

Sieglinde Othmer - Biography

Author Sieglinde Othmer brings an energy into any room that far exceeds that of the average 83-year-old woman. Petite and with a German accent, one is reminded of the late Dr. Ruth Westheimer as she enthusiastically describes her mission: helping others experience joy, health, and wellness as they age.

“I want to help! I want to bust the myth that older age is bad. It’s a badge of honor. This can be a glorious period of devotion to ourself and our passions,” said Dr. Othmer.

Sieglinde Othmer PhD earned her doctorate in Social Sciences at the University of Hamburg, Germany. A refugee, immigrant, academic, administrator, researcher, and gardener, she raised three children and three dogs, and has traveled to over 40 countries. In *JOYOUS LONGEVITY: The A-Z Field Guide*, she shares the wisdom she acquired in 83 years of living. She is on the Board of Directors of the United Nations Association of Greater Kansas City. She resides in Parkville, Missouri, on a lake where Canada geese fly over, where Blue Herons fish, and where Great Horned Owls keep night watch. Her purpose is to help people feel good about their age. At any age.

Woven through the book’s narrative are the optimism and practices of Dr. Othmer, herself. A child refugee from post-war East Germany (behind the Iron Curtain), she and her mother put optimism into action in a daring escape. Navigating the walls of being both a refugee and an immigrant clearly inform her navigation of the wall of aging, which she approaches as just one more wall to scale with youthful and healthful attitudes and practices.

“Anyone can decide to escape the tyranny of aging and simply adopt techniques to embrace the freedom of joyous longevity,” said Dr. Othmer.

JOYOUS LONGEVITY: The A-Z Field Guide, follows Dr. Othmer’s psychiatric books co-authored with her late husband, Dr. Ekkehard Othmer, and her “Seven Cousins” series for young people. The latter garnered these awards: the Eric Hoffer DaVinci Eye Book Award, the New York City Big Book Award Distinguished Favorite, the Independent

Press Award Distinguished Favorite, and the Missouri Writers Guild First Place for the Best Juvenile Fiction in 2018.

Arranged in 26 chapters according to the alphabet, JOYOUS LONGEVITY: The A-Z Field Guide is highly readable and practical advice on how to navigate the biggest pitfalls of aging by integrating healthy habits and activities. In simplifying sometimes complex health and wellness information and focusing on small and manageable tasks, it offers hope as it fulfills the function of the perfect field guide for a satisfying life.

“Sieglinde’s wonderful A - Z approach to aging provides us fellow travelers with inspirational, motivating, fun and creative ideas to maximize every moment of our gift of life,” writes Joan Israelite, Consultant at the Kauffman Center for the Performing Arts Kansas City.