

# L'Or of Month explodes myths of aging

Helen K. Loring is dedicated to exploding the mythology of aging, and she's doing it with verve, quick wit, gusto and a vitality that is contagious.

Mrs. Loring is September's Leisure World of the Month. An original oil portrait of Mrs. Loring has been commissioned by Rossmoor Corp. and will be hung in the sales pavilion. The work will be presented to her at an informal ceremony at the end of the month.

Mrs. Loring said she strives to help others obtain their liberation from the stereotype version of the homemaker, wife and mother by enabling them to establish, through counseling, a good sense of self.

"Women are brainwashed from the time they are very little," she said. "Many feel their success in life is achieved through the development of others. They speak of the success of their children and of their husbands, but rarely does anyone say, 'I, too am a person, a worthy person and let's meet on that ground.'"

To this end she does volunteer counseling at the Women's Opportunity Center of the University of California Irvine Campus.

Her course, entitled "The Joy of Living" given as her contribution to Hadassah women, is already full for the fall session and may require two classes to meet the demand, she said. The course is designed to show women how to live life more fully in a single or partnership state.

Retirement? The word is no part of Mrs. Loring's vocabulary. "I have fought and hassled with it," she stated. "I don't like the word and so I've changed it to 'advancement.' To me, life is a

'becoming' and I'm not retiring from anything."

This was a commitment she made when she and her attorney husband S. Jerome Loring, came to Leisure World to seek a new way of life in the maturing years, she explained.

Mrs. Loring was associate professor in the Graduate School of Education at W.C. W. Post College of Long Island University where she trained counselors.

She has a bachelor of arts degree from Hunter College, a master's degree from City University of New York and a doctoral matriculation at New York University with special study and training at Vassar College, the New School for Social Research and the Center for the Study of the Person.

A former guidance director in the Syosset, New York school system, Mrs. Loring has also been a speech therapist and has taught English and the Speech Arts in the secondary schools. Interspersed with all of this was a second career in writing, acting, producing for the theatre, in community theatre, summer stock and as a free-lance writer on radio and television.

In Leisure World, she lectures for several organizations discussing subjects that range from "Self - Knowledge - Evolving a Personal Philosophy" to a memory training course presented through the Sunday Discussion Club.

Mrs. Loring has also given a course entitled, "Living in Conflict and Harmony" at the Israel Academy of Irvine and is a panelist in the all-day conference, "A Day for Women" held in Newport Beach.

With all this mental activity, Mrs. Loring does



Helen K. Loring

not neglect the physical aspect of her life. "It's important to love your body," she contends. "To keep your mind alive, your body has to be kept alive, too." She exercises regularly and also swims and plays table tennis.

"I look upon each opportunity - each day, as an enrichment for myself, a chance to grow. Here at Leisure World we have a chance to try something new, something we've dreamed about doing but never before had the time to do," she said. For Helen Loring it has been oil painting and for her husband, Sam, it is the stimulating challenge of ceramic casting.

"No one is going to judge you," she added. "No one is going to give you a report card, and best of all you are not in competition with anyone. Everyday, or in every space of time, do something for yourself."

She also has definite ideas about aging. "People past 50 have to begin to look at themselves as viable, creative, capable of input into this world of ours. Society needs the collective wisdom of people. They have to fight the mythology of aging and begin to believe they have something to contribute."

Mrs. Loring is considering the possibility of obtaining her California license for psychological counseling with perhaps an office here in Leisure World to deal with marriage and family problems, but as yet it is still unresolved in her mind.

And after that? There will be travel which the Loring's both love. She said she enjoys tackling new challenges, which offer even wider horizons to conquer.