then we're going to get started about being single; especially at midlife.

Jane is a seasoned marketing professional with over twenty-five years experience. She's a corporate marketing chic turned documentary film maker and entrepreneur. She's held various global marketing management roles at traditional leading companies including IBM, Nokia, Prodigy, Bristol-Myers, and BBDO. She is the co-producer, co-director of the featured documentary film "Single," and you can find that online at [www.singlefilm.com](http://www.singlefilm.com) and it's about the growth of the unmarried population and the challenges of finding a lasting relationship in today's crazy world. It's a recent [www.barnesandnoble.com](http://www.barnesandnoble.com) pick of the week, and the film is currently available on DVD and also digital download at popular online retailers including [www.Amazon.com](http://www.Amazon.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com) and *Netflix*, as well as, the video on demand at through *Verizon FiOS* and other national and regional cable operators. Her

passion for social networking has made her a frequent radio and TV talk show guest including the national appearance on *Fox-TV* last fall. Her insight on how to enjoy living single will be a part of the feature article in the March issue of *More* magazine. Is that this year; like next month?

**Jane:** Exactly. I think it will be on newsstands in a couple of weeks, yep.

**Dotsie:** Okay, cool, that's awesome. Her day job is providing strategic planning, program management services for Fortune 500-companies, marketing agencies and non-profit organization. She's also a professionally trained personal coach and avid public speaker, offering training and consulting services on personal branding and social networking for organizations and individuals. Now Jane, do you have personal web site?

**Jane:** You know; I don't have one personally, no. For this purpose it is [www.singlefilm.com](http://www.singlefilm.com) in terms of the singles market.

**Dotsie:** Okay, and then what about like Twitter, Facebook, etc?

**Jane:** I do, I have a twitter; it's just Jane Scandurra.

**Dotsie:** Okay and then what about Facebook? You're on Facebook, also.

**Jane:** Yeah, but that's mostly for folks that I know personally.

**Dotsie:** Okay, so the best way to follow you is Twitter. One thing I'd like to do before we get started with the conversation and interview, is just to mention some of the statistics that Jane has listed on the "Single" documentary film website, just to give you an idea of how many people are single.

100 million adults in the US are currently single. Now that's adults, we're not just talking women. The majority of US households are now headed by an unmarried person. Singles account for \$1.6 trillion in annual consumer spending. Nearly 40% of US babies are now born out of wedlock, and the highest rate is in the US Virgin Islands at 70.8%. Single people make up 44% of the US workforce. 86%-90% of Americans will get married. The US divorce rate is the lowest it's been since 1970; which I found really interesting. Singles account for 36% of voters in the US. The majority of single women are homeowners. Single women are 22% of new home buyers compared to 9% of single men. Isn't that awesome? Also, I remember like about two years ago, we crossed over the 50% mark for the number of women single in the US, is that correct? Tell me where you heard that.

**Jane:** Yeah that was a little bit slated. I think it was a *New York Times* article and they counted women where they didn't have a partner. They counted people who had husbands in jail and they also counted younger than 18 years old. It

was kind of slanted article I have to say when you get under the numbers, but it is closer to 50/50.

**Dotsie:** Okay, good. How about if you tell us a little bit about the documentary?

**Jane:** Sure. I have been single my whole life, and as you know, as a marketing person, as you said from my bio, and I was really interested in learning more about the single market from a demographic perspective of why aren't marketers really focusing on singles from a perspective of not trying to make us "un-single," but from a life stage perspective. So I was doing a lot of research on that. At the same time, I met someone at a marina where I keep my boat, who had done a couple of documentary shorts. I thought, hey this might be a really good idea for a documentary film. The growth of the single population; I had also looked into some of the stereo types, and the stigmas, and the differences in taxes, and different kinds of laws on the books, and we took it from there. That's where it came from. This was more of a hobby to do the film and it was a really great experience and it was wonderful.

**Dotsie:** Cool! What was the most surprising thing that you learned when you were out and about doing the documentary?

**Jane:** You know...that it's such a passionate topic. That so much has changed also, from previous generations. We started this process, as I said, looking into more of the social aspects of the demographics, the discrimination, and all that stuff. And as we started interviewing more people, we realize that the real story was the differences between previous generations and now, and how difficult it is now to meet and find really lasting relationships. That was really the surprising thing and how the whole project took a turn.

**Dotsie:** Very cool. I know sometimes you must get...well, I know you've done the one, but I'm sure when people get into documentary work, they go in with one impression and come out with a totally different impression.

**Jane:** Yep.

**Dotsie:** Okay well you know it's interesting I have a lot of single friends; some who care about dating and some who could really care less. They're just kind of happy doing their own thing. And then there are also quite a few women in our forum community who are single, or who have met their spouses online, which I think is really kind of new and up and coming for our generation. But many of the women that are single share that they've never been happier. So you say despite popular belief, a happy, single woman is not an oxymoron. You want to tell us what you learned about that with your research?

**Jane:** Yeah, I think that happiness, and it sounds kind of corny, but it really is a choice, and it does come from inside. You can't really depend on another person

for your happiness and I think if you are generally a happy person to begin with, you're going to be happy in any kind of relationship status. And being married or being in a relationship, doesn't really guarantee happiness, right? I think it's probably worse to be in a relationship and be lonely and unhappy than be on your own.

**Dotsie:** Yeah and actually I've heard married women who are not happy in their marriages say they've never been more lonely than they are in a marriage. I think it's pretty typical of like our parent's generation, our mother's generation, I think.

**Jane:** Right.

**Dotsie:** Let's talk a little bit about being single for women has become cool. What do you think about that comment?

**Jane:** You know I think it wasn't cool in generations past. I think it was always the stigma of oh god, there's definitely something wrong with you. But I think with the evolution of women, you know more women are graduating from college and also getting more advanced degrees than men these days, that women and men have more opportunities for advancement, and they have more lifestyle choices than they did before. And I think people are realizing that the reasons to get married are no longer what they used to be. You used to get married; traditionally they didn't have sex before marriage, so people were getting married to have sex. They were getting married to have children because you didn't normally have children out of wedlock and you also needed to get married for financial security because women were not in the workforce. But all of that is basically out the window. And I think there is kind of a cool factor and Hollywood is not portraying women in the sad, pathetic way they used to.

**Dotsie:** That's the truth. Isn't that great. It is true. I think it just shows how independent women have become. That they don't need someone to pay their way or have their child, etc. And I know actually several people from the younger generation who have children and aren't married, and I have to say it is hard for me to understand why they would do that; but there is certainly enough couples doing it that are happy, and I don't quite get that. Do you know anything about that younger generation who's not married but having children?

**Jane:** You know I'm not an expert on that but there are more people doing it. I think what we did learn from some of the experts is that the case for most marriages is because you do have children. It's really a legal and economic institution and it's protecting those children that you're having, right? So there are other arrangements that can be had, but it's a very individual decision, I think it's a very personal decision whether you do it or not. So I can't be a moral judge on that.

**Dotsie:** Right. Right. I think that some people who are still single midlife...I think a lot of their happiness has to do with what their desire is. I mean there are some women who would love to be married and just haven't been able to find the right person, and because of that, they're unhappy because that's their dream. But I think a lot of it has to do with what your expectation is. But if you're not married by midlife, you know some people still wonder what's wrong with you if you're not coupled up. Did you find that to be true?

**Jane:** Oh yes. Absolutely. And it's not like—you know and it's really funny because just saying that you're not married people think you've never had a date. It's like you're not dating and you're dead or something. You know we have relationships, and as long as you get something out of any relationship, you know they're not all awful, right? You know the interesting thing I find is that you can be a successful woman, you could be attractive, whatever, and you're in a conversation with someone you meet for the first time, and they usually start out by saying, "Oh do you have kids?" And I say, "No." They say, "Oh, are you married?" "No." "Oh are you divorced?" And I'm like, "no." And then all of a sudden, their face kind of changes, and they don't necessarily say anything, so then you're not really able to come back and answer the question that hasn't been asked—like you know, "why?" But you see it in their face...so what's wrong with her? I find it's kind of funny when you see it.

**Dotsie:** Interesting. There's a woman in our forum community who doesn't have children. But it was not by choice. And so that has made her an advocate for women who are childless not by choice. But again, it's that whole idea about what your expectation is. So I think that comes back to having a lot to do with whether or not someone is happy.

**Jane:** And why should anyone care, too? That's the whole thing.

**Dotsie:** Yes, that's such a good point. It's really no one's business and it takes me back to, ah, we went through four years of infertility; and some people knew and some didn't but towards the end more people did. And I really felt like it was no one's business, you know, but it really kind of set, I would say, an awkward air around some relationships. People just don't really know how to act in situations that aren't typical. But I think that women being single at midlife is more typical these days which I think is a great thing.

**Jane:** It actually is you know more so because...there are two things I want to say and number one is that I can't tell you how many people that I know that don't have children that are coupled, and they say, "Jane, that's your next movie because if you feel stigma about not being married, you got to talk to us because we feel it from not having children. People look at you the same way." The other thing went right out of my head. I can't remember what I was going to say.

**Dotsie:** That's alright. It will come back to you. Let's talk a little bit about women who are new to the single scene, and haven't maybe dated. Maybe they have been married for twenty-five years and now they're divorced. You know they don't look like they're twenty anymore, and for the most part, you know, how important is it that women act their age and not revert to what they were like when they were looking, out on the dating scene twenty-five years ago?

**Jane:** Yes, exactly. First I remember what I was going to say which is basically that most women, and as you say, there are a lot of women that don't, ah, that are single. Most women in their midlife, at least this is statistics, I'm going to say most, but there is a trend that women don't remarry as they get older, after they've been divorced, like over 40, but men do. So that's why you're seeing a lot more women who are single. But if you have been married a couple of decades or so and then you're coming back into the singles market, you do have to remember that things have changed. I think, you know they say that 40 is the new 30 and that 50 is the new 40, and all that, and I'm absolutely in agreement on all that, and also with being young at heart and I think it's great living life to the fullest at any age, but what I mean here is the middle age women that really try to deny or disguise who they really are just in an effort to be accepted. And it's really very unfortunate.

**Dotsie:** Yeah, and I have to say I see that. On Friday evenings, we have kind of like a block party in our town. Young families go, and baby boomers, and older adults go. Like the really young kids don't hang out there. They have other things to do. And I have to say I see boomer women sometimes that almost turn my stomach when I look at how they're dressed and just the way they're behaving and I'm thinking, oh my gracious; please don't go back there! You know? So I've actually witnessed what you're talking about and have really been turned off by it. But are the guys attracted to that?

**Jane:** You know, I think guys are attracted to women who feel comfortable in their skin, right? And I feel that what you just described and what I described before, it seems to me that a lot of women who really are just not comfortable in being single that maybe they're just doing this because they feel that it is expected or necessary to compete in the dating scene at middle age, right? When you look at what Hollywood and the media is throwing at us, everybody has got to be perfect. But I think women are no more sexier than when they are comfortable in their own skin and they're confident in who they are.

**Dotsie:** That's so true and I believe we've heard that before from the gal who wrote about going gray at midlife. She mentions that in her book that basically if you are comfortable in your own skin, it doesn't matter what color your hair is unless you're in Hollywood; and then it does make a huge difference.

Let's move on a little bit to what you call elusive singles, they're everywhere and nowhere. Can you kind of tell us what you mean by that?

**Jane:** Yes you know it's really hard to describe too, and I probably should have elaborated a little bit more on this but it's kind of a phenomena. I had a conversation with a guy I met who was also single in midlife who just got married. But he wrote a book, which is a really great book, for men who never married. The name of the book is "**So Why Have You Never Been Married?**" It's by Carl Weisman. I've had numerous conversations about professional singles that are not necessarily looking for a relationship, but they're interested in having one. But they're not actively looking. And they are a good number of these folks who are basically involved in their own lives, doing their own thing, maybe their lives are involved in solitary hobbies like hiking, or cooking like I like to do, and I don't necessarily go out, or reading, writing. I mean how many guys this weekend or last weekend, were at Super Bowl parties in their own houses and not going out. I mean there are people in gyms with IPODS in their ears. We kind of go through life on autopilot, and we call them elusive because they're there, you are just not seeing them.

**Dotsie:** Interesting. So not everybody has you know, a little thing on their forehead saying *I'm single*, is what you're saying.

**Jane:** Right. Although you maybe want a relationship and I kind of fall into this category myself. I just kind of go along with my life and not really concentrating on it and maybe we're not putting ourselves in the right situations to meet people because we're kind of happy where we are, but it would be nice to have a relationship.

**Dotsie:** Right and actually, this is a good opportunity for me to introduce everybody on the call to someone who has done a teleseminar with us before which is actually archived in our *Member's Only* section. And I'm going to do an email introduction for you and Diana Kirschner, who's written a book, "**Love in 90 Days: The Essential Guide to Finding Your Own True Love.**" I read her book and one of our reviewers also reviewed it, and it is an excellent book for someone who is being intentional about meeting someone. She's right in Manhattan where you are so it might be good for you all to meet one another.

She is really a good resource for anybody who is interested in really kind of pursuing meeting someone. Basically what she does is she walks you through this journey and what it is all about is getting to know yourself, basically, before you even get out there and start looking for someone, you know. What is it you are looking for; what do you need personally; that type of thing. So if anybody wants to Google her, her book is "**Love in 90 Days: The Essential Guide to Finding Your Own True Love,**" and her name is Diana Kirschner. I just thought I would mention that in case anyone on the call is really interested in meeting someone because that's not really what this call is about. This call is just kind to tell us what being single is like and why, and what's going on with our generation at midlife, being single.



Okay, another thing that I think I read on your site was that you say it is better to have loved and lost than to live with a whacko the rest of your life?

**Jane:** You know someone had told me that and I thought, oh my gosh, that is priceless. It's kind of like my line has always been that anyone is not better than no one and I find that a lot of women...a lot of people are on their best behavior in the early stages of a relationship, right? But people can't pretend forever. But I think a lot of women; some women hang on to a relationship long beyond its expiration date. They kind of protect their investment because they've invested so much time and effort, and caring and nurturing into a relationship and they'd rather stick with the devil you know than with the devil you don't know than really face the uncertainty and the pain that comes with breaking up. So I know a lot of women that stay in long-term relationships because they're afraid of starting over. And there's really nothing to be afraid of if you know yourself and if you know you can be okay on your own. You know you have to be okay with yourself before you can be with any one else.

**Dotsie:** That's true. And really why be with someone who's causing your unhappiness. I mean I know you're responsible for your own happiness, but someone who is really dragging you down, that's what I'm referring to it as. You know there are women in relationships, actually marriages, with someone who drags them down every day, and there's nothing that makes me sadder because you know, they deserve better than that. But there's that fear and or like you say, the investment, the time investment, perhaps they have children with that person, etc, so people have different reasons but it is sad.

**Jane:** If you don't take it to the extreme of marriages, but even just relationships, I see women, some women just continue along a path even though this guy is not right for them and they know he's not right for them because they're like, oh, I just don't want to start over again and you know, there are always some good times, there are always some bad times...you do have to weigh the pros and cons, but living inside your comfort zone is not a way to live. Right?

**Dotsie:** Right. When you talk about how things have changed from generations past, you mentioned that the world has gotten smaller, and people have become more disposable, it reminds of one of the terms I've heard my kids use, "friends with benefits." Tell us what you mean by people have become more disposable.

**Jane:** Well we get into this, in the movie, in the film, in the documentary. Predominately, when it comes to the fact that, you know, more is actually less. There's a great book called, "*The Paradox of Choice; Why More is Less*," and it's basically that, you know, more people are accessible today. In generations past, you pretty much went out with, or married the person that lived around the block or down the road. But now, there's so much opportunity to meet people on the

Internet or because we travel. You know you can meet and date people from around the world. But when you have so much choice overload, you know, you can question the decisions you make before you even make them, and you have unrealistic expectations. And you basically say, oh well, if this one doesn't work out, there's another one down the block or on another page online. And so how do you build trust and attraction when your relationships can be so disposable?

**Dotsie:** Right, right. And what do you think about that whole thing of people being disposable at this stage of the game?

**Jane:** I think that people are not being realistic in the expectations. I think you need to give people a chance. I think attractions and relationships take time. And the pace of life that we live—and this is what we get into in the film—the pace of life and the ADD that all of us are kind of living with in just our daily lives, is kind of transferring into the world of romance. Well hey, there's this person, and hey there's that person, and gee, I don't want to settle for this one because there is another one around the block. So I think it's very sad. I think it's not conducive to human happiness at all.

**Dotsie:** Well I happen to agree; I mean, you talk about casual hookups; you know it may be a lot easier and a lot less stressful, but is it really satisfying if the ultimate goal is to find a meaningful relationship? Is hooking up with Mr. Right Now a pleasant distraction that's preventing us from seeing Mr. Right? And I think the casual hookups, and I can't help but mention online communication and texting, and how that's changed relationships, too. I'm not real familiar with it for women at midlife, but I'm very familiar with it for like a 20-somethings because I have three of them, and I've seen them you know, texting, and calling, and hanging on the phone, and talking online, etc. And it's interesting because my youngest son who's 21 has shared that he doesn't like it though he does it, because he lives in Brooklyn, New York and has a lot of friends that are away at college and other places, and he communicates with a lot of girls who give him a different impression about their relationship with him than when he sees them. Like he says from like what they text me, I would think that they like want to like date me, or be with me. Do you know what I mean? And it's just like because you are not with the person you can put anything out there. It doesn't seem as real. So when he has kind of come to town and you know, run into or called one of these girls intentionally, it's a different story. It's like, almost like, oh you know...not that they were joking around, but I think it's just that they get carried away.

**Jane:** Well the inhibition is completely gone when you standing behind a laptop or a cell phone, or whatever. So people are a lot more freer. I think they're calling it sexting now instead of texting, too. But in talking with the younger generation, you know, I'm into the social networking side of the world too, and the younger generation are really losing their social skills, I have to say, because of all of this online stuff. And it is exactly the description you just said. There's less

opportunity for understanding your body language, tonality, seeing someone's expression. I mean all of that is gone. And when you are actually face-to-face, you miss out a lot.

**Dotsie:** Yeah. Yeah. Now is there a lot of texting going on with people at midlife? Is a lot of communication being done by texting and online? I kind of think it must be because I know of a lot of people on Facebook who are trying to meet people from their past, looking up old boyfriends, oh my gracious...all that stuff, and I'm just kind of curious to know, you know, is that really happening at midlife.

**Jane:** Oh yeah, it's happening big time. And again, it all comes back down to your expectations and your objectives. If you're having fun with it and that's all you want is to have fun with it, then fine. Knock yourself out. But if what you are really looking for is a meaningful relationship, then I think you need to get serious about it instead of...because that Mr. Right, or whatever, could be right in front of you but you are too distracted with playing around and having fun, and texting, and hooking up.

**Dotsie:** Yeah. So I guess it just depends on what you're looking for.

**Jane:** Yeah, and if you let yourself get locked into a particular mindset, right? So if you're just having a good time and the whole "friends with benefits" I mean, that friend with benefits that you're spending time with, even if you know that there's not a future with this person, why are you wasting your time with them?

**Dotsie:** Right. Exactly.

**Jane:** Time in our world right now, time is our most precious commodity. If you are spending time with someone you know is not right for you, then you're wasting time when you could be with somebody else.

**Dotsie:** Yeah, I mean I totally agree but I think there are definitely people from our generation who are in it for the game.

**Jane:** Yep, exactly.

**Dotsie:** And I think that's pretty pitiful. Plus, I think it's kind of sad and lonely, you know, in the end. Well, talk about online dating a little bit with single people at midlife, and you know, have you experienced it and what is your personal experience?

**Jane:** You know the market is huge for the over 45 crowd for online dating and I've been on and off it for years, and I've met some really great guys. The online dating; it's a numbers game. Right? It comes right back down to expectations. You have to be lucky enough to be able to stumble upon someone, and connect

with someone, who has the same expectations and right objectives as you. It does tend to be a little superficial, right, it's all based on attractions and looks from a male perspective and I think also from a female perspective. But I think social networking sites are starting to really increase in popularity over online dating sites for those people that may be looking for real relationships because there is more interaction, there is more time that's required to get to know someone.

**Dotsie**: Yeah, I appreciate you kind of separating those two out because online dating is very different from social networking sites. I happen to agree that I don't know how many more people are doing that, but I definitely think it is a better way to go about meeting someone and getting to know someone because you know, a lot of these social networks you not communicating with just one person. I mean I know you can go off and communicate with one person, but a lot of the writing on walls, etc, is not for just one person to see which is different than what goes on these online dating sites. Is that right?

**Jane**: Exactly. Exactly.

**Dotsie**: Yeah, yeah, alright I mentioned a little bit about people looking up old boyfriends and stuff like that. I know you refer to it as "recycling." Tell me any experiences with that for people at midlife. Are they being like successful at getting back in touch with the guy they went to the prom with, or you know, met in college, etc?

**Jane**: Yeah actually, there's a book called, "*My Boyfriend's Back*," if you haven't heard of it, written by Donna Hanover who is the ex-wife of Rudy Giuliani.

**Dotsie**: Oh how funny!

**Jane**: And she hooked up with her old high school sweetheart after she and Rudy split, and they're married and having a great time. You know its fun. I just happened to do it; to look up someone from my past years ago. Then I got into this whole recycling kind of thing which is what I call this. It was really fun to be able to recapture some moments with people from your past. When you think about guys when you were in your teens; if they were good guys back then, chances are they're probably good guys now, and chances are, you might catch them on the other way around; on a second time around, right?

**Dotsie**: Right. Right.

**Jane**: And people are more accessible to reach, and for women it's a lot easier for them to find old boyfriends because their names don't change.

**Dotsie**: Yeah, and you know one of the beauties I think of that is too that there's history there, you know of course it's somebody you already know, possibly know

family members and their parents, the neighborhood they grew up in and all of that kind of thing. So there's; I definitely think there is a comfort level in that.

**Jane:** Absolutely. Because relationships are hard enough to begin with, but if you can already have some common ground with somebody from way back, you're way ahead of the game.

**Dotsie:** Yeah, yeah, that sounds good. Well let's see. What about guys and how they treat you and what they say about you? Like I know you said that if the guy you are dating doesn't think your body isn't perfect, then change the guy, not the body. Do you want to talk about that a little bit?

**Jane:** You know, it's all relative, obviously. I know someone who was 115 pounds and her boyfriend wanted her to get liposuction. So that's a little extreme. That kind of relationship needed to go for more reasons than that. It was a very controlling behavior; personality, and it had nothing to do with how she looked, or how she weighed, right? So you need to be careful of the difference, and be aware of the difference in that. But I think we all have a responsibility to take care of ourselves and just do the best we can with what we have, but I'm not an advocate for plastic surgery or any kind of massive, evasive procedure unless it is your choice, your choice to do it to make yourself feel good. But no one should ever make you feel bad about yourself and place conditions on a relationship over how you look, or what you do.

**Dotsie:** Sure and hopefully, that's something mom taught us ages ago, right?

**Jane:** Yeah, but you'd be surprised.

**Dotsie:** Speaking of taking care of yourself, or ourselves, tell us a little bit about covering our assets because you know, at midlife, we have a lot more to lose, so we have to be more cautious than ever for many reasons. And I know there are a lot of marriages often breakup over finance issues and some don't get off the ground because of finance issues. Tell us what you recommend and actually, what you learned with regards to finances for boomer women/dating.

**Jane:** Yeah, yeah. Well, you know you have to take precautions to protect yourself in all situations, right? I'm not advocating not getting married because of financial reasons or anything like that. It is just really prudent to protect what you have before entering any kind of legally binding agreement with someone who could have access to that, right? It's important to know what someone's financial condition is before you even get involved in some kind of serious relationship. I know when you get to the senior end, a lot of seniors don't get married. They stay single because of the social security benefits they don't want to give up, right? But it doesn't mean that people are not hooking up and coupling up. So there are all kinds of living arrangements and agreements you can make, but I

think you need to have those agreements, and just be careful because you just never know. You have more to lose.

**Dotsie:** Yeah and I think it all goes back to expectations. You know, what are your expectations with regard to finances in a relationship and/or marriage?

**Jane:** And honesty, too.

**Dotsie:** And honesty, yeah, with everything; exactly. But I know it gets tricky when single people at midlife begin dating because it's not just finances but of course it's families. Because either you've been single your whole life, or maybe you've been married and divorced and have children, and the same with your partner, and I know that often can be a strain on a relationship. We have the forums at [www.BoomerWomenSpeak.com](http://www.BoomerWomenSpeak.com) and one of the forums is step-children. And even though these step-children we're talking about are often in their 20s and 30s, they're just as capable of trying to ruin, whether intentionally or not, the relationship for these midlife people who are dating and who have married later in life.

**Jane:** Yeah, and the older you get, you're dealing with more blended families to deal with, right? They may have been married one, two, or three times, who knows, right? And a lot of folks in middle-age tend to maybe live together or even maintain separate residences. This type of independent-type of relationships seems maybe to work better at an older age because children and grandchildren are worried about inheritances and all that kind of stuff.

**Dotsie:** Yeah, and then some of them are coming back home, too. You know, here you are living with this great new person that you met, and then you've got either your child or their child coming back to the nest. I mean, oh gracious.

Let's talk a little bit about the studies that have proven that by midlife, women who have never married are happier and healthier than women who stay in unhappy marriages.

**Jane:** You know I don't have the details in front of me but it was a study that I read. I think that women just come into their own at midlife and it's probably not a surprising statistic to say that you are happier than someone who is in an unhappy marriage. But again, it comes back down to understanding who you are and what you want out of life.

**Dotsie:** That's right, that's right. Okay, well what about the 1980 Census that says that women who had advanced educational degrees or who were higher earners and were successful in their careers, were significantly less likely to get married.

**Jane:** Yeah, this has changed. It's not the case for the younger generation and it is interesting. I think most of the younger generation have grown up with mothers who were in the workforce, and they are used to having the dual-earner household. But back as late as the 1980 Census, women who were very successful, I think they were somewhat intimidating to men. Men weren't really accustomed to seeing women in the workforce and having those advanced degrees. So it was really interesting. As recently as the 1980 Census, I thought that was a really interesting statistic. One of our experts had said that.

**Dotsie:** It's really amazing because I cannot imagine like our mother's generation having this conversation. It wasn't even an option.

**Jane:** Right...right.

**Dotsie:** Okay now this is something that you touch on that I see over and over again and that is spending quality time alone or with your girlfriends, versus dating just for the sake of dating, is highly underrated. And I've got to tell you; I travel pretty much in and get around pretty often, you know, different restaurants, vacation spots, etc, and I have to say that almost everywhere I go, I'll see a table of women, or you know, a bunch of women together at the airport, etc, just having a grand old time. And I recall being on a vacation with my son just a couple of years ago. He was probably about 21, and we just went to Jamaica for like a few days together. And there was this group of women that was there the same period of time that we were there and I'm telling you, I think they were having more fun than anybody else at that resort. They were all celebrating a 50-birthday and just having the time of their lives.

And I just experienced this recently with a group of women that I've known; many of whom I've known—there are seven of us; five of us have known one another since first grade—and we get together once a month and we just did a fall weekend on the eastern shore of Maryland, and I'm telling you, it was just a blast. And so, talk about that a little bit.

**Jane:** I absolutely agree with you. It is highly underrated and I think people realize, especially when you are single, your girlfriends are precious, right? I can relate to that 50s thing. I just turned 50 and going away to the Greek Islands in June with my two best friends I've known since college. One of them has been married for 20-something years and the other one is divorced, but with a great guy. And so hanging out with your girlfriends is very different than when you are in relationships. Men tend to do this less. I think in middle age, chances are if they're divorced, when they get divorced, they kind of lose their friends that go with it because a lot of times men are hanging out with their wives friends husbands, and so they don't have an extended social network as much as women do. We're just kind of bonders, I think in general. And I think that alone has a lot to do with being happy in midlife if you're single.

**Dotsie:** Sure, so I think a lot of it has to do with having something to look forward to, which is great. And actually, we were just in Aruba, and there were two sisters and a friend celebrating a 40-birthday. One girl had never married and the two sisters; one was divorced and the other one was married with children. And again, they were having a great time. But it boils down to yes, you can have a great time with your girlfriends, but if you really want love, and you want sparks, and you want a relationship, people, women can feel like they are still missing something.

**Jane:** Yes, there is absolutely no substitute. You can have the best friends, the best family in the world, but there's absolutely no substitute for a satisfying, romantic relationship with someone who you love and loves you right back. Right?

**Dotsie:** That's a great way to put it. Sure.

**Jane:** But I would also love to be rich and drop-dead gorgeous, and whatever. And I'm not. Right? So you have to be able to be grateful for what you have, too. I know that's really corny, but as I said here, you know, dating for the sake of dating is not really what you want to do.

**Dotsie:** Yeah, yeah, I totally agree. And a lot of it, like you started the teleseminar with, boils down to finding happiness within yourself. But you also mention that you can never have too many friends. That they are a great source for blind dates, introductions, which you believe is still the best way to meet people.

**Jane:** It is. People that know you, know what you like, what your interest are. I think it's great to always get a qualified recommendation than not. And I think, at least I can say for myself, I never really was out to say hey look, I'm looking for somebody, and ask people. I never really did that. But there's no reason why you shouldn't. I do it more now...saying hey yeah, I'd be interested in meeting somebody. But you have to let people know that you are looking.

**Dotsie:** Right and you know, that is mentioned in that book I was talking about by Diana Kirschner, "***Love in 90 Days: The Essential Guide to Finding Your Own True Love***." She talks about the whole intentional piece. You know you can just kind of sit around and wait and Prince Charming isn't going to come knocking at your door. So if this is what you want, then go for it, is basically what she says. But be careful how you go about it.

Of course we certainly hope that everyone will watch your film, which has been reviewed at [www.nabbw.com](http://www.nabbw.com); you can read our reviewer's review of that. And then also visit the website, [www.singlefilm.com](http://www.singlefilm.com). Now do you have any recommendations of other sites, movies, books? You've mentioned a few throughout the interview that women who are single might be interested in?



**Jane:** Yes, there's a really cool book called, ironically, "Single," just like the movie, and its "[Single: the Art of Being Satisfied, Fulfilled and Independent](#)," and it's by Judy Ford. It's a really easy read and I just highly recommend it. There's another site called "[Fabulously 40](#)," and it's a site for women over 40, and if you go to their link partners, there is a whole bunch of other sites that I sometimes frequent myself. And you know, something else that's really not necessarily for single women in midlife but a couple of other things that I would really recommend. You know, I'm a big advocate that the key to happiness is really about being curious, and being open and aware, and receptive, and finding novel things maybe even in the mundane. And there is a great book called, "Curious?"

**Dotsie:** Oh I love that.

**Jane:** Yeah, I loved it, and I just finished it, and it's a very cool book. It's by Todd Kashdan. It's just Curious with a question mark. I love the book itself. It's just a yellow book and it just has the word "Curious" with a question mark on it and that's all you see on the book.

**Dotsie:** Okay, well what type of book is that again? I'm sorry.

**Jane:** He's a social scientist, I believe, a Ph.D., and it's all about how to really put curiosity into your life. This came out of a conversation back with my friend Carl, again, because he's always saying to me, gee you know, how do you do what you do and whatever, and I said, I don't know, maybe I'm just curious. And we got into this conversation and he said you should write a book about being curious. I went to Amazon and there it was, and I said damn it, somebody beat me to the punch.

**Dotsie:** Oh that's funny.

**Jane:** It's a great book, and I highly recommend it. And then two other things that I would recommend is "*The DailyOm*" and it's [www.dailyom.com/](http://www.dailyom.com/), which is great. You can get your horoscope or you can get your daily inspirational messages, and also "*Notes from the Universe*." If you don't get "Notes from the Universe," sign up at [www.tut.com](http://www.tut.com), and I get a daily note from the Universe, that is just...I look forward to them every day and that's all I'm going to say.

**Dotsie:** Okay, cool. I do the same with <http://wellforjourney.org/> and I really like that one, too. But "*Curious?*" is interesting to me because people always tell me I'm so curious and why don't you write a book because you know I ask a lot of questions. I'm just curious. So I'm definitely going to check that book out.

Okay, let's see if anyone on the call has any questions. Do you have anything else to add before we open the lines for questions?

**Jane:** No, thank you so much. It's a great conversation.

**Dotsie:** Oh good, okay, it's been a lot of fun, Jane. If anyone has a question, you are welcome to ask Jane anything about being single or directing and producing the documentary, etc. And sometimes it takes people a couple of minutes to kind of get up the nerve to ask a question. <pause>

And while we're waiting for somebody to ask a question, I want to ask *you*, as a single person at midlife, now you mentioned that you're starting to kind of say oh I wouldn't mind meeting so and so, etc, I have a very close friend who is single. But it's nothing we ever talk about. Is it something that we should broach in a conversation?

**Jane:** What do you mean? So in other words, there is someone you know that is single and you saying to her, hey, you want me to introduce you? What do you mean?

**Dotsie:** Yeah, that kind of thing. Like are you interested in meeting somebody, you know, are you doing anything online? It's just a topic that we never broach and it's interesting because we broach every other topic. But it's almost like; everybody else is married that's in this group and so it's just something we've stayed away from, so I'm just curious. I feel like we are ignoring a whole part of her.

**Jane:** No...you know what? I don't talk about it with my friends either. I mean I'm looking. I'm always interested in meeting new people, but you know I think unless a guy is going to make your life a whole lot better, I'm kind of happy on my own, and maybe she feels the same way.

**Dotsie:** Yeah...a perfect example is the holidays. I know that like for Christmas morning, she's alone and she doesn't have any little gifts to open, or anything. And she's just there until she ventures out in the afternoon to be with her family. So I've kind of taken it upon myself to put together a stocking and just put it at her door, so that she has something to open on Christmas morning. Really weird. But it just came up in conversation once when we were talking about what everybody was doing Christmas Day and she was like, well, I don't do anything until I go to my sisters and then I just thought ahhh....you know?

**Jane:** But you know what, Dotsie, don't say "ahhh" because I get up and I go to my parents too and you know what? That's my life and I don't feel sorry for myself. You've got to remember that you know your life, and she knows her life, and there's nothing wrong with either of it. It's just...you become accustomed to what you are.

**Dotsie:** You know what? Thank you for setting me straight on that because there is a piece of me that wants somebody to be there with her on Christmas morning. Is that wrong?

**Jane:** No, I think it's very sweet of you, but it doesn't mean that you need to change her lifestyle, I mean because, that's her lifestyle. I don't even think about it, to tell you the truth. Until you just said it, it doesn't even enter my mind. I wake up Christmas morning because I know what I'm going to do the rest of the day.

**Dotsie:** Right, right. Well isn't that interesting? I love getting your perspective on this. I really do because you're right. I shouldn't say, "ahhh" because she's happy. She's content. She lives a very full life. But I just felt like I would love for her to be with someone.

**Jane:** You know, I'll tell you, there were times that I was with somebody, and I would wake up on Christmas morning and my boyfriend would be there and we wouldn't open up our gifts and that's was great. But you know what, now he is gone now and so what?

**Caller No. 1:** Dotsie, I just wanted to add something to your comment. I think what you do is so sweet, and you're such a good friend to her. But I want to say that you're looking at it through your family, married life perspective, and she's looking at "her life" through *her* life. And so what you're seeing is two different things. I know myself having been single for 17 years now, thank you Lord, that I look at my life as being full and happy, and then I have friends who go, "Oh I'm so sorry you don't have..." and I'm thinking why? You know I'm perfectly content, so it's two different perspectives. But what you do I'm not saying it's wrong; I think it's really sweet, but you have to put yourself in their shoes.

**Dotsie:** Right. Okay. I really appreciate that, and hope that other people on the call are learning too because who knows, I might be one of the only married people on the call. So it's good to hear that perspective and I appreciate it.

**Caller No. 1:** One more thing I wanted to add was that being single, I get really, really tired of people saying, "why don't you date more, or why don't you get remarried? Why do you *not* want to get remarried?" And I feel like I'm going around having to justify my life all the time. I wish I had a really quick answer for that, that wasn't snide or rude or anything else, but yet would let them know, hey, I'm happy, you know...in the status quo.

**Dotsie:** Jane, any ideas?

**Jane:** You know what? I have to tell you that I get the same thing, and you know what, I hate to tell you and I don't like to sound cynical and I don't want to sound negative, but you know, you could say you're happy, and I could say I'm happy, because I really am. But a lot of people just don't believe it. They're all looking at

it through their own lens. And I would venture to say that you probably loved being a relationship when you were in one, just like I am, but you know, I don't even know what to say to that. There is no way to convince people that you are happy. If they can see that you're happy, let it be.

**Caller No. 1:** Well, usually I just say, "look, you're not going to try and force your husband on me, I don't want him!" And then everybody laughs and then it's over with, but I do get tired of it. And I'm in a relationship and I just adore him, but I don't want to get married.

**Jane:** There you go!

**Dotsie:** Yep, there you go.

**Jane:** Nothing wrong with it.

**Caller No. 1:** I've enjoyed this. Thank you so much.

**Jane:** Good!

**Dotsie:** Thank you. Does anybody else have a question? And so after hearing you talk I'm thinking that maybe it's best if we don't talk about my friend being single and bring that up as something out of the ordinary.

**Jane:** Yeah, it's not a status that necessarily needs to be changed. She'll find the right person when it's time, just like I will...if she wants to.

**Dotsie:** Right, right. Very cool. Okay, well if no one has a question then I think we're just going to wrap this up Jane. I really appreciate, you know, all of your great insight and information, and all that you learned while making that documentary. I think that would be such a fun thing to do. And what a great way to really do the research.

**Jane:** Yeah, it was. It was great and it was a lot of fun. It was probably the hardest project I've ever tackled, and probably the most fun.

**Dotsie:** Okay, very cool. Now do you have an idea about doing another documentary? Are you going to stay in this film making business, or what is your plan there?

**Jane:** I might. I have some ideas. My film partner and I financed this ourselves and if I do something else, it's got to be somebody else's nickel.

**Dotsie:** Yes, absolutely.

**Jane:** Buy yes, I actually am involved in some ideas that are still germinating. And I attended a really great conference last week and met some really interesting people that are doing really cool things.

**Dotsie:** Very good. Well it was great talking to you and I will be in touch. I want to make that introduction with you and Diana Kirschner. And then we'll also send you the audio link and the transcription, and so we'll be in touch. So thanks again and have a good day.