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***From swimming with sharks to skydiving,
88-year-old Jane Yeager inspires as “Splendid Senior”***

Boynton Beach, FL resident chosen as first honoree in national “Splendid Seniors Among Us” program recognizing people whose post-65 activities can inspire all ages.

NASHVILLE, TN— When Jane Yeager was in her mid 70s she told her son Tom Werner she’d enjoyed snorkeling while a big, “pretty fish” swam around her. Werner glanced at the spot in the ocean where his mom had just been swimming and yelled “Mother! That pretty thing is a shark!”

That didn’t faze Yeager, who went on a few years later to take up skydiving, hang gliding, and whitewater rafting and kayaking—all after turning 80. Yes, the Boynton Beach, FL resident, now 88, has done more than remain active in her senior years—she’s engaged in feats that make many people decades younger quake in their sneakers.

And for that, Pearlson Press of Nashville, TN has chosen the retired swimming instructor as the first honoree in their national program recognizing “Splendid Seniors Among Us”—people whose activities and accomplishments after age 65 can serve as inspiration to all ages.

As the first “Splendid Senior Among Us” honoree, for March 2007, Yeager will receive a certificate and an autographed copy of *Splendid Seniors: Great Lives, Great Deeds* by Jack Adler. The book, published by Pearlson Press March 15, 2007, recognizes 52 people throughout history who withstood any disabilities of age to continue contributing to society well past their 65th birthdays.

The common thread among the notables featured in *Splendid Seniors*, who include Marc Chagall, Benjamin Franklin, Alexander Graham Bell, Susan B. Anthony, Sophocles, Grandma Moses, and Leo Tolstoy, is a steadfast refusal to let age and health problems in their later years affect their willingness to work in their chosen fields or even strike out in new endeavors.

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Yeager, too, has experienced physical challenges. She is hard of hearing due to eardrum damage suffered decades ago when she was “beaned” by tennis balls twice while playing that sport, Werner says. The blows burst her eardrums and affected her equilibrium as well as her hearing. She gave up tennis as a result, but still hits a pool daily to do six laps, and enjoys going to the beach as well.

“Keep active,” she told Pearlsong Press publisher Peggy Elam, Ph.D., who called her Thursday, March 15 to inform her of the award. “That’s the whole answer, I think.”

But the occasional treat also fits into Yeager’s lifestyle. Elam’s phone call caught her on the way out the door to get a banana split.

Yeager has always been very athletic, says Werner, of Lake Worth, FL, who nominated his mother for the Splendid Seniors Among Us honor. “With three brothers, she had to compete as a kid.”

At 86, Yeager won two gold medals in swimming at the Florida Golden Age Games. Werner also competed, but he and his younger sister, Vicki Lasker, may have gotten the biggest kick out of cheering their mother on.

“It was fun yelling,” Werner said in a November 2005 *Palm Beach Post* article about the Golden Age Games. “Here I am, me and my sister, yelling ‘Go mom, go’ and everyone’s looking at us. There weren’t too many swimmers there with their mothers.”

Pearlsong Press is sponsoring the year-long “Splendid Seniors Among Us” program in conjunction with publication of Jack Adler’s *Splendid Seniors: Great Lives, Great Deeds* (original trade paperback, \$18.95), to honor seniors who are living inspiration.

“Demographics clearly indicate that the number of people living and working beyond 65, or what the ‘65 marker’ becomes in the future, will steadily increase,” Adler says. “As diseases are arrested and conquered and lifespans expand, we can help make the most of subsequent years by noting what others have done.”

The “Splendid Seniors Among Us” program will honor 12 “Splendid Seniors,” one a month, from March 2007 to February 2008. The year-long recognition will culminate with publication of a special *Splendid Seniors Among Us* Adobe PDF ebook that will be available free of charge at the Pearlsong Press website (www.pearlsong.com).

The remaining monthly honorees will also be given autographed copies of *Splendid Seniors: Great Lives, Great Deeds* and certificates declaring their “Splendid” status. They and Yeager will be listed at the Pearlsong Press blog (www.pearlsongpress.com).

For more information about the “Splendid Seniors Among Us” program, see the Pearlsong Press website at www.pearlsong.com.

Pearlsong Press, founded in 2003 by psychologist and journalist Peggy Elam, Ph.D, specializes in books and resources that entertain while expanding perspectives on the self and the world.

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