

Joyce's Journal

A monthly dispatch from Joyce A. Miller, Writer



NATIONAL BOOK MONTH!

Each October, National Book Month allows us to celebrate and expand our love of reading. Many of us put our relaxing hobbies like reading on the backburner, but this month, pick up a few new books and make time to read them! Some fun facts: Abibliophobia is the fear of running out of reading material. Avid reading throughout a lifetime may reduce the rate of memory decline by as much as 32%. **The Adventures of Tom Sawyer** was the first book to be written on a typewriter. 33% of high school graduates never read another book for the rest of their lives. It is rumored that Teddy Roosevelt read, on average, one book a day even when juggling the responsibilities of his presidential office. I have a wonderful chapter in **Mrs. Gari Melchers** about Gari painting a portrait of Teddy Roosevelt. You can see the portrait at the Smithsonian National Museum of Asian Art in Washington, DC.

October 1st is World Postcard Day! You know how much I love postcards! I bought so many postcards on my recent vacation and planned to send cards to everyone—but then I fell on the first day of my trip and broke a bone in my right arm! Writing post cards was a little too difficult to do after that. The accident happened on the first day of the trip when I fell on the steps of the New York Public Library. I was a trooper, though, and made it through the rest of the trip from Maine to Connecticut. I am scheduled to see an orthopedic doctor within the next few days to find out the next steps in my healing process.

A GLIMPSE OF
WHAT'S INCLUDED:

**Women in the
Middle podcast!**

A while ago I was a guest on the **Women in the Middle** podcast by Suzy Rosenstein. The episode is available for listening now! Suzy Rosenstein, MA is a master certified life coach and midlife mentor. She has coached midlife women to start living like time matters—because it does. Suzy's also the host of the popular podcasts for midlife women, **Women in the Middle® - Loving Life after 50** and **Women in the Middle® Entrepreneurs**. She helps midlife women get clear about what they want and so they can finally find the joy and purpose they're searching for and regret proof their lives. Aging really is a gift!

As the bonus for October's newsletter, here is the link to my episode on Suzy's website:

<https://suzyrosenstein.com/podcast/ep-425-dog-dancing-writing-reimagining-retirement-with-joyce-a-miller/>

The podcast is also on itunes, Spotify and all the podcast places.

I live in the Church Hill section of Richmond, VA with my husband and my retired racing greyhound. Before I started writing, I worked for 30 years at a nuclear physics research laboratory.

Do what you came here for!



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